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# Learn more about the present and upcoming migration rules

May 27th 2026



# Saco-S-unions



Akademikerförbundet SSR



Fysioterapeuterna



KyrkA

KYRKANS AKADEMIKERFÖRBUND



Naturvetarna



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Tjänstetandläkarna

# Contents

- New migration rules (mainly from June 11th) for doctoral candidates and researchers compared with the rules that apply today
- Rules for work permit
- Permanent residency (PR) options for long- and short-term residents
- Long-term residency
- Unemployment insurance
- Social insurance
- Benefits with a membership

# Questions?

- You are welcome to ask questions after the prestation

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Residence permits/  
Current rules and new  
rules (and proposals for  
changes)

# Residence permits (non-EU) – rules today

- **Residence permit for studies (doctoral studies)**
  - Fulfil a financial requirement (10 656 SEK/month)
- **Residence permit for research**
  - Research (at least half-time) at an institution that is approved
  - Fulfil a financial requirement (9 700 SEK/month)
- **Residence permit for work**
  - Less than 50 percent research
  - A salary of at least 29 680 SEK/month (*33 390 SEK/month from June 1st with some exceptions*)
  - *One exception is if you have a permit for studies, research or a job-seeker permit (27 825 SEK/month)*
- **EU-bluecard**
  - Qualified work
  - A salary of at least 52 000 SEK/month

# Residence permits (non-EU) – New rules

- **Residence permit for studies (doctoral studies)**
  - Work over 15 hours per week will not be allowed for students
  - BUT no restriction if you have a permit as doctoral candidate
- **Residence permit for research**
  - A financial requirement for family members (proposal)
  - Doctoral candidates will be able to get a permit for research

# Qualification time for permanent residency

## Current rules

Four years with a residence permit for research, work or as doctoral candidate within seven years

These three permits may be combined

Financing during the qualification time does not matter

## New rules

Three years consecutive time with residence permit for doctoral studies, research or EU-blue card should be enough

*The present rule will remain in parallell*

# Income requirement

## Current rules

You should have an income from an employment, an own company or some social benefits that you get while having an employment

The income should last for about a year at the time for the decision

The income may come from an employment abroad

## New rules

Basically the same requirement as today but more emphasis may be directed on the historical incomes

Stipends for doctoral candidates will qualify to meet the income requirement

# When to apply?

## Current rules

You can normally not apply for permanent residency unless your permit is about to run out (about 14 days before)

## New rules

You are able to apply at any time and as soon as you believe that you are qualified. If permanent residency is granted the other permit should be revoked

This rule applies if you have a permit for:

- Work
- Research
- Doctoral studies
- EU-bluecard
- Own company

# Permit to look for a job after studies or research

## Current rules

You can get such a permit only for 12 months

Minimum income (or savings) 10 584 SEK/month for students, 9 700 SEK/month for researchers

Income may come from an employment, a stipend or as unemployment benefit

You are allowed to work with this permit

## New rules

You should be able to request a permit for up to 18 months as well after completion of research or doctoral studies

It will be possible to apply for a permit for research or doctoral studies from Sweden when you have a permit as a job-seeker  
*(from June 1st)*

# Improvements regarding family members

## Current rules

There are several situations where you are not able to apply for a permit from Sweden

## New rules

More possibilities to apply from Sweden that will solve most of the problems we have identified

It will be possible for a family member to a researcher or a student to apply for an own permit for research or doctoral studies from Sweden

It will be possible for a researcher or a student to apply for a permit as a family member to a person with a permit for research or doctoral studies from Sweden

# Possibilities to travel abroad during the handling time

## **Current rules**

It is a problem to leave Sweden if you are waiting for a new residence permit

## **New rules**

A possibility to leave Sweden is introduced in some situations upon application

# Possibility to change from the Temporary Protection Directive to other permits from Sweden

It is decided that a person under this directive (massflyktsdirektivet) should be able to change to a permit for research, work, studies or EU-Blue card from Sweden

Family members to such a person can also be granted a new permit (as family member to a person above) and also here an application can be sent from Sweden

# What happens next?

- The changes will take effect 11<sup>th</sup> of June 2026
- Pending applications should be handled according to the new rules from June 11<sup>th</sup> unless otherwise stated

