

# Conditions when receiving compensation from unemployment insurance

**When you have compensation from the unemployment insurance fund (a-kassa), you must be actively applying for suitable jobs and turn in an activity report (aktivitetsrapport) to the Public Employment Service every month. Read more here about what you must do to avoid getting a warning or not receiving compensation for one or more days.**

## What do I need to do?

So as to not risk losing your compensation for one or more days, you need to keep looking for work and adhering to the plans and agreements you have made with us.

This means that you need to

- apply for at least six suitable jobs per month (unless your action plan has a different number). For example, advertised vacancies and jobs that Arbetsförmedlingen has brought to your attention, or submit spontaneous applications to employers
- apply for the jobs we have encouraged you to apply for
- submit your activity report to us between the first and the fourteenth of each month, filling in all the jobs you have applied for and other activities you have completed
- develop an action plan together with us that sets out how you are going to find a job
- participate in meetings or contact us and our suppliers at scheduled times and answer the phone when we have agreed to call you.

So as not to prolong your unemployment and risk being left without compensation for several days, you also need to accept

- jobs you are offered
- job interviews and do your best to receive a job offer
- extra support through programmes we offer you

You may be deemed to have caused your own unemployment and risk being left without compensation for several days if you

- choose to leave a programme or a job without a valid reason
- act in a way that makes us terminate your programme
- cause your employer to terminate your employment

## What happens if I do not do what I am supposed to?

Arbetsförmedlingen's assignment includes informing your unemployment insurance fund if something happens that may affect your compensation. We will send a message to your unemployment insurance fund if you neglect your job-seeking or prolong or cause your unemployment. If your unemployment insurance fund starts an investigation, they contact you and you are given the opportunity to describe what has happened before they make a decision about the compensation.

Your unemployment insurance fund may decide to issue you a warning or suspend you from compensation for one or more days. They may also decide that your compensation will not be affected, for example if they make the assessment that you have a valid reason.

▼ This is what happens if you neglect your job-seeking

▼ This is what happens if you prolong your unemployment

▼ This is what happens if you cause your unemployment

If we learn of something that may affect your potential to search for work and accept job offers

If we learn of something that could prevent you from applying for work and accepting job offers, we must inform your unemployment insurance fund. For example, this might be that you are studying, are sick, are looking after sick children, have a company or are abroad. If the unemployment insurance fund starts an investigation, they will contact you before they decide whether this affects your entitlement to compensation.

We will also inform your unemployment insurance fund when you have informed us that you have started working and are no longer unemployed or are no longer a jobseeker for some other reason. If you subsequently want to look for work and apply for compensation again, you need to call us on the first day you are unemployed. If you have deregistered from Arbetsförmedlingen, you need to register again.

Frequently asked questions

- ▼ How many jobs should I apply for?
- ▼ What is deemed to be a suitable job?
- ▼ I am studying a course in order to increase my chances of finding a job. Why do I need approval from the unemployment insurance fund?
- ▼ I have got a new job but have not yet started work. Do I have to keep looking for other work?

Monitoring jobs applied for

We sometimes investigate whether you have applied for the jobs you have registered in your activity report. It is therefore important that you save documentation that can prove you have applied for these jobs.

> [Information about proving you have applied for jobs](#)

Information about compensation from unemployment insurance

When you are unemployed it may be possible to receive compensation from unemployment insurance while you are looking for work. You can apply to your unemployment insurance fund for this compensation. In this section you can read about how to apply, what is required in order to receive compensation and how much money you could receive.

> [Compensation from unemployment insurance](#)