



Council for
Intellectual Disability



Types of jobs 工作类型

Conversation cards
对话用卡



Jobs I want to try cards

“我想尝试的工作”活动卡

There are many different types of jobs.
工作有许多不同类型。

These cards can help you think about the jobs you might like to try.
这些卡片有助于您思考自己想尝试的工作类型。

The back of each card shows some of the things you could do in that job.
每张卡片的背面都显示了这份工作的部分职责。

We have included some jobs in these cards. You might be able to think of other jobs you would like to try.
卡片中列出了一些岗位。您也许还能想到更多。



Photographer
摄影师



Photographer

摄影师

- Take photos
- 拍摄照片
- Edit photos
- 编辑照片
- Make digital images
- 制作数码图像
- Travel to different places
- 出行到不同的地方
- Work indoors and outdoors
- 在室内外工作
- Talk to clients
- 与顾客交谈
- Meet lots of different people
- 结识不同的人



Baker
烘焙师



Baker

烘焙师

- Bake bread and cakes
- 烤面包和蛋糕
- Bake biscuits
- 烤饼干
- Clean up the kitchen
- 清理厨房
- Talk to customers
- 与顾客交谈
- Order ingredients
- 订购配料
- Follow a recipe
- 照着配方做



Library assistant
图书馆助理



Library assistant 图书馆助理

- Put library books on shelves
- 将图书馆的书籍上架
- Help customers borrow library books
- 帮助顾客借阅书籍
- Keep the library tidy
- 保持图书馆整洁
- Pick up books that are out of place
- 挑出乱放的书籍
- Help visitors find a book
- 帮助读者找书



Veterinary nurse
兽医护士



Veterinary nurse 兽医护士

- Care for sick animals
- 照顾生病的动物
- Give animals medicine
- 给动物喂药
- Assist the vet with their work
- 协助兽医工作
- Work in a team
- 团队合作
- Talk to the owners about their pets
- 与主人探讨宠物的情况



Flower shop worker
花店职员



Flower shop worker 花店职员

- Make bunches of flowers
- 制作花束
- Talk to customers
- 与顾客交谈
- Sell flowers to customers
- 向顾客卖花
- Make orders for more flowers
- 订购更多鲜花
- Sweep the floor
- 扫地
- Water the flowers and plants
- 给花草浇水



Waiter
服务员



Waiter 服务员

- Serve food and drinks
- 上菜和饮料
- Take food orders
- 点餐
- Clean the dining room
- 打扫餐厅

- Talk to customers
- 与顾客交谈
- Take away dirty plates
- 收走脏盘子
- Wash dirty dishes
- 清洗脏盘子



Chef and kitchenhand
厨师和帮厨



Chef and kitchenhand

厨师和帮厨

- Prepare lots of food
- 预备大量食材
- Cook meals
- 烹饪饭菜
- Store raw ingredients
- 储存原材料
- Store cooked food
- 储存熟食
- Be part of a team
- 参与团队合作
- Clean up the kitchen
- 清理厨房



Hotel house keeper
酒店保洁员



Hotel house keeper

酒店保洁员

- Clean hotel rooms
- 打扫酒店客房
- Clean bathrooms
- 打扫浴室
- Make beds
- 整理床铺
- Throw away rubbish
- 扔垃圾
- Talk to hotel guests
- 与酒店客人交谈



Barista
咖啡师



Barista

咖啡师

- Make hot drinks like tea and coffee
- 制作茶和咖啡等热饮
- Take orders from customers
- 接受顾客点单
- Clean the coffee machine and bar
- 清洁咖啡机和吧台
- Take money from customers
- 向顾客收钱



Farm hand
农夫



Farm hand 农夫

- Give animals food and water
• 给牲畜饲料和水
- Collect eggs
• 捡鸡蛋
- Pick fruit and vegetables
• 采摘水果和蔬菜
- Prepare riding gear for horses
• 为马匹准备骑具
- Water plants and mow the lawn
• 浇灌花草和修剪草坪



Sport coach
体育教练



Sport coach 体育教练

- Help your team play better
- 帮助队伍提高战绩
- Practice sport with your team
- 与队伍一起训练
- Make plans to win games
- 做好取胜计划
- Teach sport rules
- 教导体育规则
- Lead and encourage your team
- 领导并鼓励队伍
- Referee sport games
- 体育比赛裁判



Musician
音乐人



Musician

音乐人

- Sing songs
- 唱歌
- Play musical instruments
- 演奏乐器
- Record songs
- 录制歌曲
- Teach music to others
- 教授他人音乐
- Play music at events
- 在大型活动中演奏
- Work on your own or in a band
- 单人表演或组乐团



Gardener
园丁



Gardener

园丁

- Water grass and plants
- 浇灌花草
- Plant flowers or trees
- 种植花草树木
- Mow the lawn
- 修剪草坪
- Rake the fallen leaves up
- 耙落叶
- Travel to different gardens
- 前往不同的花园
- Work outside all day
- 全天在户外工作



Artist
艺术家



Artist

艺术家

- Be creative and use imagination
- 发挥创造力和想象力
- Make paintings or drawings or pottery
- 绘画或制作陶器
- Sell art works in a shop or market
- 在商店或市场出售艺术作品
- Share art with others
- 与他人分享艺术



