

Women in the Workforce Maximising Empowerment

Digital
Resources

WOWME

Women on Work Market
Maximising Empowerment



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WOW-ME: Women on Work Market – Maximising Empowerment.

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Glossary

Short Term	Full Name / Description
BPWCR	Business & Professional Women CR
BWN	Barcelona Women's Network
CIC	Center for the Integration of Foreigners
ČMAPM	Czech-Moravian Association of Women Entrepreneurs and Managers
EAC	Evolutionary Archetypes Consulting SL
FAQ	Frequently Asked Questions
FutuReg	OBČIANSKE ZDRUŽENIE FutuReg
IWCB	International Women's Club Barcelona
MPSV	Czech Ministry of Labor and Social Affairs
NAV	Norwegian Labor and Welfare Administration
NDLA	Norwegian Digital Learning Arena
NGO	Non-profit organization
Norsensus	Norsensus Mediaforum
PWN Barcelona	Professional Women's Network Barcelona
RAI	Renta Activa de Inserción
Rovnovážka	Rovnovážka, z. s.
SEPE	Spanish State Public Employment Service
STEM	Science, Technology, Engineering, Mathematics
WIA-E	Women In Aerospace Europe
WOW-ME	Women on Work Market – Maximising Empowerment

1. Digital Resources Spain

1.1. Unemployment Agency Page – SEPE (Spanish State Public Employment Service):

- **Link:** <https://www.sepe.es/HomeSepe/en/prestaciones-desempleo.html>
- **Description:** The SEPE (Spanish State Public Employment Service) page provides comprehensive information on unemployment protection, benefits, eligibility criteria (such as required Social Security contributions), and available procedures – both contributory and non-contributory. It serves as a portal to apply for unemployment benefits and monitor their status.
- **Services:**
 - Information & Guidance on unemployment insurance options, eligibility, and durations.
 - Online benefit applications (using digital certificate or [Cl@ve system](#)), including contributory benefits and special schemes.
 - Application tracking (check status, payment history, denials, payrolls).
 - Guides and videos to walk through processes like submitting applications and obtaining certificates.
 - Job-seeker registration, to ensure eligibility and activate benefits (often through a local autonomous body).
 - Special services, such as lump-sum payments, agricultural/farming income, [RAI aid](#), [ERTE/NETWORK](#) management, etc.
 - [FAQ](#) (“Preguntas frecuentes sobre prestaciones por desempleo”)
- **How to contact the agency:**
 - **General information line:** +34 91 926 79 70 (24 hours, free of charge); Citizenship: 060
 - **Appointment system:** Book in-person assistance via the Electronic Office portal. A staff member follows up via phone or email.
 - **In-person visits:** At SEPE offices (“Oficinas de Empleo”), typically after booking an appointment. Provincial locators are provided on the site.e

1.2. The Isadora Duncan Foundation

- **Link:** <https://isadoraduncan.es/>
- **Description:** The A.S.M. Isadora Duncan was founded by five single mothers and a lawyer in the city of Leon in 1984. It was the first national association of single mothers for single mothers. They were feminist women of the working class, and their life project was the solitary upbringing of their sons and daughters.
- **Services:**
 - Employment and financial empowerment programs for single mothers
 - Assistance with housing access and support
 - Legal advice and family mediation
 - Educational workshops on digital literacy, budgeting, and equal parenting
 - Advocacy for the rights of single-parent families
- **Contact:**
 - **Phone:** +34 987 261 449
 - **Contact Form:** <https://isadoraduncan.es/contacto/>

1.3. Fundació Ared

- **Link:** <https://www.fundacioared.org/>
- **Description:** This foundation works on social and labor insertion for people at risk of exclusion, with a strong focus on women who have been in prison or are socially vulnerable. They provide training, support, and employment opportunities.
- **Services:**
 - Incarcerated Women's Resources
 - Training for Skills
 - Employment
- **Contact:**
 - **Phone:** +34 933 513 865
 - **Email:** somared@fundacioared.org

1.4. Ca la Dona

- **Link:** <https://caladona.org/>
- **Description:** This is a well-known feminist space and women's center in Barcelona, actively involved in promoting women's rights and offering various resources and activities.
- **Services:**
 - Activism
 - Advocacy resources
- **Contact:**
 - **Phone:** +34 646 355 864
 - **Email:** info@caladona.org

1.5. Barcelona Women's Network (BWN)

- **Link:** <https://bcnwomensnetwork.com/>
- **Description:** The BWN is a non-profit, non-religious, and non-political organization that brings together local and international women living in and around Barcelona. Founded in 1998, BCN has grown into a diverse, welcoming network of women from over 20 nationalities, united by their shared values of friendship, inclusion, and contribution.
- **Services:**
 - Community Resources
 - Women Network for Expats in Barcelona
- **Contact:**
 - **Contact Page:** <https://bcnwomensnetwork.com/contact-us/>
 - **Email:** bwn@bcnwomensnetwork.com

