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guidebook
for
diplomats
2018/2019

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Dear new members of the diplomatic community of Stockholm



It is with great pleasure that I welcome you to Sweden, our capital Stockholm and its beautiful surroundings. With more than 100 missions resident here and many of the embassies also accredited to other countries in Scandinavia or across the Baltic Sea, Stockholm is a large diplomatic capital in the world.

The Stockholm region is Sweden's driving force and closely connected to the rest of the world. Just over one fifth of the population of Sweden live here, and one third of the economic growth of Sweden is created here. The country's leading knowledge centres are to be found here as well as a strong start up scene together with many international companies. People move here from all over the world, bringing new knowledge to the region. More than 2,2 million people live in Stockholm County.

The region's universities are strengthening their positions on the world stage. World-class research is carried out in many fields and several great innovations have emerged from Stockholm. Life sciences and information technology are two of the region's most competitive fields. Equality, sustainability and internationalization are central perspectives in Stockholm life.

It will not take long to discover that the county of Stockholm provides a wonderful setting as a place to visit, work and live in. Stockholm is outstanding among the capitals of the world as a green city with abundant water. The many rural areas, parks,

beaches and, of course, the archipelago, consisting of over 30,000 islands, make a strong contribution to the development and attractiveness of the region.

Cultural life in Stockholm also leads the way with a unique range of historical environments and buildings, galleries, museums, international cuisine, design and world class music. Stockholm combines a modern, urban and multicultural lifestyle with a small-town atmosphere. With its combination of historical culture, natural beauty and modern design, advanced research and development and state of the art technology – Stockholm is indeed a city for all seasons. I am sure this guidebook will help you to find your way around.

I wish you all the best for your stay in Stockholm.

Sven-Erik Österberg

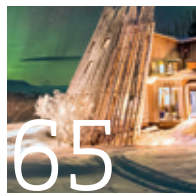
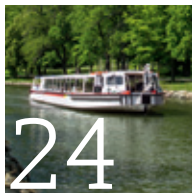
A handwritten signature in blue ink, which appears to read 'Sven-Erik Österberg'.

Governor of Stockholm County

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FARANG



Restaurant Farang takes you on a culinary journey through Thailand, Vietnam, Malaysia and Indonesia. Farang's food is based on aromas and the harmony of hot, sour, salty and sweet tastes.

Farang offers exciting fresh cocktails, an interesting selection of wines and a relaxed yet elegant atmosphere combined with warm service.

Restaurang Farang is located on the ground floor of an old industrial hall on Tulegatan, near Stockholm city center.

The restaurant is also well suited for different types of events with big or small groups. For more information, please visit our website or contact us directly.





Welcome to Stockholm

Welcome to Stockholm – one of the most beautiful capitals in the world. Built on 14 islands around one of Europe's largest and best preserved medieval city centres, the Swedish capital is superbly positioned, with stunning and extremely varied scenery in every direction.



Districts

Each of Stockholm's six inner-city districts has its own charm and characteristic atmosphere. All of the districts are very attractive living areas with public transport close at hand. Here follows a brief tour through the various districts.

City/Norrmalm

City/Norrmalm are really only areas for business and shops. Few people live in the area compared to the other districts of the city. The most eye-catching street life in City and Norrmalm is centred around Drottninggatan, Kungsgatan and Hötorget. Drottninggatan's many small shops and large department stores guarantee an almost endless shopping spree. At Hötorget vegetable and flower vendors gather to haggle prices for the day's fresh goods, which are often very favourable to customers.

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Djurgården

Djurgården is Sweden's most beloved amusement and recreation area. It includes more than 20 of Stockholm's finest attractions with entertainment, museums, restaurants and outdoor activities. The most famous attractions are Skansen – the first open-air museum in the world, Gröna Lunds Tivoli – an amusement park, Vasa Museum – the best-preserved 17th century ship in the world, and Junibacken – an interactive storybook building where children young and old can travel through the world of author Astrid Lindgren.

Vasastan

Vasastan is a lively neighbourhood with charming architecture and many trendy pubs. This is a hot neighbourhood for careerists and celebrities to set up in business. Vasaparken is a popular place for boules players, picnickers and families to get together and relax in during the summer. Vasastan offers some interesting sights as The City Library (Stadsbiblioteket), The Observatory (Observatorielunden) and Gustav Vasa Church. The Strindberg Museum is also located here. This is where the Swedish author August Strindberg spent the last four years of his life.



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Kungsholmen

Take a walk along the waterline that surrounds this district, the views are breathtaking. You can see wonderful buildings, stroll through beautiful parks and, of course, you must visit one of Stockholm's most important landmarks, The City Hall (Stadshuset). Don't forget to explore the areas around the central part of Fridhemsplan, Kungsholmstorg and all of its small streets and alleys. Kungsholmen offers a diverse choice of shopping venues, from Västermalmsgallerian to smaller specialist shops along Hantverksgatan.

Södermalm

Södermalm is known as Stockholm's most bohemian area. Here you can find the good bits of everything that is not mainstream when it comes to restaurants and shopping. The whole length of Götgatan is renowned for its large number of pubs. Medborgarplatsen is another place full of life in the summer, with lots of outdoor cafés and restaurants, the market hall and movie theatres that encircle the square make it folksy and festive. Here is where everyone gathers to enjoy the warm summer evenings.

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Östermalm

Östermalm is a district in Stockholm's inner city. This neighbourhood is associated with exclusive apartments, luxury hotels, high end fashion and a vibrant nightlife. And a wonderful area to stroll around in.

Östermalm is often described as the city's most fashionable district with an abundance of large luxury apartments, the most exclusive of which are found along Strandvägen. Take a walk there and soak in the atmosphere and enjoy the magnificent buildings and wonderful seaside views.

Bibliotekstan is the city's most affluent shopping district, with exclusive Scandinavian and international brands. This is located around Birger Jarlsgatan, Smålandsgatan, Jakobsgratan and Norrlandsgatan. Here you will find fashion brands such as Chanel, Louis Vuitton, Prada, Gucci, Burberry,

Stella McCartney, Ralph Lauren, Michael Kors, Nathalie Schuterman etc.

If you'd like to go shopping, there is Sturegallerian on Stureplan and Fältöversten on Karlavagn, both with lots of shopping and eating alternatives.

Östermalm is also the host of luxury restaurants and also has the highest concentration of nightclubs in the city, found around Stureplan.

There is a new great concept at the Eatery on Biblioteksgatan. Two floors for you to explore as you eat, shop, and learn all about the best food and drink from Italy!

Cont. on page 14.

08-30 00 64

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Bostadstjänst Företagsservice is a specialist agency for attractive apartments in central and suburban Stockholm.

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www.bostadstjanst.com

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Dramaten. Photo: Roger Stenberg

One of the city's oldest and most beautiful market halls, Östermalms Saluhall, is located on Östermalmstorg – in the heart of this district. It is a lovely food hall from 1888, with counters packed with the finest of cuisine. There are also several restaurants and cafés where you can enjoy traditional Swedish delicacies. At the moment the food hall is being renovated and the original star-shaped floor plan recreated. Until the spring of 2019, you can visit the temporary hall located on the Östermalmstorg square.

The Royal Dramatic Theatre further contribute to the area's fashionable status. It was founded in 1788 and commonly known as Dramaten. This beautiful white art nouveau-building at Nybroplan has been the theatre's home since 1908. In the repertoire

you'll find classical theatre, newly written Swedish and international theatre, and theatre for children and youth.

Sweden's most internationally renowned cultural personality, Ingmar Bergman, grew up here on Östermalm. First on Villagatan 22 and then Storgatan 3. He was and still is generally considered to be one of the leading directors in film history.

Ingmar Bergman's Plats and Ingmar Bergman's Gata, the square and street named in his honor, are both located just behind the Royal Dramatic Theatre.

Among museums in the neighborhood you'll find The Swedish History Museum and The Army Museum. The Nationalmuseum will reopen in October 2018, until that you can visit them on Sergels Torg.

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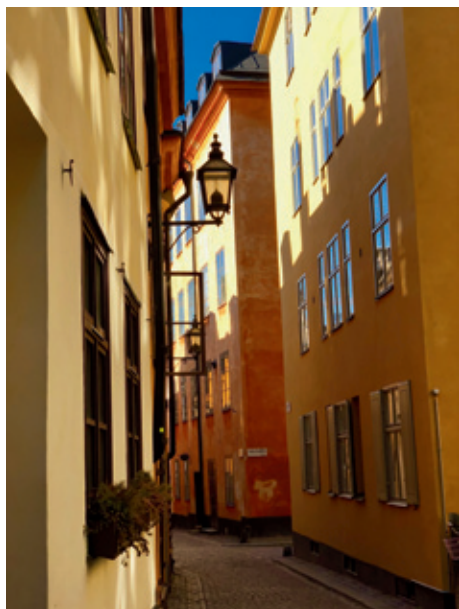


The Old Town

The Old Town (Gamla Stan) is one of the largest and best preserved medieval city centres in Europe, and one of the foremost attractions in Stockholm. This is where Stockholm was founded in 1252.

