

Självskattningsformulär  
Restaurang  
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.

### 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 worked in the sector for less than a year.
- 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.
- You have worked in several workplaces in the same sector.

#### 4: Considerable experience

- You have at least one year's experience in the profession.
- You have practical experience, and can start working independently relatively soon.

#### 5: Extensive experience

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

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- 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?

If you have certificates of any kind, Arbetsförmedlingen can help you to translate and validate them via UHR (Universitets- och Högskolerådet, the Swedish Council for Higher Education).

### Self-assessment form Restaurants

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

Question	Your personal characteristics	1	2	3	4	5
1.	I am good at meeting customers					
2.	I can remain calm in a difficult situation					
3.	I can work under stress					
4.	I know and understand the implications of being in a workplace environment					
5.	I can conduct myself according to the rules of a workplace					
6.	I keep my workplace clean and tidy					

Question	Experience	1	2	3	4	5
7.	I have experience of working independently and of making decisions by myself					
8.	I have experience of working together with others					

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Question	Experience	1	2	3	4	5
9.	I have experience of working as a manager					
10.	I have knowledge of the basic tasks in the area of hospitality					
11.	I have knowledge of the basic tasks in the area of cooking					
12.	I have knowledge of the basic tasks in the area of baking					
13.	I have knowledge of the basic tasks in the area of planning and purchasing					
14.	I have experience of working at a restaurant					
15.	I have experience of working at a bakery					
16.	I have experience of working at a patisserie					
17.	I have experience of working at a café					
18.	I have experience of working at a fast food restaurant					
19.	I have experience of working at a lunch restaurant					
20.	I have experience of working in the kitchen of a pre-school					
21.	I have experience of working in the kitchen of a school					
22.	I have experience of working in the kitchen of a hospital					
23.	I have experience of working in the kitchen of a hotel					
24.	I have experience of working at an industrial bakery					
25.	I have experience of working at a small bakery					
26.	I have experience of working at a bakery with a shop					
27.	I have experience of working at a bakery belonging to a hotel					
28.	I have experience of working at a bakery belonging to a supermarket					
29.	I have experience of working as a cook					

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Question	Experience	1	2	3	4	5
30.	I have experience of working as a chef					
31.	I have knowledge of the procedures relating to hygiene when working with food					
32.	I have knowledge of the procedures relating to hygiene when working at a bakery					
33.	I have knowledge of how someone can get food poisoning					
34.	I have experience of handling raw produce before, during and after cooking					
35.	I have knowledge of how equipment that is used in a kitchen or a bakery should be cleaned					
36.	I have experience of cleaning a restaurant or a bakery					
37.	I have experience of reading and using recipes					
38.	I have experience of giving suggestions regarding how food can be prepared in different ways					
39.	I have experience of creating different menus					
40.	I know that certain foodstuffs can cause allergic reactions					
41.	I have knowledge of different types of special diets, for example, for those who have an allergy or intolerance to lactose or gluten					
42.	I have knowledge of vegetarian and vegan diets					
43.	I have experience of working at different stages in the baking process, such as the fermentation of dough, and baking bread and other baked goods					
44.	I have knowledge of the equipment and machines that are used in producing bread and baked goods					
45.	I have knowledge of the raw materials and ingredients that are used when baking bread and other baked goods					
46.	I have knowledge of the rules that apply for packaging and labelling bread and baked goods					

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Question	Experience	1	2	3	4	5
47.	I have experience of baking cakes					
48.	I have experience of decorating cakes					
49.	I have experience of baking and decorating fine bakery wares, for example, pastries					
50.	I have experience of making confectionery, such as chocolate, marzipan, baklava, halva or Turkish delight					

Write about any additional experience that you may have in the sector,  
 and particularly what you are good at: