



How to present yourself and open doors

A guide from Ubuntu Canarias to recognise your skills,
share your experience and find job opportunities.

TAKE STOCK OF YOUR EXPERIENCE IN 30 SECONDS

You can mention three things:

- **Who you are and what you do.**
Your work history, skills and what you have learned, including outside formal jobs.
- **What you are looking for now.**
A job, training, internships, career guidance or a chance to prove your abilities.
- **What you can offer.**
Your knowledge, experience and the value you bring.



BE CONSCIOUS OF YOUR LANGUAGE SKILLS

You don't need to be fluent. You can prepare key phrases, practice your answers and ask for the question to be repeated or rephrased.

You can say:

- "Could you repeat the question, please?"
- "I have experience in this area, although I am still learning Spanish."
- "I can do this job and I can explain how I have done it before."

YOUR EXPERIENCE IS NOT ALWAYS VISIBLE ON A TITLE

You may have worked for years in your country, learned a trade without a formal qualification, or gained skills through experience. All of this counts.

If your studies are from another country, find out what recognition or homologation process you need. While you wait, explore related roles, training and job opportunities.

IF YOU ARE IN AN IRREGULAR SITUATION

It can be harder to look for work when your administrative situation limits your options.

Prepare your CV, identify your skills and seek guidance on what you can do. Find reliable information from official sources and be wary of promises of contracts or residence permits in exchange for money.

DURING AN INTERVIEW, BE YOURSELF

Listen, answer the questions and ask when you need clarification. It's okay to take a moment to think. You don't have to share personal details or explain your migration story unless you want to.

You can also ask questions: about the job, the schedule, the contract or the training offered. An interview is a two-way conversation.

YOU ARE MORE THAN A CV

If you don't get the job, it doesn't mean you lack talent. There could be many reasons. Take it as a learning experience, adjust your approach and keep going. Your story is not defined by the obstacles you've faced.

WHERE TO GET GUIDANCE?

You can turn to employment services, training programmes and social organisations in your area. At Ubuntu Canarias, we support migrants and their families with reception, integration and job guidance. Our advice depends on the services available and your situation. We cannot guarantee employment or replace legal advice.

*Your experience matters.
Your talent opens doors.*

*Because
together
we are stronger.*