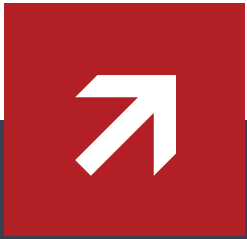


**MAISON DE
L'ORIENTATION**

Deng Schoul. Däi Beruff. Deng Zukunft.

Preparation Booklet



Higher Education

■ Career Guidance Fairs & Events

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In this document, the masculine form is used for reasons of readability, without any intention of discrimination.

2026 version

Part I – Before The Fair: Prepare

1. Why Preparation Matters

Visiting a fair or other career guidance events is a great opportunity to prepare and shape your academic and/or professional plans.

To make the most of your visit and gather valuable information and advice, thorough preparation is key. You'll have the chance to speak with professionals and students, ask questions that match your interests, skills, and goals, and gain insights to help you move forward with your projects.

Before attending, it's important to be well prepared and have all the necessary information at hand. Good preparation for potential exchanges might include, for example:

- having a clear idea of why you visit the fair and what you want to find out more about,
- identifying questions about potential study and career options that you can ask at the fair.

This handbook focuses on study and training opportunities as well as questions that you can ask yourself to identify the opportunities that best fit you.

The activities presented in this document can help you go through your ideas and available options.

If you prepare the visit with a guidance counsellor or teacher from your school, you can work together to see which activities could be useful for you, and which ones could possibly be replaced by others.



Visiting a student or careers fair is your chance to:

- discover new study or training options
- meet representatives and current students
- gather first-hand information
- reflect on what really interests you

2. Information Resources

In Luxembourg, you have a number of informative brochures and websites at your disposal that are relevant throughout the guidance process.

The table below summarises the most important information resources on higher-education opportunities.

After graduating from secondary school	
1^{re} gepackt - ech gi studéieren (LU) Bac en poche - je choisis mes études (FR)	Publications from the Higher Education Information Department of the Ministry of Research and Higher Education (MESR)
Studenteguide.lu (LU)	Informative platform from the Association des Cercles d'Étudiants Luxembourgeois (ACEL)
mengstudien.lu (FR / DE / EN)	Website of the Higher Education Information Department and the Financial Aid Department of the MESR
Diplom+ (FR / LU)	Website of the Ministry of Education, Children and Youth (MENJE)
Voluntary service (FR / LU)	Website of the National Youth Service (SNJ)

 Tick the resources you have already checked and note one more to explore.

☐ To explore: _____

3. My Study Ideas

Use these activities to collect all the key facts about one or more study or training options that interest you. If you don't yet have a clear idea, start by exploring options with your teachers, counsellor, or family.

Step 1: Identify your study or training ideas

Are you already interested in a specific field? Every broad area of study can lead to several programme options that vary by specialisation, degree level, or learning approach.

Use this table to list your field(s) of interest and note down examples of specific programmes you find.

Study field	Example programmes	My notes
Example: Environmental Sciences	<i>Ecology & Sustainability at Uni A / Environmental Engineering at Uni B</i>	<i>I am interested in climate issues. I need to check entry requirements and job prospects.</i>

Step 2: Explore key aspects

You've identified one or more study fields or programmes that you want to learn more about?

This activity will help you explore them in greater depth and prepare questions to ask at the fair.

Tick the "To check at the fair" column for any questions you still need to clarify.

Study option(s)	My project	To check at the fair
Interest: Which programmes interest me?	Do I have a favourite?	
		☐
Study levels: Which study levels exist for the programme I'm interested in? (short cycle, Bachelor, Master ...)?	What degree am I aiming to achieve and what steps do I need to take to get there?	
		☐
Qualification goal: What title or degree will I obtain?	Does the qualification fit with my career plan?	
		☐

Duration & workload: How long is the programme? How much study time per week?	How much time am I ready to invest (per week, for how long)?	☐
Location: Where is the programme offered (Luxembourg / abroad / multiple places)?	Where would I like to do the programme? In Luxembourg, if possible, or abroad?	☐
Entry requirements: Which subjects, grades, or languages are required?	Can I and do I want to meet these prerequisites and requirements?	☐
Admission process: What are the access criteria? Are there any specific admission criteria?	What do I have to do? Do I meet the access and, if applicable, admission criteria?	☐

