



erasmus+ and
european solidarity
corps agency

Digital solutions to support guidance in Estonia

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Euroguidance Estonia

National resource centre for guidance with the goals to:

- support the development of the European dimension of lifelong guidance
- support competence development of guidance practitioners and raise their awareness on the value of international mobility
- provide information on the European dimension of guidance





Eesti Töötukassa

Estonian Unemployment Insurance Fund (PES)

Eesti Töötukassa is responsible for:

- providing public employment services,
- paying unemployment benefits
- work capability assessment.

Career services:

- free for all people in Estonia throughout their lifespan
- available face-to-face and digital, individual and group
- development of methodological tools and guidelines for practitioners.
- career development webpage minukarjäär.ee (My career)



Aims of the workshop

To introduce:

- digital ways of working in the field of lifelong guidance
 - some digital solutions designed for guidance professionals and their clients
- 

Activity #1: How skilled I am in using ICT in guidance?

Slido: join #3544681
Or Scan QR code

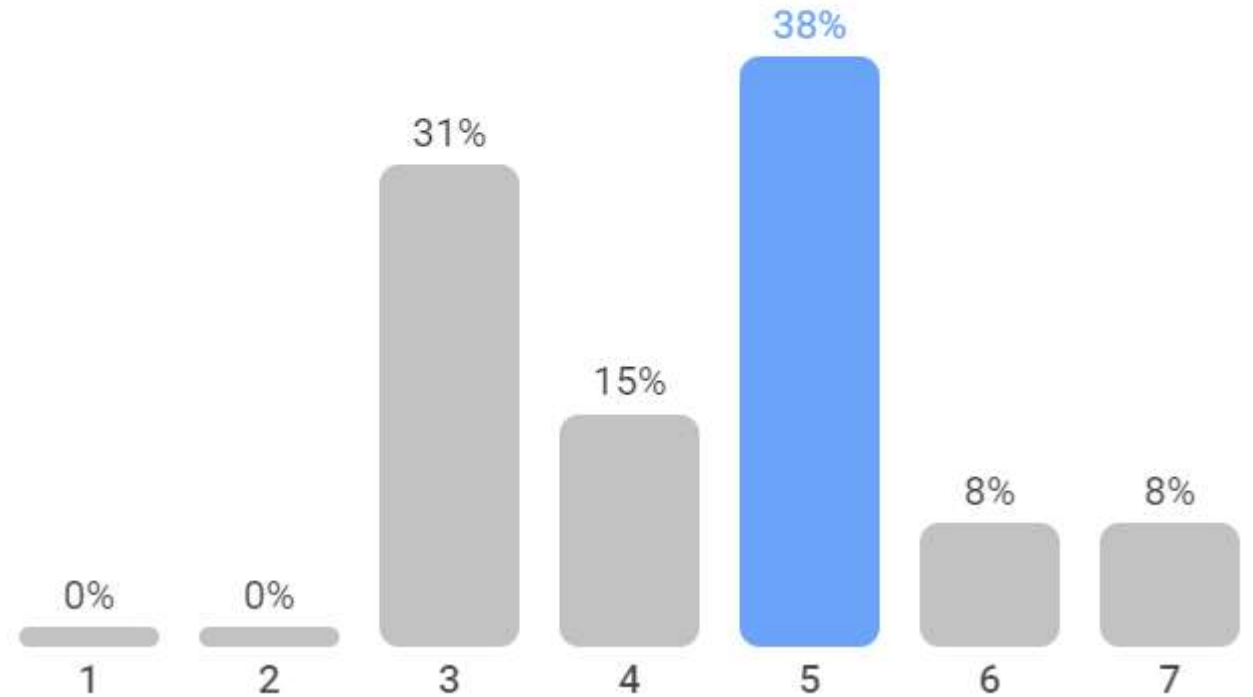


How skilled I am in using ICT in guidance?

1 - Not so much 7 - Ready to teach others

13

Score: ★ 4.5





Digital solutions and lifelong guidance

The ICT solutions can be broadly divided into two groups:

- **service provision**, including web pages, databases, educational software, games, social media channels, and e-tests
- **internal processes**, including documentation management, customer management, feedback solutions, information exchange, and e-learning environments.