All of the Old Town and the adjacent island of Riddarholmen are like a living pedestrian-friendly museum full of sights, attractions, restaurants, cafés, bars and places to shop. Gamla Stan is also

popular with aficionados of handicrafts, curios and souvenirs. The narrow winding cobblestone streets, with their buildings in so many different shades of gold, give the Old Town its unique character. Even



now cellar vaults and frescoes from the Middle Ages can be found behind the visible facades, and on snowy winter days the district feels like something from a story book.

Cont. on page 18.



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There are several beautiful churches and museums in the Old Town, including Sweden's national cathedral Stockholm Cathedral and the Nobel Museum.

The largest of the attractions in the district is The Royal Palace, one of the largest palaces in the world with over 600 rooms. In addition to the reception rooms, there are several interesting museums in the palace, including the Royal Armoury, with royal costumes and armour. Don't miss the parade of soldiers and the daily changing of the guard.

Västerlånggatan and Österlånggatan are the district's main streets. The city wall that once surrounded the city ran inside these streets along what

is now Prästgatan. In the middle of the Old Town is Stortorget, the oldest square in Stockholm. Stortorget is the central point from which runs Köpmangatan, the oldest street in Stockholm, which was mentioned as early as the fourteenth century.

Mårten Trotzigs gränd (Mårten Trotzigs alley) is hard to find. It's the narrowest alley in the Old Town, only 90 centimetres wide at its narrowest point. Make sure not to miss Riddarholmen and the Riddarholmen Church. The church is a royal burial church, and was built as a Franciscan monastery for the so-called Grey Brother monks in the thirteenth century.



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ADS – Association of Diplomats Stockholm

If you recently have been posted to Stockholm, or have been here for a while but want to connect with your fellow diplomat colleagues, please take this opportunity to join our organisation.

The Association of Diplomats Stockholm (ADS), founded in 1999, is a professional non-profit organisation that brings together foreign diplomats posted to the Kingdom of Sweden.

The ADS aim to promote and encourage personal and professional contacts between its members, as well as with other international organisations, institutions and with Swedish diplomats.

We organise professional, social, cultural and other activities throughout the year, with the support and cooperation of different Swedish bodies and business partners. These activities can include trips within Sweden and to neighbouring countries, lectures, commercial and cultural visits.

Some of our annual events are the Beer Festival and the Welcome Reception. The Beer Festival gathers every year several embassies to compete for the best beer from respective country, while the Welcome Reception is arranged to greet newly arrived diplomats to Stockholm.

Feel free to come along to any of our events, even if you are not yet a member – look out for the invites we send to all posts – and do feel free to contact us directly to find out more: ads@diplomatstockholm.org.

How to join the ADS

All diplomats accredited to Sweden, below the rank of Ambassador, are eligible to join the ADS.

By decision of the Board, membership can be extended to non-diplomatic staff of Embassies, as well as to members of international organisations with offices in Sweden.

For information on how to sign up for membership please visit the ADS website: www.diplomatstockholm.org

The ADS Board

During the Annual Welcome Reception, held every autumn, the ADS holds the Annual General Meeting to elect the Board for the coming yearly term.

The current board comprises of:

Annette Draeger – Embassy of Germany

Ricardo Falla – Embassy of Ecuador

Valentin Stoev – Embassy of Bulgaria

Kateryna Tyminska – Embassy of Ukraine

Aldo Viggiano – Embassy of Mexico

Niko Kosmidis – Secretary



Photo: Jens Reiterer, Jens Design Sthlm

From the left: Ricardo Falla (Embassy of Ecuador), Annette Draeger (Embassy of Germany),

Aldo Viggiano (Embassy of Mexico), Kateryna Tyminska (Embassy of Ukraine), Niko Kosmidis (Secretary).



Diplomatic Spouses Club of Stockholm (DSCS)

If you're new to Stockholm and the spouse of an Ambassador or member of the Diplomatic corps, we would like to introduce you to the Diplomatic Spouses Club of Stockholm (DSCS).

The DSCS was established in 1961 as a non-profit organisation with the aim to help diplomatic spouses socialise in an informal environment and increase the knowledge of our host country, Sweden. To join our club you must be a spouse listed in the official Stockholm Diplomatic List and be based in Sweden.

We organise regular activities including visits to famous Swedish landmarks, organisations, high profile companies, museums or any facet of Swedish life.

We encourage our members to become actively involved in the organisation and to suggest and orchestrate activities. Some of our monthly events for club members are hosted at an Ambassador's residence to showcase the country's culture, foods and customs. Currently we have 58 Members representing 41 Countries.

We also welcome your support of our philanthropic projects that occasionally make up part of our club's calendar of activities.

The DSCS Board

Every year the Diplomatic Spouses Club of Stockholm holds the Annual General Meeting to elect the President. The Board holds monthly meetings to plan future events and follow up on the membership.

The current Board members are:

Chiara Nataloni – President, Embassy of Greece
Drew Lambert – Vice President/Treasurer, Embassy of Australia
Shirley Gross – Vice President, Embassy of Guatemala
Washarin Sa-ngiamsin – Secretary, Embassy of Thailand
Victoria Dobinda – Membership, Embassy of Moldova
Guergana Arabadjeva-Stoeva – Special events, Embassy of Bulgaria

Membership enquiries: dip.spouses.stockholm@gmail.com



*DSCS Opening Meeting
at the Italian Residence.*



*Australian wine tasting event
at the Australian Residence.*



*DSCS visit to Svensk Form,
the Swedish Society of Craft and Design.*

WHAT TO DO



Get to know Stockholm – City and Archipelago

The City

When you are new to a city, it is good to get some idea of the general layout so you can quickly feel at home and find your way around. One excellent way to get to know Stockholm is to come along on Stockholm Excursions bus sightseeing tour. This tour passes through all the city districts and all the must-see attractions.

And no visit to Stockholm is complete without a boat tour. Under the Bridges of Stockholm boat tour by Stockholm Sightseeing lets you experience the city from the water. The bus and the boat tours both have guided commentaries in more than 10 different languages that gives you insights into Stockholm's fascinating past and present.

The Archipelago

Whether you are visiting or living in Stockholm, a trip to the archipelago is a must. On Strömma Kanalbolaget's archipelago fleet, you can enjoy lunch, dinner and afternoon tea cruises, as well as half- and whole-day excursions with or without a guide. Many of Strömma Kanalbolaget's ships are more than 100 years old and have been lovingly restored to preserve their vintage charm. The destinations have been carefully selected and you will enjoy magical views throughout the voyage.

If you want to visit the outer archipelago, the fast and comfortable Cinderella boats are the best choice for you. They are a brilliant option if you want to explore the archipelago on your own terms. You can travel all the way to Möja or Sandhamn, or hop off on one of the islands along the route!

Find out more and book at www.stromma.se



Photo: Magnus Rietz

GUIDED TOURS

Things to see & do

Stockholm has a lot to offer when it comes to activities.

Here is a few suggestions on guided tours.

Find out more on www.visitstockholm.com

The Wooden Bike Tour

Explore Stockholm on a handcrafted wooden bicycle on what is arguably the most unique, ecofriendly and eye-catching sightseeing experience of this beautiful city. Sweden is ranked as The Most Sustainable Country in the World... this tour give you a little taste of that as you get to experience the most breath taking views of Stockholm riding on a handcrafted wooden bike that is 100% ecofriendly. Starting off in the heart of the city, this bike tour takes you to see all the landmarks and famous locations while taking you through the intimate and well-hidden bike lanes that only a true Stockholmer knows about.

www.toursofstockholm.com/tour/wooden-bike-tour

The Old Town Tour

Guided tour in Old Town that is by far the most mythical and legendary neighbourhood in all of Stockholm. As the city's historical center, this is where you find out about ancient events and hear fascinating stories and tales that would last for a lifetime. With this tour its like you step in to a time machine and are whisked back to the middle ages where noblemen, princesses and dukes roamed the streets. Come find out about the Stockholm Blood Bath, the cannonball wedged in house façade and the legend of S:t George and the Dragon.

www.toursofstockholm.com



GUIDED TOURS



Photo: Tove Freij/mediabank.visitstockholm.com

The Shopping Tour

If you love shopping this is the tour for you! Whether you are into Luxury Boutiques, Designer Brands, Scandinavian Fashion, Interior Design or Vintage this tour gives you a VIP shopping experience of Stockholm in ways you could not imagine. Our fashion experts offer a new way to experience shopping and live fashion in Stockholm with our exclusive services and customised shopping tour. www.toursofstockholm.com/tour/the-shopping-tour