1.6. PWN Barcelona (Professional Women's Network Barcelona)

- **Link:** <https://www.pwnglobal.net/c/pwn-barcelona/>
- **Description:** This organization focuses on advancing women in leadership and professional development. It's a key resource for professional women seeking networking, mentorship, and career growth.
- **Services:**
 - Local connections with international reach
 - Career growth & personal development
 - Acceleration of gender-balanced leadership in business and society
- **Contact:**
 - **Email:** help@pwnbarcelona.net

1.7. Dona i empresa Sant Just Desvern

- **Link:** <https://donaiempresa.cat/es>
- **Description:** The Dona i Empresa association is an organization founded with the goal of promoting working women and supporting those considering starting a business, becoming self-employed, or seeking professional growth in a variety of fields.
- **Services:**
 - Networking and collaboration
 - Business visibility for women-owned businesses
 - Entrepreneurial support – helping women launch and develop projects and businesses
 - Member benefits
 - Community building
- **Contact:**
 - **Contact Form:** <https://donaiempresa.cat/es/contacto>

1.8. Associació In via

- **Link:** <http://www.invia.cat>
- **Description:** Associació In via is a non-profit organization (NGO) based in Barcelona dedicated to promoting social inclusion and supporting people in vulnerable situations. It provides employment and social integration services, comprehensive support for women affected by gender-based violence, and programs for families and children, working with a gender-aware and rights-based approach.
- **Services:**
 - Employment support and vocational training
 - Social integration programs
 - Support for women affected by gender-based violence
 - Family and child support services
 - Professional training and consultancy
- **Contact:**
 - **Phone:** +34 932 155 626
 - **Email:** invia@invia.cat

1.9. Femme Palette

- **Link:** <https://www.femmepalette.com/>
- **Description:** Femme Palette is a mentoring platform and professional community that supports career growth through personalized mentorship. With a network of 1,200+ experienced mentors and a global community of 5,000+ members, it helps individuals and companies develop talent, navigate professional challenges, and build meaningful connections. The organization hosts regular online and in-person networking and learning events.
- **Services:**
 - Personalized career mentorship programs
 - Corporate mentoring solutions
 - Professional community networking
 - Online and offline career development events
- **Contact:**
 - **Email:** contact@femmepalette.com
 - **Partnerships, Media & Sales Contact:** Lucie Neumanova, CEO & Co-founder: lucie@femmepalette.com; Klara Holikova, COO & Co-founder: klara@femmepalette.com

1.10. International Women's Club Barcelona (IWCB)

- **Link:** <https://www.iwcbbarcelona.com/>
- **Description:** The International Women's Club of Barcelona (IWCB) is a non-profit social and cultural association for English-speaking women living in and around Barcelona. Founded in 1955, it provides a welcoming international community where members can build friendships, participate in social and cultural activities, and engage in philanthropic initiatives.
- **Services:**
 - Social and cultural activities for women
 - Community networking and support
 - Cultural exchange and events
 - Philanthropic initiatives
- **Contact:**
 - **Email:** iwcbbarcelona@gmail.com
 - **Contact form:** <https://www.iwcbbarcelona.com/blank-1-1>

1.11. Associació Edualter

- **Link:** <https://www.edualter.org/ca>
- **Description:** Associació Edualter is a Catalonia-based organization dedicated to education for global justice and peace. It promotes critical thinking, social transformation, and active citizenship through educational initiatives focused on human rights, gender equality, environmental justice, and intercultural dialogue.
- **Services:**
 - Educational programs on global justice and peace
 - Workshops and training activities
 - Awareness-raising campaigns
 - Advocacy for human rights and gender equality
- **Contact:**
 - **Phone:** +34 934 011 891, +34 635 973 401
 - **Email:** edualter@pangea.org

1.12. Espai d'Inclusió i Formació Casc Antic

- **Link:** <http://www.eicascantic.org>
- **Description:** Espai d'Inclusió i Formació Casc Antic is a community and cultural center located in the historic Casc Antic (Old Town) of Barcelona. It serves as a hub for social inclusion and training initiatives, aiming to empower residents through educational, cultural, and community-building activities.
- **Services:**
 - Social inclusion programs
 - Educational and training activities
 - Cultural and community events
 - Community support and engagement initiatives
- **Contact:**
 - **Phone:** +34 932 684 943
 - **Email:** info@eicascantic.org

