

Swedish for International Professionals

Flexible and personalized language training

Good Swedish is a key to both professional success and a confident life in Sweden. When people feel comfortable using the language, communication improves at work, integration in society becomes easier, and engagement increases.

I offer tailored Swedish language training for individuals and organizations, with a focus on both professional and everyday communication.

What the training provides

The training strengthens individual confidence in Swedish and contributes to clearer communication, better collaboration, and higher efficiency in organizations.

- Clearer and more effective communication in teams, meetings, and customer interactions
- Faster integration of international employees
- More confident and professional internal and external communication
- Increased well-being, inclusion, and long-term retention
- Personalized development with clear goals and regular follow-up

Swedish for work and everyday life

The training combines professional Swedish with language for everyday situations, helping participants feel confident in all aspects of life in Sweden.

- Workplace communication: meetings, presentations, emails, and professional language
- Everyday situations: authorities, healthcare, school, housing, and social settings
- Pronunciation, listening comprehension, and conversational fluency
- Support for partners or accompanying family members upon request

Structure and methodology

The training is flexible and adapted to the organization's needs, participants' language level, and professional roles. The focus is on practical language use in real-life situations.

- Flexible format: online, on-site, or hybrid

- Individual or group training
- Practical communication: conversations, meetings, presentations, and real-life scenarios
- Structured language development: grammar, writing exercises, and individual feedback
- Goal-oriented training: initial assessment and personalized goals linked to work and everyday life

Who is it for?

The training is suitable for individuals and organizations that want to strengthen language skills in an international environment and create better conditions for integration and collaboration.

- International specialists and new hires
- Managers and leaders in international teams
- Individuals who want to improve their professional and everyday Swedish
- Partners and accompanying family members
- Companies working strategically with inclusion, integration, and long-term talent retention

About me

I am a journalist with over 20 years of experience and run my own business in journalism and communication. Language, clarity, and storytelling are at the core of my work. I have taught Swedish at Folkuniversitetet and currently teach both private individuals and international professionals. I have developed a flexible, personalized model that combines structured language learning with practical communication for work and everyday life. My goal is for participants to quickly feel confident and use Swedish with ease.

Contact

Sara Palmkvist
Journalist and Swedish language trainer
+46 70 896 07 44
sara.palmkvist@ordateljen.net

Ordeteljen