



**3. Information about periods of insurance**

Are you, or have you been, a member of a Swedish unemployment insurance fund?

No       Yes  → If Yes, which fund: \_\_\_\_\_

Have you received parental allowance in Sweden?

Regional social insurance office

No       Yes

Have you completed military service in Sweden?

Regional social insurance office

No       Yes

Have you participated in any labour market policy programme?

No       Yes

Other information


**Signature**

Date

Signature

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## Request for certificate E 301

For persons who apply for unemployment insurance benefit in another EU/EES-country than Sweden.

### When is certificate E 301 needed?

Certificate E 301 is needed when you have become unemployed in another EU/EES-country than Sweden or in Switzerland. With certificate E 301, the time that you worked and were insured in Sweden can count as creditable time.

### Who can receive certificate E 301?

A person who applies for unemployment insurance benefit in another EU/EES-country than Sweden **and**

- has worked and resided legally in Sweden, **and**
- is citizen in a EU/EES-country or Switzerland (or is a refugee in accordance to the Geneva convention or is stateless),

**or**

- is not a citizen of a EU/EES-country and who applies for unemployment insurance benefit in another EU/EES-country.

### Please note!

**Certificate E 301 should only be requested when you have become unemployed and apply for unemployment insurance benefit. You should not request form E 301 when you intend to work in another EU/EES-country.**

## How to fill in the form:

Fill in requested information. **Please note that all information requested in the form must be filled in.** The issued certificate will be sent to you on your address abroad. If you want the certificate to be sent to another address you have to state that address in this form.

**Please note!** If you have worked, you have to enclose employer's certificate ("Arbetsgivarintyg") issued by your employer. If you have participated in military service or received parental allowance you have to enclose certificate from the Social insurance office (Försäkringskassan).

**Normally**, it is necessary to provide such **information for the last three years**.

If you apply for unemployment insurance benefit in

- **the Netherlands**, you need to provide information for the last **five years**,
- **Germany**, you need to provide information for the last **seven years**,
- **Austria**, you need to provide information for the last **ten years**.

## EU/EES comprise these countries:

Austria, Belgium, Bulgaria, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Great Britain, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, the Netherlands, Norway, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden.

## Who will issue E 301

The unemployment insurance fund you are a member of (or the latest fund you were a member of) will issue certificate E 301. If you never have been member of an unemployment insurance fund you send the application to the Alfa-kassan. You will find the addresses to all the unemployment funds on the website of Arbetslöshetskassornas Samorganisation: [www.samorg.org](http://www.samorg.org).