

# MOVING TO SWEDEN: The Basics

## Who can teach in Sweden?

To teach at IES you must:

- Be legally entitled to work in Sweden - have a valid visa (see below) / EU citizenship
- Be a fully qualified and registered teacher (Bachelor degree, Diploma of Education or Higher Diploma in Education) from a recognised training institution. You will need to provide your original teaching qualification.
- Have a valid passport.
- Provide details for at least 2 referees.
- Provide an updated original police clearance from your country of origin.

## Visas

EU citizens do not need a work permit to work in Sweden, but citizens of all other countries require a visa. We will help you to arrange this.

- You should complete and return the forms that are sent to you, along with a scan of your passport.
- The cost (approx. 2000 sek) will be deducted from your first months' salary.
- You should not travel to Sweden until you have received a decision from the migration board.

## What is the school system?

Internationella Engelska Skolan is a leading independent school group ("friskola") founded in 1993. Education is free and parents have the right to choose the best school for their children. Our schools are bilingual and follow the Swedish curriculum.

The different stages of schooling are:

<i>Nursery</i>	<i>Compulsory School</i>			<i>Upper Secondary</i>
Förskola	Lågstadiet	Mellanstadiet	Högstadiet	Gymnasium
Ages 1 – 6	Ages 7 – 10 (Grades 1 – 3)	Ages 10 – 13 (Grades 4 – 6)	Ages 13 – 16 (Grades 7 – 9)	Ages 16 -19

Most of our schools are "Grundskola" for grades 4 – 9.

## When is the school year?

Term 1: August to December

Term 2: January to June

## Holidays:

- October (Höstlov -1 week)
- Christmas (Jullov -2 weeks)
- February (Sportlov -1 week)
- Easter (Påsklov -1 week)
- Summer (Sommarlov)



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## What are the contracts?

- Union approved contracts for one or two years. We hope that you can make a mental commitment to join us for longer.
- Teachers are contracted to work 194 days. Students attend school for 178 days.
- 18 teaching hours a week.
- Salary is paid on 25<sup>th</sup> of the month, in Krona, into a Swedish bank account for the duration of your contract.

## How does tax and social security work?

Paying taxes in Sweden is very straightforward: employers pay payroll tax on top of your salary every month, income tax (about 30 per cent) is deducted directly from your monthly salary, and value-added tax is included in the price of food, goods and services. It is easy to see where your tax money goes in Sweden. Health care, education and public transport are widely seen as among the best in the world. Government military spending is low, while peacekeeping missions and foreign aid are top priorities.

Employers pay your pension contributions.

Healthcare is publically funded and largely decentralised. As long as you plan to stay for at least a year you will be covered, just like Swedish nationals, under the social insurance system. Fees are nominal (100-200 sek for a visit to the doctor) and there is a maximum amount that you "top-out" at, per year.

## What's the cost of living?

In a month you might expect to spend the following:

- Accommodation: 4,000 – 8,000 kr (highly variable depending on type & location)
- Food Shopping: 2,000 kr
- Local Travel: 800 kr
- Gym membership: 350 kr

Price of common items:

- Milk (1 litre) 10 kr
- Loaf of Bread 20 kr
- Eggs (12) 25 kr
- Beer (40cl) 60 kr
- Coffee 33kr
- Cinema 120kr
- Food in Café 99kr

Source: Numbeo.com

Buzzfeed: [24 Reasons Why Living in Sweden will Ruin You For Life](#) *A life without kanelbullar and köttbullar isn't a full life!*