

Svenska i Praktiken

Sverige i fokus: Fast Track Study Notes & Workbook

www.svenskaipraktiken.se/

Unofficial companion for self-study before the Swedish citizenship society-knowledge test

Use this workbook together with the official UHR material Sverige i fokus. It is designed for revision, note-taking and active recall - not as a replacement for the official study material.

Version: May 2026 | www.svenskaipraktiken.se

Important note, copyright and how to use this workbook

Unofficial material

This is an unofficial, original study workbook created by Svenska i Praktiken.

It is not produced, reviewed, endorsed or approved by UHR, Skolverket, Migrationsverket, any municipality, school or authority.

The official society-knowledge test material is UHR's Sverige i fokus. Always read the official material.

Copyright and permitted use

This document is for the buyer's own self-study and private revision only.

It must not be copied, sold, shared publicly, uploaded, redistributed, translated, adapted or distributed without written consent from Svenska i Praktiken.

Copyright: © Svenska i Praktiken. All rights reserved.

Version note: May 2026. This guide was prepared to support revision of the official UHR material Sverige i fokus, first edition 2026. Test rules, test format, official guidance and legal details may change. Always check the official websites before applying for citizenship or taking the test.

How to use it with Sverige i fokus

- First read the relevant chapter in the official material.
- Then use the matching chapter in this workbook to reduce the material to exam logic: what is the idea, what are the terms, and what type of scenario could be asked?
- Write your own notes in the empty lines. The act of writing is part of the learning.
- Cover the answers in the self-test sections and practise active recall.
- Use the answer key only after you have tried to answer without help.

Study map

This v5 workbook has been restructured to follow the official Sverige i fokus order more closely. The goal is not to reproduce the official book. The goal is to help you read it actively, remember the main ideas and practise exam-style reasoning.

Chapter	Official topic	What to master
1	Landet Sverige	Geography, regions, population, natural resources, climate
2	Demokratiska systemet	Democracy, participation, threats, integration
3	Så här styrs Sverige	State, regions, municipalities, monarchy, authorities
4	Politiska val och partier	Voting, elections, parties, proportional representation
5	Lag och rätt	Fundamental laws, courts, police, legal security
6	Mediernas roll	Free media, public service, source criticism
7	Mänskliga rättigheter	Human rights, equality, children, minorities, discrimination
8	Arbetsmarknad och privatekonomi	Work, unions, collective agreements, tax, debts
9	Välfärdssamhället	Taxes and responsibilities of state, region and municipality
10	Modern historia	Industrialisation, democracy, folkhem, welfare, globalisation
11	Sverige och omvärlden	Nordic cooperation, EU, UN, Sida, NATO, defence
12	Sekulär stat, religion och högtider	Freedom of religion, secular society, traditions

Last-minute revision: Sweden in one page

Swedish term	Simple study meaning
Democracy	Power comes from the people through free and fair elections.
Rule of law	Laws apply to everyone. Courts must be independent. Authorities must follow the law.
Rights and duties	People have freedoms and rights, but also responsibilities toward society and others.
State/region/municipality	Different levels of government have different responsibilities.
Taxes and welfare	Taxes fund schools, healthcare, care for older people, infrastructure and security systems.
Equality	Women and men have equal rights. Discrimination is forbidden.
Children	Children have special rights. The best interests of the child matter in decisions affecting children.
Free media	Media can investigate power. Source criticism protects democracy.
Work	Wages and conditions are often set by collective agreements between employers and unions.
Sweden and the world	Sweden is part of Nordic cooperation, the EU, UN and NATO.

Exam-thinking rule

When a question asks “What should the person do?”, identify the correct institution first.

When a question asks “Why is this important?”, connect the situation to democracy, rule of law, equality, welfare or rights.

When a question asks about media or the internet, think about free media, source criticism and false information.

Self-study worksheet

Write in your own words

1. What are the three most important ideas in this official chapter?
2. Which Swedish terms do I need to recognise in the official material?
3. What type of scenario question could test this chapter?
4. What detail should I check again in Sverige i fokus?

My summary

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Difficult words or facts I must revise

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

2. Sveriges demokratiska system

Official guide checkpoint: read the chapter on democracy, participation, threats to democracy, segregation and integration.

Exam focus

Understand democracy as more than voting: it also needs rights, debate, knowledge, trust and participation.
Recognise threats such as low voter turnout, false information, hatred and threats against public voices.

Democracy means that power comes from the people. In Sweden, people influence society through elections, associations, parties, demonstrations, public debate and contact with politicians or authorities. Democracy also requires legal security, free speech and respect for different views. A society with segregation, low trust or false information can become weaker because people may participate less and trust institutions less.