Carpenter
木匠



Carpenter

木匠

- Build things with wood and materials
- 用木头和材料制作物件
- Measure things and cut materials
- 测量物件和切割材料
- Use tools and machines
- 使用工具和机器
- Look at building plans
- 看建筑图纸
- Repair furniture or houses
- 修理家具或房屋



Electrician
电工



Electrician

电工

- Install wires and switches
- 安装电线和开关
- Repair appliances
- 修理电器
- Know about electricity and safety
- 了解电和安全知识
- Use tools and pliers
- 使用工具和钳子
- Talk to customers
- 与顾客交谈



Plumber
水管工



Plumber

水管工

- Install pipes and toilets
- 安装管道和马桶
- Fix sinks and leaky taps
- 修理水槽和漏水的水龙头
- Clear drains so water can flow
- 清理下水道, 使水流畅通
- Work indoors and outdoors
- 室内外工作
- Work with heavy tools and machines
- 使用重型工具和机器



Construction worker
建筑工人



Construction worker

建筑工人

- Use building tools
- 使用建筑工具
- Lift heavy materials
- 搬运重型物料
- Help with building jobs
- 建筑帮工
- Clean up the construction site
- 清理建筑工地



Teachers aide
教师助理



Teachers aide

教师助理

- Help students learn
- 帮助学生学习
- Help the teacher plan lessons
- 帮助老师备课
- Listen to students and the teacher
- 聆听学生和老师的想法
- Help with classroom jobs
- 帮助完成课堂任务
- Keep the classroom tidy
- 保持教室整洁



Truck driver
货车司机



Truck driver

货车司机

- Drive a truck or a van
- 驾驶货车或面包车
- Load things in and out of the truck
- 给货车装卸货物
- Deliver products to shops
- 给商店运送产品
- Drive long distances
- 长途驾驶
- Work on your own
- 独立工作



Child carer
儿童保育员



Child carer

儿童保育员

- Take care of children
- 照顾儿童
- Plan activities for children
- 为孩子们策划活动
- Read books to children
- 读书给孩子们听
- Clean child care centre
- 打扫托儿所
- Help prepare food for children
- 给孩子们预备食物



Receptionist
接待员



Receptionist

接待员

- Greet visitors and talk to customers
- 接待来访者并与顾客交谈
- Answer questions
- 回答问题
- Answer phone calls
- 接听电话
- Send emails
- 发送电子邮件
- Collect documents
- 收文件



Hairdresser
发型师



Hairdresser

发型师

- Do haircuts and style hair
- 理发和做发型
- Shave beards and moustaches
- 刮胡子
- Talk to customers
- 与顾客交谈
- Follow work health and safety
- 遵守工作健康与安全规定
- Clean the hair salon
- 打扫发廊



Delivery person
送货员



Delivery person 送货员

- Drop off packages and mail to customers
- 给顾客投递包裹和邮件
- Keep track of deliveries
- 跟踪送货情况
- Drive delivery car or delivery van
- 驾驶送货小汽车或面包车
- Navigate to places
- 前往各个地方
- Work on your own most of the time
- 大部分时间独自工作



Bus driver
巴士司机



Bus driver

巴士司机

- Drive a bus for long distances
- 驾驶长途巴士
- Drive to bus stops
- 驾车前往巴士站
- Pick up passengers
- 乘客上车
- Drop off passengers
- 乘客下车
- Talk to other bus drivers
- 与其他巴士司机交谈



Start a small business
开办小生意



Start a small business

开办小生意

- Make a business plan
- 制定商业计划
- Know your business needs
- 了解自身业务需求
- Set up your shop
- 开设门店
- Set up your business phone number and email address
- 设置生意电话和电邮地址
- Make ads for your business
- 给自己的生意打广告
- Talk to people who can help you
- 找能够帮忙的人交谈



Packer
包装工



Packer

包装工

- Pack things for delivery or storage
- 包装商品送货或入库
- Load things into trucks
- 给货车装货
- Store items on shelves
- 商品上货架储存
- Follow packing rules
- 遵守包装规定
- Find items needed to pack
- 寻找须包装的货物
- Work on your own and as part of a team
- 独立工作和团队合作



Security guard
保安



Security guard

保安

- Watch to keep places safe
- 看守场地, 保障安全
- Walk around to check things
- 巡逻检查
- Know the rules and what to do
- 清楚规章制度
- Communicate with others
- 与他人沟通
- Know if something seems wrong
- 对危机有警觉性
- Stay calm under pressure
- 在压力下保持冷静



Sales assistant
销售助理



Sales assistant 销售助理

- Put the products on shelves
- 将产品上货架
- Help customers find products
- 帮助顾客寻找产品
- Take money from customers
- 向顾客收钱
- Listen to customer complaints or feedback to tell the manager
- 倾听顾客投诉或反馈，并告诉经理
- Tidy up the shop
- 整理店铺



Grocery store worker
杂货店员工



Grocery store worker

杂货店员工

- Stock shelves neatly
- 整齐地摆货上架
- Help customers find products
- 帮顾客找到产品
- Know what products are running low
- 了解哪些产品库存不足
- Talk to customers
- 与顾客交谈
- Take money from customers
- 向顾客收钱
- Clean your store
- 打扫店铺