The Stockholm Food Tour

If you want to get the proper introduction to Sweden, this is the tour for you! Using food as the tool for exploring, we introduce you to what the land of ABBA and VOLVO is all about and take you on an exciting walking tour that highlights the foods that

are and have been prolific in making Sweden one of the happiest countries in the world. Come taste the meatballs and fish soups that have got international acclaim, indulge in Swedish chocolate that is being served at Royal weddings and be guaranteed to taste something you have never tasted before... smoked liquorice!

www.toursofstockholm.com

The Wine Tasting Experience

Learning about wine should be as fun as drinking it. On this tour you will be introduced to our five basic tastes, and discover how the same wine can taste so different depending on what you have it with. This tour's wine ambassadors are charismatic wine experts who will lead you through tastings and pairings and you will learn how to taste, pair and buy. www.toursofstockholm.com



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Photo: Staffan Eliasson/mediabank.visitstockholm.com

Guided tour of the Royal Stables

Welcome to the Royal Stables – a unique destination in the centre of Stockholm that is first and foremost a workplace but also a living museum. The Royal Stables is open for guided tours in English Saturdays at 13:00 from 12 January.
www.kungahuset.se

100 Point Challenge

The 100 Point Challenge is a game, a quiz, and a race against the clock. It's the most unique and fun way to explore Stockholm, and it's tougher than you'd think. There are challenges suitable for visitors and locals. Public challenges are available every Saturday from March to December and private bookings on request.
www.100pointchallenge.com

Stockholm Free Tour

Free guided walking tours in English and Spanish that take you to the main sites of Stockholm. Tours start daily at 10 am in Gamla Stan and last for about 1 hour and 30 minutes.
www.stockholmfreetour.com

Evening Kayaking in the City

Stockholm is lovingly known as "The Venice of the North" due to it being situated over 14 islands and linked by 57 bridges! So why not discover this beautiful city from the water during the evening? Enjoy a leisurely sightseeing paddle that will allow you a fabulous vantage point as you look in on the city from your kayak. You'll feel the pulse of the city from a very different perspective!
www.stockholmadventures.com



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GUIDED TOURS



Art in the subway. Photo: Victor Gårdsäter/mediabank.visitstockholm.com

Tour of the Art in the Metro

Stockholm Metro is sometimes called the longest Art Gallery of the World because of its more than 90 stations decorated with art. Join us on an one-hour free guided tour of some of the most interesting stations. The only thing you need is a valid Metro ticket.

www.slkonst.se

Tour of the Art at Citybanan

Two new commuter rails stations were opened in 2017, Stockholm city and Stockholm Odenplan. 14 artists have been decorating the stations with contemporary art. Join us on an one-hour free guided tour of some of the pieces. The only thing you need is a valid Metro ticket

www.slkonst.se

Craft Beer Tour in English

Did someone say beer o' clock? Whilst trying out some of the best craft beers Sweden has to offer, you will hear about how beer went from being our number one drink to being banned for over thirty years (whilst hard liquor was not!). How beer relates to sexual abstinence and what the origin of the very peculiar Swedish monopoly for alcohol sales is – Systembolaget. This craft beer tour will teach you all about the origin of Swedish Christmas and Midsummer celebrations and how they relate to beer drinking. Discover the history of the deeply rooted Swedish drinking rites as a social phenomenon, with traditions dating back to the Viking Age.

www.ourwaytours.com/our-tours/tour/stockholm-craft-beer-tour



Photo: Ola Ericson/mediabank.visitstockholm.com

Guided tours of the Riddarholmen Church

The Riddarholm Church is the final resting place of the Swedish kings and Stockholm's only preserved medieval monastery church. With the one exception of Queen Christina, all succeeding rulers of Sweden from Gustav II Adolf (d. 1632) to Gustaf V (d. 1950) are buried in the Riddarholmen Church. During the summer months, several guided tours are available to visitors. These tours cannot be booked in advance. A guided tour takes approximately 45 minutes. To follow a guided tour simply buy your entrance and tour ticket and meet at the designated time and place for the start of the tour.
www.riddarholmskyrkan.se

Modern Murder Mystery

Is Sweden really as innocent as it's always made out to be? Recent history suggests otherwise. If you're looking for a tour out of the ordinary, this is the tour for you. Walking through the main city centre in Stockholm, we will stumble across happenings that question the innocence of Sweden. Our Modern Murder Mysteries took place in public places, such as NK, Stureplan and Norrmalmstorg. One of them has even given a name to a psychological condition, the Stockholm Syndrome.

www.ourwaytours.com/our-tours/tour/modern-murder-mystery

GUIDED TOURS

Hipster Island Walking Tour of Södermalm

Looking for hipster Stockholm? On our Hipster Island walking tour, we journey through executions, beautiful views and the life of the working class, all in the setting of hipster quarter, also known as bohemian Södermalm.

Imagine a place where they stuff their own sausages and brew their own beer. Main tasks of the day include buying a latte, bringing your toddler in your vintage carrier to Nytorget Square to meet your fellow latte mums and sourdough dads. At Hipster

Island, also known as Södermalm, this is the reality. If you want to experience hipster Stockholm - this is it!

We'll drop you off in SoFo (South of Folkungagatan), right in the heart of Hipster Island. Before we say our goodbyes, we will give you a taste of a real hipster treat... Don't be scared!

During the tour, you will be introduced to the Swedish phenomenon of "folköl".

www.ourwaytours.com/our-tours/tour/hipster-island



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SoFo

SoFo, meaning South of Folkungagatan, is a nickname for a buzzing part of Södermalm, relating to the area SoHo, South of Houston Street, on Manhattan.

Text: Justina Rosengren

The area lacks exact borders but hovers around Folkungagatan in north, Vitabergsparken and Erstagatan in east, Götgatan in west and Ringvägen in south.

SoFo is considered to be one of the best shopping areas in the world according to many fashion and travel magazines. The streets of SoFo are packed with interesting, cool and creative shops specializing in clothing, design, jewelry, knickknacks, vintage, houseware, music and much more. Several fashion brands have their own stores in this district.

There are also plenty of restaurants and cafés in the area. The atmosphere is laid-back, yet highly aware. In the warm months, Nytorget Square is a bustling social scene.

Every last Thursday of every month a lot of businesses stay open till 9pm and usually have offers or something fun going on. This night is called SoFo night and is very appreciated

SHOPPING



Sturegallerian

At Sturegallerian, you'll find everything needed to make life just a little bit more enjoyable. Situated in the heart of Stockholm City.

At Stureplan, in the very heart of Stockholm, you'll find Sturegallerian – an artful diversity of selected shopping, contemporary dining and modern lifestyle. Centrally located, it is a haven for male and female fashionistas, bookworms, gourmets, audiophiles, café hounds, interior design enthusiasts and other followers of quality. But it is also a natural meeting place, melting pot and a hub for city living both day and night with pubs, nightclubs, leisure and recreation.

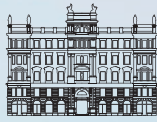
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Or, as the locals say, to *lägga rabarber* on something?

It's a Swedish expression. But it doesn't make sense unless you know the story: Someone misheard "embargo" as "rhubarb". Since then, whenever you want to claim something – or get your hands on something – you say you want to put rhubarb on it. Now go put rhubarb on something pretty in Fältöversten. A mall with 50 shops, 10 restaurants and lots of people speaking Swedish.

Lagerhaus

Affordable interior design, anyone? This place has everything your home could ever dream of. And great gifts! For yourself or someone you like. Not that they contradict each other.

Slakteriaktiebolaget

Fresh fish, burgers and vegetables. But it's meatballs they're famous for. No, see that's where you're wrong – it is NOT a cliché. It's a classic! Welcome to Sweden. And if you go with the meatballs, don't be shy. Ask for extra lingonsylt. It's amazing.

Jackie

Not sure what you want except that you want to look good? Say hello to Jackie. A concept store offering brands like Marc Jacobs and Burberry mixed with Scandinavian gems like Filippa K and Acne. And they have pink walls.





To know before moving to Sweden

As diverse as Sweden is, there are a few societal norms that are distinctly Swedish – some quite basic, others more subtle. Understanding a handful of them will hopefully prepare you culturally before moving to Sweden. When you're invited home to a Swede, you'd better be on time and take your shoes off...

This text was written by Lola Akinmade Åkerström for sweden.se.

Swedes love their coffee

Few people drink more coffee than the Swedes. In Sweden, coffee drinking is fostered through a tradition called *fika* – in which friends, family or colleagues meet for coffee or tea, often with something sweet on the side. Most Swedes will enjoy at least one *fika* a day as an opportunity to bond.

Get in line

From the pharmacy and tax office to your local grocery store's meat counter, you'll be forced to exercise patience as you wait to be served in a numbered queue. Many businesses have a ticketing system – usually a small hard-to-find machine hung on a wall that dispenses number notes. Once you grab your ticket, you'll have to wait until your number shows up on a screen before you can proceed to the counter.