1.13. Fundació Escó – Esplai Escó

- **Link:** <https://www.maristes.cat/fundacio-esco>
- **Description:** The Escó Foundation assists and supports families who are at risk or socially excluded in the Raval neighborhood and surrounding areas to improve their quality of life, focusing on women and their children.
- **Services:**
 - Family support and social assistance programs
 - Educational and after-school activities for children and youth
 - Psychosocial support and guidance for women
 - Community integration and empowerment initiatives
 - Leisure, cultural, and personal development activities
- **Contact:**
 - **Phone:** +34 934 908 146
 - **Email:** fchampagnat@maristes.cat

1.14. Associació MEVA

- **Link:** <http://mevasoc.wordpress.com>
- **Description:** Associació MEVA, supported by the Government of Barcelona, is a non-profit organization founded in 2018 in Barcelona that works for gender equality, women's empowerment, and the eradication of gender-based violence. Through a feminist, rights-based, and intersectional approach, MEVA promotes women's participation, autonomy, and collective support as foundations for a violence-free and equitable society.
- **Services:**
 - Empowerment workshops (personal and social empowerment)
 - Prevention and awareness-raising on gender-based violence
 - Support and accompaniment for women experiencing violence
 - Networking and collaborative projects with other organizations
 - Mentoring and resilience-based empowerment programs
 - Community-based feminist initiatives and advocacy
- **Contact:**
 - **Phone number:** +34 615 404 013
 - **Email:** meva.associacio@gmail.com

1.15. Fundación Mujeres – "Actívate para el Empleo"

- **Link:** <https://activateparaelempleo.es/>
- **Description:** A nationwide foundation specifically dedicated to improving the employability of women. Their "Actívate" portal is a comprehensive digital space for women looking for a job or career improvement.
- **Services:**
 - Online Campus: Free training in digital marketing, administrative skills, and office tools.
 - Employment Guidance: Personalized itineraries for women in long-term unemployment or those returning to the workforce.
 - Entrepreneurship Support: Advice on business plans and access to funding for women-led startups.
- **Contact:**
 - **Phone:** +34 91 591 24 20
 - **Email:** info@fundacionmujeres.es,
<https://activateparaelempleo.es/contactar/>

1.16. Fundación Adecco – Women over 45 & Vulnerable Groups

- **Link:**
<https://fundacionadecco.org/programas-de-empleo/programa-meis-mayores/>
- **Description:** This foundation runs targeted programs for women who face age-based discrimination (over 45) or other barriers to entry. They work with corporate partners to facilitate direct hiring.
- **Services:**
 - #EmpleoParaTodas: A campaign and program facilitating employment for women at risk of social exclusion.
 - Senior Talent Programs: Specialized training to update the skills of women returning to the workforce after long gaps.
 - Digital Literacy: Courses on using AI and modern digital tools for job seeking.
- **Contact:**
 - **Phone:** +34 91 700 49 20
 - **Email:** prensa.fundacion@adecco.com

1.17. Barcelona Activa (Ajuntament de Barcelona)

- **Link:** <https://www.barcelonactiva.cat/>
- **Description:** Barcelona Activa is the official economic development agency of the Barcelona City Council. It provides comprehensive employment services, entrepreneurship support, and professional training programs, with specific initiatives aimed at improving women's employability and business leadership.
- **Services:**
 - Career guidance and personalized employment itineraries
 - Free vocational and digital skills training
 - Entrepreneurship incubators and business advisory
 - Job matching and recruitment events
- **Contact:**
 - **Phone:** +34 900 533 175
 - **Contact Form:** <https://www.barcelonactiva.cat/contacte>

1.18. SOC – Servei Públic d'Ocupació de Catalunya

- **Link:** <https://serveiocupacio.gencat.cat/ca/inici>
- **Description:** SOC is the Catalan Public Employment Service, responsible for active labor market policies in Catalonia. It offers training, employment guidance, and subsidized programs for unemployed individuals, including specific support for women returning to work.
- **Services:**
 - Job seeker registration and employment mediation
 - State-funded vocational training
 - Employment orientation services
 - Subsidized hiring programs
- **Contact:**
 - **Phone:** +34 930 886 200

1.19. Cámara de Comercio de Barcelona – Women Entrepreneurship Programs

- **Link:** <https://cambrabcn.org/>
- **Description:** The Barcelona Chamber of Commerce provides entrepreneurship and professional development programs, including initiatives that support women entrepreneurs and business leadership.
- **Services:**
 - Business start-up advisory
 - Training in business management and finance
 - Women's leadership forums
 - Internationalization support
- **Contact:**
 - **Phone:** +34 934 169 300
 - **Email:** cambra@cambrabcn.cat

