

Work Experience

Do you want to try working in a workplace? Do you want to gain professional experience and increase your chances of getting a job? If so, work experience may be for you. If you lack or don't have much experience from the Swedish labour market, you can also get an assessment of your professional competence.

What is Work Experience?

Work Experience means that you try working in a workplace to gain professional orientation, professional experience or working life experience, or to maintain and improve your professional competence. You can also do work experience to prepare for starting your own business.

What is Required to Get a Work Experience Placement?

Your employment officer will first assess your chances of gaining employment. The employment officer bases this on your experience and the professional area in which you're looking for work, but will also take the current economic situation into account.

One of the following must also apply to you:

- you're at least 25 years old, registered as a jobseeker with Arbetsförmedlingen, and are or risk becoming unemployed
- you're young and have a functional impairment that affects your ability to work
- you're 18 years old and are far from the labour market.
- you're 20 years old and are covered by an education contract
- you're covered by the Introduction Activities for Certain New Arrival Immigrants Act
- you participate in the Youth Job Programme or the Job and Development Programme

Where Can I Get Work Experience?

You can get a work experience placement with a private or public employer.

How Long Can the Work Experience Last?

Your work experience can last for a maximum of six months. If you are participating in the Youth Job Programme, the placement can last for no more than three months.

Will I Get Any Compensation?

You can get activity support or development compensation when on work experience. Compensation is paid by Försäkringskassan (the Swedish Social Insurance Agency), which also calculates and makes decisions regarding the compensation. Read more in fact sheet *Aktivitetsstöd och utvecklingsersättning (Activity Support and Development Compensation)* on forsakringskassan.se.

If you decline a work experience offer, you may lose compensation. You can also lose compensation if you terminate work experience in progress without acceptable reasons.

Am I Insured?

You are insured while on work experience, and are covered both by personal injury and group life insurance. The employer can also be compensated by the state if you were to damage anything in the workplace. Read more in fact sheet *Försäkringsskydd och skadeersättningsansvar vid vissa arbetsmarknadspolitiska program (Insurance Protection and Responsibility for Compensatory Damages in Certain Labour Market Programmes)* on arbetsformedlingen.se.

What Other Conditions Apply to Me?

According to the Work Environment Act, those on work experience are not considered employees. However, some rules found in that act still apply. Read more in fact sheet *Arbetsgivarens arbetsmiljöansvar (The Employer's Responsibility for the Work Environment)*.

What is a Professional Competence Assessment?

Professional competence assessment means that your professional competence is assessed during your work experience placement if you lack or don't have much experience from the Swedish labour market. The assessment will be useful when you apply for jobs.

A professional competence assessment can last for anything from one day to three weeks.

When your competence is assessed, you will always get your own instructor. He or she is responsible for the assessment.

Who Does What?

Contact Arbetsförmedlingen if you want to know more about work experience or professional competence assessment. If your employment officer decides that you can get work experience, you will then plan it together. The employment officer will also talk to union organisations before the commencement of the work experience. Be prepared to be called to follow-up dialogues, jobseeker activities or guidance dialogues during the course of the work experience.

When your work experience is over, you will get a certificate of it. If an assessment of your professional competence is included in the work experience, you will get a certificate with the assessment.

Rules

Labour Market Programmes Act (2000:625)

Labour Market Programmes Ordinance (2000:634)

Activity Support Ordinance (1996:1100)

Call us on 0771 416 416 if you are interested and would like to know more. You can also visit your nearest employment office, or go to arbetsformedlingen.se.