Photo: Tove Freij/imagbank.sweden.se

Speaking Swedish helps (no, really?)

Chances are you can live here for years without learning a lick of Swedish. Swedes are widely rated as world number two at English as a second language. Therefore it might take you longer to learn Swedish, and the Catch-22 is that fluency in the language is crucial to full integration. Signing up for SFI (Swedish for immigrants) could be a step in the right direction. Learning Swedish might be a challenge, but worth the effort. SFI courses are offered through each local municipality's adult continuing education program (kommunal vuxenutbildning, or komvux) so you will need to contact your local municipality.



Get your shopping done before 17:00, if you can

Many stores close early, especially at weekends. You'll be hard-pressed to find a store open past ten in the evening that isn't a petrol station. It's worth keeping in mind that since many Swedes are done with their regular jobs around five it's likely that you'll be battling crowds to get your shopping done between five and half past six.

You will squeeze food out of toothpaste tubes

To prepare you for your first visit to the cold foods section of a grocery store, understand that in Sweden, tubes are also used to package foods such as caviar, mayonnaise, mustard, and other similar condiments. At some point, you'll probably squeeze some caviar from a tube onto half a boiled egg for breakfast.

SWEDEN & SWEDISHNESS



You will see fathers pushing prams

When it comes to equality between the sexes, Sweden is one of the leaders, and the men definitely pull their own weight in staying home and raising infant children. In Sweden, couples are entitled to 480 days of paid parental leave, and this time can be shared between parents.

Swedes are an outdoorsy bunch

Okay, maybe not all of them. But many. In Sweden, all year round there's at least one activity that can be enjoyed, come rain, shine, or winter blizzard. And the government has made it easy to enjoy Sweden's nature by giving people the Right of Public Access, *Allemansrätten*.

Many businesses shut down in July

It's not uncommon to find restaurants and stores shut down for an entire month, usually in July, while employees take their four to six weeks of holiday.

Lagom

There is a societal code of conduct in Sweden which really has no direct translation. Loosely translated, the word *lagom* means 'just enough', 'in moderation', 'appropriate' and other synonyms you can pull out of the dictionary. When used in reference to societal behaviour, it means blending in appropriately without extreme displays of emotion.

Melodifestivalen – not so lagom

Melodifestivalen – the national event through which Sweden's representative at the Eurovision Song Contest is decided – unites large parts of the population. Held every February through March, it is a particularly welcome distraction on long dark winter nights. Come May, the Eurovision Song Contest is just as popular – though some Swedes prefer the ice hockey world championships, which usually coincide with the international music event.

Locate your nearest IKEA

There are very few stores in Sweden where you can buy affordable furniture and food at the same time, so it's definitely worthwhile locating your nearest IKEA. Many IKEA stores offer free bus services from central locations to the store and back.

Take off your shoes!

You'll quickly notice that shoes are taken off when entering private residences in Sweden. Some explain it with the simple fact that Swedes spend a lot of time outdoors during winter and are prone to dragging in dirt. Others say it's a sign of respect for the home. Either way, you might want to think twice before wearing full lace-up boots when visiting folks.

Winters are cold and dark

It's no secret that Sweden's geographical location makes it prone to cold, dark winters. At the depth of winter in some northern parts of the country above

the Arctic Circle, you might get as little as three hours of sunlight per day. So, winters may be rough, but you'll be rewarded during summer. Long hours of daylight and moderately warm temperatures make Sweden one of the most beautiful places to be in during May to August.

Be on time

It is common knowledge here that 'time' should be respected at all times – regardless of whether you're going for an interview or a friendly fika. Meetings will start on time with or without you. The train leaves on time with or without you. Swedes value punctuality.

The state-owned alcohol monopoly

While you can purchase alcoholic drinks in restaurants and bars, if you'd like to take a sip from the bottle in the privacy of your own home, you've got only one legal option of buying stronger alcohol, and that's from one of the roughly 400 state-run liquor stores (Systembolaget).

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Photo: Tina Stafrén/imagebank.sweden.se

Special days celebrating food

Sure, Swedes celebrate Christmas, Easter, Midsummer and Walpurgis Eve. But almost as important are the days celebrating foods: Shrove Tuesday (Fettisdagen), which in Sweden calls for a semla; Waffle Day (Väffeldagen) on 25 March; and Cinnamon Bun Day (Kanelbullens dag) on 4 October. Feel free to gorge on said food all day long without guilt.

Business casual means jeans

General everyday fashion in Sweden is simple, relaxed and casual. This same concept has seamlessly seeped its way into more formal business settings. Unless your colleague is meeting foreign clients or attending a high stakes board meeting, chances are they are wearing jeans and a long-sleeved shirt.

Keep that plastic bag

Think twice before you toss out that plastic bag. Most Swedish grocery stores charge you for plastic or paper bags in an effort to keep waste low and encourage recycling. Swedes like to keep it sustainable.

It is safe to drink the water

Drinking straight from the tap is the norm in Sweden. The water is clean and fresh, so you can save both money and the environment by not buying bottled water.

Not all education and health-care is free

While the Swedish healthcare system is largely taxpayer-funded, it's not entirely free. For routine doctor's office visits, the maximum amount you may have to pay out of pocket for an entire year is SEK 1,100.

Universities in Sweden are free for citizens of the EU/EEA or Switzerland. Since 2011, students from other countries are charged for studying at Swedish universities. The universities set their own fees, which mostly vary between SEK 80,000 and 140,000 per academic year. Read more about studying in Sweden at studyinsweden.se

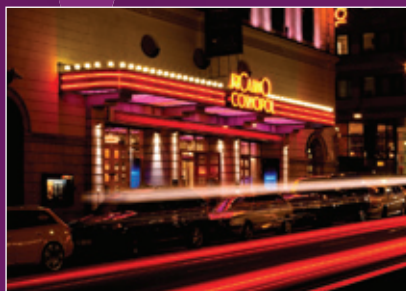
Useful links

- work.sweden.se
- studyinsweden.se
- sweden.se/culture-traditions
- sweden.se/nature
- sweden.se/society
- skatteverket.se (the Swedish Tax Agency)

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HOLIDAYS & TRADITIONS



Walpurgisnight. Photo: Henrik Trygg/mediabank.visitstockholm.com

Holidays & traditions

Swedes have many holiday celebrations throughout the year. Most public holidays begin their celebrations a day early – on the “eve”. As this day is considered as a Saturday, banks, offices etc. are closed and shops in town close earlier than usual. Shops are not required to stay closed on public holidays and opening times are decided by the shop owner. Public holidays are called “red days”, röda dagar.

Nyårsdagen-New Years Day

January 1st is a public holiday and December 31st is treated as a Saturday.

Trettondag jul-Epiphany

January 6th. Many offices are closed on the 5th of January or at least close early. January 6th is a public holiday. This is the last time julbord (Christmas “smörgåsbord”) will be served. It is also the day to remove all Christmas decorations and throw out the Christmas tree.



Easter tradition. Photo: Lena Granefelt/imagebank.sweden.se

Vasaloppet-Vasa ski race

1st Sunday in March. An international ski marathon from Sälen to Mora (85km). This is reputedly the biggest cross-country ski race in the world. The first Vasa ski race was arranged in 1922. The route is the same as King Gustav Vasa took in 1521 while being pursued by the Danes.

Påsk-Easter

Falls between March 22nd and April 25th. Långfredagen - Good Friday. Påskdagen - Easter Sunday. Annandag Påsk - Easter Monday. Shops and offices close early on Thursday, Friday, Sunday and Monday are public holidays. The word påsk originates from both Italian and Greek vocabulary meaning Passover. In 1325 Nicosia decided Easter would fall on the first Sunday after the first full moon after vårdagjämningen (vernal equinox). This is on March 21st, therefore Easter falls between March

22nd and April 25th. Over the Easter period you will observe many different traditions which are unique to Sweden.

Valborgsmässoafton-Walpurgnight

April 30th. People welcome the onset of spring by lightning huge bonfires. Traditionally, witches were believed to have travelled on brooms or goats to old sacrificial settings. People in villages would light fires to scare off the evil doers. Students wear their white caps and sing traditional songs followed by a night of dancing. Shops and offices often close early.

Första Maj-May day

May 1st. Holiday of the working classes and traditionally a day of protest marches. Shops and offices are closed.

HOLIDAYS & TRADITIONS



Midsummer celebration. Photo: Carolina Romare/imagebank.sweden.se

Kristi Himmelfärdsdag- Ascension day

The 40th day after Easter. Always occurs on a Thursday and is a public holiday. Many offices and public authorities will also be closed the following Friday.

