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EMPLOYMENT INDEX

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Online Job Opportunities Scale Down at the Onset of 2010, Reports Monster Employment Index Sweden

January 2010 Index Highlights:

- The Monster Employment Index Sweden experienced a seasonal slowdown in January, falling eight points (seven percent); year-on-year, offerings were down eleven percent
- Demand fell across financial sectors; administrative and organisation noted the sharpest monthly rise in online job demand
- All Swedish regions declined on a monthly basis but annual growth rates improved from the prior month

Summary Overview

The decline in online job demand at the onset of 2010 was mild by seasonal standards. This, along with the Index's moderating rate of annual decline, suggests a subtle positive shift in demand conditions within the Swedish labour market. A number of sectors, including education, healthcare, and construction, are seeing notably stronger recruitment activity compared to a year ago.

The Monster Employment Index Europe is a monthly analysis of millions of online job opportunities culled from a large, representative selection of corporate career sites and job boards across the European Union, including Monster.se

Monster Employment Index Sweden findings the past 13 months are as follows:

Jan 10	Dec 09	Nov 09	Oct 09	Sep 09	Aug 09	Jul 09	Jun 09	May 09	Apr 09	Mar 09	Feb 09	Jan 09
108	116	114	103	102	98	107	115	115	117	127	130	121

"Whilst the post-recession economic climate in Sweden remains mixed, especially with a number of public stimulus measures set to expire, the latest trends from the Monster Employment Index suggests a number of industries are committed to ramping up activity," said Carl Silverstople, managing director Monster Scandinavia. "In January, opportunities in administrative and organisation and technology related sectors, including engineering and research and development are spurring growth."

Majority of industry sectors note slowing online job demand; administrative and organisation reports uptick

Online worker demand slowed for the majority of industry sectors at the onset of 2010. A number of financial sectors saw decreased job offerings in January; accounting, audit and taxes declined 36 points (14 percent) compared to December 2009 whilst banking, finance and insurance dipped 11 points (11 percent).

Education, training and library, which had remained relatively stable during the turbulent economic climate due to public spending, exhibited a seasonal slowdown of eight points (eight percent) on the month. Despite the monthly dip, year-on-year the sector increased six points (seven percent).

Online recruitment climbed seven points (five percent) and nine percent over the past three months reflecting growing need for business support workers as organisations prepare for a boost in activity at the onset of economic recovery.

Positive growth trends were also noted in more technical industry sectors in January; engineering opportunities edged up 17 percent over the past three months. Similarly, online worker demand climbed 29 percent for IT workers over the past three months.

From an annual perspective, construction and extraction reported the sharpest rise, as opportunities climbed 16 points (11 percent) despite a monthly decline in January.

Production and trade workers exhibit strong annual growth

The majority of occupational groups noted a decrease in online job demand in January. Technicians and associate professionals noted a small dip compared to seasonal expectations, with a monthly decrease of four points (five percent). From an annual perspective, the group dipped two points (two percent)

Elementary occupations noted an 18 point (15 percent) fall in online opportunities. The group was also down 20 percent year-on-year, reflecting continued weaker demand for entry level and unskilled workers.

Year-on-year, plant and machine operators and assemblers noted the steadiest annual growth; online recruitment activity rose seven points (eight percent) compared to year-earlier figures. Craft and related trades workers reported seven percent growth year-on-year.

All Swedish regions see seasonal slowdowns in online recruitment activity

Online worker demand decreased across all Swedish regions in January, with Norra Sverige noting the mildest downturn. The region saw a four point (four percent) dip in online recruitment activity.

Ostra Mellansverige reported an eight points (six percent) drop compared to December 2009, reflecting stronger than usual demand for workers in the capital.

Over the past three months the region saw opportunities rebound 15 percent, the strongest of all regions.

From an annual perspective, Västsverige exhibited the most moderate rate of decline, dipping eight percent compared to January 2009. In contrast, demand decline the most in Sydsverige med Öarna, where opportunities fell 12 percent compared to year-earlier figures.