# Permanent residency vs long-term residency\*

## Permanent residency

- 4 years within seven to qualify
- Can only be applied for when a permit is about to run out (*new rules from June 11<sup>th</sup>*)
- You must have your own income from employment or own company (should last about a year). An income from an employment abroad may qualify
- You do not have to be able to support family members
- Only valid in Sweden

\*Read more at our web under residence permit

## Long-term residency

- If granted you will automatically get permanent residency (not from July 12<sup>th</sup>)
- You must have had a residence permit for five years consecutive at the time for application
- You must be able to support yourself with an income but not necessarily only from an employment (should last about a year)
- You have to be able to support your family as well but you can also be supported by a partner
- Possibility to live and work in most other EU-states
- **You must also apply for a residence permit in order to secure the right to stay in Sweden and work here during the handling time**

# Problems regarding long-term residency

- Status as long-term resident will no longer from July 12<sup>th</sup> automatically give permanent residency (instead a temporary permit for five years at a time)
- Permanent residency based on status as long-term resident should be revoked (on hold)

# New rules will come for citizenship

- Longer qualification time (from five to eight years)
- Takes effect June 6<sup>th</sup> 2026
- Pending applications will be affected
- You must still have permanent residency (or right of residence)



# New rules will come for citizenship – Tests for language and about the society

- Language test
  - Between 16 and 67 years
  - Läs- och hörförståelse – B1
  - Muntlig och skriftlig färdighet – A2
  - Takes effect latest 1<sup>st</sup> October 2027
- Knowledge about the Swedish society
  - Test in Swedish (level B1)
  - Basic level
  - Takes effect June 6<sup>th</sup> 2026
- Exceptions
  - That you have completed certain studies is Swedish, Danish or Norwegian



# New rules will come for citizenship – income requirement

- Income requirement
  - Three income base amounts (inkomstbasbelopp) per year before tax
  - For 2026 that is 20 850 SEK/month
  - Only salary, income from an own company and some social benefits that are received when you have an employment will count
  - The income should not be too temporary – same rules as for permanent residency
  - You should not have received “försörjningsstöd” more than six months during the last three years



# New rules will come for citizenship – income requirement

- Exceptions from the income requirement
  - Full-time studies (including doctoral studies) – provided acceptable study results and that you have not received “försörjningsstöd”
  - Receives pension
  - Certain reasons



# Problematic proposals

- Financial requirement for family members to researchers
- Income 20 850 SEK/month (2026) for 12 months within 24 months
- Permanent residency should be revoked after more than one year abroad (this was corrected in the final proposal much because of our actions)
- Qualification time for some social benefits (for those that come to Sweden from 1<sup>st</sup> January 2027)
  - Five years residency, or:
    - Income 40 032 SEK/month (2026) for six consecutive months

# Right of residence (EU/EES)

- EU/EES-citizens and their relatives: No work permit or residence permit is required. Instead right of residence
- *Note: Swedish citizens are usually not seen as EU/EES-citizens when it comes to rights for their relatives*
- After five years: Permanent right of residence
- After five years in Sweden you can also get citizenship (shorter in some cases)
- Nordic citizens: Free to live in any country. Citizenship after two years/five years



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# Unemployment insurance

Unemployment fund (a-kassa)

# Unemployment and Transition Support

- **Unemployment insurance** – Financial protection if you lose your job.
- **Income insurance** – Additional income protection provided by the union
- **Transition agreement / Outplacement agreement** – Support for finding new employment and easing the transition.

# Unemployment insurance

- **New Unemployment Insurance Rules from 1 October 2025**
- From 1 October 2025, new rules for unemployment insurance apply. The new provisions apply if you are granted unemployment benefits on 1 October 2025 or later, regardless of whether your benefit period begins before or after 1 October.
- However, if you already have an ongoing benefit period on 1 October, you will continue to be covered by the rules in effect before 1 October for the duration of that benefit period.
- **Under the new unemployment insurance system, it is even more important than before to join the unemployment fund (a-kassa) in good time, as only the work completed while being a member will count toward your entitlement.**