Pingst-Whitsun

10 days after Ascension day. Pingsafton - Whitsun eve. Pingstdagen - Whitsun day. Pingstdagen is a public holiday.

Sveriges nationaldag- Sweden's national day

June 6th, a public holiday. Parades, flags etc. are commonplace on this day. On June 6th 1523 Gustav Vasa ascended the throne and united the Swedish nation.

Midommar-Midsummer

Saturday between June 20th and June 26th. Midsummer Day is a public holiday, and Midsummer's Eve is treated like a Saturday. Midsummer is celebrated during the weekend around the longest day of the year. It was originally celebrated to welcome the arrival of summer in anticipation of a fruitful harvest. According to folklore, it was believed that Midsummer Eve was a night of magic and supernatural occurrences. Family and friends gather and enjoy the traditional meal of matjesill (pickled herring), gräddfil (sourcream), gräslök (chives), and new potatoes accompanied by Swedish "snaps". You can also see people dancing around the flower covered maypoles (which incidentally were considered to be an old viking fertility symbol) while singing folk songs.

Kräfskiva-Crayfish Party

Middle of August. A strong tradition amongst Swedes are crayfish parties held during the middle of August. People gather to eat boiled crayfish, drink Swedish snaps and sing lots of drinking songs.

Surströmmingskiva-Fermented Herring Party

End of August. Another summertime tradition is fermented raw herring from the north of Sweden. It is famous for its incredibly potent smell and therefore enjoyed by a select few only. The premiere for this day is on the third Thursday of August and in fact, in the north of Sweden they often substitute crayfish parties for this sour, salted herring from the Baltic Sea. If you are brave enough to sample surströmming, then it should be eaten in accompaniment with crisp bread (tunnbröd), almond shaped potatoes (mandelpotatis), raw onion, sourcream, and washed down with beer, snaps or milk.

Alla helgons dag- All Saints day

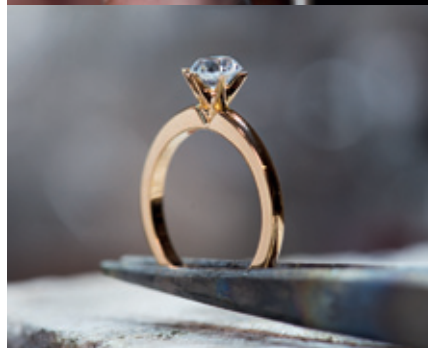
Saturday between October 31st and November 6th. Some offices close on the Friday before All Saints Day. Saturday is a public holiday. Families light candles and place flowers and wreaths on the graves of loved ones.

Mårten Gås-St. Martins Day

November 11th. This is to mark the end of autumn work and start of winter activities. It is celebrated mainly in the south of Sweden where goose is eaten on this day.

Advent-Advent

The 4 Sundays before Christmas. The traditional time of year to begin decorating for Christmas, lighting Advent Candles and opening Advent Calendars. Also the time to eat julbord (Christmas smörgåsbord dinner).



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HOLIDAYS & TRADITIONS



Saint Lucia Day. Photo: Henrik Trygg/mediabank.visitstockholm.com

Nobeldagen-Nobel Day

December 10th. The date of Alfred Nobel's death. On this day the Nobel prizes are awarded in a grand ceremony and banquet which is shown live on TV.

Lucia-Saint Lucia Day

December 13th. Lucia is not a public holiday. According to folk tradition this is the longest night of the year and marks the beginning of the Christmas season. St. Lucia is the patron saint of light and was supposedly introduced to West Sweden by Irish missionaries in the 9th century. Celebrations began in the late 18th century when young girls, wearing white clothing and crowns of candles in their hair,

would serve coffee and buns to the master and mistress of the house. Nowadays, a young girl dressed in white and with a crown of lighted candles on her head parades while singing special songs, along with a procession of "young lords and ladies in waiting", also dressed in white.

Julafton-Christmas Eve

December 24th. Juldagen - Christmas Day. Annandag Jul - Boxing Day. Christmas is celebrated on Julafton. December 25th and 26th are public holidays.



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*Some of the halls can close fully or partially in connection with The King's official receptions.

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Photo: Åke Eison Lindman/ABBA The Museum

Culture – museums, art & music

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www.abbathemuseum.com

Djurgårdsvägen 68, tel 08-121 328 60

Artipelag

The name Artipelag is a combination of the words art, activities and archipelago. Artipelag is a unique international meeting place where art exhibitions, cultural activities, architecture, Swedish design and excellent food is combined in an archipelago setting. Artipelag is located only 20 min by car/bus from the

city and the building, which measures 10.220 sqm, hosts several meeting rooms in varying sizes, as well as an art exhibition hall, two restaurants (both indoor and outdoor service depending on season) with magnificent sea view and a large open spaced foyer, which can be used for dinner parties as well. Above this, Artipelag is also offering a great space for large events, banquets, product launches, opera and theatres to mention a few examples. At the most the Artbox allows 1.000 persons in cinema seating. For more information about the venue, please check out their web page.

www.artipelag.se

Artipelagstigen 1, Värmdö, tel 08-570 130 00

Bukowskis

The Bukowski Auction House was founded in 1870 by Henryk Bukowski. Bukowskis has six fine art auctions per year. 3 in the spring and 3 in the fall. A modern, a contemporary and a classic auction each season. The Bukowski group has a longstanding tradition of specialist knowledge of highest quality. www.bukowskis.com

Arsenalsgatan 2, tel 08-614 08 00

Fotografiska

Fotografiska is one of the world's largest meeting places for contemporary photography. Fotografiska features four major exhibitions and approximately twenty minor exhibitions per year. In addition to the exhibition spaces, Fotografiska houses a book and souvenir shop, a rewarded restaurant, and commercial photography gallery. In the bar on the upper floor, you can take in one of the most spectacular views of Stockholm! www.fotografiska.eu

Stadsgårdshamnen 22, tel 08-509 005 00



Fotografiska. Photo: Max Plüger



Photo: Bukowskis Auctions

Moderna Museet

The Moderna Museet is a place for lovers of art and culture, whether young or old. Here you will find one of Europe's most distinguished collection of modern and contemporary art with key works from the hands of Pablo Picasso, Robert Rauschenberg, Salvador Dalí, Henri Matisse, Meret Oppenheim and many others. www.modernamuseet.se

Skeppsholmen, tel 08-520 235 00

Prins Eugens Waldemarsudde

Prins Eugens Waldemarsudde, formerly the residence of Prince Eugen (1865-1947), is today a popular art museum. Prince Eugen was among the finest landscape painters of his generation and an art collector with special emphasis on Swedish art. Throughout the year, a selection of Prince Eugen's own art, works from the Collections and temporary exhibitions, are displayed. The Prince's beautiful Private Apartment and sculpture park are always open to visitors. Open Tue-Sun.

www.waldemarsudde.se

Prins Eugens väg 6, tel 08-545 837 00

CULTURE



Photo: Skansen

Skansen

Skansen is the world's first open-air museum, founded in 1891. At Skansen one can wander through five centuries of Sweden and feel the history in the houses and farms, where chores such as spinning and weaving is performed by period dressed people. Skansen is home to Nordic animals such as bears, wolves and moose. Swedish holidays like Midsummer, Lucia and Christmas are celebrated in a traditional way, and during the summer one can participate in traditional folk dancing. Open all year round.

Djurgårdssläätten 49-51, tel 08-442 80 00

Sven-Harry's

Sven-Harry's art museum in Vasaparken is a spectacular building with a facade of brass designed by Wingårdhs Arkitektkontor. The building houses an art gallery, restaurant, residential apartments and commercial space. On top of the building there is a replica of Sven-Harry's former home with paintings, furniture and carpets from his private collection. August Strindberg, Carl Fredrik Hill, Märta Måås Fjetterström, Georg Haupt and Gio Ponti are represented among many others. www.sven-harrys.se

Eastmansvägen 10-12, tel 08-511 600 60



The Swedish History Museum. Photo: Pelle Bergström

The Swedish History Museum

In the Gold Room you will find Sweden's foremost gold- and silver treasures. Here, for example, you will find the 1500-year-old golden collar from Älleberg which was made so skillfully that today's goldsmiths do not understand how it was done. Vikings is one of the world's largest Viking exhibition with 4.000 original artefacts. Here you will find everything from runestones, jewelery, tools and gaming pieces to a model of the Viking town of Birka and a four metre long copy of a Viking ship.

www.historiska.se

Narvavägen 13-17, tel 08-519 556 00

The Carl Milles Art Museum

Millesgården was the home of sculptor Carl Milles. With remarkable dedication, he built and then continuously beautified the home, located on the island of Lidingö, Stockholm. Millesgården has a unique environment, one that offers visitors both relaxation and cultural experience. The museum park features sculptures, fountains, the Artist's home, a collection of antiquities and an Art gallery. The internationally renowned artist's most important works are installed here. www.millesgarden.se

Herserudsv. 32, Lidingö, tel 08-446 75 90.