Costs: What are the costs of my studies? (Tuition, living costs, equipment, clothing, etc.)	What financial resources do I have? What financial aid is available? Am I eligible?	☐
*Recognition: Is the study programme recognised by the competent authorities in the country where the diploma is awarded, and is it also recognised in Luxembourg?	It is essential that I find out about recognition as quickly as possible! (mengstudien.lu , MESR)	☐
*Regulated professions: If the study programme prepares for a regulated profession, will it allow me to obtain the authorisation to practise?	Make sure to find out whether the profession(s) you are interested in are regulated.	☐



***Recognition and regulated professions:**

There are different forms of **recognition**, notably academic and professional. Recognition of your programme is decisive for:

- access to State financial aid for higher education,

and after graduation, for:

- the entry in the register of formal higher education qualifications (academic recognition),
- and in case of a **regulated profession**, for obtaining the authorisation to practise (professional recognition).

Step 3: My dream study programme

You don't have to have a definite plan for your future yet.

However, writing down the ideas that come to mind helps you prepare for future decisions, particularly whether you would prefer to enter the job market or continue your studies.

Some programmes require early applications (for example, pre-registration before the final school year). So it's essential to find out about access, admission, and enrolment well in advance!



Note down the study or training paths that currently appeal to you.

My dream study programmes

If you have several ideas listed here, complete the next exercise more than once. You may be surprised by the results!

Step 4: Does it fit me?

Before settling on a higher-education path, make sure it matches your personality, values, and aspirations.

Use this exercise to see whether your study ideas are consistent with what you enjoy and who you are. It allows you to link the knowledge you have acquired about yourself with an educational perspective.

You may already have most of the information you need, so all you have to do is assess whether your plans are in line with what you know and with your personality.

If not, the fair can be an opportunity to find answers to your questions, in particular by asking advisers and professionals. You can also gather new ideas and fill in the table again later to reassess them.

You don't have to fill in everything, but the more you find out, the better. 😊

 From my dream study programmes (previous page), I now analyse:

Me / What I know about myself	My chosen programme	Career prospects linked to this programme	Fit
Activities I enjoy (interacting with people, research, manual work...)	Does the programme let me develop these activities and skills?	Will the careers linked to this programme include these activities?	😊 / 😐 / 😞
Activities I don't enjoy (where I feel uncomfortable)	Are these activities part of the programme?	Will I often face them in related careers?	😊 / 😐 / 😞

Subjects I'm interested in (environment, psychology, sports...)	Can I use or deepen this knowledge in the programme?	Will related careers focus on these subjects?	😊 / 😐 / 😞
Values I defend (helping others, creativity, stability, teamwork...)	What values are important in this field?	Are there differences with my values? How can I deal with them?	😊 / 😐 / 😞
My qualities (reliable, curious, creative, organised...)	Do they help me succeed in this programme?	What qualities should I develop further?	😊 / 😐 / 😞
People I'll work / study with	What kind of teachers, classmates or professionals will I meet?	Will I feel comfortable in this environment?	😊 / 😐 / 😞
How to interpret your results 💡 Tip: Redo this table after the fair once you've gathered more information. You may discover new fits!		Mostly 😐 → This career could suit me. Mixed 😐 → I need to find out more. Mostly 😞 → Probably not the right fit for me.	



What this activity shows you:

This analysis shows you what types of questions you can ask yourself in order to weigh the pros and cons.

It gives you an initial idea of your study choice, but in the end it's **your choice, your decision!**

You can find more questions in the following section.

4. Example Questions To Ask

These examples can help you prepare or inspire your own questions. You're free to choose, adapt, and add to them. The most important thing is to ask what really matters to you!

Questions about my higher education studies

General (but important!) questions:

- What field of study am I interested in?
- What programmes are available in my chosen field?
- What types of institutions offer them (public/private university, college, other)?
- What are the career prospects with this degree?
- How long does the programme last?
- At what level can I enter (Bachelor, Master, etc.)?
- Will the diploma allow me to continue to another level (e.g. Master after Bachelor)?
- Does the programme include a compulsory internship or work placement? Where and for how long?
- What about accommodation, food services, and library access on campus?