1. Digital Resources Czech Republic

2.1. Unemployment Agency Page – Czech Ministry of Labor and Social Affairs (MPSV)

- **Link:** <https://portal.gov.cz/en/sluzby-vs/unemployment-benefit-S11363>
- **Description:** The Unemployment Benefit service, provided by the Czech Labor Office, offers financial support to individuals who have lost their jobs. The benefit is designed to help bridge the period while a person is actively seeking new employment in cooperation with the Czech Labor Office.
- **Services:**
 - Unemployment benefit payments
 - Job seeker registration
 - Job placement and employment assistance
- **Contact:**
 - Job seekers can register:
<https://portal.gov.cz/sluzby-vs/podpora-v-nezamestnanosti-S11363>
 - Then, they can apply for unemployment benefits online through the Jenda portal: <https://jenda.mpsv.cz/>
 - **Phone:** +420 950 180 000
 - **Email:** podatelna.gr@uradprace.cz

2.2. Czechitas

- **Link:** <https://www.czechitas.cz/en>
- **Description:** Czechitas is a nonprofit organization focused on empowering women through digital education and IT skills development. It supports women in reskilling, upskilling, and entering the technology sector, helping them improve employability and access new career opportunities.
- **Services:**
 - Digital and IT training courses
 - Career transition programs
 - Workshops and coding bootcamps
 - Career counseling and mentoring
 - Networking with tech employers
- **Contact:**
 - **Website contact form:** <https://www.czechitas.cz/en/kontakt>
 - **Email:** info@czechitas.cz

2.3. EKS – Support for Women Seeking Employment

- **Link:** <https://www.ekscr.cz/>
- **Description:** EKS provides targeted support for women who are unemployed or returning to the workforce, including mothers and caregivers. The organization offers tailored training, career counseling, and personal development programs to strengthen employability and confidence.
- **Services:**
 - Career counseling
 - Skills development courses
 - Motivational workshops
 - Individual mentoring and coaching
 - Support for mothers returning to work
- **Contact:**
 - **Phone:** +420 774 454 559
 - **Email:** info@ekskurzy.cz

2.4. EKS – Business & Professional Women CR (BPWCR)

- **Link:** <https://www.bpwcr.cz/en/>
- **Description:** BPWCR is part of an international network dedicated to supporting women in their professional growth. They are well-known for organizing the "Equal Pay Day" conference and providing extensive mentoring programs for women at all career stages, from entry-level to management.
- **Services:**
 - Professional mentoring and speed mentoring sessions
 - Leadership and soft skills development workshops
 - Networking events and "Breakfasts with extraordinary women"
 - Career growth and economic independence advocacy
- **Contact:**
 - **Phone:** +420 777 000 000 (General office)
 - **Email:** info@bpwcr.cz

2.5. ČMAPM – Czech–Moravian Association of Women Entrepreneurs and Managers

- **Link:** <https://www.cmapm.cz/en/>
- **Description:** This association is one of the longest-standing organizations in the country, focused on women in business. They provide a platform for women entrepreneurs and managers to exchange experiences and support each other in balancing professional success with family life.
- **Services:**
 - Expert forums and educational workshops on business skills
 - Coaching and mentoring for career advancement
 - Support for the "Young Generation" and mothers balancing work/family
 - International business networking opportunities
- **Contact:**
 - **Email:** info@cmapm.cz

2.6. Ženský byznys (Women's Business)

- **Link:** <https://www.zensky-byznys.cz/home/en/>
- **Description:** An educational platform and community that creates role models and provides practical career skills. They offer a structured "Academy" program designed to help women increase their self-confidence and professional visibility.
- **Services:**
 - 6-month educational Academy (Soft & Hard skills)
 - Workshops on negotiation, self-promotion, and public speaking
 - Networking across major cities (Prague, Brno, Ostrava, Plzeň)
 - Career personal branding sessions
- **Contact:**
 - **Phone:** +420 731 331 533
 - **Email:** info@zensky-byznys.cz

2.7. InBaze – "Nová práce" (New Job) Project

- **Link:** <https://metropolevsech.eu/en/events/podpora-pri-hledani-prace/>
- **Description:** While InBaze supports migrants, their "Nová práce" project is a comprehensive resource for any woman in the Czech Republic needing individual support to improve their job-seeking competencies.
- **Services:**
 - Job and career counseling
 - Interview preparation and communication training
 - Retraining courses and employment mediation
 - Support for CV creation and labor market orientation
- **Contact:**
 - **Phone:** +420 739 037 353
 - **Email:** zinoveva@inbaze.cz

2.8. CIC – Center for the Integration of Foreigners (Perspective Program)

- **Link:** <https://www.cicops.cz/en/>
- **Description:** Their "Perspective" social rehabilitation service is specifically tailored for those facing obstacles in the labor market, with a strong focus on women returning to work after parental leave.
- **Services:**
 - Specialized career counseling for mothers after parental leave
 - Job workshops and "Jobclubs" on labor law
 - Assistance with the recognition of foreign studies (Nostrification)
 - Professional training and retraining support
- **Contact:**
 - **Phone:** +420 222 360 452, +420 704 600 700
 - **Email:** prace@cicops.cz, info@cicops.cz