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Photo: Staffan Waerndt

The Nobel Museum

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www.nobelmuseum.se

Stortorget 2, tel 08-534 818 00



The Nobel Museum

The Vasa Museum

The Vasa is the best-preserved 17th century ship in the world, the most popular museum in Scandinavia and one of the foremost tourist sights in the world. The impressive warship sank on her maiden voyage in 1628 but was salvaged 333 years later in 1961. She has since then been restored and can now be seen with her complete lower rigging at the Vasa Museum – the only museum of its kind in the world. Surrounding the ship are several permanent exhibitions, cinemas, a shop and a restaurant.

www.vasamuseet.se

Galärvarvsvägen 14, tel 08-519 548 00.



The Vasa museum



Photo: Daniel Herzell/Folio/imagebank.sweden.se

Classic Swedish food

Text: sweden.se

Swedish home cooking springs from a combination of severe winter climate and intensive summer light. With a wide variety of fresh Swedish ingredients available, there are plenty of delicious traditional recipes to choose from. We've selected a few favourites for you to try at home. Enjoy your meal!

Swedish meatballs

This classic recipe for Swedish meatballs guarantees the perfect taste – if you add lingonberries! From Sweden, with meatball love.

Ingredients (4–6 servings)

500 g (18 oz) ground (minced) beef/pork mixture

250 ml (1¼ cup) milk

75 g (¾ cup) white breadcrumbs

1 egg

1 onion

salt, white pepper

ground allspice

Finely dice the onion and sauté gently in a little butter without browning. Soak the breadcrumbs in milk. Blend the ground meat, preferably in a food processor, with the onion, egg, milk/breadcrumb mixture and the spices to the proper consistency and taste. Add a little water if the mixture feels too firm. Check the taste by test-frying one meatball. Then shape small meatballs with the aid of two spoons and place on water-rinsed plates. Brown a generous pat of butter in a frying pan, and when it 'goes quiet' place the meatballs in the pan and let them brown on all sides. Shake the frying pan often. Serve with potato purée or boiled potatoes and raw stirred lingonberries.



Photo: Per-Erik Berglund/imagebank.sweden.se

Jansson's Temptation

Jansson's temptation, or Janssons frestelse – a creamy potato and anchovy casserole – is said to have been named after Pelle Janzon, a food-loving Swedish opera singer of the early 1900s.

Ingredients (6–8 servings)

1.2 kg potatoes
400 g onions
375 g spice-cured sprat filets
600 ml heavy whipping cream
salt, white pepper
breadcrumbs
butter

Peel the potatoes and cut them into strips. Peel and cut the onions into thin slices, sautéing them gently in a little butter without browning. Grease an oven-proof baking dish and cover the bottom with a layer of potatoes, then add half the onions and half the sprat ('anchovy') filets. Another layer of potatoes, then the rest of the onion and sprats. Finish with a layer of potatoes. Flatten the surface, apply a few turns of pepper fresh from the mill and sprinkle on a little salt. Pour the cream on until it is almost visible through the potatoes. Place a few pats of butter on top and, if desired, sprinkle with some breadcrumbs. Bake in the oven (250°C/475°F) for about an hour.

Toast Skagen

Toast Skagen is an elegant combination of prawns and other ingredients on a small piece of sautéed bread. When you really want to celebrate something, be extravagantly generous with the whitefish roe. The sprig of dill on the top serves as a fanfare.

Ingredients (4 servings)

4 slices of white bread
320 g (11 oz) peeled prawns (shrimps)
4 tbs mayonnaise
1 tbs Dijon mustard
150 g (5 oz) whitefish roe
50 g (2 oz) fresh dill
1 lemon
butter

Cut off the crusts of the bread slices. Sauté the bread golden brown on both sides in a little butter. Place on paper towels. If the prawns are large, cut them into smaller pieces. Save four sprigs of dill for garnishes. Finely chop the rest of the dill and mix with the prawns, mayonnaise and mustard. Apportion the mixture on the slices of sautéed bread. Shape the whitefish roe like eggs and place on top of each toast. Garnish each with a sprig of dill and serve with a slice of lemon.



Photo: Jakob Fridholm/imagebank.sweden.se

A few landmarks of Swedish architecture

Text: sweden.se

From the world's first twisting skyscraper to a melting ice hotel, a land art installation in a micronation and not to mention our planet's longest cable-tied road and rail bridge.

The Turning Torso

Malmö's Turning Torso, designed by Santiago Calatrava, is the world's first twisting skyscraper and Scandinavia's tallest tower at 190 metres. It celebrated its 10th birthday on August 27, 2015, and won the CTBUH's (Council on Tall Buildings and Urban Habitat) 'Ten year award' the same year.

The micronation

Nimis, meaning 'too much' in Latin, is a controversial site-specific art installation started by Lars Vilks in 1980. Measuring 100 metres wide and with towers as high as 25 metres, it's an impressive architectural playground. Viewers can climb into and enter the buildings made of driftwood, as well as admire them from the beach, the sea and the heights of the nature reserve of Kullaberg.

The moveable church

Gustav Wickman's Kiruna kyrka from 1912 has been voted Sweden's most beloved building of all time. Due to extensive mining, it will be taken apart, moved and reconstructed in a new location along with the rest of the northern city of Kiruna in the forthcoming years.

The ferry terminal

Strömkajen's ferry terminal buildings provide a gateway to the Stockholm archipelago. The terminals, in the form of cones constructed with squares of brass alloy, are scaled down to highlight the surrounding monumental edifices: the Royal Palace, Grand Hotel and National Art Gallery.



The Turning Torso. Photo: Aline Lessner/imagebank.sweden.se

ARCHITECTURE



The Mirrorcube. Photo: Lola Akinmade Åkerström/imagebank.sweden.se

The hotel among the trees

The Mirrorcube is one of the half-dozen havens of contemporary architecture that is Treehotel (2010), way up in Harads in the north of Sweden. Renowned Swedish architects – Tham & Videgård, Cyrén & Cyrén, Inredningsgruppen, and Sandell Sandberg – have worked on the buildings.

The melting hotel (or not)

The world's first Icehotel in Jukkasjärvi, 200 kilometres north of the Arctic Circle, was founded in 1989. New artists and ice experts create the rooms anew during eight weeks in October–December each year. The hotel, consisting of 1,000 tons of ice and 30,000 m³ of snice (snow and ice), takes three months to melt and return to Mother Nature every spring. As of November 2016, a new part of the icy hotel will stay open all year round thanks to solar energy keeping the ice cool enough.

The tall tower

Wingårdhs, Victoria Tower, in high-tech Kista, won first prize in the World Architecture Festival 2012 and reflects its surroundings – you can see out, but you can't see in. The 117 metres high building, cast in steel and glass and completed in 2011, is the tallest hotel in Scandinavia.



The Icehotel.
Photo: Hans-Olof Utsi/Icehotel.com/imagebank.sweden.se



Öresundsbron. Photo: Janus Langhorn/imagebank.sweden.se

The bridge

Öresundsbron – with a structure encompassing a tunnel and an artificial island – connects Sweden with Denmark and was designed by COWI. Besides being our planet's longest cable-tied road and rail bridge, it was finished in August 1999, three months ahead of schedule, and won the IABSE Outstanding Structure Award in 2002.

The cogwheel

Kuggen ('the cogwheel') stands tall at the centre of a square by the Chalmers University of Technology. The circular building looks different from every direction and livens up its surroundings with its surprising form. It only has one elevator – to encourage exercise and spontaneous staircase meetings.



Kuggen. Photo: Sofia Sabel/imagebank.sweden.se

ARCHITECTURE



Photo: Dalhalla

The gravel pit

The disused limestone quarry Dalhalla, in Dalarna, opened for the public as a concert venue in 1995. Its countryside location – far away from buildings and road traffic – makes it an ideal summer destination for all things musical; from opera to electronica.

The ferry terminal

Strömkajen's ferry terminal buildings provide a gateway to the Stockholm archipelago. The terminals, in the form of cones constructed with squares of brass alloy, are scaled down to highlight the surrounding monumental edifices: the Royal Palace, Grand Hotel and National Art Gallery.



Uppsala Konsert & Kongress. Photo: Mehdi Bagherzadeh

The concert hall

Uppsala Konsert & Kongress, designed on the outside by Henning Larsen Architects and inside by White, opened in 2007. Its reflecting metallic facade, reminiscent of piano keys, is an important gathering point in the historical student town that is Uppsala.



Photo: The birch hut. Restaurang Tusen.

The birch hut

Murman Arkitekter's Restaurang Tusen, built in 2008 in the family-owned ski resort of Ramundberget, serves up local and Sami food. The building stands in harmony with nature and is made of birch – the only local tree that grows up to the altitude where the building is located.



