

## We can offer:

- free of charge career guidance and counselling individually or in a group
- support in finding your motivation and establishing an action-plan
- mapping your interests, skills and experience
- guidance and information about work and educational opportunities
- information about the assessment of competencies gained through work experience
- guidance and feedback on your CV and job application process
- interview training

Guidance  
Counselling  
Information

## Who are we?

Buskerud Careers consists of four public career centres. We offer career guidance and counselling to the adult population; 19 years and older. We operate under the auspices of the County Municipality and the Norwegian Labour and Welfare Administration.

Criteria for success in the job market are constantly changing. Gain perspective on what this means for you. How can you positively impact your career path in light of current labour market needs and trends?

### *Our vision:*

*Your opportunities - Our mission!*

Karriere  
Buskerud

### *Our values:*

*Open - Engaged - Professional*

*Take control and master your own life!*

[www.karrierebuskerud.no](http://www.karrierebuskerud.no)

Tel: +47 408 08 050

## Career guidance

Karriere  
Buskerud



# What is career guidance?

Career guidance involves gaining insight into one's own resources and opportunities within educational and career choices.



## Are you:

- unemployed? Now what?
- looking for a new job?
- a recent graduate or considering a new education?
- a person with a lot of practical experience but little formal education?
- on sick leave and unsure of whether you can return to your present employer?

**Please contact us!**

*Buskerud Careers four centres offer professional and free of charge career services to adults; 19 years and older.*

# Making career decisions

# choices

## How do I shape my career?



- by reflecting upon my capacities and motives - What *can* I do? - What do I want?
- by exploring work and educational paths - Where can I do that?
- by improving my career competencies - How can I do that?
- by networking - Who can help me?

[https://www.euroguidance.nl/31\\_1454\\_Career-compass-%7C-loopbaanmat.aspx](https://www.euroguidance.nl/31_1454_Career-compass-%7C-loopbaanmat.aspx)

*Career guidance involves becoming aware of your options. Assess your situation and decide what is best for you.*

# How do I make an appointment?

**GO TO:** <https://karrierebuskerud.no>, choose your career center and fill in the «timebestilling» form.

**NEED HELP?** Telephone: +47 408 08 050

- **Hallingdal karrieresenter**  
Svøvegen 3, 3550 Gol  
[karriere.hallingdal@viken.no](mailto:karriere.hallingdal@viken.no)
- **Kongsberg karrieresenter**  
Storgata 8, 3611 Kongsberg  
[karriere.kongsberg@viken.no](mailto:karriere.kongsberg@viken.no)
- **Papirbredden karrieresenter**  
Grønland 53, 3045 Drammen  
[karriere.papirbredden@viken.no](mailto:karriere.papirbredden@viken.no)
- **Ringerike karrieresenter**  
Storgata 11, oppgang 5, 4.etg, 3510 Hønefoss  
[karriere.ringerike@viken.no](mailto:karriere.ringerike@viken.no)

*The process of finding work is like a flight of stairs you have to climb:*