Multiple channels for service provision:

- On-site, E-mail, Phone, Microsoft Teams, Chat
- 

Guidance websites and labour force prognosis tools

1. **edu.ee** – overview of learning opportunities and labour market information to support individuals' career development.

2. **Minukarjäär.ee** – tools for self-analysis and career design.

3. **Statistics Estonia** – the economic, demographic, social data, including about salaries and employment.

4. **Occupational barometer** – an overview of the short-term demand for the labour force.

5. **OSKA** – long-term prognosis for the need of labour and skills.

Digital ways of working

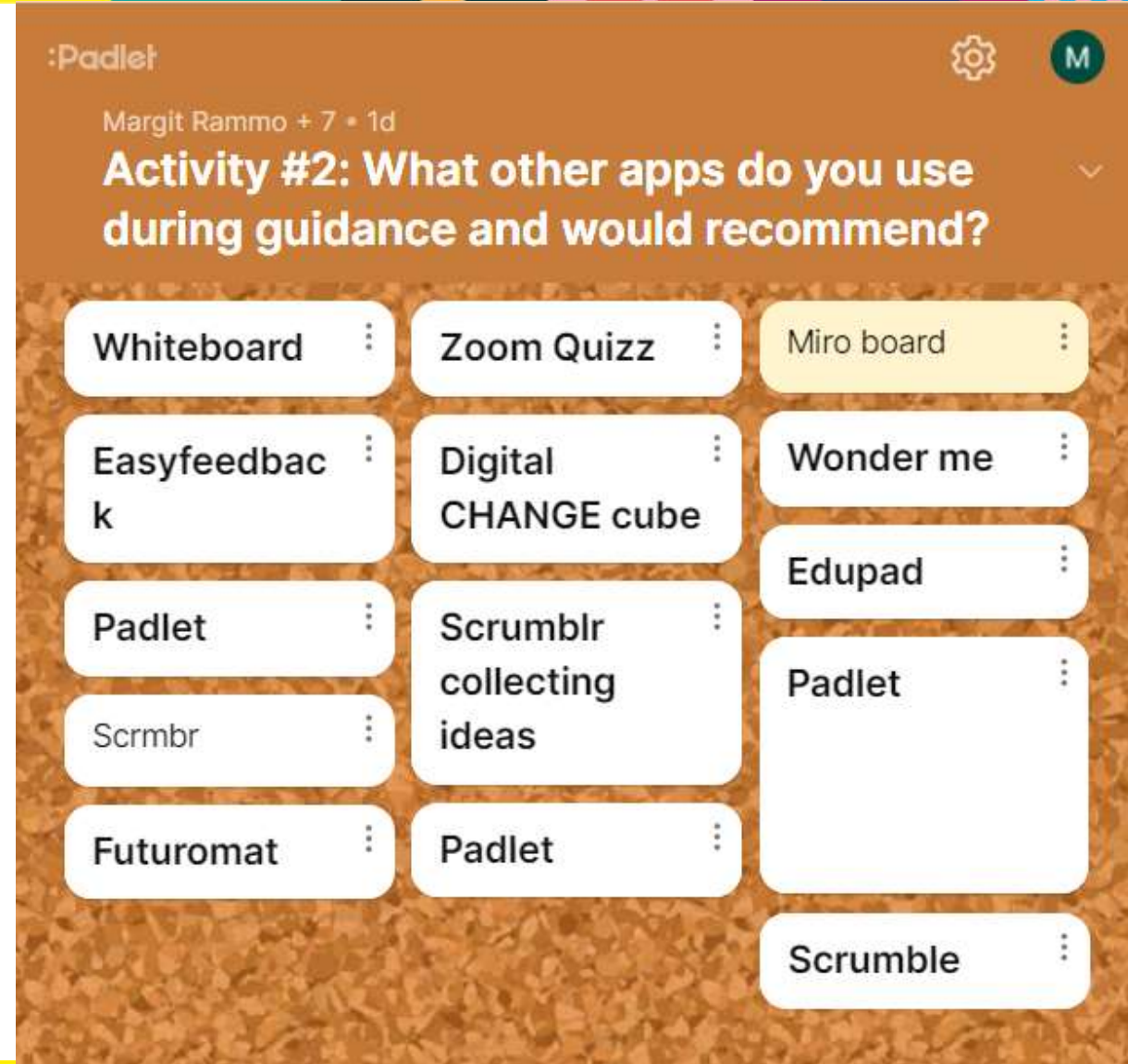
E-tools

- tests and evaluation tools (abilities, career interests, personality traits)
- worksheets
- e-learning environments