The canal. Photo: Anders Wester

Time for a weekend getaway?

Text: Göteborg & Co

Why not visit Gothenburg, Sweden's second largest city, situated on the west coast. Home of Volvo and perfect for seafood lovers, it has a compact city centre with everything within walking distance.

Easiest way of getting to Gothenburg is to take the train by SJ or MTR Express. The 500 km ride takes a little bit over 3 hours from Stockholm. In addition, there are many daily flights from Bromma airport or Arlanda airport.

Gothenburg is perfect for a weekend getaway, especially for a cultural city break in spring or autumn. The city has around 20 museums, and the impressive Gothenburg Museum of Art also houses

the Hasselblad Centre for Photographic Art. For music lovers, the Göteborg Opera is renowned for its contemporary performances and the city is also home to the Gothenburg Symphony, the National Orchestra of Sweden. Families with children are naturally drawn to Liseberg amusement park, the largest tourist attraction in Sweden, as well as the neighbouring Universeum Science Discovery Centre. In summer, Gothenburg's stunning archipelago, concerts and al fresco dining make



Christmas at Liseberg. Photo: Frida Winter

it one of the top destinations in Sweden. And at Christmas, a mix of traditional Lucia concerts, Christmas markets and buffet dinners really get visitors in the festive mood.

What to do in Gothenburg

Gothenburg has a lot to offer and sometimes it's hard to choose between all the fun. But don't worry! We have handpicked some what-to-dos that you can't miss out on – even when you're short on time.

Trams

To go by tram is a nice way of getting around in Gothenburg. The boats to the archipelago and the harbour ferry Älvsnabben are included in your public transport ticket/card. Every summer and winter the Ringlinien vintage trams, dating back to 1900-1960, run from the Central Station to the Liseberg amusement park.

Liseberg amusement park

This is the most popular tourist attraction in Sweden, attracting three million visitors annually. New this year is Valkyria, which will be Europe's longest Dive Coaster, a roller coaster with a vertical

drop of nearly 50 metres. Liseberg is open during the summer season with an additional 16 days open for Halloween. There is also a Christmas Market from November 16th, with many craft stalls, an ice rink and Santa's World. The whole park is adorned with Christmas decorations and illuminated by almost five million Christmas lights.

www.liseberg.se

Alfie Atkins Cultural Centre

Do you know that the character from the Alfie Atkins books has got a house of his own? A place where inquisitive children can play, get up to mischief, climb and discover a building full of fascinating things. There are daily activities on offer, including theatre, experiments and music. The centre is not run for profit.

www.alfonskulturhus.com



Alfie Atkins. Photo: Beatrice Tornros



Vintage tram. Photo: Superstudio D&D

GOTHENBURG



Paddan boats. Photo: Beatrice Tornros



Botanical Garden. Photo: Copyright Superstudia D&D

The main boulevard Avenyn

Avenyn, short for Kungssportsavenyn, is the main boulevard with restaurants, cafés, bars, nightclubs and shops. There is also a pleasant shopping area with design shops and many independent fashion shops – mainly street wear, in downtown Vallgatan/Södra Larmgatan.



Haga. Photo: Beatrice Tornros

Delve into a green oasis

Just a stone's throw from the city centre is the Garden Society of Gothenburg (Trädgårdsföreningen) – one of the best preserved nineteenth-century parks in Europe. A short tram ride away you'll find Gothenburg Botanical Garden, a world class botanical garden with more than 16 000 different species of plants. www.tradgardsforeningen.se
www.botaniska.se

Take a 'Fika break' in Haga

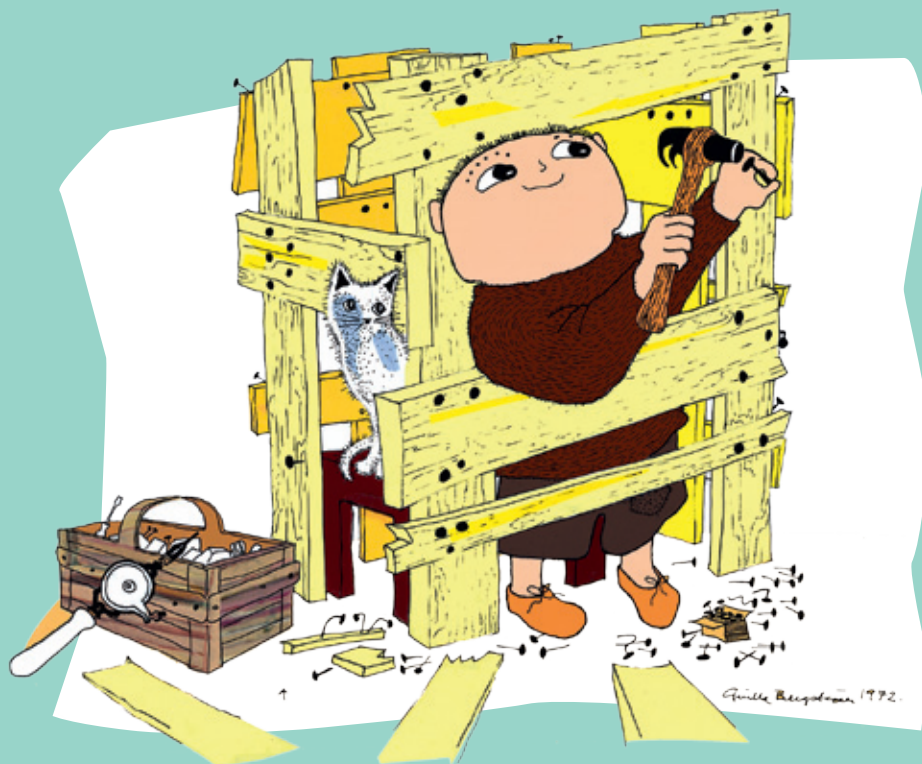
Haga is Gothenburg's oldest quarter. Here, wooden houses nestle along the cobble streets, and there is a good mixture of shops and charming cafés. You'll find Sweden's largest cinnamon buns on Haga Nygata.

Paddan boats

The tour offers a different way of seeing the sights, from the old moat, the canals and the harbour. A guided tour takes you under 20 bridges, including the extremely low Osthyveln (cheese slicer) bridge. The tour takes about 50 minutes and the boats depart from Kungssportsplatsen from end of March until mid-October. During winter time, there are special rides direct to Liseberg Christmas market. www.stromma.se

Come visit me!

Alfie Atkins lives in the old seed shop in The Garden Society, just a short walk from the Central Station in Gothenburg. It's a place where curious children and their adults can play in Alfie's living room, try the helicopter, watch theater shows, learn new things, and discover loads of exciting stuff.



Open daily 10 am – 4 pm.
Go to alfonskulturhus.com for more info.

Address: Slussgatan 1, Gothenburg,
by The Garden Society entrance facing the central station.

Alfons Åberg's
Kulturhus



GOTHENBURG



Feskekôrka. Photo: Kjell Holmner

Indulge in fine gourmet dining

Seafood is a real speciality here. Seven local restaurants have been presented with one star each in the gourmet bible Guide Michelin. It's quite unusual for a city the size of Gothenburg to have so many stars and this has firmly placed the destination on the culinary world map.

Feskekôrka fish market

The "Fish Church" is a fish market hall completed in 1874 to a design by the city architect, Viktor von Gegerfeldt. And yes, it does actually look like a church.

Universeum science centre

This little universe combines science, technology and adventure. Follow the water from the mountains in the north down to the sea. There are big aquariums and plenty of hands-on experiments. There is a rainforest with a 25-metre-high kapok tree with secret alleys and everyday there is a rainforest safari that will show you all the tropical beauty. www.universeum.se

The Gothenburg Museum of Art

Göteborgs konstmuseum is considered to have the world's finest collection of turn-of-the-century



The Opera. Photo: Jorma Valkonen

Nordic art (three stars in the Michelin Green Guide.) The entrance hall also houses the Hasselblad Centre for Photographic Art. www.goteborgskonstmuseum.se

The Museum of World Culture

No family should miss "Together", an exhibition about how both wonderful and difficult it is to be with others. In a world of caves, mountains and rainbows, the museum invites children and adults to explore and experience the exhibition hand in hand. www.varldskulturmuseerna.se

The Göteborg Opera

The Göteborg Opera (Göteborgsoperan), an exciting building opened in 1994, is situated by the waterfront in the central harbour. It is renowned for its performances of modern works. www.opera.se

The Gothenburg Archipelago

You don't have to travel far from the city to find charming villages, stunning nature and beaches. Swimming, paddling, fishing trips, seal safaris, boat excursions are just some of the activities available here.

Read more about all things to do and see in Gothenburg www.goteborg.com

The East Indiaman Götheborg



Welcome onboard!

To a genuine ship with a vibrant history. Join us on a journey from the 18th century till today through a guided tour aboard the East Indiaman Götheborg.