Best Performing Sectors

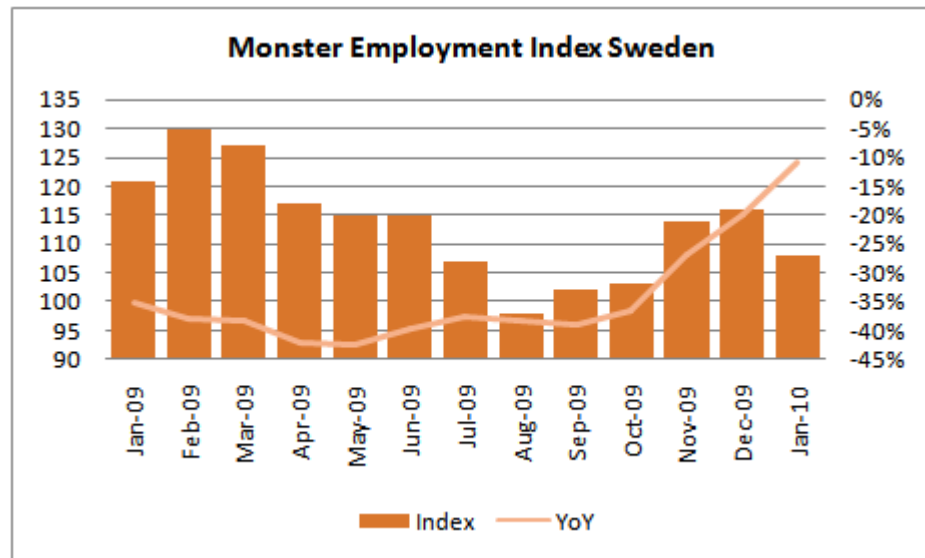
Industry sectors showing the best performance included:

Month-on-month

Industry	Jan 10	Dec 09	%
Administrative, organisation	135	128	5%
Public sector, defence, community	95	94	1%
Research and development	136	135	1%
Agriculture, fishing and forestry	126	127	-1%
Production, manufacturing, maintenance, repair	109	110	-1%

Year-on-year

Industry	Jan 10	Jan 09	%
Construction and extraction	159	143	11%
Education, training and library	96	90	7%
Public sector, defence, community	95	90	6%
Healthcare, social work	107	104	3%
Hospitality and tourism	100	100	0%



Monster Employment Index Sweden findings across industry sectors for the past 13 months are as follows:

Industry	Jan 10	Dec 09	Nov 09	Oct 09	Sep 09	Aug 09	Jul 09	Jun 09	May 09	Apr 09	Mar 09	Feb 09	Jan 09
Accounting, audit, taxes	229	265	249	211	199	195	217	227	227	236	234	223	232
Administrative, organisation	135	128	142	126	124	121	124	129	137	145	162	190	148
Agriculture, fishing and forestry	126	127	117	113	127	123	123	127	132	164	173	178	142
Banking, finance, insurance	93	104	98	88	89	85	97	107	102	109	119	129	142
Construction and extraction	159	180	169	156	160	146	159	170	157	153	159	163	143
Education, training and library	96	104	97	93	94	96	108	117	108	90	89	90	90
Engineering	173	178	185	168	150	142	168	169	181	162	181	206	245
Healthcare, social work	107	110	108	106	105	111	108	114	120	137	157	145	104
Hospitality and tourism	100	106	109	105	116	110	104	113	120	128	134	118	100
IT	238	245	233	204	177	176	201	208	214	238	256	263	285
Management and consulting	175	188	188	161	165	148	157	159	167	175	188	188	199
Marketing, PR and media	54	57	62	54	63	55	57	64	61	70	70	77	68
Production, manufacturing, maintenance, repair	109	110	116	115	105	96	102	103	110	111	122	135	129
Public sector, defence, community	95	94	91	94	93	91	92	89	95	88	91	91	90
Research and development	136	135	137	119	105	121	139	140	137	169	178	154	156
Sales	171	175	182	165	168	149	155	169	164	170	164	189	175
Transport, post and logistics	115	122	117	115	119	109	113	124	130	133	132	127	118

