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# UNLOCK YOUR CAREER

Digital kit



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# Discover your Fridge Match

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# HOW TO FIND YOUR DREAM JOB WITHOUT LOSING YOUR MIND?

**Spoiler:** it won't magically appear. But you can meet it



## Your dream job is not a title.

It's the one that makes you think: "Okay...I'd do this again tomorrow". Don't start from trends. Start from what lights you up.

## Follow where time disappears



If you do something and forget the clock, that's a real clue! Your dream job leaves traces. You just need to follow them



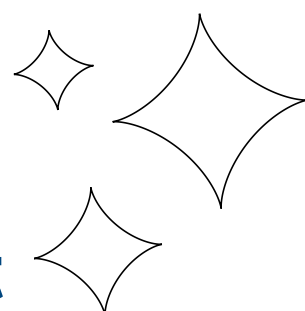
## Spy on the job before marrying it

Before saying "this is my dream", ask yourself: "Would I actually enjoy these workdays?" talk to people who do it. Observe. Ask. Learn.

## Your skills are more interesting than you think !

Not just the ones on your CV, but also what people always ask you for, what comes naturally to you. You often underestimate what makes you strong

## Build your wish list



Roles, companies, industries. Write them all down then ask: "Why these?"

## Opportunities come from people



Not only from job ads. A coffee, a fair, a conversation: networking isn't awkward. It's exploration.

## Test, fail, adjust

You don't find your dream job, you build it. Every experience gets you closer. Even the «Ok... not this one».

## Your dream job isn't perfect. It's aligned with who you are.



And when you find it, you will feel it.

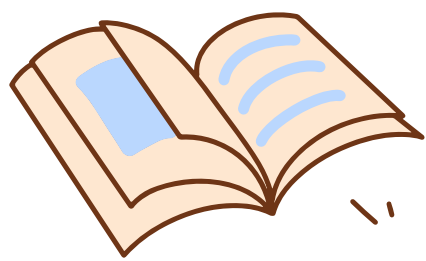
No manual needed.



# THE PERFECT CV

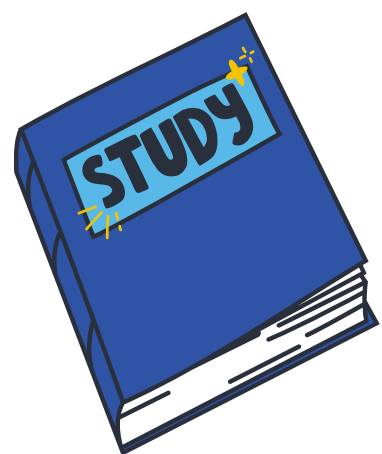
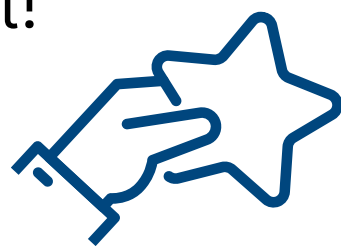
## Start from the Requisition, not from yourself

A résumé is **not a biography!** It's a response to a need. Ask yourself what problem you could help solve, and **speak the language of the job posting** you're applying for.



## Experiences ≠ List of duties

**Don't list your past tasks;** explain what you accomplished, how you did it, and what impact it had. Volunteer work and hobbies also count if you describe them well!

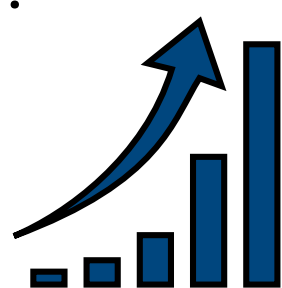


## Studies

Don't list all your degrees; **include only what is relevant** to the role you're applying for.

## Would you read your own CV?

Ask yourself: **Is everything immediately clear at a glance?** Is it consistent with my role? Is it clear what I can do?

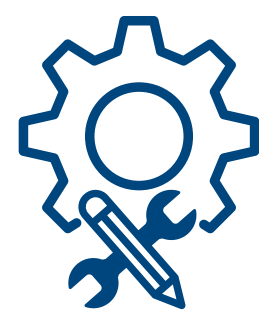


## Why you?



**No vague statements:** clearly explain who you are professionally, what you can do, and the value you bring.

## Skills



**Better fewer but solid!** Organize them thoughtfully—split and categorize them.

## Less is more

You need to **spark curiosity**, not boredom! Keep the layout clean, with no unnecessary graphics. Recruiters decide in **just a few seconds** whether to keep reading.



