

Welcome to Arbetsförmedlingen

Välkommen till Arbetsförmedlingen

Engelska



This is Arbetsförmedlingen

Are you looking for work? Would you like to know more about the labour market? Do you need tips and advice on how to find the job you want? Welcome to Arbetsförmedlingen. We'll help you get there, regardless of what support you need.

When you register as a jobseeker with us, we'll go through your previous jobs together. We'll also look at what education you have, and your experience and skills. Then, we'll plan what you should do to find a job and how we can help you together.

Find a Job on Our Website

In the Job Bank on arbetsformedlingen.se, you'll find vacancies in many different industries. On the website, you'll also find other information that may be important to you. You can read about professions and studies, take an interest test, and see what the future looks like for various professions. You'll also get tips on how to get better at looking for jobs, and information about what activities we offer.

Meet Employers

Would you like to meet employers looking for staff? You can go to a recruitment meeting and get interviewed directly on site. We organise lots of recruitment meetings, either on the employer's premises or our own.

Work Abroad

Are you interested in working abroad? If you are looking for jobs in Europe, we can help you with information about how to be successful with that. We have employment officers who specialise in European jobs.

This is what We Offer All Jobseekers

- information about how to look for jobs
- help with CV-writing and job interview preparation
- access to all vacancies in the Job Bank
- access to computer to look for jobs and write your CV
- vacancy suggestions

- recruitment meetings with employers
- information about professions and studies
- up-to-date information about the labour market
- advice for starting your own business

If You Need Extra Support

Sometimes, you may need extra support when looking for a job. Some people need it from the start, others not until later. We can help you in many different ways based on your needs and circumstances.

Talk to an employment officer if you would like to know more. Together, you'll figure out what support you need to get a job as soon as possible.

You can read more about what we can help you with on arbetsformedlingen.se.

Difficulties Finding a Job

Sometimes, the best way to a new job is a work experience placement, employment training or help with starting your own business. It can also be about receiving vocational guidance or help with contacting employers. We have plenty of experience helping those struggling to find a job.

Young and Lacking Professional Experience

Are you under the age of 25? Many employers are happy to employ young people, but sometimes, it can feel difficult to get onto the labour market anyway. We can help you in many different ways, so that you'll find a job more easily. You can get help with applying for jobs, vocational guidance, work experience, or different types of training.

Reduced Working Capacity

Do you have a functional impairment that affects your working capacity? We always use your skills and experience as the starting point, and can facilitate employment in many different ways. It can be about personal support at the beginning of or during the employment, or financial compensation for aids in the workplace, for instance.

New in Sweden

Are you new in Sweden and lack experience from the Swedish labour market? We can help you in various ways so that you can get a job as soon as possible. If you don't speak Swedish, we can offer language support, such as an interpreter.

Good to Know when You're New

Here, we have collected especially important information that you need to know when you're new at Arbetsförmedlingen. You can read more on arbetsformedlingen.se.

Compensation from the A-kassa Unemployment Insurance Fund

To get compensation from the a-kassa unemployment insurance fund, you must meet certain criteria. Your a-kassa then makes the decision as to whether you can get unemployment benefit. Arbetsförmedlingen's task is to inform the a-kassa of things that can affect your right to compensation. Contact the a-kassa or an employment officer to find out more.

Report Your Activities

When you're unemployed, it's important to inform Arbetsförmedlingen of the jobs you've applied for and what other things you've done to get a job more easily. You do this in an activity report. The easiest way is to fill it out on our website.

Compensation for Travelling to Job Interviews

Are you at least 20 years old and unemployed or risking becoming unemployed? If so, you can get compensation for travelling to job interviews if you're struggling to find a job where you live. Remember that you have to apply for compensation in advance.

Show ID when in Contact with Us – for Your Own Safety

When you visit an employment office, you have to show ID or bring a person who can confirm your identity.

To prove your identity online, you'll use e-ID, such as BankID. Then, you'll also get access to more functions on our website, and will be able to fill out your activity report there, for instance.

Details about You in Our Register

When you register with us, certain details about you are registered. Your details are covered by secrecy. You can always ask us to produce the details we hold about you.

Are You in Touch with a Security Organisation?

Have you been given a notice of dismissal? Are you entitled to support from a security organisation? If so, we can help you with a joint dialogue between you and your security organisation. Let us know if you would like such a dialogue.

Tips when You're Looking for a Job

You'll find tips about looking for a job on arbetsformedlingen.se. You'll also find information about the labour market, professions and education. Utilise Arbetsförmedlingen if you need more information.

Looking for Jobs

- Apply for vacancies in the Job Bank.
- Participate in recruitment meetings and meet employers for initial interviews.
- Participate in job seminars. We'll tell you how to get better at looking for jobs.
- Use social media – your shortcut to the job and a bigger network.
- Make sure that your CV gets you an interview. We'll give you the best tips.
- Improve your personal letter, and show that you're the right person for the job.
- Time for a job interview? Think of these things before, during and after the interview.
- Choose your references carefully. We'll give you tips on what to think about when choosing.
- Do you want to work abroad or start your own business? We'll help you make the move.

Professions & Studies

- Do you need inspiration and new ideas? Use our tests and guides.
- What does the future of various professions look like? Check our prognoses showing the labour market in the short and long term.
- What do different professions entail? Find out facts and watch films and interviews with information about what education you need for certain professions.
- Do you want to start studying? Find out more about education, admission rules and university points.

Employment

- How do wages and benefits work? Find out what wage you can ask for, and prepare for wage negotiations.
- What forms of employment are there? What's the difference between probationary employment and a temporary job? We explain the most common forms of employment.
- What is an employment contract? Find out why a written agreement is important, and why you should ask for one before the commencement of your employment.

Contact Us

Telephone Service 0771 416 416

Call to talk to an employment officer.

Open weekdays 8.00 a.m. – 8.00 p.m. and Saturdays and Sundays 9.00 a.m. – 4.00 p.m.

Visit arbetsformedlingen.se

Find inspiration and help via Sweden's biggest job site Platsbanken (the Job Bank).

Contact Your Nearest Employment Office

You'll find contact details on arbetsformedlingen.se

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