Must-know points

- Free elections must be secret, fair and offer real alternatives.
- People have the right to express opinions and try to convince others.
- Participation can happen between elections too.
- False information and threats against politicians or journalists can harm democracy.
- Integration means participation and belonging in society; segregation means groups live separated in ways that can reduce trust and opportunities.

Scenario logic

If someone wants to change a local issue, they can contact the municipality, write a proposal, join an association or speak to politicians.

If someone spreads fake information before an election, the democratic problem is that people may make decisions based on false facts.

Key Swedish terms

Swedish term	Simple study meaning
demokrati	Rule by the people
folkstyre	People's rule
yttrandefrihet	Freedom to express opinions
föreningsfrihet	Freedom to join or form associations
valdeltagande	How many eligible voters vote
segregation	Groups live separated with unequal access
integration	People can participate and feel part of society
rättssäkerhet	Fair and lawful treatment by the legal system

Active recall

4. Give three ways to influence society without waiting for an election.
5. Why can false information be dangerous for democracy?
6. What is the difference between segregation and integration?

My notes from the official guide

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Self-study worksheet

Write in your own words

1. What are the three most important ideas in this official chapter?
2. Which Swedish terms do I need to recognise in the official material?
3. What type of scenario question could test this chapter?
4. What detail should I check again in Sverige i fokus?

My summary

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Difficult words or facts I must revise

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Self-study worksheet

Write in your own words

1. What are the three most important ideas in this official chapter?
2. Which Swedish terms do I need to recognise in the official material?
3. What type of scenario question could test this chapter?
4. What detail should I check again in Sverige i fokus?

My summary

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Difficult words or facts I must revise

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

4. Politiska val och partier

Official guide checkpoint: read the chapter on elections, voting, referendums, parties and proportional representation.

Exam focus

Know the election cycles and basic voting rules.

Understand why proportional elections usually lead to cooperation between parties.

In Sweden, elections to the Riksdag, regions and municipalities are held every four years. Elections to the European Parliament are held every five years. Voting is secret. Political parties present different ideas and voters choose between them. Proportional representation means that parties receive seats roughly according to their share of the votes, which often means parties need to cooperate.

Must-know points

- You must be 18 to vote.
- Swedish citizenship is required for Riksdag elections.
- Different rules apply for municipal and regional elections.
- EU citizens vote in EU elections in the country where they are registered.
- Referendums can be held, but they are usually advisory.
- A party needs at least 4 percent of the vote to enter the Riksdag.

Scenario logic

If a non-Swedish citizen asks whether they can vote, first ask which election. Riksdag requires Swedish citizenship; municipal/regional voting may be possible under other conditions.

If a party gets 20 percent of votes, proportional logic means it should get about 20 percent of seats.

Key Swedish terms

Swedish term	Simple study meaning
val	Election
rösträtt	Right to vote
röstkort	Voting card sent before an election
vallokal	Polling station
folkomröstning	Referendum, often advisory
proportionella val	Seats follow the vote share
valrörelse	Campaign period before an election
fyraprocentsspär	4 percent threshold for Riksdag seats

Active recall

10. How often are Riksdag elections held?
11. What is the difference between Riksdag voting and municipal voting?
12. What does proportional election mean?

My notes from the official guide

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

5. Lag och rätt

Official guide checkpoint: read the chapter on fundamental laws, rights, police, prosecutors, courts and legal security.

Exam focus

Learn the four fundamental laws and the roles of police, prosecutor and courts.

Connect law and rights: freedom exists, but it is limited by laws that protect others and society.

Sweden has laws that protect society and individuals. Fundamental laws are harder to change than ordinary laws. The legal system includes police, prosecutors, courts, the Prison and Probation Service and support for victims of crime. Legal security means that people are treated equally before the law and that courts decide cases independently, based on evidence and law.

Must-know points

- The four fundamental laws are Regeringsformen, Tryckfrihetsförordningen, Yttrandefrihetsgrundlagen and Successionsordningen.
- Police prevent and investigate crime.
- Prosecutors decide whether to bring a case to court.
- Courts examine evidence and decide guilt and punishment.
- A person is considered innocent until proven guilty.
- Allemansrätten gives access to nature but also requires responsibility.

Scenario logic

If someone is accused of a crime, the answer should include legal process, evidence and the right to defence.

If someone wants to demonstrate, remember that freedom of expression and assembly exist, but permits and public order rules may apply.

