

Självskattningsformulär
Kock
Engelska

Identify your competencies

Do you have experience in a specific profession and would like to know how you can use that experience in Sweden?

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

The self-assessment involves completing a survey that is linked to a profession on the Swedish labour market. The answers you give are meant to serve as a support and it can also be useful to refer to the self-assessment survey when you talk to one of our Employment Officers. The answers you give make it easier for the Swedish Public Employment Agency - and you - to choose what is right for you among the many services and activities offered by the Agency. Perhaps you need help with how to best use your skills and competences in Sweden or get advice on how you can develop, further your education and training, join a graduate or internship programme or become validated.

The self-assessment questions are based on the requirements placed on certain professions in Sweden. Your answers, however, are based on your own knowledge and experience in your profession.

Every bit of knowledge and experience counts. It is you who assess your own skills and competences.

This self-assessment survey applies to professional chefs. If you have previous experience from working as a chef, it may be helpful to complete the questions below in order to assess your own skills and competences before a validation or similar is carried out. If you have similar experience to what is mentioned in this self-assessment survey but have never worked as a chef, talk to your employment officer about your self-assessment and the possibility of moving forward with a validation. It is important that the work experience of the person put forward for validation matches the requirements of a professional chef in Sweden.

The following occupations are considered to fall within the category of professional chefs in Sweden:

- Chef (Chef de Parti/Sous Chef/Kitchen Manager/Head Chef/Steward Cook)

Even if the assessment of your competences and experience results in a high score, you may still need to supplement the education and/or training you have.

You can identify your competencies based on the following levels

Even if the assessment of your competences and experience results in a high score, you may still need to supplement the education and/or training you have.

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1: No experience

- You have theoretical knowledge but no practical experience.

2: Limited experience

- You had the chance of doing this type of work while in training.

3: Fair amount of experience

- You have references and certificates of employment from at least 12 months of work.
- You have worked at different workplaces but within the same industry.

4: Considerable experience

- You have several years of experience in the profession.
- You have enough practical experience to start working unsupervised more or less immediately.

5: Extensive experience

- You should be able to be assessed straight away at a workplace as a supervisor, manager or expert.
- You have experience of organising and developing operations, and of administration and management.
- You have experience of communicating how work in the area is to be carried out, and can engage and motivate colleagues.
- You have experience of allocating resources to different projects/groups/operational areas/colleagues.

Use the free-form text field at the end of this survey for any other information about your experience that you may wish to add. Perhaps you have gained other experience within the industry that is not mentioned in this self-assessment survey.

Can you prove your knowledge and experiences in any way, with education or employment certificates, for instance?

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

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Self-assessment form Chef

Answer on a scale from 1 No experience to 5 Extensive experience.

Question	Key competences in the profession of a chef	1	2	3	4	5
1.	I am good at dealing with customers					
2.	I am able to find creative solutions to problems For example: Important fresh produce is missing from the delivery of supplies ordered. I solve this by changing the menu at the last minute, contacting other suppliers, etc.					
3.	I know of the significance and importance of a good working environment For example: <ul style="list-style-type: none"> The importance of wearing workwear in the workplace. I have experience from working late nights, weekends (unsociable hours). I have experience in informing my staff about how to best avoid accidents at work. 					
4.	I do not find it difficult to comply with workplace procedures and routines For example: <ul style="list-style-type: none"> Planning purchases. Planning staff and tasks according to the number of customers. Making sure that my instructions to the staff are in line with the business. 					
5.	I have experience of solving problems at work and make my own decisions in various situations					
6.	I have experience of working and communicating with others					
7.	I have experience of quality assurance as regards my own work and the work of others in the kitchen					
8.	I have experience of giving instructions to others					
9.	I have experience of allocating responsibilities and tasks to the staff					

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Question	Workplace experiences	1	2	3	4	5
10.	I have experience of working in the kitchen of a:					
10 a.	large-size restaurant					
10 b.	small-size restaurant					
11.	I have experience of working in a fast food restaurant					
12.	I have experience of working in a lunch restaurant					
13.	I have experience of working in a nursery school kitchen					
14.	I have experience of working in a school kitchen					
15.	I have experience of working in a hospital kitchen					
16.	I have experience of working in a hotel kitchen					

Question	Knowledge of restaurant hygiene standards	1	2	3	4	5
17.	I have knowledge of the hygiene practices that apply when working with food					
18.	I have knowledge of transmission routes and how these can be prevented					
19.	I have experience of dealing with raw materials before, during and after cooking					
20.	I know how the equipment that is used in a kitchen should be cleaned					
21.	I have experience in making suggestions and recommendations on how to cook food in different ways					
22.	I have experience in discussing the importance of good hygiene with the staff for whom I am responsible					

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Question	Knowledge of special dietary requirements	1	2	3	4	5
23.	I have knowledge of various special dietary requirements For example: <ul style="list-style-type: none"> • Allergies • Lactose intolerance • Gluten intolerance 					
24.	I am aware that certain foods may cause allergic reactions For example:					
25.	I have knowledge of vegetarian food					
26.	I have knowledge of vegan food					

Please use this space to provide further details of any experience or knowledge that is not evident from the questions above: