

Självskattningsformulär
VVS montör
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 heating, ventilation and sanitation fitter.

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.

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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?

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

Self-assessment form Heating, ventilation and sanitation fitter

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

Question	Personal characteristics that are important for the profession	1	2	3	4	5
Service and communication						
1.	I listen to the customer and carry out work according to the customer's needs					
2.	I offer my professional opinion					
Stress						
3.	I can work with multiple tasks					
4.	I organise my work so that I have as much control over it as possible					
5.	I am flexible if the work requires it					
6.	Cooperation and independent work					
7.	I can accept constructive criticism from my colleagues					
8.	I can accept constructive criticism from a manager					
9.	I can plan my work using a flexible approach					
10.	I can plan, carry out and follow up my work independently					

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Question	Personal characteristics that are important for the profession	1	2	3	4	5
11.	I can ask for help if the work requires it					

Question	Experience and competencies that are important for the profession	1	2	3	4	5
12.	I have experience of working and making decisions independently					
13.	I have experience of working together with others					
14.	I have experience of working as a supervisor					
15.	I have measured, produced and installed pipes and components in various types of heating, ventilation and sanitation installations					
16.	I have carried out basic operations and maintenance tasks in heating, ventilation and sanitation installations					
17.	I have carried out basic fault detection and service tasks in heating, ventilation and sanitation installations					
18.	I am familiar with system structure for smaller heating, ventilation and sanitation installations					
19.	I have knowledge about safety equipment in water and heating installations					
20.	I have worked with installations according to manufacturer instructions and recommendations					
21.	I have carried out pressure and leakproofness tests and commissioning of heating, ventilation and sanitation installations and indirect cooling systems according to applicable regulations					
22.	I understand the cooling process and the functions of the most common components					
23.	I can join copper pipes using soft and hard soldering					

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Question	Experience and competencies that are important for the profession	1	2	3	4	5
24.	I can use gas welding to join steel pipes using the backhand welding and forehand welding techniques, according to the situation					
25.	I can use gas cutting equipment and other equipment for cutting and making of holes					
26.	I know how to maintain gas welding equipment					
27.	I have basic knowledge of fire fighting techniques					
28.	I can determine whether asbestos is present in insulation					
29.	I know which type of safety equipment to use in conjunction with different tasks					
30.	I can work according to applicable safety regulations					
31.	I have basic skills in electrics and electronics					
32.	I have knowledge about methods for energy and power calculation and, with the help of handbooks, and I can make simple power consumption calculations for buildings					
33.	I can also read and understand installation documentation, and create simple sketches and drawings to aid in installation work					
34.	I can use drawing scales to work with working and technical drawings					
35.	I understand the symbols and terms used in drawings					
36.	Using drawings and descriptions, I can carry out fitting work independently					
37.	I have experience of documenting and describing my own work					

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