



Living and working in Sweden

*(Produced by the National Coordination Office
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Facts about Sweden

- **Capital:** Stockholm
- **Population:** around 10 million
- **Population in major cities (including suburbs):**
 - Stockholm: 2,210,000
 - Gothenburg: 995,000
 - Malmö: 643,000
- **Total area:** 528,447 sq km, the fifth largest country in Europe, the third in the EU. Roughly the same size as Spain, Thailand or California
- Sweden has about 23 **inhabitants per sq km**. For the EU, the average is more than 100 people per sq km.

- **Form of government:** Constitutional monarchy, with parliamentary democracy – political power lies with the parliament and government
- **Parliament:** Called 'riksdag' – 349 members of parliament in a single chamber
- **Head of state:** His Majesty King Carl XVI Gustaf, has ceremonial functions
- **Religion:** The Church of Sweden is Evangelical Lutheran, but there are also many other religions and faiths in the country
- **Currency:** 1 krona (SEK) = 100 öre \approx EUR 0.095
- **National Day:** 6 June

- **Life expectancy:** Men 81 years, women 84 years
- **GDP per capita (PPP):** SEK 457,300 (2017),
- **Most important export goods:** Vehicles and machines, pharmaceuticals/chemicals, electronics, minerals, wood products, energy, foods, shoes and clothes
- **Employment rate (20–64 years):** Men: 84%, women: 80%. Total: 82%, highest in the EU.



The labourmarket

Job shortages

- Teachers and pre-school teachers
- Nurses, doctors and social workers
- Qualified IT staff
- Engineers
- Electricians, plumbers and construction workers
- Chefs
- Mechanics
- Lorry drivers

General requirements

- Most jobs require fluency in Swedish
- Few jobs require low or no formal education.
- A completed upper-secondary school education, an occupational training or even a university level degree is necessary to get a job.

Right of Residence & Residence permit



EU/EEA and Swiss citizens



If you are

- employed in Sweden,
- own your own business,
- a student,
- or have sufficient funds to support yourself

you, and your family members, have the right of residence in Sweden without a residence permit. Swiss citizens need a residence permit after three months.

- Even if you're unemployed, you have the right to come to Sweden and look for a job.

When to contact the Tax Agency?

- After you have found a job, contact the Swedish Tax Agency (Skatteverket) to register for taxation.



- When you register to pay tax, you can receive a co-ordination number. This will be your identity number, until you are eligible to receive a Swedish personal identity number.
- More information: www.skatteverket.se

Staying in Sweden for more than 1 year?

- If you intend to stay for more than one year, apply for registration as a resident at the Swedish Tax Agency.
- If your application is approved, you will receive a Swedish personal identity number.

Non-EU/EEA citizens



- As a non-EU/EEA citizen **with long-term residency in another EU country**, you must apply for a new residence permit for Sweden if you want to stay here longer than three months.
- This is done at the Swedish Migration Agency (Migrationsverket). See: www.migrationsverket.se





How to look for a job

Some ideas...



- Find jobs, register your CV and find information about Sweden on the EURES portal:
eures.europa.eu
- Speak to EURES staff before you leave. Find contact details on the EURES portal.
- EURES staff can also be found in Sweden, by contacting a EURES member or partner

Other ways to look for a job

- Contact other (non-EURES) employment and staffing agencies
- Use Platsbanken at Arbetsförmedlingen's website arbetsformedlingen.se and other job sites such as monster.se, jobb.blocket.se, and jobbsafari.se
- Use personal contacts



- Daily and local newspapers contain job adverts, mostly advertised online
- Look for vacancies on companies' own websites
- It's common to apply directly to an employer for whom you would like to work for
- Register on and use social media such as Facebook and LinkedIn when looking for work



How to apply for a job

Job application

You have found an interesting advert or you want to make a spontaneous application...

- Send your CV and a personal letter
- You can use the CV-format Europass
- Limit your CV to around two A4 pages
- Don't send certificates or references, can be sent later if requested
- A couple of days after – follow up with a phone call

Interview?

- Be well prepared
- Typical questions:
 - Why have you applied for the job?
 - Describe yourself and your background such as, education, previous employment, leisure interests
 - Describe your strengths and weaknesses and how they may impact the job for which you are applying
- You are also expected to ask questions of your own
- Sometimes you are called to a second or a third interview

Financial support possibilities

EU mobility schemes: Your first EURES job and Reactivate

- Support to attend an interview in Sweden, when living in another country.
- Possibilities to cover costs for language training, recognition of qualifications or relocation to Sweden
- More information:
www.yourfirsteuresjob.se
<https://ec.europa.eu/eures/public/en/reactivate-js>

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About working in Sweden

Income

- No statutory minimum income
- A basic salary is negotiated in many collective agreements
- Salaries are set individually
- You negotiate your own salary

Working conditions

- Standard working hours: 40 hours per week. Flextime very common
- Overtime limited to 48 hours over a four-week period, or 50 hours over a period of one month
- Minimum 25 days' paid leave per year, and at least four weeks' continuous leave between June to August
- Other terms are regulated in the employment contract;
 - salary
 - working hours
 - employment duration
 - probation period
 - holidays
- Employment contract can be verbal or written (recommended to avoid misunderstandings)

Recognition of foreign qualifications



- Basic principle, EU/EEA and Swiss citizens should be able to practice their profession in any other member state.
- However, certain regulated professions require specific certification or authorization
- Contact the Swedish Council for Higher Education (Universitets- och Högskolerådet) for more information: www.uhr.se



Taxes

The Swedish tax system

- Direct taxes such as state and municipal income tax and capital gains tax
- Indirect taxes and charges such as VAT and duties on certain products

When you get a job

- Your employer will pay you a net salary.
- Your income is deducted at source.
- Your employer will also pay an additional employer's contribution to the Swedish Tax Agency.
- The average municipal income tax is 32 % of your salary. If your taxable income exceeds a certain amount, you also pay state income tax.
- The income tax includes all social insurance contributions, *except* unemployment insurance contributions.

- If you live abroad and work in Sweden for less than six months, there is the possibility of paying lower tax.
- As an employee, you are entitled to receive a written salary specification showing your salary and the deductions made.
- Everyone is obliged to file an income tax return with the Swedish Tax Agency each year, usually around May 1st.



A photograph of two men sitting at a desk in an office. The man on the left, with a beard and wearing a red and blue plaid shirt, is looking towards the man on the right. The man on the right, wearing a grey sweater, is looking back at him. They appear to be in a conversation. On the desk, there is a glass of water, a pen holder with various pens and scissors, and some papers. In the background, there are office desks, computer monitors, and other people working, though they are out of focus.

Social security

Your rights when moving within EU/EEA and Switzerland

- There are rules ensuring that you don't lose your social security rights.
- As a general principle you are subject to the legislation of the country where you work.
- In some cases qualification periods are required.

The Swedish social security scheme

When you work in Sweden, you are most likely covered by the Swedish social security scheme, which includes:

- benefits in respect of accidents at work and occupational diseases
- health insurance
- invalidity benefits
- family benefits and parental insurance
- sick-leave
- old-age and survivors' pensions

Unemployment benefits

- The benefits come in two levels:
 - a basic level protection
 - a voluntary income based protection, based on a membership and paid contributions to a unemployment benefit fund for at least one year
- To apply for unemployment benefit, register with Arbetsförmedlingen as a jobseeker



U2

- Are you unemployed AND receive unemployment benefits in your home country?
- You can bring your unemployment benefit with you when looking for a job in Sweden
- Apply for the document U2 in your home country before you leave

Thank you for listening!



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