2.9. Aperio – Healthy Parenthood (Guide to the Future)

- **Link:** <https://www.aperio.cz/en>
- **Description:** Aperio is a highly respected NGO in the Czech Republic that focuses on the transition from parenthood back into the workforce. They offer a specific "Mummy and Daddy Welcome" program that helps parents navigate the complexities of returning to work after maternity or parental leave.
- **Services:**
 - Career Counseling: Specialized advice on how to negotiate flexible hours or a return to a previous position.
 - Labor Law Hotline: Free legal consultations regarding your rights as a parent in the workplace (e.g., job security after leave).
 - Workshops: "Orientation in the Labor Market" courses specifically for mothers.
 - Parent-Friendly Employers: A database and certification of companies that actively support work-life balance.
- **Contact:**
 - **Phone:** +420 776 236 479, +420 739 062 011
 - **Email:** aperio@aperio.cz

2.10. Odyssey – Mentoring for Women

- **Link:** <https://myodyssey.eu/cz/>
- **Description:** Odyssey is the first cross-company mentoring program dedicated to the professional development of women. While they focus on future female leaders, they are an excellent resource for women who have taken a career break and want to re-enter the workforce.
- **Services:**
 - Mentoring: Pairing women with experienced business leaders (mentors) to build a career strategy.
 - Networking: Access to a high-level community of female professionals in the Czech Republic.
 - Skill Development: Identifying gaps in current expertise and creating a plan to fill them.
 - Odyssey for NGO's: A specific track for women moving from the non-profit sector into commercial roles (or vice versa).
- **Contact:**
 - **Email:** info@myodyssey.cz, marketa.cermakova@myodyssey.eu

2.11. Úřad práce České republiky (Czech Labor Office – Full Portal)

- **Link:** <https://up.gov.cz/>
- **Description:** The Czech Labor Office provides nationwide employment services beyond unemployment benefits, including retraining programs, career counseling, and targeted support for disadvantaged job seekers. It is particularly relevant for women returning after parental leave or long career breaks.
- **Services:**
 - Retraining and qualification courses funded by the state
 - Individual employment action plans
 - Employer subsidies for hiring disadvantaged applicants
- **Contact:**
 - **Phone:** +420 950 180 000
 - **Email:** podatelna@uradprace.cz

2.12. Holky z Marketingu (Girls from Marketing)

- **Link:** <https://www.holkyzmarketingu.cz/>
- **Description:** Holky z Marketingu is one of the largest Czech educational communities for women in marketing and digital communication. It supports women in reskilling, career transitions, and professional growth through practical courses and employer connections.
- **Services:**
 - Digital marketing courses (beginner to advanced)
 - Career change programs
 - Networking with marketing employers
 - Mentoring and community support
- **Contact:**
 - **Phone:** +420 793 943 655
 - **Email:** ahoj@holkyzmarketingu.cz

2.13. M.arter (Career Restart Platform)

- **Link:** <https://marter.cz/>
- **Description:** M.arter supports women returning to the workforce after maternity leave or extended career breaks. The platform connects women with flexible employers and provides structured career restart programs.
- **Services:**
 - Career restart programs
 - Employer matching with flexible roles
 - Workshops on confidence and career positioning
- **Contact:**
 - **Email:** marter@marter.cz

2.14. CzechInvest – Entrepreneurship Support

- **Link:** <https://czechinvest.gov.cz/en>
- **Description:** CzechInvest is a government agency supporting entrepreneurship and business development in the Czech Republic. While not women-exclusive, it provides startup advisory, funding navigation, and innovation support that can benefit women launching businesses.
- **Services:**
 - Business start-up advisory
 - Innovation and funding consultations
 - Regional entrepreneurship support
- **Contact:**
 - **Phone:** +420 727 850 330
 - **Email:** fdi@czechinvest.gov.cz

2. Digital Resources Slovakia

3.1. Unemployment Agency Page – Úrady práce, sociálnych vecí a rodiny

- **Link:** <https://www.upsvr.gov.sk/>
- **Description:** The Office of Labor, Social Affairs and Family (ÚPSVaR) is a public employment and social service institution in Slovakia that operates a nationwide network of local labor offices. The Office provides information, counselling, job matching, and active labor-market support measures to assist people in finding suitable work and adapting to the job market.
- **Services:**
 - Job search assistance & mediation: Matches job seekers with available vacancies.
 - Career counselling: Provides individual guidance on career paths and labor market options.
 - Job seeker registration: Allows access to official employment services and support programs.
 - Training programs: Offers upskilling and retraining to improve employability.
 - Support for disadvantaged job seekers: Provides targeted measures for people returning after career breaks.
- **Contact:** Dependent on required service
 - **Contact Directory by city:**
https://www.upsvr.gov.sk/urady-kontakty.html?lang=en&page_id=287

