



Country information guide for migrants

The main objective of this guide, developed by UGAIN project partners, is to provide the manager of an intercultural garden, NGOs, associations, and anyone who is interested, with existing resources for the attention of the collective population of immigrants who come to our countries in search of new opportunities, trying to promote their full integration into society.

European citizens face a never before seen migration challenge of unheard of dimensions and complexity, so this manual is intended to serve as a reference when facilitating the social integration of these individuals. In many cases, ignorance of the existing resource portfolio causes us to miss opportunities in guiding and assisting the population of immigrants, who, especially at the beginning of their migration journey, need guidance focused on solving their problems.

We have divided the manual into seven parts with an appendix, each section responding to the specific and general needs of daily life in Europe, with the corresponding resources available. Due to the wide variety and complexity of the cases to be dealt with, each partner of the UGAIN project has developed the guide according to the regulations and characteristics of the host country, following a common pattern to be able to offer a complete and useful manual, which has not been created with the intention of being exhaustive or solving all the doubts that may arise within an intercultural garden, but offering general and reference information where we can support the professionals of the sector in case of need.

Finally, emphasizing the hope in which this guide is derived, the result of years of work by the participating partners, with strong social character and in the hope of supporting those dreams that often stay along the way, so that one day they can become reality.

Links presented below are updated until the end date of the UGAIN project (May 2020). If the address is no longer active, please refer to the organisation responsible for the page described at the beginning of each link.

Links referring to general information about the legal status of migrants:

Migration to Sweden - Different reasons for seeking a residence permit

- **Migrationsverket / Swedish Migration Agency:** <https://www.migrationsverket.se/English/About-the-Migration-Agency/Migration-to-Sweden/Different-reasons-for-seeking-a-residence-permit.html>

Information about integration in Sweden

- **Information Sverige:** <https://www.informationsverige.se/en/jag-har-fatt-uppehallstillstand/samhallsorientering/boken-om-sverige/att-komma-till-sverige/integration-i-sverige/>

Information about Sweden – Laws and rules

- **Information Sverige:** <https://www.informationsverige.se/en/jag-ar-asylsokande/>

Citizenship

- **Migrationsverket / Swedish Migration Agency:** <https://www.migrationsverket.se/English/Startpage.html>
- **Information about how to become a Swedish citizen:** <https://www.migrationsverket.se/English/Private-individuals/Becoming-a-Swedish-citizen.html>
- **How to apply for Swedish citizenship:** <https://www.migrationsverket.se/English/Private-individuals/Becoming-a-Swedish-citizen/Citizenship-for-adults/How-to-apply.html>
- **Protection and asylum in Sweden:** <https://www.migrationsverket.se/English/Private-individuals/Protection-and-asylum-in-Sweden.html>

ID

- **Skatteverket / Swedish Tax Agency:** <https://www.skatteverket.se/servicelankar/otherlanguages/inenglish.4.12815e4f14a62bc048f4edc.html>
- **Information on how to apply for an ID card:** <https://skatteverket.se/servicelankar/otherlanguages/inenglish/individualsandemployees/livinginsweden/idcard.4.7be5268414bea064694c420.html>
- **Terms for applying for ID cards:** <https://skatteverket.se/servicelankar/otherlanguages/inenglish/individualsandemployees/livinginsweden/idcard/idcardapplicationconditions.4.3810a01c150939e893f1daea.html>

Driving license: how to validate your license or to obtain a new one

- **Transportstyrelsen / Swedish Transport Agency:** <https://www.transportstyrelsen.se/en/road/>
- **Frequently Asked Questions (FAQ) about foreign driving licences:** <https://www.transportstyrelsen.se/en/road/Driving-licences/frequently-asked-questions-faq-about-foreign-driving-licences/>
- **Information about having driving licences from EEA countries:** <https://www.transportstyrelsen.se/en/road/Driving-licences/driving-licences-from-eea-countries/>

Other documents

- **Migrationsverket / Swedish Migration Agency. Relevant information and news in the Swedish**

Migration Agency´s social media channels: <https://www.migrationsverket.se/English/About-the-Migration-Agency/Social-media.html>

- **Information about Swedish society. Information Sverige:** <https://www.informationsverige.se/en/mer-om-sverige/samhalle/>



2. HEALTH AND SOCIAL SERVICES

In Sweden, people who have been granted a residence permit are entitled to care to the same extent as Swedish citizens, while asylum seekers, irregular migrants and paperless are entitled to non-waiting care, such as emergency care and maternity care.