More specific questions:

- What are the access criteria. Are there additional admission requirements (interview, application, grades, etc.)?
- Do I need prior work experience or a placement before starting?
- What are the tuition fees and other costs to consider?
- Where can I find information about financial aid (State support, scholarships)? → mengstudien.lu, MESR
- What is the exact title of the awarded degree?
- Is the diploma recognised as a higher education qualification in the country where it's awarded? (academic recognition)
- Is it linked to a regulated profession? If so, what should I look out for? (professional recognition)
- What steps do I need to take to enrol and what are the deadlines?
- Who can I contact if I have more questions?

Questions for representatives at the fair

General (but important!) questions:

- What can you tell me about your institution?
- What makes your institution special or different from others?
- What types of degrees do you offer (short cycle, Bachelor, Master, PhD, or other)?
- Is there a selection procedure? What are the selection criteria?
- How many students are there per class or year?
- How are exams organised for this programme?
- Is there a tutoring or mentoring system?

More specific questions:

- What are the access and admission criteria for this programme?
- Do you offer scholarships or financial support?
- What is the programme's success rate?
- What job opportunities might I have after graduation?
- On average, how long do graduates take to find their first job?
- Do you have partnerships with other institutions (national or international)?
- Can students go abroad through Erasmus+ or other exchange programmes? At what stage in their studies can they do so?
- I'm still undecided... Which programme do you think best matches my interests and skills?
- I'm interested in [field/goal]. What programmes would help me achieve that?
- Can I get a brochure, catalogue, or the name of your website?
- Who can I contact later if I have more questions?



Important:

Several institutions may offer similar degrees.

It is up to you to find the one that fits your expectations and needs the best.

Questions for student associations and unions

Take the opportunity to talk with student associations or unions to get the “real-life” perspective!

- How did you decide what to study?
- Why did you choose country/city X?
- What should I know when choosing a programme, institution, or location?
- What do I need to know that I won't find in brochures or online?
- Is it easy to find accommodation in city X?
- Do many students have part-time jobs? How easy is it to find one?

Part II – During The Fair: Discover

The fair is your opportunity to connect with institutions, students, and professionals. Use this section to write down what you discover and gather practical information.

Choose 5-7 stands you want to visit first. If you have time left, explore others that catch your interest.

Institution / Organisation	Why I want to visit	My notes
General Notes / Observations		

Part III – After The Fair: Reflect

You've collected lots of information, met many people, and discovered new ideas.

Now it's time to make sense of what you learned, see how it fits with who you are, and plan your next steps.

1. Reflect On My Discoveries

 Look back at what you wrote before and during the fair. Think about how your ideas have evolved. Use the table to guide your reflection, but don't let it limit you!

Reflection question	My thoughts
What surprised me most at the fair?	
Which study paths interest me more now?	
Did I learn about any new professions or study fields I hadn't considered before?	
Did the fair change my preferences?	
Who gave me the most useful advice?	
What information do I still need to make a decision?	

2. From Impressions To Decisions

 Start turning what you discovered into an action plan. Use the following table to guide your thoughts!

Next steps	By when?	Resources / Contacts	Done?
Visit the university or attend an open day*			☐
Check admission deadlines and documents			☐
Contact an adviser or send follow-up emails			☐
Apply for diploma recognition or financial aid			☐
Review my study choices again			☐

*The [Association des Cercles d'Étudiants Luxembourgeois](#) (ACEL) organises visits to various universities during the Easter holidays (LU).

3. How I Feel After the Fair

Compare your current feelings with how you felt before the fair. It's perfectly normal to still have doubts. Let them guide you toward what to explore next.

I feel...	Why?	What will I do next?
 Confident ☐		
 Still unsure ☐		
 Unprepared ☐		

4. Recap

Before moving on, take a moment to review everything you've discovered and achieved.

 Tick the boxes that apply to you. This checklist helps you see how far you've come and what still needs to be done.

