



EMPLOYMENT I N D E X

CONTACTS:

General Information:

Robert Waghorn

514-350-0702

robert.waghorn@monster.ca

Media Inquiries:

Louise Heggie

Porter Novelli Canada

416-422-7209

louise.heggie@porternovelli.com

Monster Employment Index Canada Rises Five Points in First Quarter of 2008

- Online recruitment index climbs five points to 156 in Q1 and sits 5% higher than one year ago
- Six of 10 provinces post increased online recruitment activity, with Quebec, Alberta and Newfoundland leading the way
- Most major Canadian cities tracked by MEI Canada post gains, with Montreal and Hamilton setting pace

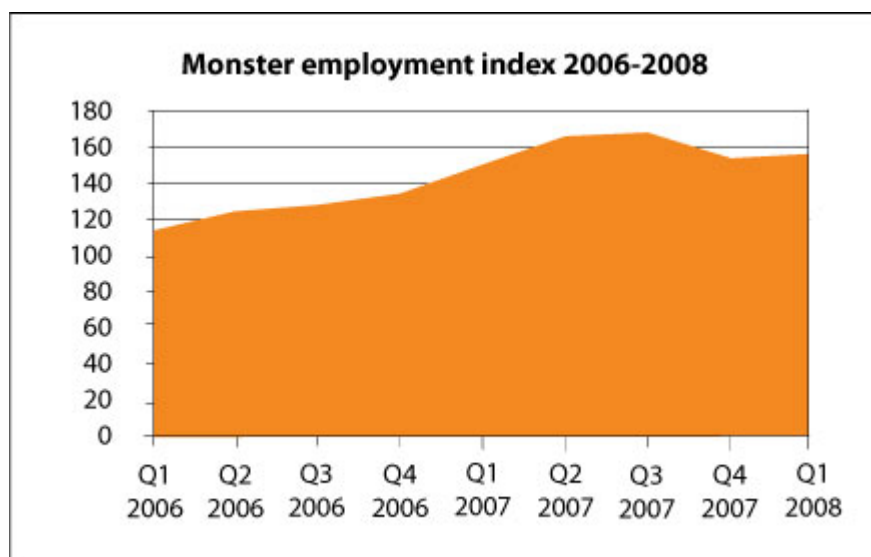
The Monster Employment Index Canada gained five points to hit 156 for the first quarter of 2008, reflecting higher online recruitment activity following the 2007 end-of-year holiday period. With the 2008 first-quarter increase, the Index now sits seven points or 5% higher overall compared to one year ago.

The Monster Employment Index Canada is based on a real-time review of millions of employer job opportunities culled from a large, representative selection of corporate career sites and job boards, including Monster.ca®.

During the first quarter of 2008, the majority of occupational categories tracked by the Index showed greater online job demand compared to the fourth quarter of 2007, with six of 10 occupational categories posting increased online recruitment while four categories turned lower.

During the first quarter of 2008, online job availability increased in six Canadian provinces and declined in four provinces. Online recruitment activity rose in 11 of the 13 cities monitored by the Index.

Results for the Monster Employment Index Canada in 2008 Q1 and previous quarters are as follows:



Q1 2008	Q4 2007	Q3 2007	Q2 2007	Q1 2007	Q4 2006	Q3 2006	Q2 2006	Q1 2006
156	151	165	165	149	134	126	123	112

"The Monster Employment Index Canada's increase during the first quarter of 2008 reflects an anticipated upward trend in recruitment that is traditionally seen in Canada at the start of each year," said Peter Gilfillan, Vice President of Sales and General Manager of Monster Canada.

"The Index is also up by 5% year-over-year, an encouraging sign that employers are actively recruiting to fill jobs across a majority of industry sectors and occupations."

Online Recruitment Rises in Six of 10 Job Categories

Online recruitment activity for management occupations jumped 30 points in Q1 to hit a record high of 146 points, reflecting strong demand in accounting and auditing jobs, executive management and human

resources. The management category is up by 22 points year-over-year compared to the first quarter of 2007. Online recruitment also jumped in healthcare, rising 27 points to a record high of 149, up 22 points compared to one year ago.

Online job availability also rose in occupations unique to primary industry, up 28 points in Q1 and 40% year-over-year. Natural and applied sciences, including IT jobs, rose 22 points in Q1 to a record high of 162, up 24% year-over-year.

Other industry categories registering gains during the first quarter include business, finance and administration, up 11 points in the quarter and unchanged year-over-year, and sales and services jobs, up 13 points in Q1 and up 11 points year-over-year.

In contrast, trades and transportation jobs saw online opportunities drop by eight points, losing ground for a third consecutive quarter and down five points year-over-year.