Key Swedish terms

Swedish term	Simple study meaning
grundlag	Fundamental law
regeringsformen	Fundamental law about how Sweden is governed
tryckfrihetsförordningen	Freedom of the press in printed media
yttrandefrihetsgrundlagen	Freedom of expression in certain media
successionsordningen	Rules for who becomes monarch
rättsväsendet	Legal system
domstol	Court
Allemansrätten	Right to access nature responsibly

Active recall

13. Name the four Swedish fundamental laws.
14. What does a prosecutor do?
15. What does legal security mean?

My notes from the official guide

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Self-study worksheet

Write in your own words

1. What are the three most important ideas in this official chapter?
2. Which Swedish terms do I need to recognise in the official material?
3. What type of scenario question could test this chapter?
4. What detail should I check again in Sverige i fokus?

My summary

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Difficult words or facts I must revise

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Self-study worksheet

Write in your own words

1. What are the three most important ideas in this official chapter?
2. Which Swedish terms do I need to recognise in the official material?
3. What type of scenario question could test this chapter?
4. What detail should I check again in Sverige i fokus?

My summary

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Difficult words or facts I must revise

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

7. Mänskliga rättigheter

Official guide checkpoint: read the chapter on human rights, gender equality, children's rights, minorities, LGBTQI, disability and discrimination.

Exam focus

This is one of the most important exam areas: rights, equality and non-discrimination.
Remember that rights apply in practical situations, not only as abstract words.

Human rights are based on the idea that all people have equal value. Swedish law and public institutions must work against discrimination and support participation. Gender equality means that women and men have the same rights, duties and possibilities. Children have special rights, and the Child Convention is law in Sweden. National minorities, Sami people, LGBTQI people and people with disabilities have legal protections against discrimination.

Must-know points

- Discrimination is forbidden on protected grounds such as sex, ethnicity, religion, disability, sexual orientation, age and gender identity/expression.
- Violence in close relationships and honour-related violence are crimes.
- Sex requires voluntary participation; buying sex is illegal in Sweden.
- The Child Convention is Swedish law.
- The national minorities are Jews, Roma, Sami, Sweden Finns and Tornedalians.
- Sami are also an Indigenous people and have Sametinget.
- DO works against discrimination.

Scenario logic

If a child is affected by a decision, the child's best interests and the child's right to be heard are relevant.
If someone is treated worse because of ethnicity, religion, sex, disability or sexual orientation, think discrimination and DO.

Key Swedish terms

Swedish term	Simple study meaning
mänskliga rättigheter	Basic rights that apply to every person
jämställdhet	Equal rights and power for women and men
barnkonventionen	Convention on the Rights of the Child; law in Sweden
nationella minoriteter	Recognised minority groups with special rights
urfolk	Indigenous people; Sami are an Indigenous people
diskriminering	Being treated worse for a protected reason
DO	Discrimination Ombudsman
hatbrott	Crime motivated by hatred against a group

Active recall

19. Name the five national minorities.
20. Why does the Child Convention matter in Sweden?
21. What should a person think about if they experience discrimination?

My notes from the official guide

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Self-study worksheet

Write in your own words

1. What are the three most important ideas in this official chapter?
2. Which Swedish terms do I need to recognise in the official material?
3. What type of scenario question could test this chapter?
4. What detail should I check again in Sverige i fokus?

My summary

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Difficult words or facts I must revise

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Self-study worksheet

Write in your own words

1. What are the three most important ideas in this official chapter?
2. Which Swedish terms do I need to recognise in the official material?
3. What type of scenario question could test this chapter?
4. What detail should I check again in Sverige i fokus?

My summary

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Difficult words or facts I must revise

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

10. Sveriges moderna historia

Official guide checkpoint: read the chapter on the move from agricultural society to industrial society, democracy, folkhemmet, rekordåren and globalisation.

Exam focus

History questions are likely to test cause and development rather than exact dates only.
Connect history to democracy, industrialisation, welfare, migration and modern Sweden.

Modern Swedish history explains how Sweden changed from a poor agricultural society to an industrial, democratic welfare state. Industrialisation created new jobs and cities, but also social problems. Popular movements, unions and political reforms helped develop democracy. The welfare-state idea grew through the folkhemmet vision and post-war expansion. Later, Sweden became more globalised and shaped by migration, technology and international cooperation.

Must-know points

- Industrialisation changed work, cities and living conditions.
- Many Swedes emigrated during difficult periods, especially to North America.
- Popular movements helped people organise and demand rights.
- Sweden developed democracy gradually.
- Folkhemmet is linked to welfare, equality and social security.
- Post-war record years meant growth and welfare expansion.
- The information society and globalisation changed work and communication.