According to Swedish law, county councils and municipalities must offer healthcare to all residents of the county council. In addition to those who are Swedish citizens, those who have obtained a residence permit also have access to adequate Swedish health care. People who have applied for asylum in Sweden can take part of the Swedish healthcare to a certain extent and since July 2013 the same rules apply for those who stay hidden in Sweden and for the paperless.

All children have the right to health care regardless of citizenship. Asylum seekers are offered a free health examination upon arrival in Sweden and illegal immigrants and undocumented people will receive the same offer when they seek care. People who reside in Sweden without a residence permit also have the right to emergency medical and dental care, maternal health care, care for abortion and pregnancy, contraception counselling and care in connection with infectious diseases.

Asylum seekers and undocumented children under the age of 18 are entitled to healthcare and dental care on the same terms as other children in the same county council.

Asylum seekers who do not understand Swedish also have the right to have an interpreter present during the doctor's visit. This service should be free of charge. In many county councils, healthcare is offered in several languages, information on this can be found on each county council's website and sometimes on the health centres' own websites.

Access to the health system:

On these page you will find more information about healthcare and dental care in Sweden.

- **Information Sverige:** <https://www.informationsverige.se/en/mer-om-sverige/vard-och-halsa/Health-and-medical-care-for-asylum-seekers>
- **Migrationsverket /Swedish Migration Agency:** <https://www.migrationsverket.se/English/Private-individuals/Protection-and-asylum-in-Sweden/While-you-are-waiting-for-a-decision/Health-care.html>

The structure of the health system and how it works

Information - To care for their health in Sweden

- **Information Sverige, About Sweden, chapter 7:** https://www.informationsverige.se/globalassets/dokument/boken-om-sverige/omsverige_v7_eng.pdf

Health Care for asylum seeker or to people that not have permission to stay in Sweden.

- **1177 Vårdguiden:** <https://www.1177.se/Skane/sa-fungerar-varden/vard-om-du-kommer-fran-ett-annat-land/vard-om-du-ar-asylsokande-eller-saknar-tillstand-for-att-vistas-i-sverige/>

Health service for pregnant women, and children

Information about being pregnant in Sweden

- **1177 Vårdguiden:** <https://www.1177.se/en/Skane/other-languages/other-languages/graviditet---andra-sprak/>

Information about being a parent in Sweden

- **Information Sverige:** <https://www.informationsverige.se/en/mer-om-sverige/att-vara-foralder/>

Information about different places to turn to when it comes to child health issues in Sweden

- **Information Sverige:** <https://www.informationsverige.se/en/mer-om-sverige/att-vara-foralder/barnets-halsa/>

Social care

Social insurance is administered by Försäkringskassan and you will find more detailed information about it at:

- **Försäkringskassan:** https://www.forsakringskassan.se/privatpers/!ut/p/z1/04_Sj9CPykyssy0xPLMnMz0vMAfljo8ziTTxcnA3dnQ28LdyNTQ0cAwMMjU38jby8gg30w_Wj9KOASgxAecD_YLsbEUAFUIRCA!!/dz/d5/L0IDUmITUSEhL3dHa0FKRnNBLzROV3FpQSEhL2Vu/?keepNavState=true



3. JOB PLACEMENT AND LABOUR MARKET

If you want to work in Sweden and come from a country that is not a part of the EU/EEA or Switzerland, you must have work and residence permits. You also need a residence permit to start or run your own business or become a part owner of a company. If you have had a residence permit for at least five years in an EU member state but are not an EU citizen, you may be able to obtain the status of long-term resident in that country.

Long-term residents have certain rights which are similar to those of EU citizens. If you intend to reside in Sweden, you shall register at the local Tax Office. This process is called folkbokföring.

Structure of the labour system

A guide to working or running a business in Sweden

- **Working In Sweden:** <https://workinginsweden.se/>

Information if you want to work in Sweden

- **Arbetsförmedlingen:** <https://arbetsformedlingen.se/other-languages/english-engelska/do-you-want-to-work-in-sweden>

Migrants in regular or irregular situation and their rights as workers

Information about rights and obligations at your place of work and in relation to your employer. Issues concerning what applies to an employee and to an employer called labour law.