3.2. Aj Ty v IT

- **Link:** <https://ajtyvit.sk/en/home/>
- **Description:** This organization provides hands-on vocational training and educational programs in information technology specifically for girls and women. Their goal is to equip women with in-demand IT skills, thereby directly enhancing their employment prospects and promoting their entry into the tech sector.
- **Services:**
 - IT courses and workshops for adult women to build practical digital and tech skills for career development.
 - Career-focused workshops to help women prepare for job opportunities in tech.
 - Organizes meetups and networking events
- **Contact:**
 - **Phone:** +421 908 210 290
 - **Email:** partnership@ajtyvit.sk

3.3. Lean In Slovakia

- **Link:** <https://www.leanin.sk/english-summary>
- **Description:** Part of the global Lean In movement, this network helps women achieve their ambitions through community support and education. They are particularly active in helping women return to work after career breaks.
- **Services:**
 - "Back to Work" Program: A specialized educational program for parents returning after maternity/parental leave.
 - Leadership Programs: Training for women moving into management or leadership roles.
 - Lean In Circles: Peer-to-peer mentoring groups that provide long-term career support.
 - 50 Ways to Fight Bias: Workshops to help navigate workplace challenges.
- **Contact:**
 - **Phone:** +421 55 602 3628
 - **Email:** info@leanin.sk

3.4. Akčné ženy (Action Women)

- **Link:** <https://akcnezeny.sk/>
- **Description:** A large online portal and community that serves as an educational and networking hub for women entrepreneurs and professionals in Slovakia. They host regular events to inspire and educate women on career growth.
- **Services:**
 - Webinars and Workshops: Frequent online sessions on marketing, finance, and soft skills.
 - Networking Events: "Speed-dating" style networking for business owners and career seekers.
 - Educational Content: A library of articles and tutorials on starting a business and career pivots.
 - Job Offers: A specialized section for professional opportunities within their network.
- **Contact:**
 - **Email:** info@akcnezeny.sk
 - **Contact form:** <https://akcnezeny.sk/kontakt/>

3.5. Mareena – Job Counseling

- **Link:** <https://mareena.sk/>
- **Description:** While Mareena focuses on the integration of foreigners, their career counseling services are also a gold standard for anyone needing a hands-on approach to entering the Slovak labor market.
- **Services:**
 - Individual Consultations: Personal career planning and goal setting.
 - Job Search Assistance: Practical help with CVs, cover letters, and finding vacancies.
 - Interview Coaching: Mock interviews to build confidence.
 - Retraining Orientation: Help finding the right language or professional courses.
- **Contact:**
 - **Phone:** +421 948 113 947
 - **Email:** counseling@mareena.sk

3.6. OZ Ženy v IT (Women in IT Association)

- **Link:** <https://zenyvit.sk/>
- **Description:** A professional association that supports women who are already in IT or those aiming to switch careers into technology. They focus on community building and expert-level knowledge sharing.
- **Services:**
 - Expert Webinars: Technical sessions on the latest IT trends (AI, Cybersecurity, etc.).
 - Community Networking: Access to a Slack channel and events with other female tech professionals.
 - Career Advocacy: Promoting women's visibility in the Slovak tech landscape.
- **Contact:**
 - **Email:** info@zenyvit.sk

3.7. Združenie podnikateliek a manažérok (Association of Women Entrepreneurs and Managers)

- **Link:** <https://www.uspesnezeny.sk/about-us/>
- **Description:** The first association of its kind in Slovakia (founded in 2001), dedicated to supporting women in business and leadership. They provide a high-level network for women looking to advance their careers.
- **Services:**
 - Professional Advancement: Tailor-made educational activities for managers.
 - Networking: Connecting women entrepreneurs with international business partners.
 - Mentoring: Access to experienced business leaders and role models.
- **Contact:**
 - **Email:** info@uspesnezeny.sk
 - **Contact form:** <https://www.uspesnezeny.sk/sk/kontakt/>

3.8. IOM Migration Information Center (MIC) – Employment Counseling

- **Link:**
<https://www.mic.iom.sk/en/en-bubles/321-employment-counselling.html>
- **Description:** MIC provides a comprehensive, free labor market orientation. They are an excellent resource for women who need to understand their legal rights and the specifics of the Slovak job market.
- **Services:**
 - CV and Cover Letter Feedback: Professional review of application documents.
 - Nostrification: Help with the recognition of foreign diplomas and education.
 - Labor Law Advice: Counseling on employment contracts and employee rights.
- **Contact:**
 - **Phone:** +421 2 5262 3335, +421 2 5263 0023
 - **Email:** mic@iom.int