Online recruitment also weakened in processing, manufacturing and utilities, down nine points in Q1 but up 17 year-over-year; social science, education and government, down 15 points in Q1 and down 23 points year-over-year; and art, culture, recreation and sport occupations, down 12 points in Q1 and down nine points year-over-year.

National Occupation Classifications	2008	2007				2006				2005	
	Q1	Q4	Q3	Q2	Q1	Q4	Q3	Q2	Q1	Q4	Q3
Business, Finance and Administrative Occupations	113	102	104	115	113	104	105	104	105	90	98
Health Occupations	149	122	116	130	127	124	124	123	112	99	95
Management Occupations	146	116	111	125	124	114	112	113	113	93	96
Natural and Applied Sciences and Related Occupations	162	140	145	134	130	130	115	115	113	98	94
Occupations Unique to Primary Industry	199	171	148	177	142	123	112	108	108	94	95
Occupations Unique to Processing, Manufacturing and Utilities	135	144	154	126	118	132	135	125	109	94	97
Occupations in Art, Culture, Recreation and Sport	123	135	138	152	132	134	124	114	110	98	91
Occupations in Social Science, Education, Government Service and Religion	97	112	98	120	120	118	102	109	101	100	94
Sales and Services Occupations	129	116	115	129	118	109	115	123	109	90	98
Trades, Transport and Equipment Operators and Related Occupations	120	128	131	137	125	120	119	132	109	93	99

Online Job Availability Rises in Six Provinces

During the first quarter of 2008, online job availability increased in six Canadian provinces and declined in four.

Online recruitment rose by five points in Ontario and by 12 in Quebec amid strong demand across Central Canada in management occupations, natural and applied sciences, and healthcare jobs. Year-over-year, Quebec is up by 10 points overall but Ontario is down by nine points.

In the West, Alberta saw online recruitment increase by 10 points, up by nine points year-over-year, while British Columbia gained four points in Q1, up three points year-over-year.

Online recruitment rose in Saskatchewan by eight points, up 20 points year-over-year, while Manitoba was down by 17 points in Q1 and off four points year-over-year.

In Eastern Canada, Newfoundland/Labrador led the way with online recruitment rising by 21 points, up 29 points year-over-year. Online recruitment for Q1 fell in New Brunswick by 42 points, in PEI by 31 points, in Nova Scotia by 27.

The declines in Eastern Canada came amid weaker online recruitment in trades and transportation jobs, social science, education and government jobs, and art, culture, recreation and sport.

Results for the 13 provinces and territories tracked by the Index over the last year are as follows:

Provinces & Territories	2008	2007				2006				2005	
	Q1	Q4	Q3	Q2	Q1	Q4	Q3	Q2	Q1	Q4	Q3
Alberta	147	137	151	149	136	127	122	119	112	97	95
British Columbia	137	133	146	147	134	126	126	121	113	98	95
Manitoba	140	157	180	177	144	136	131	128	113	96	94
New Brunswick	113	155	169	154	137	135	132	123	112	94	99
Newfoundland and Labrador	163	142	155	152	134	123	125	124	111	96	98
Nova Scotia	112	139	173	145	125	119	119	121	111	93	100
Northwest Territories	157	153	131	133	128	116	105	110	103	107	97
Nunavut	160	156	141	149	134	128	105	112	104	93	96
Ontario	152	147	161	167	161	140	118	113	108	89	100
Prince Edward Island	97	128	153	149	116	100	111	112	100	97	103
Quebec	136	124	128	144	126	118	121	116	107	92	100
Saskatchewan	127	119	152	125	107	103	119	120	103	96	99
Yukon	138	141	125	128	116	113	103	106	97	105	97

Adjusted to total working population, the Monster Employment Index Canada found the following provinces to be the top six in terms of online job availability during the first quarter of 2008:

Rank	Province
1	Alberta
2	Saskatchewan
3	British Columbia
4	Nova Scotia
5	Manitoba
6	Quebec

Online Job Availability Rises in 11 of 13 Cities Tracked by MEI

Online recruitment activity rose in 11 of the 13 cities monitored by the Index, with Hamilton, Ontario showing the largest increase, up 30 points in Q1 and 16% year-over-year amid healthy recruitment activity in healthcare and management jobs as well as business, finance and administration jobs.

Other Ontario cities posting gains in Q1 included Toronto, which was up five points amid strong activity in management, business and healthcare jobs, but down 4% year-over-year. Ottawa-Gatineau gained six points in Q1 and is now up 2% year-over-year, with Q1 activity strong in natural and applied sciences, management and healthcare jobs. Kitchener gained eight points and is up 5% year-over-year.