- **Arbetsförmedlingen:** <https://arbetsformedlingen.se/other-languages/english-engelska/arbete-i-sverige/rattigheter-och-skyldigheter>

Requirements to access the labour market

How to apply for a work permit

- **Migrationsverket / Swedish Migration Agency:** <https://www.migrationsverket.se/English/Private-individuals/Working-in-Sweden/Employed/How-to-apply.html>

Public and private resources to find a job

Swedish public employment service

- **Arbetsförmedlingen:** <https://arbetsformedlingen.se/other-languages/english-engelska>
- **Job safari:** <https://www.jobbsafari.se/?lang=en>

Jobsites – No English pages:

Jobseeker - All sites gathered in one place!

- **Job Tips:** <http://www.jobb.tips/>
- **Metrojob:** <https://www.metrojobb.se/>
- **CareerBuilder:** <https://www.careerbuilder.se/>
- **Indeed:** <https://se.indeed.com/>

Jobsite with links to different job seeking sites.

- **Internetstart:** <http://www.internetstart.se/jobsp.asp>

Other documents

Swedish public employment service - Evaluate of professional skills.

- **Arbetsförmedlingen:** <https://arbetsformedlingen.se/other-languages/english-engelska/sjalvskattning>

Swedish public employment service - Choose a profession – Finding a profession

- **Arbetsförmedlingen:** <https://arbetsformedlingen.se/other-languages/english-engelska>

Information about the Swedish tax system on the tax authorities' website:

How to validate an education/training certificate/diploma

For a complete list of Sweden's regulated professions and information about which authorities are responsible for issuing licenses to practice, please visit

- **Universitets- och högskolerådet / Swedish Council for Higher Education:** www.uhr.se

Assessment of foreign education

- **Universitets- och högskolerådet / Swedish Council for Higher Education:** <https://www.uhr.se/en/start/>

Education/training system for children

Information about the childcare in Sweden

- **Information Sverige:** <https://www.informationsverige.se/en/jag-har-fatt-uppehallstillstand/samhallsorientering/boken-om-sverige/att-bilda-familj-och-leva-med-barn-i-sverige/barnomsorg/>

Information about the compulsory school in Sweden

- **Information Sverige:** <https://www.informationsverige.se/en/jag-har-fatt-uppehallstillstand/samhallsorientering/boken-om-sverige/att-bilda-familj-och-leva-med-barn-i-sverige/grundskola/>

Education/training system for adults

Information about different forms of education for adults.

- **Utbildningsinfo:** <https://www.utbildningsinfo.se/in-english-1.3131>

Information about studying in Sweden.

- **Migrationsverket / Swedish Migration Agency:** <https://www.migrationsverket.se/English/Private-individuals/Studying-in-Sweden.html>

Adult education- For young adults

- **Skolverket:** <https://utbildningsguiden.skolverket.se/languages/english-engelska/adult-education>

Learning Swedish – a free online language course.

- **Learning Swedish:** <https://learningswedish.se/courses/1>

Several different aids and tools to learn Swedish.

- **Information Sverige** <https://www.informationsverige.se/en/mer-om-sverige/lara-svenska/>

Special education (training for students with special needs)

Special needs upper secondary school- For young people aged 16-20, with intellectual disabilities.

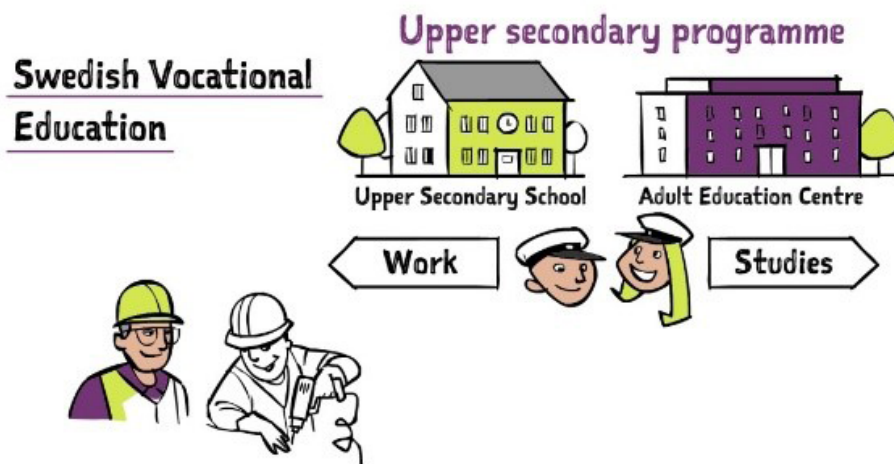
- **Skolverket:** <https://utbildningsguiden.skolverket.se/languages/english-engelska/special-needs-upper-secondary-school>

