

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 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: Some experience

- You have had a trial opportunity while in training

3: A fair amount of experience

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

4: Good experience

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

5: Substantial 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

Painter

General information about your experience as a painter	
1. I have completed training as a painter	Yes No
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:	Country name _____

4. I have been employed in a painting company during the time that I have worked as a painter	Yes	No
5. I have run my own painting company	Yes	No
Experience and competencies that are important for the profession	Indicate yes or no:	
6. I have experience of painting interiors of newly constructed houses/flats	Yes	No
7. I have experience of painting exteriors of newly constructed houses <ul style="list-style-type: none"> • Wood • Plaster • Metal 	Yes	No
8. I have experience of painting interiors of older houses/flats	Yes	No
9. I have experience of painting exteriors of older houses <ul style="list-style-type: none"> • Wood • Plaster 	Yes	No
10. I have experience of primer and preparation work with smoothing compound <ul style="list-style-type: none"> • Ceilings/walls • Doors, frames and windows 	Yes	No
11. I have experience of painting doors and cupboards	Yes	No
12. I have experience of painting door casings and stripping	Yes	No
13. I have experience of painting windows in wood and metal	Yes	No
14. I have experience of painting plaster walls and ceilings	Yes	No

15. I have experience of painting concrete walls and ceilings	Yes	No
16. I have experience of papering walls with wallpaper and fabric	Yes	No

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