

## The Health Care Programme

Do you want to give people help and support?

Do you want to try working as early as upper-secondary school?

Do you want to look for work directly after upper-secondary school, yet still have the possibility to study further?

Do you want to study in an area where you will always be able to find work?

Do you want to work in a team with others?

If so, the Health Care Programme may be something for you.

On the Health Care Programme you learn the basics of health care. You study the human body and how it works. You will also learn how to handle situations that you may face once you start working.

For the most part, your future job will deal with meeting and understanding people who have different life conditions, cultural backgrounds and religions. You may meet people who need a lot of help and support and who have difficulties. On the Health Care Programme you will, among other things, study psychology, so that you can understand how people feel when they experience, for example, illness or grief.

### Working or studying further

If you choose the Health Care Programme you can apply for a job directly after upper-secondary school. But you can also choose go on to study, both at university and vocational university. It is important that you choose the courses that will allow you to study further. If you have already decided what to study you can ask your school and careers officer which courses you should choose and if you need to supplement your education at all.

Health Care Programme is a good foundation for further studies within accident & emergency, out-patients care, psychiatric care, child health care, home-help, homes for the elderly and disabled, preventative health etc.

### Possible Jobs

After you have studied on the Health Care Programme you can work as an assistant nurse, ward and care auxiliary, care assistant or personal assistant. You can continue your studies to become a trained nurse or within other health care professions.

### Programme contents

The Health Care Programme consists of courses. Certain courses are obligatory for everyone who studies at upper-secondary school. Other courses are specific for the Health Care Programme. You get to choose some of the other courses yourself.

There is no national course of study on the programme, but you can choose an area within health care that you are interested in and concentrate on that. You can, for example, study hygiene, eldercare, psychiatric care, child care, accident & emergency or function impairment.

At certain upper-schools there are specific courses of study and individual local specialisations and designed programmes. Ask your careers officer if you would like to know more about the choices of where to study.

### **Contact with the working life**

On the Health Care Programme you already have contact with your profession during upper-secondary school. You have at least 15 weeks of internship training (APU). It is a good way to get contacts you can use when you apply for a job. If you are interested in doing your APU in a country other than Sweden, this can be arranged.

### **Jobs and the future**

It will most likely be easy for you to get a job directly after the Health Care Programme. In recent years there have been just as many jobs as new graduates. Whether it is easy or difficult for you to find work may depend on if you are prepared to move or commute to another town. A number of municipalities have more money and can therefore employ more care workers. In the future there will be a need for many workers within health care. This is due to the increase in elderly people in Sweden resulting in the need for more care. If you go on to study after upper-secondary school you will have greater possibilities to find work.