

# Seven union questions

Tick your answers and feel free to discuss them with a colleague. On the flipside you will find more information about your rights.

1. Did you take a break today?  
☐ Yes ☐ Unsure ☐ No
2. Are you able to complete your work tasks during regular working hours?  
☐ Yes ☐ Unsure ☐ No
3. Is your salary at a reasonable level?  
☐ Yes ☐ Unsure ☐ No
4. Are newly qualified teachers at your workplace given an induction period with a mentor?  
☐ Yes ☐ Unsure ☐ No
5. Are all your teacher colleagues members of Sveriges Lärare?  
☐ Yes ☐ Unsure ☐ No
6. Does Sveriges Lärare have a Union representative at your workplace?  
☐ Yes ☐ Unsure ☐ No
7. Have you looked into the collective agreement applicable at your workplace/company?  
☐ Yes ☐ Unsure ☐ No

  
**Swedish Teachers' Union**



For more information  
(in Swedish), scan the code or visit  
[sverigeslarare.se/sjufragor](https://sverigeslarare.se/sjufragor)

# Seven union facts

A few brief facts regarding seven common union issues. For more information, scan the QR code below.

1. You're entitled to a **30-minute unpaid break** within every five hours of work, as per the Work Hours Act (Arbetsstidslagen). You're also allowed shorter paid breaks during the day, which the employer plans.
2. All work assigned by your employer should **fit within your regular working hours** – though many teachers find that difficult. In addition, teachers often have non-regulated “trusted” hours (förtroendearbetstid) for self-planned tasks. Track your time using Sveriges Lärare's tool **Arbetsstidskollen**.
3. **Knowing current salary levels** in similar roles helps when negotiating pay. Use **Min lön**, Sveriges Lärare's salary tool, to access relevant statistics for teachers and career guidance counsellors.
4. Newly qualified teachers are entitled to a **mentor-led induction year** under the Education Act (Skollagen). If this applies to you or a colleague, be sure to claim that right.
5. The more members, the stronger the union. Help out **by recruiting a colleague** – and receive a small thank-you gift!
6. Union representatives and Union Safety representatives at the workplace can support you on issues like scheduling or pay. Make sure your workplace has **elected union representatives**!
7. Some work conditions you make take for granted aren't protected by law, but covered in your workplace's **collective agreement**. Check it to understand your rights and responsibilities.

  
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