



Living and working in Sweden

Bialystok University of Technology, November 2024



ARBETSFÖRMEDLINGEN
SWEDISH PUBLIC EMPLOYMENT SERVICE

Arbetsförmedlingen EURES

Part of the European
Employment Services network,
public and private actors

Support and information to job
seekers and employers



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Facts about Sweden

Third largest country in EU
approx. 450 000 km²

10,5 million inhabitants

85% live in the south

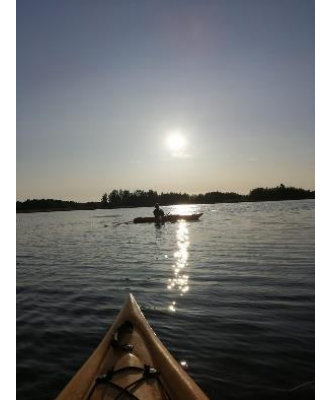
Currency: Svenska kronor
(Swedish Krona) SEK 100 =
Approx. EUR 12

EU member state since 1995



Why Sweden?

- Professional opportunities
- Salary
- Workers have strong rights
- Good social security benefits
- Work life balance - quality of life
- The right of public access to nature (Allemansrätten)



Labour market

Private sector – private owners (>70% of all employees)
Volvo, IKEA, Ericsson, H&M, Skanska, Spotify

Public sector – state, regions and municipalities. Healthcare, education and pre-schools, social care, police and fire services

Large industrial expansion in the [northern part](#)
Examples; Hybrit, LKAB, Stegra, Boliden.

[Online job fairs](#)



The North

- Green industrial revolution – mines, green steel, green batteries
- Seasonal work (Hospitality)
- Forestry



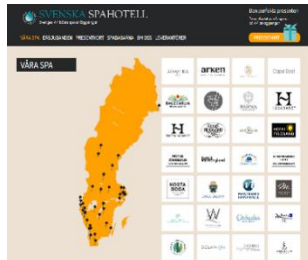
The middle

- - IT
- - R&D
- - Metal industries
- - Automotive industries



The South

- IT
- Automotive industri (Volvo)
- Life Science
- Agriculture and gardening
- Hospitality



Finding a job

[Swedish Public Employment Service](#) - Arbetsförmedlingen

[EURES](#) portal with jobs, information CV service and chat

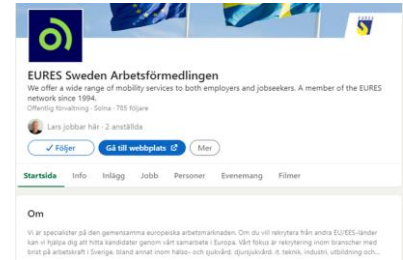
Follow EURES Arbetsförmedlingen
On LinkedIn

Recruitment companies: use google with the words:
“bemanningsföretag Sverige” to find recruitment companies

Social media: LinkedIn, Facebook groups etc.

The English newspaper The Local www.thelocal.se

Turn directly to the employer you wish to work for



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Shortages and surpluses Forecast (in Swedish)

Shortages

- Teachers and Pre-school teachers
- Veterinarians
- Doctors and specialist Nurses
- Dentists
- Qualified IT staff
- Engineers
- Electricians
- Chefs
- Car-mechanics
- Truck-/Bus drivers

Surpluses

- Culture & design
- Media and journalism
- Shop assistants
- Administrators and receptionists
- Librarians
- Biologists
- Human Resources
- Architects
- Low skilled jobs



Job application

Send your CV and a personal letter

You can use the CV-format Europass (not very common in Sweden)

Limit your CV to max two A4 pages

Cover letter preferably one page

Do not send certificates or references, can be sent later if requested

Turn directly to the employer you wish to work for. Open applications are common and appreciated by employers

[Applying for a job in Sweden | sweden.se](https://www.sweden.se)

Arbetsförmedlingen Play, [webinars in English](#)



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Housing

Buy a property; Hemnet - <https://www.hemnet.se/>

Rent an apartment; Municipal and private landlords
www.hyresgastforeningen.se/om-oss/hyresvardar/hyresvardar/

Homes for rent by individuals <https://bostad.blocket.se/en>

[List of Swedish municipalities](#)



Working conditions in Sweden

- Collective agreements between trade unions and employer organisations
- Full time, 40 hours per week
- Type of contracts: temporary or permanent
- Vacation: 25 days per year
- Salary: no national minimum salary
- Municipal tax between 29-35 %
- Average wage 2024 38300 SEK/month gross
- [Statistics Sweden](https://www.scb.se/en)



Work place culture and Swedes

Flat organisations

Teamwork and consensus –tend to avoid conflict

”Du” – first name basis – informality!

Gender equality

Strong and active trade unions

Coffee and coffee breaks

Shoes off indoors (in people’s homes)

Light summer nights and dark winters



Language skills

Most jobs require fluency in Swedish but there are exceptions e.g. IT, engineering, hospitality sector.

