

Självskattningsformulär
Svetsare
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 Welder

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 am loyal to my employer					

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 supervisor					
10.	I have cut out metal materials according to drawings					
11.	I have cut off products, such as thick sheet iron and beams					
12.	I have worked with reading drawings					
13.	I have worked with the production of burner components and pipe components to gas and steam turbines					
14.	I have worked with support functions, such as surface treatment					
15.	I have worked with cutting machines					
16.	I have worked with cutting torch					
17.	I have worked with plasma cutting equipment					
18.	I have worked with heat treatment					
19.	I have worked as a track welder					
20.	I have worked with building a bridge					
21.	I have participated in building houses					
22.	I have worked with the installation of piping systems in the processing industry					
23.	I have worked with installation at forging operations					
24.	I have worked with pressure welding methods					
25.	I have worked with fusion welding techniques					
26.	I have worked with resistance welding					
27.	I have experience of techniques in the following areas:					
27 a.	Manual metal arc welding					
27 b.	Gas metal arc welding					

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Question	Experience	1	2	3	4	5
27 c.	Gas tungsten weldin					
27 d.	Gas welding					

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