

# Working hours per year

***“Working 9 to 5” is rare in Sweden, but working 40 hours a week is common. A full time employee/consultant could work 210 days per year resulting in 1680 hours that is distributed dependent on the persons need. By tracking work time predicting availability is easy.***

Sweden have in general 40 hours work weeks (some have a reduction called “reduced worktime” and end up with about 39 hours). As an employee or consultant, the employer can request 100% work at site resulting in that checking mails during commuting or evenings does not contribute to the hours agreed in the contract.

40 hours per week is 8 hours per working day. Adding 45 min for lunch/breaks per day, a working week could look like this:

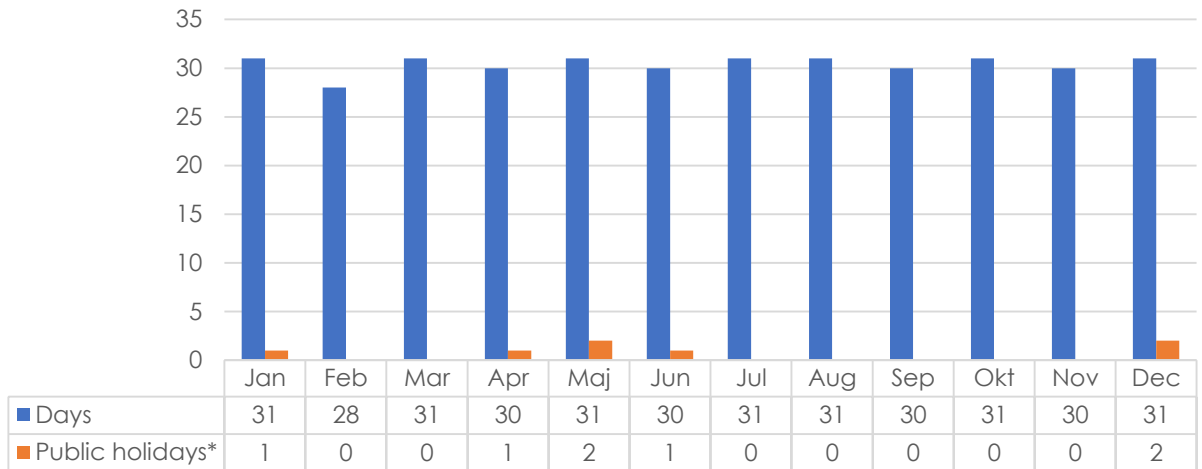
- Monday 8-17
- Tuesday 8-17
- Wednesday 8-17
- Thursday 8-17
- Friday 8-15:45

If an employee/consultant is working full time the expectancy of working days per year in Sweden is about 220, when removing weekends, public holidays and 25 days of vacation of the total 365 days of a year.

What's often lacking in that expectancy is sick days and other absence (doctor appointments, home with kids due to closed school, vehicle inspection etc.). By removing another 10 days for this, there are 210 days left per year. Multiplying 210 days/year with 8 hours, gives 1680 hours for work per year.

Looking at the distribution of the 1680 hours, it's not as simple dividing the hours by 12 to get the correct hours per month. Days per month and public holidays are easy to find in the calendar though.

Days per month

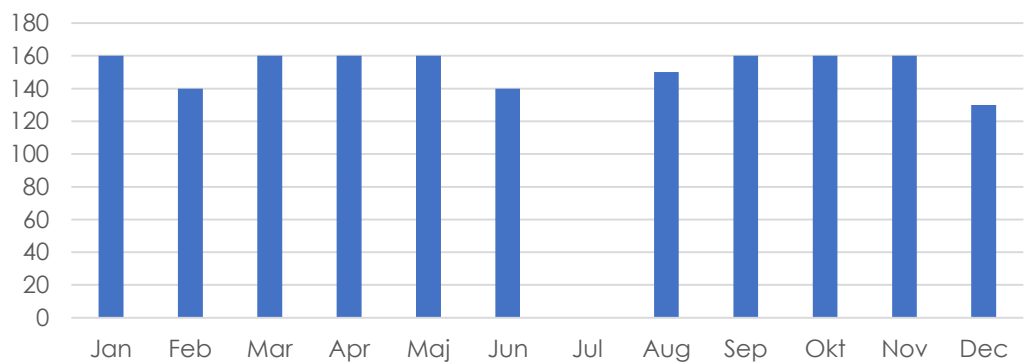


\*during weekdays 2018

To get the preferred choice of vacation times for a person is more difficult (few plan their Christmas in January and parents don't know school days closed for the next term).

By tracking the time on a monthly basis year by year, it's much easier to give an estimation of how the hours could be distributed the upcoming year.

Exemple of distribution of 1680 hours



Some, including the author of this text, track (and have tracked for years) their working time on a daily basis using easy-to-use applications, making the prediction extremally easy.

If you're not tracking your time – start now.