Scenario logic

If a question asks why unions, popular movements or associations mattered, connect them to democracy and people gaining influence.

If a question asks why welfare expanded, connect economic growth, taxes and political reforms.

Key Swedish terms

Swedish term	Simple study meaning
jordbrukssamhälle	Society where most people work with farming
industrialisering	Growth of factories, cities and industrial work
folkrörelser	Popular movements where people organise for change
allmän rösträtt	General suffrage; broad right to vote
folkhemmet	Idea of Sweden as a fair and secure home for all citizens
rekordåren	Post-war years of strong growth
miljonprogrammet	Large housing-building programme
globalisering	Countries and people become more connected

Active recall

28. How did industrialisation change Sweden?
29. Why were popular movements important for democracy?
30. What does folkhemmet represent?

My notes from the official guide

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Self-study worksheet

Write in your own words

1. What are the three most important ideas in this official chapter?
2. Which Swedish terms do I need to recognise in the official material?
3. What type of scenario question could test this chapter?
4. What detail should I check again in Sverige i fokus?

My summary

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Difficult words or facts I must revise

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

11. Sverige och omvärlden

Official guide checkpoint: read the chapter on Nordic cooperation, EU, Council of Europe, UN, Sida, security policy, NATO and total defence.

Exam focus

This was missing from earlier versions and should be studied carefully.

Know the difference between EU, UN, NATO, Council of Europe and Nordic cooperation.

Sweden cooperates with other countries in many organisations. Nordic cooperation connects Sweden with Denmark, Finland, Iceland and Norway. Sweden has been an **EU** member since 1995; **EU** cooperation affects laws, trade, environment, migration and movement of people. Sweden is also a member of the UN and supports development through Sida. Sweden joined NATO in 2024 and has both military and civilian defence responsibilities.

Must-know points

- Nordic cooperation happens through organisations such as the Nordic Council and Nordic Council of Ministers.
- EU membership gives rights connected to movement, work, study, trade and common rules.
- The Council of Europe works for human rights, democracy and rule of law.
- The UN works for peace, security and human rights.
- Sida works with development cooperation.
- Sweden joined NATO in 2024.
- Total defence includes both military and civilian defence; people aged 16-70 may be required to help society in crisis or war.

Scenario logic

If a question asks about free movement between EU countries, think EU.

If a question asks about military defence alliance, think NATO.

If a question asks about human rights court in Europe, think Council of Europe/European Court of Human Rights, not the EU.

Key Swedish terms

Swedish term	Simple study meaning
EU	European Union; political and economic cooperation
de fyra friheterna	Free movement of goods, services, people and capital
Europarådet	Council of Europe; human rights and democracy
FN	United Nations
Sida	Swedish development cooperation authority
Nato	Defence alliance; Sweden joined in 2024
totalförsvarsplikt	Duty to help defend society in crisis or war
värnplikt	Military service obligation for selected adults

Active recall

31. What is the EU?
32. What is the difference between the UN and NATO?
33. What does total defence include?

My notes from the official guide

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Self-study worksheet

Write in your own words

1. What are the three most important ideas in this official chapter?
2. Which Swedish terms do I need to recognise in the official material?
3. What type of scenario question could test this chapter?
4. What detail should I check again in Sverige i fokus?

My summary

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Difficult words or facts I must revise

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Practice test 1 - core concepts

Choose the best answer. These questions are original practice questions for revision. They are not official test questions.

1. Which statement best describes democracy in Sweden?

- A. The government decides without elections.
- B. People influence society through free elections and other democratic participation.
- C. Only experts may discuss politics.

2. What does rättssäkerhet mainly mean?

- A. Authorities and courts treat people fairly and according to law.
- B. The police can decide punishment without court.
- C. Only Swedish citizens can use courts.

3. Which level is mainly responsible for healthcare?

- A. Municipality
- B. Region
- C. European Union

4. What is public service in Sweden?

- A. Media companies such as SR, SVT and UR with a public information mission.
- B. Any social media account that shares news.
- C. A private newspaper owned by a political party.

5. What is a collective agreement?

- A. A private loan contract.
- B. An agreement between labour-market parties about wages and working conditions.
- C. A decision by the police about public safety.

6. Which is one of Sweden's four fundamental laws?

- A. Regeringsformen
- B. Skollagen
- C. Socialtjänstlagen

7. What is the main idea of source criticism?

- A. Trust the first source you find.
- B. Check sender, purpose, evidence, date and other sources.
- C. Only read social media.

