

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 nine 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
- Introduction to Internet

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** for those who are citizens of an EEA country or Switzerland, high school students, labor migrants or visiting students/guest researchers

Registration

Register by filling in the detach below or send an e-mail to samhallsorientering@regionostergotland.se and write your personal identity number, name, address and telephone number along with a copy of your residence permit from the Swedish Migration Board.

Welcome



Registration form to course Social orientation for those who have recently arrived in Sweden

Name: _____ Personal ID: _____

Address: _____ Postal Code: _____

City: _____ Telephone: _____

Your native language: _____ Other languages you speak: _____

Send to: Region Östergötland, Regionbibliotek Östergötland, 581 85 Linköping
(Attach a copy of your residence permit from the Migration Board)