



求职者

如果你正在求职，最近刚刚失业，或者面临失业的风险，可能有服务可以帮助你。

求职帮助

就业服务提供商帮助求职者为求职做准备。这些帮助可能包括提供有助于求职的培训、电脑和电话的使用。

我们可以为你转介至你所在地区的就业服务提供商。欲获得就业服务，一些提供商需要你符合居住要求，如持有某些特定签证或具有澳大利亚公民身份。

四类不同的就业服务提供商包括：

- **jobactive** 可帮助求职者取得工作并保住工作。这类机构会评估你的需求，提供量身定制的服务。他们可以帮助你撰写简历、寻找工作、准备面试等等。
- **Transition to Work** 帮助 15 周岁至 21 周岁的年轻求职者获得技能、树立信心，为参加工作、继续学业、开始学徒及培训做准备。
- **Disability Employment Services** 帮助有残疾、受伤或疾病的人找到工作。并帮助雇主为这类求职者在工作中提供支持。
- **Community Development Programme** 为居住在澳大利亚偏远地区的求职者提供更多参与其社区活动的机会，并取得与当地就业相匹配的就业技能。

我们的服务中心设有自助终端和打印机。你可以在线搜索就业信息，或准备并打印简历。

求职期间可获取的福利

在你求职期间，你可能获取我们提供的每两周一笔的福利金。欲获取此类福利金，你需要向我们证明你正在积极寻找工作或正在提升有助于就业的技能。

Newstart Allowance 为没有工作的人在求职期间提供帮助。你需要参加提高就业可能性的活动。

Parenting Payment 为需要抚养孩子的人提供支持。独自抚养 8 岁以下儿童的单身人士可领取该福利。与伴侣共同抚养 6 岁以下儿童的人也可领取该福利。

Youth Allowance 是专为 16 周岁至 24 周岁的年轻人提供的福利。欲领取该福利，你必须：

- 正接受全日制教育
- 正进行全日制 Australian Apprenticeship
- 正在寻找工作，或
- 身患疾病。

福利金费率

欲了解最新福利金费率信息，请访问 humanservices.gov.au 或前往服务中心。

欲了解更多信息

- 访问 humanservices.gov.au/jobseekers 获取更多英文版本信息
- 访问 humanservices.gov.au/yourlanguage 获取你自己语言班版本的文本、音频、视频格式信息
- 拨打 **131 202** 使用你自己的语言向我们咨询 Centrelink 福利与服务
- 拨打 **131 450**，致电 Translating and Interpreting Service (TIS National)，使用你自己的语言向我们咨询 Medicare 和 Child Support 福利与服务
- 前往服务中心。

注意：在澳大利亚境内用家庭电话拨打“13”开头的号码均按照固定费率收费。该费率可能与本地通话费率不同，并且不同电话服务供应商收取的费率也可能不同。使用家庭电话可免费拨打“1800”开头的号码。使用公共电话和移动电话拨打可能会按较高费率计时收费。

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Job seekers

If you are looking for work, have lost your job or are at risk of losing your job, there may be services to support you.

Help to look for work

Employment services providers help job seekers to prepare and look for work. This may include training and use of computers and telephones to help look for jobs.

We can refer you to a provider in your area. To take part, some providers need you to meet residence requirements such as holding a certain visa or being an Australian citizen.

The four different types of providers are:

- **jobactive** can help you get and keep a job. They will assess your needs and tailor their services for you. They can help you write a resume, look for work, prepare for interviews and more.
- **Transition to Work** can help some young job seekers aged 15 to 21 build skills and confidence to start work, study, apprenticeships and traineeships.
- **Disability Employment Services** can help you find a job if you have disability, injury or illness. They can then help your employer to support you at work.
- **Community Development Programme** can help job seekers in remote areas of Australia to take part in activities in their community and gain skills that match local jobs.

We have self service terminals and printers in our service centres. You can search online for jobs, or prepare and print your resume.

Payments while you look for work

You may get a payment from us every two weeks while you look for work. You will need to show us you are actively looking for work or improving your skills to help you get a job to get a payment.

Newstart Allowance helps people without a job while they look for work. You need to take part in activities that increase your chances of finding a job.

Parenting Payment helps with the cost of raising children. If you are single you must care for a child under eight. If you have a partner you must care for a child under six.

Youth Allowance is a payment for young people aged 16 to 24. You may get it if you are:

- studying full time
- doing an Australian Apprenticeship full time
- looking for work, or
- sick.

Payment rates

For the latest payment rates information, go to humanservices.gov.au or a service centre.

For more information

- go to humanservices.gov.au/jobseekers for more information in English
- go to humanservices.gov.au/yourlanguage where you can read, listen to or watch videos with information in your language
- call **131 202** to speak with us in your language about Centrelink payments and services
- call the Translating and Interpreting Service (TIS National) on **131 450** to speak with us in your language about Medicare and Child Support payments and services
- visit a service centre.

Note: calls from your home phone to '13' numbers from anywhere in Australia are charged at a fixed rate. That rate may vary from the price of a local call and may also vary between telephone service providers. Calls to '1800' numbers from your home phone are free. Calls from public and mobile phones may be timed and charged at a higher rate.

Disclaimer

The information contained in this publication is intended only as a guide to payments and services. It's your responsibility to decide if you wish to apply for a payment and to make an application with regard to your particular circumstances.