



# NETWORKING

## WHAT IS NETWORKING?

Networking is the process of creating and maintaining professional relationships that can help you in career development, gaining new opportunities, and expanding your knowledge. It involves connecting with colleagues, professors, industry experts, and potential employers.

## WHY IS NETWORKING IMPORTANT?

- Access to opportunities: many job opportunities come through recommendations and personal connections.
- Support and advice: find professors and colleagues who can offer guidance and support
- Career development: discover new opportunities, trends, and approaches in your field of interest.
- Visibility: through practice and gaining experience, become recognizable in the professional community.

## HOW TO NETWORK EFFECTIVELY?

- Participate in professional association activities: get involved in activities of student associations, sports clubs, and those associations whose areas of activity align with your interests.
- Be active on social media: use LinkedIn and other platforms for professional networking.
- Attend professional, scientific, and student conferences and seminars: Take the opportunity to meet new people and exchange ideas.

# THE EFRI CAREER CENTER OFFERS A RANGE OF ACTIVITIES THAT SUPPORT YOUR NETWORKING AND CAREER DEVELOPMENT:

- Workshops and seminars aimed at developing professional knowledge, skills, and early career development.
- Events such as Career Week and Job Opportunity Day - Meet&Employ, which connect employers and students.
- Internships: organizing internships in collaboration with companies and providing information about competitions and scholarships.
- Support for students: assistance in launching their own initiatives, as well as advice and support in presenting themselves to potential employers.

## TIPS FOR SUCCESSFUL NETWORKING:

- Be open and approachable: Show genuine interest in other people.
- Ask questions: Actively listen and show interest in others' stories and experiences.
- Offer help: Networking is not just about taking, but also giving, so offer your assistance and support when you can.
- Stay updated: Keep informed about trends and news in your field of interest.

**Don't wait for opportunities – create them yourself! Networking is a continuous process that requires effort, but the results can be extremely beneficial for your career.**



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