

SOCIAL ORIENTATION

- for those who have recently arrived in Sweden

Social orientation is a course about Swedish society, for those who have recently arrived in Sweden. You will find out about your rights and obligations, Swedish democracy and how society is organised. The course provides you with important information to ensure a good start in Sweden!

The course deals with practical everyday life, such as issues relating to work and education, accommodation, health and medical care, and children and families. The course will be given in your native language or another language that you understand. You will be able to listen, ask questions and discuss. The course is free!

Course contents

The course covers eight themes:

- Arriving in Sweden
- Living in Sweden
- Supporting yourself and developing in Sweden
- The individual's rights and obligations
- Starting a family and living with children in Sweden
- Having an influence in Sweden
- Looking after your health in Sweden
- Growing older in Sweden

Who can attend the course?

Social orientation is a course for those aged between 18 and 64 who have recently arrived in Sweden, and who

- have an establishment plan
- or are close relative immigrants (and were first registered in a municipality after 1 May 2013)

Social orientation is **not** offered to:

- citizens of an EEA country or Switzerland
- upper secondary level students
- immigrant workers
- visiting students/visiting researchers

Registration

You can register by contacting us.

Telephone: 08-580 285 00

E-mail: kontakt@jarfalla.se

Website: www.jarfalla.se

Street address: Riddarplatsen 5, Jakobsberg

Please do not hesitate to contact us if you have any questions about the course.



JÄRFÄLLA KOMMUN

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Welcome!

www.nyistockholm.se is an information portal for those who have recently arrived in Sweden. Here you can find out more about Swedish society. All the information is available in several different languages.