- ☐ I have found out about different **offers** (study fields, types of institutions, qualifications awarded).
- ☐ I have found out about the **duration** of the study programmes that interest me.
- ☐ I have found out which **institutions** offer the programme(s) I have in mind.
- ☐ I have found out whether the **diploma** can be recognised in Luxembourg, both **academically** and, if applicable, **professionally**.
- ☐ I have found out about the **access criteria** and, where applicable, **admission criteria**.
- ☐ I have found out about the **enrolment procedure**.
- ☐ I have found out about the **application deadlines**.
- ☐ I have found out whether an **internship** is compulsory (before or during the studies).
- ☐ I have found out about the **tuition fees** and any other possible costs.
- ☐ I have found out about **financial aid** options (State aid and others) and the eligibility criteria.
- ☐ I have found out about opportunities to take part in an **exchange programme**.
- ☐ I have obtained information from **student associations or unions** in the country, city, or study field I am interested in.
- ☐ I have found out about possible **career opportunities** after completing the study programme.
- ☐ I have found out about **student accommodation** and its costs.
- ☐ I know **what I want to study**.
- ☐ I know **where I want to study**.

Appendix: Explore Yourself And Your Interests

This appendix is your space to explore what interests you and to build the vocabulary to describe yourself. Feel free to use any page, there are no right or wrong answers!

Tick words to get familiar with key terms, then think about your answers.

Your notes and reflections can help you as you go through the other parts of the preparation booklet.



Additional Resources:

The Maison de l'orientation organises **information sessions** on different professions and topics:

→ <https://maison-orientation.public.lu/fr/agenda.html>

On **orientation.lu**, you can find a list of jobs and professions that might inspire your curiosity:

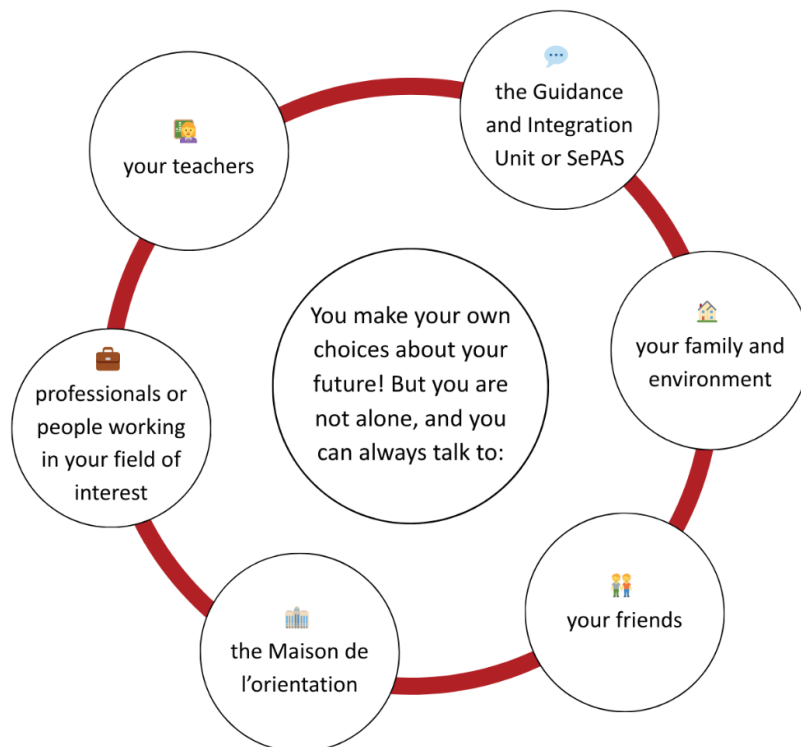
→ <https://www.orientation.lu/jobs/>

Talk to your school's **guidance and integration unit** (cellule d'orientation et d'intégration scolaires):

→ <https://maison-orientation.public.lu/fr/partenaires/a-i/cellules-orientation-lycees-luxembourg.html>

If you're still not sure, the **guidance coaching** of the Maison de l'orientation can help you discover your interests and skills:

→ <https://maison-orientation.public.lu/fr/maison-orientation/coaching-orientation.html>



1. What Describes Me Best

Tick the words that sound like you. There are no wrong answers! Then pick three that you'd most like to use/show in your future studies or work.

curious ☐	imaginative ☐	creative ☐	open-minded ☐	adventurous ☐
patient ☐	caring ☐	understanding ☐	sociable ☐	supportive ☐
precise ☐	reliable ☐	organised ☐	methodical ☐	responsible ☐
logical ☐	analytical ☐	critical ☐	observant ☐	focused ☐
adaptable ☐	determined ☐	independent ☐	flexible ☐	resilient ☐

 Which three feel the most *you*? How could they guide your study or career choices?

