

Självskattningsformulär
Målare
Engelska

Identify your competencies

Do you have experience from a profession and would like to know how you can use your professional experience in Sweden?

By doing a self-assessment, you can obtain an overview of what is required for the profession.

You do the self-assessment by filling in a form that is associated with a profession in the Swedish labour market. The answers are intended to support you, and you can use the self-assessment questionnaire in your meetings with an employment officer. The answers can make it easier for Arbetsförmedlingen and for you to choose which of Arbetsförmedlingen's measures is right for you. You may need support in seeing how you can utilise your competencies in Sweden, information about how to move on, to complete of your education, job experience or a validation.

The self-assessment's questions are based on the requirements of various professions in Sweden. The answers are based on your knowledge and experience from the profession.

All your knowledge and experience count. You assess your own competencies.

This self-assessment covers qualifications for a painter.

Use the levels described below to assess your experience and competencies. Doing this will ensure that you receive the best possible assistance from the Employment Service.

You can identify your competencies based on the following levels

1: No experience

- Here, you might have theoretical knowledge, but no practical experience.

2: Limited experience

- You have had a trial opportunity while in training.

3: Fair amount of experience

- You have references and employer's certificates relating to one year's work.

4: Considerable experience

- You have several years of practical experience, and can relatively fast start working independently.

5: Extensive experience

- You should be able to be assessed straight away at a workplace as a supervisor, manager or expert.

Självskattningsformulär
 Målare
 Engelska

- 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 space at the bottom of the form if you want to provide more details about your experiences. It may be that you have experience in the sector, but that there are no questions about that particular topic in the self-assessment questionnaire.

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

The Employment Service can help you to translate and validate them.

Self-assessment form Painter

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

Question	General information about your experience as a painter	Yes	No
1.	I have completed training as a painter		

2. Specify the number of years that you have worked as a painter: years

3. Specify the country in which you have worked as a painter:

Question	General information about your experience as a painter	Yes	No
4.	I have been employed in a painting company during the time that I have worked as a painter		
5.	I have run my own painting company		

Question	Experience and competencies that are important for the profession	Yes	No
6.	I have experience of painting interiors of newly constructed houses/flats		
7.	I have experience of painting exteriors of newly constructed houses		
7 a.	Wood		
7 b.	Plaster		

Självskattningsformulär
 Målare
 Engelska

Question	Experience and competencies that are important for the profession	Yes	No
7 c.	Metal		
8.	I have experience of painting interiors of older houses/flats		
9.	I have experience of painting exteriors of older houses		
9a.	Wood		
9b.	Plaster		
10.	I have experience of primer and preparation work with smoothing compound		
10 a.	Ceilings/walls		
10 b.	Doors, frames and windows		
11.	I have experience of painting doors and cupboards		
12.	I have experience of painting door casings and stripping		
13.	I have experience of painting windows in wood and metal		
14.	I have experience of painting plaster walls and ceilings		
15.	I have experience of painting concrete walls and ceilings		
16.	I have experience of papering walls with wallpaper and fabric		

If you wish to provide more details about your experience or knowledge, please add them here: