

# A Real Job





Dear Students and Parents,  
there are people who like to read recipes. They browse through books, watch cookery programmes on TV, lick their lips and really enjoy themselves. Honestly speaking, though – isn't it a lot more fun to eat a delicious meal than to read about it?

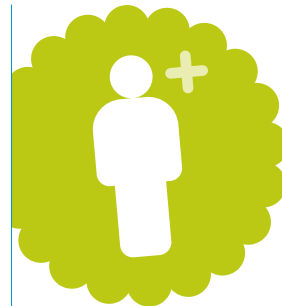
As a student in the VF Programme (Heating, Ventilation and Sanitation and Property Programme – *VVS- och fastighetsprogrammet*) you will hold the tools in your own hands and solve the problems alongside studying the theory. This way, you learn with your entire body, not just your head, and will be prepared to start working the day after you graduate.

**What you will learn**

When the government tasked the National Agency for Education with redesigning upper secondary education in Sweden, they started by sitting down with representatives of various industries. Together, they figured out how the programmes the government had decided on should be designed and what they should cover. The VF Programme is one of these and it is packed with stuff you will need to know when you start working.

The VF Programme leads to jobs in four different industries: Heating, Water and Sanitation; Property Management; Ventilation; and Cooling and Heat Pump Technology. The entire class studies certain subjects in common, such as Swedish, Maths, Practical Electricity and Tools and Materials Handling. Other subjects will vary according to which orientation you choose. After all, Building Automation 2 (*Fastighetsautomation 2*) might not seem terribly relevant if you are set on becoming a heating, water and sanitation technician.

The VF Programme will give you a trade, and that is not something you can get through books alone. That is why theory and practice are constantly alternated. That you will be able to practice welding when you are studying Heating, Water and Sanitation, Pipe Welding and Soldering (*VVS svets och lödning rör*) is probably no surprise to anyone. But there might be one or two people who would be amazed to find out that you are also given the chance to start and run a company when you study Business Economics (*Företagsekonomi*).

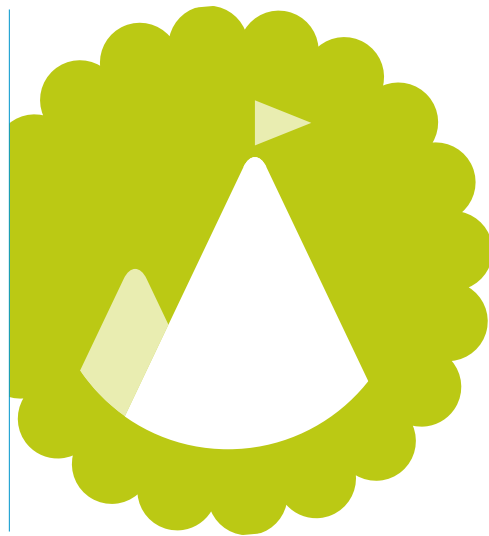


**Do you want to go  
to university?**

This is the story: as of now, you will be short 200 credits in Swedish and 100 credits in English to be eligible for university after you complete the VF Programme.

Yes, this is annoying, but the government thinks it is more important that you gain as much knowledge as possible about what you are going to be working with. There is logic to that – after all, what would you rather understand when you are up to your knees in water – *Modern Swedish Poetry* or *Troubleshooting*?

If you are really clever, you can combine your 200 individual credits with an extended study plan of 100 credits and that's your problem sorted. Another way to do it is to complete all 300 credits in an extended study programme. The important thing is that you know the school is required to give you an opportunity to gain basic eligibility for university admission.



# Study choices

As long as you are eligible and are admitted, you can study whatever you want, wherever you want. As a heating, water and sanitation technician, you will also be ahead of the game if you want to get an engineering degree in the field. If you choose to become an engineer, companies will be fighting over you, because private enterprise is desperate for skilled engineers.

Alongside the new secondary school system, a vocational college system is being built up, which will focus on further education in practical vocations. No one knows yet exactly how the vocational colleges will work, but if you are the least bit interested in continuing your education sometime in the future, make sure you get those last 300 credits so you'll be ready and able.



**On tour**

When you decide to study at upper secondary school, you are choosing to spend three years in the school world. You are going to have a lot of fun, make new friends and encounter new subjects, new teachers and a new school. But other things are going to be the same old stuff – early mornings, lessons and school lunches, for example.

But in the VF Programme, at least 15 of your total of 100 weeks will be completely different. The programme is called “Learning in the Workplace” (*arbetsplatsförlagt lärande* or APL), which is a boring name for something really great. APL means you will be given a chance to find out how it feels to do your chosen work for real. For at least 15 weeks, you will shadow a professional and learn the trade on site. You will face the same problems as him or her and help solve them – while getting your foot into the labour market.

And best of all – you are free to do your APL abroad.  
Talk about going out on tour!



**Away games**

Not everybody likes to sit at school all day long. And there may be many reasons for that. Some people feel antsy the second they smell that “school corridor” smell. If that sounds like you, the VF Programme is the cure, because here you can study as an apprentice.

When you are an apprentice student in the VF Programme, you will spend at least 50% of your upper secondary school time in the real world. You will learn the trade from people who work in the field. They will be your guides and make sure you learn all the important things.

Still, this is an upper secondary programme and you won’t be able to avoid the classroom entirely. On the other hand, that is a good thing because when you attend lessons, you will receive grades on everything you know, even what you learn during your APL. This will come in handy when you look for a job or feel you have recovered from your corridor allergy and want to go to university.



# What you will become

In the VF Programme, you will gain a real education that leads to a real job in one of four occupational areas.

## Property

Building a building is one thing. Taking care of it is something completely different. If you choose this concentration, you will learn everything about how a building works, from the ventilation of the chimney down to the laundry room drain. If you like working with people, this is defi-

nately something for you. You will be the point of contact between the tradespeople and the people who live or work in the buildings under your charge.

After earning your vocational diploma, you can work as a property caretaker, building technician, or property manager. In other words, you will be the go-to person for people who need to get things done.

## Cooling and Heat Pump Technology

Working with cooling and heating puts you in control. You are the one who makes sure the rink is smooth when a match is on, the

one who makes sure people don't sweat in the office and the ice cream doesn't melt in the freezer case.

After earning your vocational diploma, you can work as an air conditioning installer or a cooling technician, for example. That might not sound terribly relevant in a country where it snows in April, but don't forget the world is bigger than Sweden. There are plenty of places where people need ice in their drinks even in January.

## Ventilation

Do you like to read drawings and diagrams? To measure, tinker and

make things work? Then the ventilation concentration is your thing. This is where you will learn to put the drawings to practical use, find the faults and fix them with the right tools so that the repair lasts.

After earning your diploma, you can work as a ventilation technician, for example. If you have ever been in a locker room after a match, you know that people who can make sure the air is good are *really* needed.

## Heating, Water and Sanitation (VVS)

Working with heating, water and sanitation involves building entire systems: systems that heat build-

ings, make sure there is water in the taps and that everything is done in a way that is kind to the environment. If you choose the heating, water and sanitation concentration, you will also have a head start when you apply to a university programme in heating, water and sanitation engineering.

In addition to the obvious things a heating, water and sanitation installer does inside homes, industrial buildings and technical systems, there are one or two specialist skills that will make you even more popular out there in the world.

Take insulation installers for example. While everybody is talk-

ing about how the environment is important and that we have to save energy, they are the ones doing the job. They keep the heat in – or out – depending on what the customer wants.

As an insulation installer you prevent fires and shut out noise. Everybody wants your help, from the neighbour in the house next door to the nuclear power plant on the coast. You are going to be like the best-looking kid in school – everybody will want your number.

Or how about industrial pipe fitters? If you get bored easily, this is for you. Not to mention that if you like to weld, industrial pipe fitters

install the really big pipes – like oil pipelines.

As an industrial pipe fitter, you are a little like a superhero, flying in when people need your help, putting things right and moving on. You will see companies you didn't know existed and weld away the odd potential disaster. And when the job is done, you'll ride off into the sunset towards the next industry in crisis. You would have to work hard to get bored in that kind of situation.

As you see, you can find a heating, water and sanitation pro almost anywhere – under the sink in a home decorating programme on TV or behind the scenes at the

Globe Arena in Stockholm as the World Championships in Hockey are about to start. No matter which, you should know that when you choose heating, water and sanitation, you will be working with the most precious thing in the world – clean water.





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## Interested?

With three years and four concentrations, the VF Programme is like a box of Aladdin chocolates – filled with all kinds of goodies. Showing what's inside on the lid of the box is good enough for Marabou, but we have created [www.ettriktigtjobb.nu](http://www.ettriktigtjobb.nu) where you can find out everything you ever wanted to know about the VF Programme.

We hope to see you there!