



EUROPEAN
JOB DAYS

Finding a job in Portugal



4 November 2025



Finding a job in Portugal

Bear in mind!

- Job seeking abroad requires **more time** and **preparation** than in your own country
- Your move will be much smoother if you are **properly informed**

EURES services can help you with:

- information about the Portuguese labour market
- looking for jobs
- applying for a job
- preparing for interviews

First, focus on yourself

Think about:

- **your starting point:** interests, education, professional experience, language skills, current family and professional situation...
- what **drives your move** to Portugal ?
- what are your **professional goals** ?
- looking for a **short-term experience** or a **long-term project** ?
- what are you willing to **negotiate** ?
- do you see yourself **working for a company** or as an **entrepreneur** ?
- what **support** do you already have **in Portugal** ?

Second, **get information** about

- **Living conditions**
 - cost of living
 - accommodation
 - access to healthcare & education
- Where, when, how you can **learn Portuguese**
- **Labour market** and job opportunities
- Do you need **professional recognition** to work ?

Economy & labour market

6,1% unemployment rate

Source: Eurostat, August 2025

2,1% GDP growth rate

Source: Eurostat (2024)

September 2025

Unemployed	302.600
< 25 y.o.	11,2%
1 year +	39,6%
1st job	10,4%
women	57,2%
no basic education	49,2%
higher education	14,3%
foreign workers *	17,3%



99,7% of employers
mSMEs

(87,5% ≤ 10 workers)

71,9% employment

67,2% service activities

Source: INE, Statistics National Institute

Source: IEFP, Public Employment Service

* Only for the Mainland

Growing sectors



DIGITAL



**SHARED | GLOBAL
BUSINESS SERVICES**



**TOURISM &
HOSPITALITY**



**RENEWABLE
ENERGIES**



**HEALTHCARE &
BIOTECH**

Our Labour Market sectors in high demand

- Customer Service
- Shared Service Centres
- ICT | Digital
- Engineering
- Healthcare
- Tourism & HORECA
- Agriculture



- Construction
- Transports
- Elderly Care
- Industry

Your job search



- Job portals
 - eures.europa.eu
 - LinkedIn
 - Companies' websites
 - Job fairs
- Private Employment Agencies
 - Temporary Work Agencies
- Your network (friends & family)
 - National & regional newspapers

europeanjobdays.eu

[Work in Portugal](#)



Your job search: when in Portugal...



- Register ASAP at the [nearest Job Centre](#)
- Required document(s):
 - ID card, or
 - Passport, or
 - Residence * | Work Permit, or Job Search Visa (if you are a non-EU/EEA citizen)
- If an **unemployment benefit recipient** in your country of origin, bring the U2 Portable Document
- Enrol in Portuguese courses for foreigners

* entitling you to work in Portugal

How to apply?



- ✓ **CV**
- ✓ **cover letter**
- ✗ **references**
- ✗ **diplomas, certificates, ...**

How to apply...

Curriculum Vitae



- reverse chronological order or functional model, or a mix
- infographic and creative CVs
- [Europass CV](#)
- 1-2 pages maximum, **short**, concise, **structured**
- professional (smiling) photo
- highlight your understanding of other cultures and your international experience
- mobile: include your country's **international code number** (e.g. +32)
- **Language** and **IT** skills
- include **LinkedIn profile** & **links** to your former employers' websites & courses content
- tools to use videoconference (Teams, Zoom,...)

How to apply...

Cover | Motivation “Letter”

- an **e-mail** (to which you attach your CV)
- personalize - find a contact person (head of HR)
- 2-3 paragraphs
- keywords
- your story and how it relates to the company's story
- personal branding: balance facts & **motivation**
- don't repeat Information already on the CV
- your availability for an (online) interview



The Cover Letter

- **show your interest in the position / company** - shortly write about the company and the job position
- **highlight your skills** - write about main experiences where you gained or already proved the qualities and skills that are required for the position
- **let them know your motivation** - why do you want this job? what inspires you about this position and the company? Why do you want to move to Portugal?
- **mention which added values you'll bring them**, but also what you can learn from them

Who are You on Social Media?



Recruiters may google you!

If you have public profiles

be aware of the contents you share!



...an important tool

- increasingly used to recruit qualified workers
- find out more about your professional activity and skills
- get an inside look into your interests and preferences
- make sure that your LinkedIn profile is up-to-date
- follow top companies in the field of your work
- personalize your public profile URL <http://www.linkedin.com/in/your name>
- create a QR Code for your LinkedIn accountprofile



...there is no one-size-fits-all strategy

How to stand out?

tailor-made for a particular company and specific job vacancy

- research the company
- think about "*Are you a match?*"
- make it easy-to-read
- don't use only copy&paste on templates, make them your own
- represent yourself



...and remember to be honest, open-minded, and flexible

Obrigad@!
THANK YOU!

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