

Självskattningsformulär  
Skog  
Engelska

## Identify your competencies

Do you have experience in 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 the Employment Service and for you to choose which of the Employment Service's measures is right for you. You may need support in finding out about how you can utilise your competencies in Sweden, or information about how to move on, complete your education, acquire job experience or carry out a validation.

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

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 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

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- 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.
- 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 Forestry

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

Question	Qualities that are important for your profession	1	2	3	4	5
1.	I have experience in solving problems at work and making my own decisions in various situations					
2.	I have experience in cooperating with and communicating with other people					
3.	I have experience in ensuring the quality of my own and other people's work					
4.	I have experience in giving other people instructions					
5.	I have the ability to perform physical work for a whole day					
6.	I have the ability to keep calm in stressful situations					

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Question	Qualities that are important for your profession	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					
8.	I have the ability to follow the routines and written instructions of the workplace					

Question	Experience and competences that are important for the industry	1	2	3	4	5
9.	I have experience in working alone and taking my own decisions					
10.	I have experience in working together with other people in a team					
11.	I have experience in working as a supervisor					
12.	I have been employed/had my own business within the forestry industry					
13.	I have experience in working with other forestry tasks such as:					
13 a.	Clearing					
13 b.	Planting					
13 c.	Pruning					
13 d.	Nature conservation					
13 e.	Other, describe:					
14.	I have experience in working with forestry tasks at the senior official level					
14 a.	Planning					

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Question	Experience and competences that are important for the industry	1	2	3	4	5
14 b.	Timber purchase					
14 c.	Consultancy					
14 d.	Other, describe:					
15.	I have experience in working with manual power tools such as:					
15 a.	Power saw					
15 b.	Trimmer					
15 c.	Brush cutter					
15 d.	Other, describe:					
16.	I have experience in working with heavy machinery such as, for example:					
16 a.	Tractor					
16 b.	Excavator					
16 c.	Harvester					
16 d.	Scarifier/planter					
16 e.	Timber lorry/truck					
16 f.	Winch systems					
16 g.	Cranes					
17.	I have experience in repairing/ servicing heavy machinery					
18.	I have experience in working in a sawmill or other industry dealing with wood products					

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Question	Experience and competences that are important for the industry	Yes	No
<b>19.</b>	Do you have any training that can be relevant? In the forestry industry, for example, the following qualifications are of interest:		
<b>19 a.</b>	Forestry machine driver		
<b>19 b.</b>	Biologist		
<b>19 c.</b>	Certified forester/ Forest warden		
<b>19 d.</b>	Engineer		
<b>19 e.</b>	If you have similar qualifications, describe their content:		
<b>20 a.</b>	Do you have business experience?		
<b>20 b.</b>	If yes, describe what that involves:		

If you think that working in the forest seems exciting but you have no experience that matches the above questions.

Talk to an unemployment official about how you should proceed in order to gain employment in the industry.

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