Vocational education and training

Information about Vocational school.

- **Utbildningsinfo:** https://utbildningsinfo.se/polopoly_fs/1.4753!/Menu/article/attachment/Komvux_Engelska.pdf

- **Skolverket - Swedish vocational education 1.0:** https://www.youtube.com/watch?v=kCcdeXmtUXE&list=ULLbV_RDZ2YaU&index=559



Source: Skolverket



5. FINANCIAL AID AND OTHER SERVICES INCLUDING HOUSING

Responsibilities of different authorities in the migration process.

The Swedish Migration Board is not just a link in the migration chain - their task is also to keep the chain together.

The authorities in Sweden that are affected in various ways by migration work are:

- The Swedish embassies and consulates abroad, who receive applications for visas, work and residence permits.
- The police, who are responsible for border control and for people who do not leave the country by themselves.
- The migration courts and the Migration Court of Appeal, to which the Migration Board's decision can be appealed county administrative boards, which shall work to ensure that there are preparedness and capacity of the municipalities to take on newly arrived and unaccompanied children. The county administrative boards are also tasked with coordinating the work with early efforts for asylum seekers to make the waiting time more meaningful.
- The municipalities, which receive asylum seekers who have been granted a residence permit and have a responsibility for receiving both asylum-seeking unaccompanied children and children who have been granted a residence permit.
- The county councils when it comes to care for asylum seekers
- NGOs and aid agencies, which can, among other things, provide support for asylum seekers.
- The Children's Ombudsman, the county administrative boards, the National Board of Health and Welfare and Sweden's municipalities and county councils that cooperate in the reception of unaccompanied children.

Public social aids: description of the system and requirements to access the aids

Support and compensation that the Swedish public employment service can give.

- **Arbetsförmedlingen / Swedish Public Employment Service:** <https://arbetsformedlingen.se/other-languages/english-engelska/stod-och-ersattning>

Housing aids to rent/access housing for people at risk of social exclusion

Information about different types of housing is available here.

- **Information Sverige:** <https://www.informationsverige.se/en/mer-om-sverige/boende/olika-satt-att-bo/>

Finding a place to live- Here is information about this topic.

- **Information Sverige:** <https://www.informationsverige.se/en/mer-om-sverige/boende/sa-hittar-du-boende/>
Accommodation during the asylum period.

- **Information Sverige:** <https://www.informationsverige.se/en/jag-ar-asylsokande/boende-under-asyltiden/>
Information about housing for children without parents.

- **Information Sverige:** <https://www.informationsverige.se/en/jag-har-kommit-utan-mina-foraldrar/boende/>

Public shelters

- **Kristianstad Kvinnojour / Kristianstad women's shelter. No English page:** <https://www.kvinnojour.net>

The national organization for women's shelters and girls 'shelter.

- **Roks:** <https://www.roks.se/index.php/about-roks>

Other resources (Caritas, Red Cross, other NGOs, etc.)

- **Kristianstads Kommun / Kristianstad Municipality: finding somewhere to life:** <https://www.kristianstad.se/contentassets/8cba7e6af78b4fa49a99f6f2c86daa39/bostadsbroschyr-engelska.pdf>
- **Kristianstads Kommun / Kristianstad Municipality offers, among other things, parent groups and counselling aimed at those who are new to Sweden:** <https://www.kristianstad.se/sv/omsorg-och-hjalp/invandring-och-integration/vilket-stod-kan-man-fa/> **No English page**



6. INFORMATION FOR VICTIMS OF ABUSE AND DISCRIMINATION

Experimental studies have proven effective in demonstrating the existence of discrimination. We know with almost complete certainty that discrimination prevents many people from getting a meaningful job and a good salary that they might otherwise have received.