3.9. Top Centrum Podnikateliek (Top Center of Women Entrepreneurs)

- **Link:** <https://www.tcpsk.com/>
- **Description:** An association that creates a platform for women to share business experiences. They are particularly active in the regional areas of Slovakia, ensuring that women outside of Bratislava also have access to career support.
- **Services:**
 - Regional Meetings: Networking and education across various Slovak cities.
 - Business Education: Courses on legislation, taxes, and business management.
 - International Cooperation: Projects connecting Slovak women with female leaders in the EU.
- **Contact:**
 - **Email:** sekretariat@tcp.sk, <https://www.tcpsk.com/formular/>

3.10. Women In Aerospace Europe (WIA-E) – Slovakia Regional Network

- **Link:** <https://www.wia-europe.org/slovakia/>
- **Description:** A niche but powerful resource for women in STEM and aerospace. They focus on professional development and increasing women's visibility in high-tech industries.
- **Services:**
 - Mentoring Opportunities: Specialized mentoring for women in technical fields.
 - Professional Development Workshops: Targeted resources for career advancement in STEM.
 - Outreach: Inspiring women to explore exciting opportunities in science and tech.
- **Contact:**
 - **Email:** slovakia@wia-europe.org

3.11. Profesia.sk – Career Portal

- **Link:** <https://www.profesia.sk/>
- **Description:** Profesia.sk is Slovakia's largest online job portal, providing job listings, career resources, and labor market information. It supports job seekers with digital tools and career guidance content to improve employability.
- **Services:**
 - Job search platform with nationwide vacancies
 - CV creation tool and salary calculator
 - Career advice articles and labor market insights
- **Contact:**
 - **Phone:** +421 2 3300 55 55
 - **Email:** profesia@profesia.sk

3.12. Pracujúce mamy (Working Mothers Slovakia)

- **Link:** <https://www.pracujucemamy.sk/>
- **Description:** Pracujúce mamy is an online platform and community supporting mothers balancing career and family life. It promotes flexible work, remote opportunities, and employer awareness regarding work-life balance.
- **Services:**
 - Job listings suitable for parents (flexible/remote roles)
 - Employer database supportive of working mothers
 - Community support and educational content
- **Contact:**
 - **Phone:** +421 952 378 730
 - **Email:** info@pracujuce-mamy.sk

3.13. Nexteria

- **Link:** <https://nexteria.sk/>
- **Description:** Nexteria is a Slovak nonprofit organization providing career acceleration and leadership development programs for ambitious young professionals, including women entering competitive sectors.
- **Services:**
 - Career acceleration programs
 - Mentoring from business leaders
 - Soft skills and leadership development
- **Contact:**
 - **Phone:** +421 905 702 383
 - **Email:** office@nexteria.sk

3.14. Slovak Business Agency (SBA)

- **Link:** <https://www.sbagency.sk/>
- **Description:** The Slovak Business Agency (SBA) supports entrepreneurship and small business development across Slovakia. It provides advisory services, training programs, and financial guidance for start-ups and SMEs, including initiatives that encourage and support women entrepreneurs.
- **Services:**
 - Business start-up counselling
 - Training workshops for entrepreneurs
 - Financial support and micro-loan information
- **Contact:**
 - **Phone:** +421 2 2036 3100
 - **Email:** agency@sbagency.sk

3. Digital Resources Norway

4.1. Unemployment Agency Page – NAV (Norwegian Labor and Welfare Administration)

- **Link:** <https://www.nav.no/hva-er-nav/en>
- **Description:** NAV is a comprehensive government agency providing direct financial support (e.g., social assistance, unemployment benefits, housing benefits), job search assistance, vocational guidance, and re-training programs. Women facing economic hardship or seeking employment directly interact with NAV for these vital resources.
- **Services:**
 - Financial support
 - Job search
 - Training programs
- **Contact:**
 - **Phone:** +47 55 55 33 33
 - **Other:** Use chatbot on website

4.2. Karriereveiledning.no (National Digital Career Guidance)

- **Link:** <https://karriereveiledning.no/>
- **Description:** A free digital career guidance portal run by the Norwegian Directorate for Higher Education and Skills. It offers accessible online and phone guidance, self-help resources, and tools to explore career options, tackle transitions (education to work, job transitions, unemployment), and build career competencies. The service supports adult job seekers of all backgrounds nationwide.
- **Services:**
 - Digital career counselling (chat & phone)
 - Self-help job planning tools
 - Guidance on CVs, interview prep, and education pathways
- **Contact:**
 - **Phone:** +47 800 30 300
 - **Email:** post@hkdir.no