8. Which organisation is a defence alliance that Sweden joined in 2024?

- A. NATO
- B. Sida
- C. Nordiska rådet

9. What does secular state mean?

- A. The state is governed by a church.
- B. The state is not ruled by religion and people have freedom of religion.
- C. Religion is forbidden.

10. Which group is recognised as both a national minority and an Indigenous people in Sweden?

- A. Sami
- B. Goths
- C. Vikings

Practice test 2 - scenarios and official-material details

Choose the best answer. Read carefully: several options may look reasonable, but only one is the best answer.

11. A person wants to vote in the Riksdag election. What is required besides being 18?

- A. Swedish citizenship
- B. Membership in a political party
- C. A job in the public sector

12. A citizen wants to read documents from an authority to understand a public decision. Which principle is most relevant?

- A. Offentlighetsprincipen
- B. Successionsordningen
- C. A-kassa

13. A person reads a claim online that a new law has already passed. What is the best first action?

- A. Share it quickly so others know.
- B. Check reliable sources, date and whether official sources confirm it.
- C. Assume it is true if many comments support it.

14. A child is affected by a decision about school support. Which idea is most relevant?

- A. The child's best interests and the child's right to be heard
- B. Only the parents' income matters
- C. The municipality must ignore the child's view

15. A worker has a conflict about wages and working conditions. Which actor may help represent the worker?

- A. Fackförbund
- B. Domstol as first and only step
- C. NATO

16. Which pair is correct?

- A. Region - healthcare
- B. Region - Riksdag elections
- C. Region - fundamental laws

17. What does the four percent threshold relate to?

- A. Entering the Riksdag
- B. Getting healthcare
- C. Paying income tax

18. Which best describes totalförsvarsplikt?

- A. A duty connected to defending society in crisis or war
- B. A rule that everyone must join a political party
- C. A tax rule for private companies

19. Which statement about Swedish media is best?

- A. The state should decide what journalists publish.
- B. Free media can examine people in power and support public debate.
- C. Only public service may report news.

20. A person is treated worse by a company because of sexual orientation. Which area is most relevant?

- A. Discrimination law and equal rights
- B. Climate law
- C. The euro referendum

Answer key with explanations

Q	Answer	Why
1	B	Democracy means people can influence society through elections and other forms of participation.
2	A	Rättssäkerhet is about fair legal treatment, equal application of law and independent courts.
3	B	Regions are mainly responsible for healthcare.
4	A	SR, SVT and UR are public service media with a public information mission and independence.
5	B	Collective agreements are negotiated by unions and employer organisations.
6	A	Regeringsformen is one of the four fundamental laws.
7	B	Source criticism is about checking reliability before trusting or sharing information.
8	A	NATO is the defence alliance; Sweden became a member in 2024.
9	B	A secular state is not governed by religion, but freedom of religion is protected.
10	A	Sami are both a national minority and an Indigenous people.
11	A	Swedish citizenship is required to vote in Riksdag elections.
12	A	Offentlighetsprincipen gives public access to many official documents.
13	B	Legal and political claims should be verified with reliable and official sources.
14	A	The Child Convention and Swedish law emphasise the child's best interests and right to be heard.
15	A	A union represents employees and can help with work-related issues.
16	A	Regions are especially responsible for healthcare.
17	A	The four percent threshold is relevant to parties entering the Riksdag.
18	A	Totalförsvarsplikt means people may be required to help defend society during crisis or war.
19	B	Free media inform the public and examine those with power.
20	A	Being treated worse due to sexual orientation is a discrimination issue.

Final revision checklist

- I can explain the difference between state, region and municipality.
- I know the four fundamental laws.
- I know basic voting rules for Riksdag, municipality, region and EU elections.
- I can explain source criticism with five questions.
- I know why free media matter.
- I can name the national minorities and explain Sami Indigenous status.
- I can explain collective agreements and unions.
- I can explain welfare and tax logic.
- I can summarise Sweden's modern history in five steps.
- I can explain EU, UN, Council of Europe, NATO and Nordic cooperation.
- I understand secular state, religious freedom and major Swedish traditions.

Topics I need to revise again

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Official source list and suggested use

Primary official source: Universitets- och högskolerådet (UHR), Sverige i fokus - utbildningsmaterial till medborgarskapsprov, 1st edition 2026. The official material states that the test will be based on that material. Use this workbook as a self-study companion, not as a replacement.

Also check official information from UHR, Migrationsverket, Regeringen and Riksdagen for current test rules, application rules and legal changes.

Final reminder

Read the official material at least once from beginning to end.

Use this workbook for active recall, notes, practice questions and last-minute revision.

Do not rely on any unofficial material alone.