At least as extensive discrimination has been experimentally demonstrated in the Swedish housing market. A similar study sent expressions of interest to advertised rental apartments from three fictional persons: Maria Andersson, Erik Johansson and Mohammed Rashid. While Maria was invited to continued contacts or to appear in 53 percent of cases and Erik in 41 percent, the same was only true in 18 percent of cases for Mohammed.

The results of experimental studies are effective in demonstrating the existence of discrimination. But they are difficult to translate into, for example, estimates of how much of the total employment gap between domestic and foreign-born people is explained by discrimination or by other factors.

Abuse/violence against women

National support telephone.

- **Kvinnofridslinjen:** <https://kvinnofridslinjen.se/telefonkort/engelska-english/>
- **Kristianstad Kvinnojouren / Kristianstad women's shelter. No English page:** <https://www.kvinnojour.net/>
- **At Tjejjouren / Young women's empowerment centers you can read about eating disorders, stress, misery, abuse, intoxication, harassment, relationships and much more:** <https://tjejjouren.se/english>

The national organization for women's shelters and girls' shelter.

- **Roks:** <https://www.roks.se/index.php/about-roks>

A non-profit association that acts against violence and oppression of women with a foreign background. Offers help with information, call support and sheltered accommodation etc. in many different languages.

- **FemCenter:** <http://www.femcenter.se/en/>

Abuse/violence against children

Information of the rights of the child

- **Information Sverige:** <https://www.informationsverige.se/en/mer-om-sverige/rattigheter-och-skyldigheter/barnets-rattigheter/>

Support for children and youth

- **Kristianstads Kommun / Kristianstad Municipality: No English page:** <https://www.kristianstad.se/sv/omsorg-och-hjalp/familj-barn-och-ungdom/stod-till-barn-och-ungdom/>

Racism and discrimination

- **At Brottsofferjouren you can get help with practical things as well as call support. The crime victim's service acts as an aid and support organisation:** <https://www.brottsofferjouren.se/english/>

Discrimination issues

- **Diskrimineringsombudsmannen:**

<https://www.do.se/other-languages/english/>

<https://www.do.se/globalassets/andra-sprak/stod-engelska-bristande-tillganglighet.pdf>

Other documents

Information about where to turn if you are exposed to violence

- **Information Sverige:** <https://www.informationsverige.se/en/mer-om-sverige/rattigheter-och-skyldigheter/utsatt-for-vald/>

Men shelter

- **Mansjouren, No English page:** <https://www.mansjouren.se/>

- **Brottsofferjouren in North-eastern Skåne offer assistance and support to victims of crime and witnesses living in the municipality of Kristianstad, Bromölla and Östra Göinge:** <https://noskane.boj.se/> **No English page**



7. OTHER RELEVANT INFORMATION

Public resources related to social integration of migrants

Urbana Hembygdsgården is a meeting place in Näsby. We arrange integration-promoting activities for all residents and are based on non-profit, integration, knowledge and commitment. No English page

Urbana Hembygdsgården: <https://www.facebook.com/urbanahembygdsgarden/>

<https://www.kristianstad.se/sv/omsorg-och-hjalp/invandring-och-integration/aktiviteter/urbana-hembygdsgarden/>

NGO's dealing with social integration of migrants

Mate Sweden an organisation that is based on equal meetings and a mutual exchange of knowledge and experience.

- **Kompissverige:** <https://kompissverige.se/> **No English page**

Specific programs/projects for social integration of migrants

A meeting place in Kristianstad for new and old Swedes.

- **Äntligen tisdag:** <https://www.facebook.com/antlagentisdag> **No English page**

Professional SFI in Skåne - a faster route to professional life and the Swedish language.

