

## Identify your competences

Do you have experience of or an interest in work in the forestry industry, and wish to know how you can use your experience for a career in Sweden?

By carrying out a self-assessment, you get an idea of what is required for your specific profession.

You do the self-assessment by completing a form associated with a career on the Swedish labour market. Your responses are intended to be used as a support, and you can use the self-assessment questionnaire in dialogue with an employment officer. The responses can make it easier for the Swedish Public Employment Service to make the right choice among their various methods of helping you. It may be that you need support for how to be able to use your competences in Sweden, to acquire information about how to continue, to supplement your education, gain work experience or acquire validation.

The questions in the self-assessment are based on those requirements that exist for various careers in Sweden. Responses are based on your knowledge and experience in that occupation.

All of your knowledge and experience is taken into account. It is you who assess your own skills and competences.

What is regarded as a qualification in this questionnaire is

- Experience of forestry in some form
- Professional experience as a driver of heavy machinery, for example an excavator
- An interest in working in the forest

Assess your experience and competences using the rating scale below, so that you can get the best possible support from the Swedish Public Employment Agency.

### You can use the following levels as a basis for identifying your competences (1)(2)

#### 1: No experience

- You may have theoretical knowledge but no practical experience

## **2: Limited experience**

- You had opportunities to do this type of work while in training.

## **3: Good experience**

- You have references and a work certificate applying to work in the industry for a year

## **4: Considerable experience**

- You have practical experience over several years and can relatively quickly begin to work independently

## **5: Very considerable experience**

- You should be able to be tested at a workplace directly as a supervisor, manager or expert
- You have experience in organising and developing the business, and experience of administration and management
- You have experience in communicating how work in the sector should be carried out and can involve and motivate your co-workers
- You have experience in organising resources for various projects/groups/areas of activity/co-workers

Use the free text fields, at the bottom of the questionnaire, if you want to develop your experiences further. Maybe you have experiences within the industry, but that questions about these are lacking in the self-assessment questionnaire.

## **Are you able to verify the knowledge and experience you have with, for example, certificates or school grades?**

If you have certificates or school grades, the Swedish Public Employment Agency can help you to get these translated and validated.

## The self-assessment form

### [Forestry]

Qualities that are important for your profession	1-5 (No experience – Very considerable experience)				
1. I have experience in solving problems at work and making my own decisions in various situations	1	2	3	4	5
2. I have experience in cooperating with and communicating with other people	1	2	3	4	5
3. I have experience in ensuring the quality of my own and other people's work	1	2	3	4	5
4. I have experience in giving other people instructions	1	2	3	4	5
5. I have the ability to perform physical work for a whole day	1	2	3	4	5
6. I have the ability to keep calm in stressful situations	1	2	3	4	5
7. I know of the significance and importance of a good working environment, for example The importance of using protective gear, for example protective clothing and experience of how one avoids accidents and unnecessary stress at work	1	2	3	4	5
8. I have the ability to follow the routines and written instructions of the workplace	1	2	3	4	5
Experience and competences that are important for the industry	1–5 (No experience – Very considerable experience)				
9. I have experience in working alone and taking my own decisions	1	2	3	4	5
10. I have experience in working together with other people in a team	1	2	3	4	5
11. I have experience in working as a supervisor	1	2	3	4	5

<b>12. I have been employed/had my own business within the forestry industry</b>	<p style="text-align: center;">1      2      3      4      5</p>
<b>13. I have experience in working with other forestry tasks such as</b>  <b>Clearing</b>  <b>Planting</b>  <b>Pruning</b>  <b>Nature conservation</b>  <b>Other</b>	<p style="text-align: center;">1      2      3      4      5</p> <p style="text-align: center;">1      2      3      4      5</p> <p style="text-align: center;">1      2      3      4      5</p> <p style="text-align: center;">1      2      3      4      5</p> <p><b>Describe:</b></p>
<b>14. I have experience in working with forestry tasks at the senior official level</b>  <b>Planning</b>  <b>Timber purchase</b>  <b>Consultancy</b>  <b>Other</b>	<p style="text-align: center;">1      2      3      4      5</p> <p style="text-align: center;">1      2      3      4      5</p> <p style="text-align: center;">1      2      3      4      5</p> <p><b>Describe:</b></p>

<p><b>15. I have experience in working with manual power tools such as</b></p> <p>Power saw</p> <p>Trimmer</p> <p>Brush cutter</p> <p>Other</p>	<table style="width: 100%; text-align: center;"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td colspan="5">Describe</td> </tr> </table>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	Describe														
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<p><b>16. I have experience in working with heavy machinery such as, for example</b></p> <p>Tractor</p> <p>Excavator</p> <p>Harvester</p> <p>Scarifier/planter</p> <p>Timber lorry/truck</p> <p>Winch systems</p> <p>Cranes</p>	<table style="width: 100%; text-align: center;"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> </table>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
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<p><b>17. I have experience in repairing/servicing heavy machinery</b></p>	<table style="width: 100%; text-align: center;"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> </table>	1	2	3	4	5																									
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<p><b>18. I have experience in working in a sawmill or other industry dealing with wood products</b></p>	<table style="width: 100%; text-align: center;"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> </table>	1	2	3	4	5																									
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<p>19. Do you have any training that can be relevant? In the forestry industry, for example, the following qualifications are of interest:</p> <p>Forestry machine driver</p> <p>Biologist</p> <p>Certified forester/ Forest warden</p> <p>Engineer</p> <p>If you have similar qualifications, describe their content:</p>	<table> <tr> <td>YES</td> <td>NO</td> </tr> <tr> <td>YES</td> <td>NO</td> </tr> <tr> <td>YES</td> <td>NO</td> </tr> <tr> <td>YES</td> <td>NO</td> </tr> </table>	YES	NO	YES	NO	YES	NO	YES	NO
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YES	NO								
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YES	NO								
<p>20. Do you have business experience?</p> <p>If yes, describe what that involves:</p>	<table> <tr> <td>YES</td> <td>NO</td> </tr> </table>	YES	NO						
YES	NO								
<p>21. If you think that working in the forest seems exciting but you have no experience that matches the above questions.</p> <p>Talk to an unemployment official about how you should proceed in order to gain employment in the industry.</p>									

**Write down the experiences of the forestry industry that you are good at, but are not covered by the form:**