# Akademikernas a-kassa

## (Swedish Unemployment Fund for Academics),

- To become a member of the **Akademikernas a-kassa** (Swedish Unemployment Fund for Academics), you must meet **both the academic requirement and the work requirement**.
- The **academic requirement** can be fulfilled by either:
  - Completing **180 higher education credits** (or an equivalent foreign degree), or
  - Currently studying a program with the intention of earning **180 credits**, or
  - Working in a profession associated with **Saco unions** or **Vårdförbundet**.
- The **work requirement** is met by working or having worked in **Sweden**.
- You can also become a member and count work if you have most recently worked in **another EU/EEA country or Switzerland**.
- It is always important to **apply for membership in Akademikernas a-kassa as soon as you arrive in Sweden**, as this allows you to **combine your membership time in the Swedish a-kassa with the time you were a member of, or covered by, unemployment insurance in another country**.
- In some cases, you may also be **eligible for benefits by counting work done in the other country**.
- The fee is 140 SEK/month

# Unemployment insurance

- **In order to qualify you should have worked for at least four months with an income of 11 000 SEK/month the last year and you should have earned at least 120 000 SEK during the last 12 months**
- **The number of months with at least 11 000 SEK/month and the membership time will decide the level of compensation and the number of days that will be compensated**
- **Only taxable incomes will count**
- **The ceiling is 34 000 SEK/month and you can at most get 80 percent of that before tax**
- **Omissible time?**
- **Work permit?**
- **Studies must be completed or interrupted**

<b>1</b> Antal månader inom ramtiden med minst 11 000 kr i inkomst:	<b>2</b> Antal månader inom ramtiden som medlem:	<b>→ Ersättningsdagar och ersättningsnivå</b> <small>*Ersättningen sänks med 10 procentenheter efter 100 dagar och sedan med 5 procentenheter var hundra dag.</small>
<b>11-12 månader →</b>	12 →	<b>300 dagar, 80 procent*</b>
	6-11 →	<b>300 dagar, 60 procent*</b>
	0-5 →	<b>300 dagar, 50 procent*</b>
<b>8-10 månader →</b>	12 →	<b>200 dagar, 80 procent*</b>
	6-11 →	<b>200 dagar, 60 procent*</b>
	0-5 →	<b>200 dagar, 50 procent*</b>
<b>4-7 månader →</b>	12 →	<b>100 dagar, 80 procent*</b>
	6-11 →	<b>100 dagar, 60 procent*</b>
	0-5 →	<b>100 dagar, 50 procent*</b>

**i** Ramtid

Ramtiden börjar månaden innan man ansöker om a-kassa och skriver in sig hos Arbetsförmedlingen. Den sträcker sig totalt 12 månader bakåt. Inkomster räknas före skatt.

# The Transition Agreement

- **If your fixed-term contract runs out:**
  - The **qualification period** is **two years of employment** with the employer.
  - **Individual support from the Trygghetsstiftelsen** (Job Security Foundation) aimed at helping you **find new employment or start your own business**. Support is available **for up to four years afterward**.
  - **Financial supplement to unemployment benefits**, totalling up to approximately **80% of your previous income** over a full unemployment benefit period. **Usually only for 44 days**
  - **Financial compensation for up to three years** if you take a new job with lower pay (only if you have had a fixed-term contract for six years and time with employment as doctoral candidate does not count here).

# Income insurance

- An income insurance is usually included in the membership fee to the union
- There is usually a 12 month qualification time (membership in the union and a-kassa is required)
- A-kassan must usually have granted 300 days at the 80 percent level
- Benefit: ca 80 percent of your previous income
- Waiting period 2 days (as a-kassa)
- Maximum of 120-175 working days
- Additional insurance may be purchased to cover 300 days in total
- You need to apply for the benefit



# Social security

The Social Insurance Agency  
Försäkringskassan

# Who may get benefits from Försäkringskassan?

## **Residency-based benefits**

- Included if you intend to stay for more than a year
- Exception is students without an employment!
- If a postdoc with stipend – do not call yourself a student
- **Note: Qualification time from 2027**

## **• Employment-based benefits**

- requires** an employment (now or before you apply for a benefit)
- The employment may have been in another member state
- In between residence permits?

# Social security - Employment as postdoc?

- Employment based benefits are included
- Residence based benefits also included
- If posted abroad through URA you are still insured in Sweden (and considered as a resident) as long as you are employed by a University within the state
- If you are employed by other Universities there are limitations especially outside EU/EEA/Switzerland

# Optional insurances through the union

- Unemployment insurance (Akademikernas a-kassa)
- Additional income insurance from the union
- Home insurance
  
- Accident insurance for your time off work
- Child insurance
- Health insurance (for long term illness)
- Life insurance
- etc



# Why member in a Saco- S-union?



Akademikerförbundet SSR



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