# THE PERFECT CV

## Mini-Guide for the CV (Students / First Job)

### Clear and Readable Layout

- **1 page** (2 only if you have significant experiences)
- Professional and **readable font** (e.g., Calibri, Helvetica)
- **Use white space**: avoid text blocks
- If digital: **save as PDF** to avoid formatting issues

### Personal Information and Contacts

- Full **name, city, professional email**
- Updated LinkedIn URL
- Optional: portfolio or links to university/professional projects

A photo is not needed unless explicitly requested.

### Intro Profile / Summary (3 lines)

- **Who you are** professionally
- Your **key skills**
- **Development goal** (e.g., “interest in HR, growth in an international environment”)

**It must be tailored** to the **role** and the **company**.

### Relevant Experiences

- Internships, university projects, part-time jobs, associations
- Use the formula: **Activity / Skills / Result or Learning**

Example:

“Organized a team project for a student association, improving event attendance by 20%.”

### Skills

- **Hard skills**: software, methodologies, foreign languages
- **Soft skills**: teamwork, problem-solving, leadership (only if demonstrable)
- Include **only 5–6 key skills**, relevant to the role

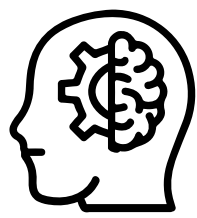
### Education

- University, relevant courses, thesis (**if aligned with the role**)
- Internships or significant academic experiences
- Any **digital or language certifications**

### Extras (Optional)

- **Volunteering or meaningful extracurricular projects**
- Awards or **recognitions**
- **Links** to blogs or online projects, if relevant

# HOW TO GET READY FOR A JOB INTERVIEW



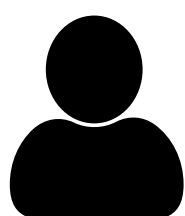
## Change the mindset: it's a conversation, not an exam

- It is a **mutual exploration**, a change to understand if there's a fit.



## Do your homework

- Before the interview, make sure you **know what the company actually does, its values and mission.**



## Know your story

- Recruiters don't expect a perfect profile, they expect **coherence.**
- Be ready to **clearly explain who you are** professionally, why you chose this **field**, why you applied for the **role**



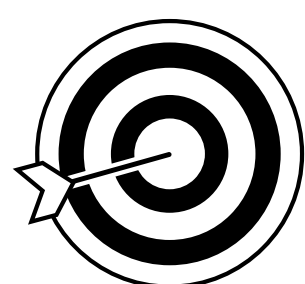
## Prepare examples

- Prepare 2-3 **concrete experiences** you can adapt: a project, a team situation, a challenge or mistake. Structure them simply: **Context → Action → Result → Learning**
- Stories show how you think, not just what you know



## Ask questions that show maturity

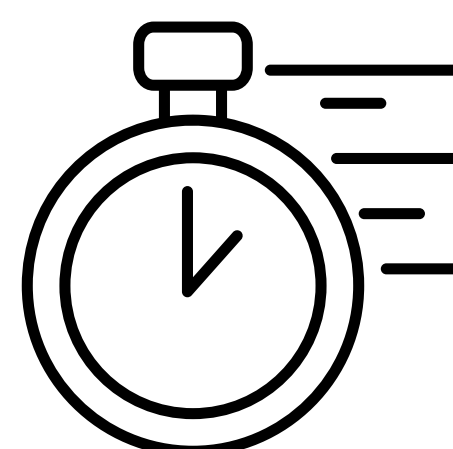
- **Good questions** explore learning and development, team culture, expectations, how success is measured, your future tasks and responsibilities



## Close the interview with intention

- At the end, be ready to **summarize** your interest, **confirm** your motivation, **thank** recruiters professionally. **A strong closing leaves a strong final impression**

**BE ON TIME!**



# HOW TO GET READY FOR A JOB INTERVIEW

## Preparation

- **Know the company:** mission, values, main products
- **Know the role:** required skills, key responsibilities
- **Review your CV** and think of 1–2 concrete examples to share
- Check clothing and environment (online: neutral background, good audio and lighting)

## Practical Tips During the Interview

- **Answer clearly** and concisely (1–2 minutes per answer)
- Use **concrete examples** (projects, teams, results)
- **Show curiosity:** ask about the team, culture, growth paths
- Keep a positive and professional tone, even when discussing challenges
- If you don't know an answer: **be honest** and show willingness to learn

## Key Questions to Prepare

- Tell me about yourself / personal introduction → **clear profile summary**
- **Why are you interested** in this role/company?
- **Describe a significant project or experience** → highlight skills and results
- What are your **main strengths**?
- **How do you handle difficult situations** or conflict? → soft skills
- Where do you see yourself in 1–2 years? → motivation and alignment
- Do you have **any questions for us**? → ask about team, culture, growth opportunities

## Extra Tips

- Bring a digital or printed copy of your CV
- Save the interviewer's contact for post-interview thank-you notes
- Review posture, tone, and body language (also online)



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