In Quebec, Montreal gained 22 points in Q1 and is up by 24% year-over-year. Strong Q1 activity was seen in natural and applied sciences, management, business and finance jobs. Quebec City saw online recruitment rise by 16 points in Q1 amid strong activity in natural and applied sciences, healthcare, business and management jobs. Online recruitment in Quebec City is up 3% year-over-year.

In the West, Saskatoon led the way by rising nine points in Q1 amid increased demand for workers in trades and transportation, natural and applied sciences and management jobs. That city is up by 17% year-over-year.

Edmonton was up by six points and Calgary by eight as Q1 demand rose in natural and applied sciences, management and sales and services jobs. Edmonton is now up by 3% year-over-year while Calgary is up by 4%. Online recruitment in Vancouver rose by two points in Q1 but is down 3% year-over-year, with activity in Q1 dominated by natural and applied sciences, management and healthcare jobs.

Winnipeg was down for a second consecutive quarter, off eight points and down 7% year-over-year, with Q1 opportunities weaker in

natural and applied sciences and trades and transportation jobs. Regina gained one point in Q1 and is up 7% year-over-year, with Q1 growth seen in trades and transportation jobs, natural and applied sciences and business.

Results for the 13 Census Metropolitan Areas tracked by the Index in Q1 and in previous quarters are as follows:

Census Metropolitan Areas	2008	2007				2006				2005	
	Q1	Q4	Q3	Q2	Q1	Q4	Q3	Q2	Q1	Q4	Q3
Calgary	139	131	139	139	133	128	125	125	113	99	94
Edmonton	154	148	164	163	150	135	126	125	105	95	99
Halifax	98	139	147	138	116	118	113	120	113	99	96
Hamilton	211	181	196	199	183	167	135	124	113	96	96
Kitchener	161	153	155	167	170	149	117	110	112	95	95
Montreal	176	154	159	168	141	116	124	115	106	93	100
Ottawa/Gatineau	136	130	133	135	133	125	112	114	110	100	99
Quebec City	135	119	132	144	131	109	113	104	105	90	102
Regina	123	122	149	125	114	104	116	114	102	94	97
Saskatoon	126	117	144	125	107	102	113	113	102	101	100
Toronto	147	142	154	156	153	141	122	120	111	92	95
Vancouver	130	128	139	141	134	126	124	122	113	99	94
Winnipeg	165	173	197	189	154	145	144	143	113	97	96

Adjusted to total working population, the Monster Employment Index Canada found the following cities to be the top six in terms of online job availability during the first quarter of 2008:

Rank	CMA
1	Calgary
2	Edmonton
3	Quebec City
4	Saskatoon
5	Regina
6	Kitchener

About the Monster Employment Index Canada

The Monster Employment Index Canada is a broad and comprehensive quarterly analysis of Canadian online job demand conducted by Monster Worldwide, Inc. (NASDAQ: MNST), parent company of the leading global online careers and recruitment resource Monster®. As the first national index measuring real-time online job demand, the Monster Employment Index Canada is based on millions of online job postings and data culled from Monster Canada (www.monster.ca), as well as a number of other recruitment Web sites considered representative of employer activity nationwide.

With data collected since April, 2005, the Index uses a consistent methodology to track overall online job demand in Canada, providing Canadian labour-market watchers with a new forward-looking indicator of employer demand for employees.

All of the data and findings in the Monster Employment Index Canada are validated for accuracy through third party auditing conducted by U.S.-based Research America, Inc.

Index reports can be accessed and subscribed to free at <http://eIndex.monsterworldwide.com>. The next report of the Monster Employment Index Canada will be released in July, 2008. To obtain a full copy of the Monster Employment Index Canada report for the first quarter of 2008, including all charts and tables, please visit <http://eIndex.monsterworldwide.com>.

To subscribe and have the Monster Employment Index Canada report emailed to you on a quarterly basis, visit http://www.monsterworldwide.com/Public_Relations/eIndex.html.

About Monster Canada

Monster Canada (www.Monster.ca) is Canada's leading online career resources portal - a bilingual, user-friendly site that is improving the employment and recruitment experience in today's competitive job market. Headquartered in Montreal, Monster Canada is part of Monster, the leading global careers and recruitment resource online. 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 and the NASDAQ 100. To learn more about Monster's industry-leading employer products and services, please visit <http://solutions.monster.ca>.

About Monster Worldwide

Monster Worldwide, Inc. (NASDAQ: MNST), parent company of Monster®, the premier global online employment solution for more than a decade, strives to bring people together to advance 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 and the NASDAQ 100. To learn more about Monster's industry-leading products and services, visit www.monster.com. More information about Monster Worldwide is available at www.monsterworldwide.com.

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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.