4.3. Kompetanse Norge (Competence Norway)

- **Link:** <https://elaring.kompetansenorge.no/>
- **Description:** National lifelong learning agency focused on adult education, flexible training pathways, and competence building. Competence Norway helps individuals access upskilling and reskilling opportunities, particularly for those entering or re-entering the labor market. The organization also supports information and links to courses, guidance, and learning tools.
- **Services:**
 - Adult learning guidance
 - Access to courses and training pathways
 - Information on digital skills development
- **Contact:**
 - **Phone:** +47 23 30 30 00
 - **Email:** post@kompetansenorge.no

4.4. Karrierehuset

- **Link:** <https://karrierehuset.no/>
- **Description:** A private Norwegian career development and coaching company specializing in helping job seekers with career transitions, personalised coaching, CV and interview support, workshops, and empowerment strategies to strengthen confidence and employability.
- **Services:**
 - Individual career coaching
 - Group workshops and transition support
 - Job search strategy development
- **Contact:**
 - **Phone:** +47 23 00 33 50
 - **Email:** post@karrierehuset.no

4.5. Kompass Karriere AS

- **Link:** <https://kompasskarriere.no/>
- **Description:** Norwegian career guidance and coaching organization offering tailored support to jobseekers through counselling, career planning, personality assessments, and digital tools to help identify strengths and plan career paths.
- **Services:**
 - Career counselling sessions
 - Job search support
 - Skills and motivation workshops
- **Contact:**
 - **Phone:** +47 414 33 456
 - **Email:** post@kompasskarriere.no

4.6. Norsk Senter for Coaching

- **Link:** <https://www.norsksenterforcoaching.no/>
- **Description:** Provides professional coaching services that support personal and career growth, improve communication and self-leadership skills, and help job seekers build confidence during transitions.
- **Services:**
 - Coaching for career development
 - Personal empowerment workshops
 - Communication and leadership skill building
- **Contact:**
 - **Phone:** +47 91 00 65 67
 - **Email:** gunnrandi@nsfc.no

4.7. Norwegian Digital Learning Arena (NDLA)

- **Link:** <https://ndla.no/>
- **Description:** A national open-access learning platform providing digital resources and educational materials across subjects that support lifelong learning. While NDLA focuses on upper secondary education, its comprehensive digital resources can support adult learners upgrading basic skills relevant to employment and career development.
- **Services:**
 - Free digital educational resources
 - Multimedia learning tools
 - Study support materials
- **Contact:**
 - **Phone:** +47 55 55 90 00
 - **Email:** support@ndla.no

4.8. Noroff Education (Vocational & Digital Courses)

- **Link:** <https://www.noroff.no/>
- **Description:** A Norwegian educational institution offering online and on-campus courses in digital media, IT, and tech disciplines. These vocational and professional programs provide skills relevant to high-demand job sectors and help jobseekers or career changers build marketable competencies.
- **Services:**
 - Vocational certificates and bachelor's programs
 - Digital skills training (design, cybersecurity, data science)
 - Career support for students
- **Contact:**
 - **Phone:** +47 38 00 00 00
 - **Email:** info@noroff.no

4.9. Work in Norway (Official Government Portal)

- **Link:** <https://www.workinnorway.no/en/Home>
- **Description:** Work in Norway is an official government portal providing practical guidance on finding employment in Norway. It offers step-by-step information on job searching, employment regulations, and access to public labor services. The platform is particularly useful for women re-entering the workforce or newcomers navigating the Norwegian job market structure.
- **Services:**
 - Job search guidance
 - Information on employment rights and regulations
 - Links to public labor services
 - labor market information
- **Contact:**
 - **Phone:** +47 22 05 70 00
 - **Email:** Contact forms and online support via website

4.10. Likestillingssenteret (Center for Gender Equality)

- **Link:** <https://likestillingssenteret.no/>
- **Description:** Likestillingssenteret works to promote gender equality in working life and society. The organization develops programs and guidance that support women's participation in the labor market, leadership, and economic independence.
- **Services:**
 - Gender equality consulting for workplaces
 - Career development seminars
 - Leadership training initiatives
- **Contact:**
 - **Phone:** +47 625 47 460
 - **Email:** post@lss.no

4.11. MiRA-Senteret (Resource Center for Minority Women)

- **Link:** <https://mirasenteret.no/>
- **Description:** MiRA-Senteret supports minority and migrant women in Norway through empowerment, education, and employment-related programs that promote labor market integration and economic independence.
- **Services:**
 - Employment-oriented workshops
 - Digital skills and language training
 - Individual guidance for workforce entry
- **Contact:**
 - **Phone:** +47 22 11 69 20
 - **Email:** post@mirasenteret.no