



求职者须知

若属于以下情况，则可获得相关服务支持：

- 正在寻找工作
- 失业
- 面临失业风险
- 生病或受伤，且短时间内无法如常工作或学习。

求职期间可申领的津贴

求职期间，可向我们申领每 2 周发放一次的津贴。欲获得此类津贴，需向我们证明：

- 您在积极寻找工作，或
- 您在提升有助于找到工作的技能。

对于年龄在 22 岁与养老金领取年龄之间的人士，**JobSeeker Payment** 可提供经济援助。失业或求职期间，或从事经核准的求职活动期间，可申领该津贴。因生病或受伤无法如常工作或学习时，也可申领该津贴。

Parenting Payment 用于帮助支付抚养幼儿的费用。如果是单亲家长，则必须满足受养子女不满 8 岁的条件。如果有伴侣，则必须满足受养子女不满 6 岁的条件。

Youth Allowance 是一种面向年龄不超过 21 岁求职青年发放的津贴。如果生病或受伤，且短时间内无法如常工作或学习时，则可申领该津贴。

津贴费率

如需了解最新的津贴费率，请访问 servicesaustralia.gov.au

求职帮助

就业服务机构可帮助求职者做好就业准备和寻找工作。这可能包括接受培训和使用电脑和电话寻找工作。

根据具体情况，我们可能将您转介到在线就业服务或您所在地的就业服务机构。欲使用就业服务机构，则可能需要满足居住要求，例如持有特定签证或者是澳大利亚公民。

目前有 4 种类型的就业服务机构：

- **jobactive** 可以帮助您找到并保住工作。jobactive 会评估您的需求，为您量身定制服务。可在写简历，找工作，准备面试等方面为您提供帮助。jobactive 还包括在线就业服务。
- **Transition to Work** 可帮助一些年龄在 15 至 24 岁之间的年轻求职者提升技能和建立信心，开始参加工作、学习、学徒实践和培训。
- **Disability Employment Services** 可帮助有残疾、损伤或疾病的人士找到工作，并可帮助雇主为您提供在职支持。
- **Community Development Program** 可帮助澳大利亚偏远地区的求职者参加当地社区的相关活动，获得与当地工作相匹配的技能。

更多信息

- 致电 **131 202**，用中文咨询 Centrelink 相关福利金和服务的信息。
- 致电 **131 450**，联系 Translating and Interpreting Service (TIS National)，用中文咨询 Medicare 和 Child Support 相关福利金和服务的信息。
- 浏览 servicesaustralia.gov.au/yourlanguage 获得中文版的文本、音频或视频信息。
- 浏览 servicesaustralia.gov.au/jobseekers 了解更多英文信息。
- 前往服务中心。

注意：从澳大利亚任何地方用座机拨打“13”打头的电话号码，费用固定。该费率可能因本地通话价格而异，也可能因电话服务提供商而异。使用座机拨打“1800”开头的电话号码免费。使用公共电话和移动电话致电可能以较高的费率按时计费。

免责声明：

本出版物中包含的信息仅作为福利金和服务指南之用。您有责任决定是否要申请某项福利金，并根据个人具体情况提出申请。



Job seekers

There may be services to support you if you:

- are looking for work
- have lost your job
- are at risk of losing your job
- are sick or injured and cannot do your usual work or study for a short time.

Payments while you look for work

You may get a payment from us every 2 weeks while you look for work. To get a payment, you will need to show us you are:

- actively looking for work, or
- improving your skills to help you find a job.

JobSeeker Payment is financial help if you are between 22 and Age Pension age.

You can get it while you are unemployed and looking for work, or doing approved activities to find a job. It is also available when you are sick or injured and cannot do your usual work or study.

Parenting Payment helps with the cost of raising young children. If you are single, you must care for a child under 8. If you have a partner, you must care for a child under 6.

Youth Allowance is a payment for young people aged 21 or under who are looking for work. You may get it if you are sick or injured and cannot do your usual work or study for a short time.

Payment rates

For the latest payment rates information go to servicesaustralia.gov.au

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 may be able to refer you to online employment services or a provider in your area, depending on your circumstances. To take part, you may need to meet residence requirements such as holding a certain visa or being an Australian citizen.

The 4 different types of providers are:

- **jobactive** can help you find and keep a job. They will assess your needs and tailor their services to you. They can help you write a resume, look for work, prepare for interviews and more. jobactive also includes an online employment service.
- **Transition to Work** can help some young job seekers aged 15 to 24 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 Program** can help job seekers in remote areas of Australia to take part in activities in their community and gain skills that match local jobs.

For more information

- 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
- Go to **servicesaustralia.gov.au/yourlanguage** where you can read, listen to or watch information in your language
- Go to **servicesaustralia.gov.au/jobseekers** for more information in English
- 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.