

Volunteering: A good way to access the job market!



Julie Granger
Career Counsellor

We often speak of internships as the ideal way to access the job market, but we often forget to mention the fact that volunteering can be just as beneficial!

Internships

Internships can make the transition between school and the sometimes challenging job market easier. Mandatory or optional, depending on the program of study, they can be paid or unpaid. Interns get experience in a real workplace by applying to reality the technical skills they acquired in school to reality.

Volunteering

Volunteer work is another option, and believe me, it's not just for senior citizens! It provides individuals of all ages with the opportunity to enjoy various, enriching experiences. What's involved? Volunteers work for free, but can choose for how long. For example, a translation student could offer to translate documents for community organizations for free. What advantages are there, you ask? Actually, just like internships, there are many.

Benefits

These two alternatives both give you work experience to include on your resume, break isolation and broaden your network of contacts. They also give immigrants the chance to acquire work experience and references from Québec, therefore increasing their chances to land a job.

What else?

Internships and volunteer work enable you to advance both professionally and personally. In addition to putting into practice what you have learned, you familiarize yourself with human relation codes in a place of work and develop your interpersonal skills. You discover things about yourself and about the realities of the job market, which will help you identify the kind of workplace that is best for you. With luck, efforts and talent, your experience may result in landing a job. In short, not only are you doing something gratifying and rewarding, you are also investing in your career!

As you can see, these two options can give you many advantages, as long as you choose a workplace and a position that bring you closer to obtaining your goal. Also, volunteering doesn't necessarily mean forty hours a week. It's up to you to decide how much time you will put in!



SEPTEMBER 30TH & OCTOBER 1ST
Raymond-Bourque Arena, 2345 Thimens Blvd.
www.salonemploi2005.qc.ca



**Carrefour
jeunesse
emploi**

SAINT-LAURENT

The mission of Carrefour jeunesse emploi Saint-Laurent is to favour the work integration of young adults between the ages of 16 and 35 living in Saint-Laurent. To contact us: (514)855-1616 or on the web at www.cjestlaurent.org

All rights reserved. This article cannot be reproduced in part or in full, without the authorization of the Carrefour jeunesse emploi Saint-Laurent.