



## Working In Sweden

**Sweden trains its doctors at six different faculties. The number of Swedish doctors training in Sweden is clearly too low, as studies show: 61 % of Swedish doctors currently in practice were trained abroad. Sweden is, however, attractive to foreign medical students, offering pleasant working conditions with acceptable rates of pay in a state-of-the-art, strictly orthodox healthcare system.**



**Dr. Jörg Schilcher**

**Working Hours:  
EU-compliant**

During their six months in surgery, junior house officers will be scheduled in for a weekend shift in A&E about twice a month. They also have to do one week of night shifts – Mon-Wed-Fri (from 9.00 p.m. to 8.00 a.m.) – at the end of these six months in surgery. Both night duty and weekend shifts are more frequent during the period in internal medicine, but there will be no more than five night shifts and two weekend shifts (Saturday or Sunday 8.00 a.m. to 6.00 p.m.). Compensation for working these hours is 30% monetary and 70% time in lieu. The regular working week is 40 hours. An average working week of 48 hours or a maximum of 50 hours of overtime monthly is permissible without the need for any special arrangements. A maximum of 200 hours of overtime (net) is allowed per year.

Why did I apply for medical training in Sweden? It is because of the outstanding organisation of the training and the commitment of the professionally experienced medical staff. Then the shorter training time until licensure, which makes it possible to concentrate properly on one's duties as a doctor! After training as a junior house officer there are also good opportunities for further training as a specialist.

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Following 5 1/2 years of hands-on training, Swedish doctors are obliged to complete their "AT" (Allmäntjänst) – a period of 18–21 months as a junior house officer.

This results in an authorisation/licence to practise medicine, which is followed by a period of obligatory specialist training, since general practitioners are also required to have a specialisation. All of these programmes last at least five years.

### The Application

As a doctor, I have experienced the Swedish healthcare system from two different perspectives: during an Erasmus semester at the Karolinska Institutet and, currently, as a junior house officer in Jönköping/South Sweden. The application process takes about 6–9 months. The first step is to obtain a certificate for periods of training already completed from the Swedish National Board of Health and Welfare. After submitting a written application, which attaches particular importance to the applicant's practical experience, the applicant will then be invited to an informal interview. A basic knowledge of Swedish is required.

### Further Training – Allmäntjänst

New junior house officers are appointed four times a year. They spend six months in internal medicine, three months in surgery, two months in orthopaedics, two weeks in anaesthesia and intensive care, one week in paediatrics, three months in psychiatry, six months in general medi-

cine, followed by four elective weeks. Junior house officers are generally given a very high level of responsibility. In addition to working on the wards, where junior house officers may do the rounds alone two days a weeks, they are often scheduled to work in the medical, surgical or orthopaedic A&E department. Here, they treat patients alone as they see fit or with the assistance of the junior doctor present. Junior house officers also do night duty alone in A&E. A lot of importance is attached to training. Each clinic organises theoretical training courses that are held during working hours. Training also includes three days of emergency medicine, 2-day leadership courses and participation in the national training congress for junior house officers. It is possible to take paid leave to go on training courses; financial support is available to those in permanent positions wishing to pursue medical training courses in their spare time.

[www.sos.se](http://www.sos.se)

Swedish National Board of Health and Welfare, training issues and quality control

[www.lakartidningen.se](http://www.lakartidningen.se)

Swedish medical journal (Swedish only)

[www.slf.se](http://www.slf.se)

Swedish Medical Association

[www.ki.se](http://www.ki.se)

Nobel Committee – Karolinska Institutet and Stockholm Medical School

[www.drschilcher.at.tf](http://www.drschilcher.at.tf)

Detailed description of medical training (in German)

[www.goinginternational.org](http://www.goinginternational.org)

Career on course – The international course catalogue "medicine & health" offering more than 2,500 Master's courses, workshops and conferences

### Salaries and remuneration:

Trainee doctors € 2,800 to € 3,200

Junior doctors € 3,000 and € 3,500

Specialists € 5,200