Helpful tools for creating interactive content

- Short thematic videos (Bitable, Doodly)
- Interactive questionnaires and quizzes (Tryinteract, Kahoot)
- Online feedback and short quizzes (Mentimeter)
- Card sets (Deckhive)
- Escape room challenges (Genial.ly)
- Creating games (Adact, Actionbound)
- Padlet, Canva

Activity #2: What other apps you use in guidance sessions and would recommend?



e-course for career practitioners on mobility in Europe

Useful resources for learning and job mobility

Video exercise in Moodle: watch the video and complete the tasks



EST, ENG, RUS subtitles

#BREAK! FREE FROM GENDER STEREOTYPES

Toolbox for addressing the topic of gender equality and gender stereotypical career choices

TV episodes
“Why not?!”

Alternative
endings

Guiding materials

Website with
all outputs:
brea-k.eu/

Photo
exhibition

S



Kahoot
game

Training of
practitioners

Radio shows

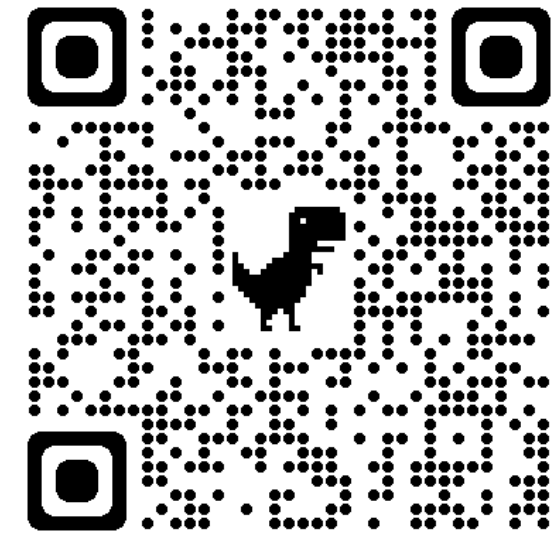
County visits with
young actors

online game
FACE or FACT

FACE OR FACT?

Can you guess the truth by looking at the face and figuring out the profession of the person?

Interactive game at <https://game.brea-k.eu/en/>



LEVEL 1



LEVEL 2



LEVEL 3



VICTORY



Great, you guessed correctly! Fridrix-Ingar works as a sales clerk in a grocery store and does his job really well.



What is Tuuli's profession?

- a) Police chaplain
- b) Secretary
- c) Fire chief
- d) Hairdresser

SELECT

TV series: Why not!

- the story of an 18-year old Anna
- graduating upper-secondary
- dreams, expectations, family relations

The alternative endings make the learning more creative.



Virtual events: career fair

<https://www.onlineexpo.com/en/work-and-career/>

- Mediation of vacancies (also internship and voluntary work offers)
- Chat with employers
- Online career guidance: workshops, individual guidance, interview simulations
- Games and quizzes
- Career webinar - simultaneous translation into Russian and English, as well as sign language and written interpretation.

Welcome to the virtual

**Work and
Career Fair**



Career counselling

Prepare for a interview

Job interview with AI: What is your first impression to an employer?

- Record a video of yourself online
- AI will analyse your personality traits, current emotions and word usage
- The feedback will be sent to you automatically within a few minutes
- <https://www.onlineexpo.com/en/work-and-career/find-a-job/job-interview-with-ai/>


Other virtual activities to promote career development

- Live events on Facebook
- Creating content for social media
- Virtual career days for students
- Thematic podcasts





Interactive career centre in Tallinn

- Interactive self-exploratory tools to get to know oneself, test abilities, map career preferences, develop career management skills
 - 30 different tools and visuals: questionnaires, tests, games, VR, AR, video simulation, infographics, photos, illustrations
 - Three languages (Estonian, Russian, English)
 - See video: [Euroguidance introduces: New digital career tools in Estonia](#)
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Strategic view

Institutions and services

Digital solutions

Professional development of
practitioners

International cooperation

Education system

Labour market



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Thank you!

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