

## Career and study guidance and financial support during training

Trygghetsfonden TSL (the TSL Job Transition Foundation) can help you develop your skills to strengthen your future position in the labour market. The support we offer includes professional career and study guidance and opportunities for financial support if you want to attend training and education.

With this support, you can deepen your knowledge in your current role, broaden your skills, or completely or partially change professions. This allows you to remain attractive and competitive in the labour market.

The support is included in the collective agreement that applies at your workplace and is free of charge for you.

### How it works:

#### 1. Application

You start by visiting TSL.se, where you can learn more about the support and submit your application for guidance.

#### 2. Contact

Once you apply, we will contact you for an initial guidance conversation to discuss your situation and your possibilities.

#### 3. Guidance

If you want and need it, you will receive in-depth career and study guidance through additional meetings with us.

#### 4. Shorter or longer training

- If you wish to attend a training course that is shorter than five days, you may be entitled to financial support from Trygghetsfonden TSL. If we grant the support, you will receive your money the month after you have completed the training.
- If you wish to attend a training course that is five days or longer, you may be entitled to public student finance for transition and retraining from CSN (the Swedish Board of Student Finance) and additional financial support from Trygghetsfonden TSL. We can help you with your application to CSN. If the support is granted, you will start receiving your money when your training starts.

### Conditions for receiving career and study guidance:

- You are employed by a company with a collective agreement that falls within the agreement area of the Confederation of Swedish Enterprise and the Swedish Trade Union (LO).
- You have worked at least 12 of the last 24 months.
- You are less than 65 years old.

### Basic conditions for receiving financial support:

- You have worked at least 12 of the last 24 months.
- You have worked at least 8 of the last 14 years.
- You are between 27 and 62 years old.

Additional conditions apply. You will receive information about them when you contact us. The financial support replaces up to 80 per cent of your normal income while you study. You can receive the financial support for a maximum of 44 weeks (or 10 weeks after the year you turn 60) for full-time studies, and longer than that for part-time studies.

### More information and personal help

More information about the support can be found on our website, TSL.se. At the top of the site there is a tool that allows you to change the language.

You are welcome to contact us for personal help:

- Via telephone: 010-480 91 20
- By e-mail: [info@tsl.se](mailto:info@tsl.se)