

What you need to do first: A check-list

1. Apply for a personal number (*Personnummer*)

If you plan to live in Sweden for a year or more, you need to visit the **Skatteverket** office so you can be registered in the Swedish Population Register. You will be given a Swedish personal identity number (*personnummer*) and be registered as living in a building with an address. Your civil status and any relationship to your spouse, children or parent will also be registered. Find how to do it [here](#).

2. Population registration certificate (*Personbevis*)

Some authorities or organisations may request that you present a population registration certificate (*personbevis*) along with an application for their services. A population registration certificate is an extract from the population register showing what information is registered about you, such as your name, address, and civil status. [You can order a population registration certificate](#) at **Skatteverket** once you have received your *personnummer*.

3. ID card (*ID-kort*)

Once you receive your *personnummer*, we recommend that you apply for your Swedish ID card (*ID-kort* or *identitetskort*) at **Skatteverket**. It is an approved form of identification within Sweden, for example as proof of your age and identity at places such as pharmacies, banks, shops etc. However, it cannot be used as a travel document. There is a SEK 400-fee to pay for the application. More information [here](#).

4. The Swedish Employment Agency (*Arbetsförmedlingen*)

Once you have your *personnummer* and if you are eligible to work in Sweden, register with the Swedish employment agency, *Arbetsförmedlingen*. To be honest, it is unlikely that you will find your next job through *Arbetsförmedlingen* but registration may be required when you apply for certain jobs, programmes or internships (see below), and it is free so it is a good idea to register sooner rather later. Read more [here](#) and follow the instructions for registration.

A valid registration is one of the eligibility criteria for some internship and career programmes, such as:

- [*Korta vägen*](#) (the short-cut) is run by Stockholm University but you apply through your case officer at *Arbetsförmedlingen*. *Kortavägen* starts twice a year and consists of 26 weeks of full-time study and internship.
- [*Jobbsprånget*](#) is a four-month internship program for newcomers with a university degree.

5. Career Tips with or without a *personnummer*

Register your cv or your LinkedIn page with [Novare Potential](#). It's free you do **not** need a *personnummer* or *Arbetsförmedlingen* to register.

To make connections with professionals in your field, sign up for those two free programs:

- [Yrkesdörren](#) will match you with a professional in the same field. This person will meet you and try to connect you with more people in your professional area in Sweden. Free, no *personnummer* needed and available in English if you need.
- [Mitt Livs Chans](#) will match you with a mentor, who will help you with your career over the course of 2 months (in English) to 8 months (in Swedish). Again, free and no *personnummer* needed.

6. The Swedish Social Insurance Agency (*Försäkringskassan*)

It is a government authority that pays out money to individuals in various situations (child benefits, dental insurance, internship subsidies, parental leave, etc.). Once you have your *personnummer* and ID you can register at the social insurance agency. Read more about it and get the forms [here](#).

7. Healthcare – 1177

It is wise to register yourself at 1177. [Go online](#) to register and consult the information about your healthcare needs in Sweden.

Healthcare abroad

You can get emergency healthcare in the **Nordic countries** (Norway, Finland, Denmark, Iceland) by showing your Swedish ID and providing your Swedish address.

You can get emergency healthcare in the 28 countries of the **EU plus Switzerland** (regardless of your own citizenship) under the same conditions as local residents thanks to the European Health Insurance Card (EHIC) once of course you have your *personnummer* and are registered with *Försäkringskassan*. The card is free and valid for three years but order it at least 10 days before you travel. Go [here](#) to apply.

This document was compiled by volunteer members of SDCN for informational purposes, to help expat partners kick-start their life in Stockholm. We welcome your comments at communication@sdcn.se.