SFI Svenska för invandrare/Swedish for Immigrants
by the municipality of residency

<https://swedish-for-all.se/>

[Svenska / Swedish Online – Folkuniversitetet](https://si.se/sa-arbetar-vi/svenskan-i-varlden/universitet-med-svenskstudier/)

<https://si.se/sa-arbetar-vi/svenskan-i-varlden/universitet-med-svenskstudier/>

(list of international universities providing Swedish language courses)



Diplomas and Qualifications

Swedish Council for Higher Education www.uhr.se/en/start/

Qualifications Assessment Tool. Find out what a foreign qualification compares to in Sweden www.uhr.se/en/start/recognition-of-foreign-qualifications/qualifications-assessment-tool/

Apply for a recognition of foreign qualifications. Apply for a recognition statement that shows the equivalent to a foreign qualification in the Swedish educational system www.uhr.se/en/start/recognition-of-foreign-qualifications/

[Regulated professions in Sweden](#)

Networks, jobs, internships

- EURAXESS - The leading portal for the research community
<https://euraxess.ec.europa.eu/>
- Erasmus+ <https://erasmus-plus.ec.europa.eu/>
- EU Jobs and traineeships <https://eu-careers.europa.eu/en>
- European Space Agency ESA
https://www.esa.int/About_Us/Careers_at_ESA/Student_Internships2
- Eurodesk, a European youth information network as support organisation to Erasmus+ <https://eurodesk.eu/>



Useful links to other authorities

- www.skatteverket.se Taxes, population register
- www.forsakringskassan.se Social insurance
- <https://bransch.trafikverket.se/en/startpage/> Driving licenses
- www.tullverket.se/ Swedish Customs
- www.av.se The Swedish Work Environment Authority
- <https://bolagsverket.se/en/1.html> Setting up a business
- www.migrationsverket.se Swedish Migration board
- <https://polisen.se/en/> Swedish Police
- www.1177.se/en/other-languages/other-languages/
<https://sweden.se/life/society/healthcare-in-sweden>



Arbetsförmedlingen services

<https://arbetsformedlingen.se/other-languages/english-engelska>

- [Work permit](#)

Start by finding out if you need a work permit.

- [Equality and discrimination](#)

Equality in Sweden, protection against discrimination.

- [Rights and obligations](#)

Rights and obligations at your place of work and in relation to your employer.

- [Pay and benefits](#)

Tips on how to negotiate pay, benefits offered by your employer.

- [Forms of employment](#)

Different forms of employment, running one's own company.

- [Sweden's social security system](#)

Economic security regardless of age and life situation.



- [Unemployed – what happens now?](#)
- Registration, planning meeting, unemployment insurance. What you need to know.
- [Additional support](#)
- Labor market training , internship, disability support, A–Z.
- [Find your new job](#)
- The Job Bank, create a profile, start your own business. Different ways to find the right job.
- [CV, application, interview](#)
- Tips for when applying for a job. Validate your grades and certificates.
- [Occupations and the future](#)
- Occupations, future prospects, education, Interest Guide – make smart career choices.
- [Education and studies](#)
- Train for a job. Student finance and educational paths.
- [Working in Sweden](#)
- Rights, obligations, wages and benefits – how does it work?

[Register](#)
[The Job Bank \(in Swedish\)](#)
[Report activities](#)
[Report absence due to illness](#)
[My pages \(Mina sidor\)](#)
[Prepare and match](#)
[Labour market training](#)
[Deregister](#)
[FAQ \(in Swedish\)](#)

Unemployment insurance

- Everyone who works in Sweden has a right to become a member of an unemployment insurance fund to get financially covered in case of unemployment.
- Not part of the social security scheme, but a voluntary insurance linked to membership in an unemployment fund
- Handled, and paid out by the unemployment funds
- If you are not a member of an unemployment benefit fund, you can apply for membership and basic compensation in case you become unemployed.
- If you do not want to become a member of an unemployment benefit fund, you can apply for basic compensation from the “Alfa-kassan” fund.
- www.sverigesakassor.se/unemployment-benefits-in-sweden/



EURES Targeted Mobility Scheme

<http://euresmobility.se/>

Targeted Mobility Scheme (TMS) Sweden aims to match candidates across EU with employers with hard to fill vacancies, including EURES mobility services and various financial supports.

Target groups are jobseekers aged 18 or older and employers from an **EU country, Norway, or Iceland.**



With financial support
from the European
Union.



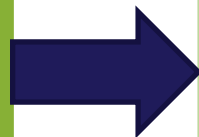
EURES Targeted Mobility Scheme (TMS) Sweden

- can make it easier for you to move and work in EU!



How to take part?

1. Contact a EURES Adviser, preferably in your home country
2. Receive mobility support services from a EURES Adviser



Financial supports you can apply for:

- Interview
- Relocation & Family
- Language course
- Recognition of qualifications

www.euresmobility.se



With financial support from the European Union

Unemployment & benefits for the EEA area Your Europe

Form [PDU2](#), also called U2

You can carry on receiving your unemployment benefit for at least **3 months** from the EU country where you were last working - and **up to a maximum of 6 months**, depending on the institution paying your benefit.

U2
(formerly
E 303)

Authorisation to continue receiving unemployment benefit while looking for a job in another country.

Issued by the [public employment service or the competent social security institution](#) in the country where you became unemployed. Submit it to the [national employment service](#) in the country where you are looking for a job.

Unemployment & benefits for the EEA area Your Europe

If you need to certify any previous periods of employment and social security cover abroad, you may need to apply for a [U1 form](#) (formerly E 301 form) in the country where you worked before.

U1
(formerly
E 301)

Statement of insurance periods to be taken into account when calculating an unemployment benefit.

Issued by the [public employment service or the competent social security institution](#) in the last country(ies) where you worked. Submit it to the [national employment service](#) in the country where you wish to receive unemployment benefit.

Tack!

Annika Sund

annika.sund@arbetsformedlingen.se