Monster Employment Index Sweden findings across occupational categories for the past 13 months are as follows:

Occupation	Jan 10	Dec 09	Nov 09	Oct 09	Sep 09	Aug 09	Jul 09	Jun 09	May 09	Apr 09	Mar 09	Feb 09	Jan 09
Managers	175	178	190	163	165	150	155	163	170	184	196	211	193
Professionals	135	150	139	124	121	123	144	159	152	140	148	150	153
Technicians and associate professionals	84	88	88	79	77	72	78	84	86	92	102	108	86
Clerical support workers	121	121	129	123	116	116	126	127	145	138	140	142	144
Service and sales workers	136	142	146	141	156	152	139	144	158	171	178	173	153
Skilled agricultural, forestry and fishery workers	105	103	99	94	98	97	101	106	108	125	131	137	104
Craft and related workers	165	187	175	162	169	149	163	178	165	165	167	173	154
Plant and machine operators, and assemblers	95	102	106	104	98	90	95	100	102	105	101	107	88
Elementary occupations	104	122	124	117	143	122	120	134	134	135	138	125	130

Monster Employment Index Sweden findings across Swedish regions for the past 13 months are as follows:

Region	Jan 10	Dec 09	Nov 09	Oct 09	Sep 09	Aug 09	Jul 09	Jun 09	May 09	Apr 09	Mar 09	Feb 09	Jan 09
Norra Sverige (Norra Mellansverige, Mellersta Norrland, Ovre Norrland)	102	106	106	100	101	98	106	105	113	112	120	122	112
Ostra Mellansverige (Ostra Mellansverige, Stockholm)	122	130	129	114	111	106	115	128	126	128	136	142	137
Sydsverige Med Oarna (Sydsverige, Smaland Med Oarna)	106	119	114	104	101	99	108	118	117	122	135	138	121
Vastsverige (Vastsverige)	93	101	97	89	90	86	93	98	106	105	118	119	101

Monster Employment Index data for February will be released on March9, 2010.

About The Monster Employment Index Europe

The Monster Employment Index Europe provides monthly insight into online recruitment trends across the European Union. Launched in June 2005 with data from December 2004, the Index is based on a review of millions of employer job opportunities culled from a large, representative selection of corporate career sites and job boards, including Monster. The Monster Employment Index's underlying data is validated for accuracy by Research America, Inc. – an independent, third-party auditing firm – to ensure that measured online job recruitment activity is within a margin of error of +/- 1.05%.

The Index monitors online job opportunities across all European Union member countries.

The monthly reports for Belgium, France, Germany, Italy, the Netherlands, Sweden, the United Kingdom and Europe are available at: <http://about-monster.com/employment/index/17>.

About Monster Worldwide

Monster Worldwide, Inc. (NYSE: MWW), parent company of Monster, the premier global online employment solution for more than a decade, strives to inspire people to improve their lives. With a local presence in key markets in North America, Europe, and Asia, Monster works for everyone by connecting employers with quality job seekers at all levels and by providing personalized career advice to consumers globally. Through online media sites and services, Monster delivers vast, highly targeted audiences to advertisers. Monster Worldwide is a member of the S&P 500 index. To learn more about Monster's industry-leading products and services, visit www.monster.com. More information about Monster Worldwide is available at <http://about-monster.com/>.

Special Note: Safe Harbor Statement Under the Private Securities Litigation Reform Act of 1995: Except for historical information contained herein, the statements made in this release constitute forward-looking statements within the meaning of Section 27A of the Securities Act of 1933 and Section 21E of the Securities Exchange Act of 1934. Such forward-looking statements involve certain risks and uncertainties, including statements regarding Monster Worldwide, Inc.'s strategic direction, prospects and future results. Certain factors, including factors outside of Monster Worldwide's control, may cause actual results to differ materially from those contained in the forward-looking statements, including economic and other conditions in the markets in which Monster Worldwide operates, risks associated with acquisitions, competition, seasonality and the other risks discussed in Monster Worldwide's Form 10-K and other filings made with the Securities and Exchange Commission, which discussions are incorporated in this release by reference.

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