- **Yrkes-sfi i Skåne:** <https://yrkessfiskane.se/>

SFI – Swedish for migrants at Folkuniversitetet

- **Folkuniversitetet:** <https://www.folkuniversitetet.se/In-English/Swedish-courses/SFI---swedish-for-immigrants/>

Language café for migrants:

- **Röda Korset / E.g. Red Cross in Malmö:** <https://kommun.redcross.se/malmo/information-in-english/>
- **Kulturkompis / Culture buddy – At Aktivitetshuset Slottet you can make Friends through Culture - gives newly arrived and asylum seekers the opportunity to go on cultural activities together with established Swedes:** <https://kfgf.eu/aktivitetshuset/hem.html>



APPENDIX FOR THE GARDEN MANAGER

Community gardens organisations

Project Trädgården ditt hem (English; The Garden is your home)

- **Region Gävleborg, Ockelbo Kolonilottsförening:**

<http://leadergastrikebygdenllu.se/tradgarden-ditt-hem>

<http://leadergastrikebygdenllu.se/in-english>

Grow in Lund – Brunnshög

- **Lunds Kommun:**

<https://www.lund.se/en/culture--leisure/excursions-out-and-about/cultivation-plots-and-allotments/>

<https://www.facebook.com/Odlailund/>

The Health garden in Kristianstad

- **Kristianstads Kommun, No English page:**

[https://www.kristianstad.se/halsotradgarden?fbclid=IwAR0vrIMD0QuVTdrqjNAJVJ-OL8tQ-](https://www.kristianstad.se/halsotradgarden?fbclid=IwAR0vrIMD0QuVTdrqjNAJVJ-OL8tQ-O2uoqcYunbEywuzh8uXY5Ny4xUVC54)

[O2uoqcYunbEywuzh8uXY5Ny4xUVC54](https://www.facebook.com/halsotradgarden)

<https://www.facebook.com/halsotradgarden>

Health gardens friends – association

- **Hälsotrådgårdens Vänner, No English page:** <http://www.halsotradgard.se/>

Red Cross - Project Grow Swedish.

- **Röda Korset, No English page:** <https://www.rodakorset.se/vad-vi-gor/halsa-och-vard/motesplatser-och-social-gemenskap/har-odlas-tomater-och-svenska/>

Possible financing sources

- **List of foundations and funds that grant support for various projects connected with asylum and introduction and integration of new arrivals:** <http://www.temaasyl.se/Templates/Page.aspx?id=63>

Financing opportunities

- **Jordbruksverket, Leader:**

<https://nya.jordbruksverket.se/stod/lokalt-ledd-utveckling-genom-leader/det-har-ar-lokalt-ledd-utveckling-genom-leader>

[https://www.jordbruksverket.se/swedishboardofagriculture/engelskasidor/](https://www.jordbruksverket.se/swedishboardofagriculture/engelskasidor/ruralopportunities.4.6621c2fb1231eb917e680003734.html)

[ruralopportunities.4.6621c2fb1231eb917e680003734.html](https://www.jordbruksverket.se/swedishboardofagriculture/engelskasidor/ruralopportunities.4.6621c2fb1231eb917e680003734.html)

<http://www.leadersydostraskane.se/driva-projekt/andra-finansieringsmojligheter/>

<http://www.leadersydostraskane.se/english/>

Funding that non-profit association can apply for

- **SBF, Svensk Bidragsförmedling, No English page:** <https://svenskbidragsformedling.se/soka-bidrag-till-forening/>

Funds that contribute to activities in the arts and culture

- **KULTURRÅDET:** <https://www.kulturradet.se/en/>
- **Europeiska socialfonden:**

<https://www.esf.se/Sidhuvud/The-swedish-ESF-council/The-European-Social-Fund/>

<https://www.esf.se/Vara-fonder/Socialfonden1/Ansoka/Vanliga-fragor/>

Partners

Technical
University
of Munich



Technical University
of Munich
(Germany)
www.tum.de



anstiftung
(Germany)
www.anstiftung.de



On Projects Advising SL
(Spain)
www.onprojects.es



Asociación Cantabria Acoge
(Spain)
www.cantabriaacoge.com



Folkuniversitetet
(Sweden)
www.folkuniversitetet.se



Social Farms & Gardens
(UK)
www.farmgarden.org.uk



GärtnerInnen der Welt kooperieren

Gartenpolylog
(Austria)
www.gartenpolylog.org

Social Media



/UGAIN.EU
<https://www.facebook.com/UGAIN.EU/>



/UGAIN_ERASMUS
https://twitter.com/UGAIN_ERASMUS

Project Website

www.ugain.online



Co-funded by the
Erasmus+ Programme
of the European Union

This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.
UGAIN: Urban GARDens for the social INtegration of migrants
Project Number: 2017-1-DE02-KA204-004151