2. What I Like Doing

Tick what you enjoy or what gives you energy. Also feel free to add others, this list is just a start!

analysing or solving problems ☐	reading or researching ☐	teaching or explaining things ☐
designing or creating visuals ☐	fixing or building ☐	organising events ☐
writing or communicating ☐	planning projects ☐	helping people ☐
using technology ☐	experimenting ☐	performing or presenting ☐
leading a team ☐	persuading or negotiating ☐	travelling or discovering new places ☐
supporting others ☐	creating new ideas ☐	working outdoors ☐

 Choose two that you'd like to do more often. Where or in which studies/careers could you do that? And remember: "Enjoy" doesn't mean "good at." Curiosity is enough!

3. What I Don't Like

Make a list of the things you don't like that could be relevant to your search for a study programme or a profession!

It's important to know what you like doing, but also what you don't like doing.

Things I don't like doing	Why not? (what bothers me, what doesn't suit me)

 What do your answers tell you about yourself? On the one hand, are there studies or professions that would probably not fit you? On the other hand, can you see what kind of environment would suit you best?

4. My Experiences So Far

Have you already had an experience such as:

☐

an internship

☐

a student job

☐

volunteering

☐

another activity

If yes, briefly describe it below. Even small experiences can tell you a lot about what you enjoy, what environment suits you, or what you'd like to learn next.

Type of experience	What did I do?	What did I discover about myself?

5. My Dream Job

Close your eyes for a moment and imagine your future.

What would you like to be doing in a few years?

My dream job or study programme is: _____,

because I would love to: _____.

To get closer to this dream, I could study: _____,

and the degree or training would probably be: _____.

You don't need to have it all figured out, this is just a way to explore which paths could lead you there!

6. What's Important To Me

Tick the sentences that reflect what's important to you in your future studies or career.

feeling useful ☐	learning new things ☐	having stability ☐	being creative ☐
helping others ☐	having freedom ☐	earning a good income ☐	working in a team ☐
having balance and free time ☐	being recognised ☐	having responsibility ☐	travelling or moving abroad ☐
doing meaningful work ☐	having variety ☐	working for a cause I believe in ☐	other: ☐ _____



Pick two that you couldn't give up. How could they guide your study or career choices?

Example: If you ticked "helping others" → studies in psychology, education, or nursing might be a good fit.

7. What I’m Curious About

Tick all the topics that interest you, whether you’ve studied them before or not.

Environment and nature ☐	Society and people ☐	Health and well-being ☐
Law and politics ☐	Technology and innovation ☐	Art and design ☐
Languages and cultures ☐	Education and psychology ☐	Business and management ☐
Economy and finance ☐	Communication and media ☐	Science and research ☐
Tourism and hospitality ☐	Sports and movement ☐	History and culture ☐

 Choose one or two to explore more. What kind of careers and studies exist in this category? How could you learn more about them (teacher, website, fair, person to talk to)?

8. My “Maybe” Studies

Look back at everything you’ve ticked and written down. List any study areas that could fit what you like or value, even if you’re unsure!

There are no wrong ideas, this is your personal curiosity list!

Possible study field or programme	Why it would fit me	What I’d like to find out

9. A Message to My Future Self

Imagine yourself one year from now. You are now more experienced and confident. Write a short message to remind yourself of what’s important to you.

“Dear future me,

Remember that you love _____

and that it’s okay to take time to figure things out.”

Signed: _____ Date: _____

Events



Find all the events and information sessions organised by the MO on a wide range of topics related to educational and career guidance!

orientation.lu



A website compiling extensive information on lifelong guidance, covering topics such as high schools, higher education, careers, internships and lifelong learning.



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