

Administrator: The Board

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Reg. no.: O412-5/2122

## Development of an opinion on recovery

### Proposition 5

#### Draft decision

The Board proposes to the General Assembly

**that** in SFS Programme of Principles, at the end of paragraph 4.2 Social security, to add:

Students should have the possibility of support between semesters and on completion of studies. SFS considers that a student category should be introduced in the unemployment fund to secure support for recently graduated students. It should also be possible to formulate unemployment protection for students in a separate system. An exception for recently graduated students from programmes at college or university can also be made in the unemployment insurance in the form of a degree condition. Postgraduate students should be entitled to unemployment insurance regardless of form of funding.

**that**, in SFS's position: An open and equal higher education, 3.5 Recovery, to revise:

Recovery is an essential condition for a sustainable work environment, working life and study situation. Workload is one of many factors that affects the need for recovery and health can be adversely affected in connection with a lack of opportunities for recovery and holidays. SFS believes that students and postgraduates should have meaningful opportunities for appropriate recovery during their period of study.

Recovery should be taken into consideration when higher education institutions plan educational programmes. A security system should be in place that enables students and postgraduates to have longer sustained periods of recovery and time for recovery between semesters or study periods throughout their education. Structures must also be in place to ensure that postgraduates' opportunities to take holidays cannot be limited by supervisors. In addition, it is of major importance that the Student Health Services and the occupational health service have resources and expertise to assist students and postgraduates in issues relating to recovery.

## Covering letter

SFS's last focus issue addressed students' psychosocial health and work environment. In this context, it was noted that inadequate recovery contributes to students not being able to proceed to completion of their studies. Prior to the preceding SFSFUM, a motion was received to develop SFS's opinions regarding recovery, however a decision was taken that the issue needed further processing to avoid divergence with existing opinions.

Recovery is an essential condition for a sustainable work environment, working life and study situation. SFS considers that there should be a security system that enables students and postgraduates to have longer sustained periods of recovery and similar recovery periods to those enjoyed by professionals, and it is working to ensure that that is the case. The Board considers that SFS Programme of Principles and positions need to be supplemented.

The proposal entails a minor amendment in SFS Programme of Principles and a more substantial supplement to SFS positions. The principal supplement to the Programme of Principles is to add under paragraph 4.2 Social Security that postgraduate students are entitled to unemployment insurance regardless of form of funding. The supplement includes the fact that SFS believes that a student category should be introduced in the unemployment fund. This would facilitate recovery on completion of degree studies and give recent graduates better conditions to apply for a qualified job after their degree.

Supplements to SFS's position: Under heading 3.5 Recovery, an open and equal higher education, it entails a formulation that recovery time should be taken into consideration when the programme is designed; that the Student Health Service and the occupational health service should have resources and expertise to assist students and postgraduates in issues concerning recovery; that there should be a security system that enables students and postgraduates to, in part, have longer sustained periods of recovery, in part, time for recovery between semesters. These aspects of students' work environment are currently inadequate and neglected. The supplement also includes an emphasis on the link between recovery and good health in general.

Postgraduates and students have partly different situations in relation to their work-and study environment. For example, postgraduates' possibilities for recovery require clear information in order to illustrate the right to holiday that is in place according to the holiday legislation. It is also important that responsibility for postgraduates' recovery does not lie solely with supervisors. However, in relation to this, it is important to take into account that not all postgraduates are employed and 10 per cent finance their studies through scholarships.

The starting point for both students and postgraduates is, however, the same: that a person who does not receive sufficient recovery runs the risk of suffering from persistent tiredness, which can lead to exhaustion in the long-term. SFS's expanded opinions are of major importance for the design of functional routines, regulations and structures that can guarantee students' and postgraduates' recovery during their period of study.