More information: www.soic.se
Eriksberg Pir Fyra 2, 417 64 Gothenburg



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botaniska.se



A journey for your senses

This superb hotel experience has something for all the senses. Form, colour, air and space. Fragrances, flavours, structures and sensual delights of the highest quality. Welcome to Upper House!

But we know that the ultimate hotel experience involves more than that. The world's finest hotels, restaurants and spas are all different. They're all unique. But they all have one thing in common. A sense of attentive, thoughtful warmth that flows throughout the entire experience, from people

who are passionate about what they do. And about you – the guest. You'll find Upper House high above Gothenburg, on the top floors of the middle tower at Gothia Towers. A small, personal, 5 star hotel within a larger setting, featuring spectacular views and traditional hospitality.

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Enjoy a classic spa experience at Upper House Spa, inspired by the Swedish west coast with the smell and feel of salt, sea and smooth rocks. Or you can choose to take a journey further afield. Our traditional Hamam is a taste of the orient with hot steam baths and warm stones. Try our saunas, our gym or an indulgent treatment, all with a spectacular view over the city. Or take a dip in our outdoor pool. On the 19th floor. With a glass bottom. Our dedicated expert staff will show you the way.

Gourmet dining with spectacular views over Gothenburg

Think about a particularly memorable meal you've enjoyed. The food was fantastic, of course. But there was probably more to it than that. Often the location, the occasion, the company and the people responsible for the meal are just as important.

Enjoy an incredible setting at Upper House Dining, high above Gothenburg. Experience a welcome that's just as warm and personal as it is professional. And not forgetting the food. Upper House Dining focuses on seasonal ingredients from the west coast of Sweden. We select the best produce of the day and let our creative juices flow.



Every menu is unique

The menu at Upper House Dining really is unique. Exactly what we serve depends on the finest ingredients on any given day. And, of course, on what our guests want to eat. Then we let our creativity loose in the kitchen. Our sommelier ensures that the experience is complete.

In 2016 Upper House Dining received its first Michelin star.

Mässans gata 24, Gothenburg
Tel +46-(0)31-708 82 00
room@upperhouse.se
www.upperhouse.se



GENERAL INFO

Emergency Assistance

SOS Alarm 112

Dial 112 for emergencies; ambulance, rescue services, fire department and police.

24-hour medical services

Advice hot-line: 1177

Poison hot-line: 010-456 67 00

Hospitals

Danderyds sjukhus: 08-123 550 00

Karolinska sjukhuset: 08-517 700 00

Dental emergency

Folk tandvården Akuten

Fleminggatan 48

08-123 156 80

Police

Main switchboard: 114 14

Pharmacy, Open 24 H

Apoteket Scheele, Klarabergsg. 64

0771-450 450

General info

Airport buses

Airport buses from Stockholm to Arlanda, Bromma and Skavsta leave from the Cityterminalen at the Klaraberg viaduct near the Central Station. Departures to Arlanda every 10 or 15 min.
Call 0771-51 52 52 for information.

Addresses – Adresser

Addresses are written in the following way: Name of the recipient – Sven Svensson.
Street and then the house number – Drottninggatan 23.
Post code and then the town – 277 89 MALMÖ.

Common Phrases – Vanliga fraser

admission free = fritt inträde
cashier = kassa
caution = observera/se upp
closed = stängt
danger = fara
do not touch = får ej vidröras

entrance = ingång
elevator/lift = hiss
exit = utgång
for sale = till salu
information = upplysningar
ladies = damer
life threatening = livsfara
mens = herrar
mind the step = se upp för trappsteget
no entry = ingen ingång
no smoking = rökning förbjuden
no trespassing = tillträde förbjudet
open = öppet
pull = drag
push/press = skjut/tryck
sale = rea
smoking allowed = rökning tillåten

Dates – Datum

Dates are written in a variety of different ways e.g.

April 1st 2018 = 2018-04-01.

Stockholm, June 1st 2018 =
Stockholm den 1 juni 2018.

Malmö, 3rd Feb 2018 =
Malmö den 3/2 2018.

Days of the week – Veckodagar

Monday = måndag
Tuesday = tisdag
Wednesday = onsdag
Thursday = torsdag
Friday = fredag
Saturday = lördag
Sunday = söndag

Directions – Riktningar

North = Norr
South = Söder
East = Öster
West = Väster
Right = Höger
Left = Vänster

Height and Weight

Inches x 2,54 = Centimetres
Kilograms x 2,2 = Pounds
Centimetres x 0,39 = Inches
Pounds x 0,45 = Kilogram
1 Mile = 1,61 Kilometres
1 Kilometre = 0,62 Miles
1 Swedish mile = 10km

Newspaper Outlets

Pressbyrån,

T-centralen Tel: 08-10 40 92

Many tobacco shops, news-stands and book-shops have a large assortment of international press and pocket books.

Public Transportation

Buses, underground and commuter railways. Call SL Information.

Tel: 08-600 10 00

Taxi

Taxi Stockholm: Tel: 08-15 00 00

Taxi Kurir: Tel: 08-30 00 00

Taxi 020: Tel: 020-20 20 20

Apart from these larger companies there are a number of "freetaxis". Note that there are fixed rates for transfers to and from Stockholm-Arlanda.

Temperature

To Compute Fahrenheit: Multiply Centigrade by 1.8 and add 32.

To Compute Centigrade: Subtract 32 from Fahrenheit and divide by 1.8.

Time – Tid

What's the time? = Vad är klockan?

1 o'clock = Klockan är ett.

Quarter past 5 = Kvart över fem.

Quarter to 7 = Kvart i sju.

Half past 4 = Halv fem.

Weather – Väder

Cold = Kallt

Sunny = Soligt

Rain = Regn

Thunder = Åska

Lightning = Blixt

Hail = Hagel

Windy = Blåsig

Cloudy = Molnigt

Humid = Fuktigt

Snowfall = Snöfall

Icy = Halka

WHERE CAN I FIND



Where can I find a webcam with images of Sweden?

At webbkameror.se you can find links to Swedish webcams around the country.

Where can I find a Swedish-English dictionary?

For a Swedish-English and English-Swedish dictionary, we recommend ord.se

What is the weather like in Sweden?

Weather forecasts for all of Sweden can be found at the Swedish Meteorological and Hydrological Institute smhi.se

Where can I find material about Sweden on the Internet?

The website sharingsweden.se offers booklets, brochures and other material about Sweden. It's all produced by the Swedish institute for an international audience.

How can I find the phone number and/or address to a person or company in Sweden?

At hitta.se or eniro.se you can search for addresses, names and numbers to almost any company or individual in Sweden.

How can I find a Swedish post-code/zip code?

You can find it on the Swedish postal service's website postnord.se

Where can I listen to Swedish news in my own language?

Radio Sweden broadcasts Swedish news and other programmes in several different languages all over the world. sverigesradio.se

Text: sweden.se

PERSONNUMMER



Personnummer

Personal identity numbers, or the personnummer, are an important part of daily life in Sweden. To have any kind of official existence in Sweden everyone has to possess an ID number made of 10 digits, and containing within those digits your date of birth, a birth number which identifies your sex, and a control number which is calculated via a method known as the modulus-10-method.

Unfortunately, as foreign diplomats are not registered in the Swedish population records they are not assigned a typical personnummer, but rather one where the last 4 digits, the control number and birth number, are four zeros. This identifies them as diplomats and not residents.

Equally unfortunately, these quirky personnummers are not recognized by the central Swedish register and consequently cause diplomats many problems as Swedish computers do not accept the four zeros, making it difficult when trying to deal

with banks, insurance companies, telephone companies, doctors, dentists, car hire firms etc.

To overcome this problem, there is a uniform identification number called co-ordination number. The purpose of co-ordination numbers is for the authorities and other areas of activity to have a common identification number for persons who are not registered in the Swedish population records. The Tax Office can allocate a co-ordination number on the request of an authority. If the person is later registered in the Swedish population records, the co-ordination number is replaced by a personal identity number – a personnummer.

In the meantime we suggest you simply keep smiling as you endeavour to explain the four zeros problem once again...

More information about personal identity numbers and co-ordination numbers: www.skatteverket.se

QUICK FACTS

Land of lakes

There are 95,700 lakes in Sweden larger than 100m x 100m. Among the funnier names of lakes is "Lördagsträsk", meaning Saturday swamp.

The Nobel Prize

Between 1901-2017 the Nobel Prizes have been awarded 585 times to 923 laureates. The prize is the legacy of Alfred Nobel, inventor of dynamite.

Sports

Sweden has won 636,5 Olympic medals in total. Sweden actually ranks 9th in the all-time Olympic Gold Medals table.

Population

10 million people live in Sweden. 1 in 4 Swedes is younger than 20.

Moose on the loose?

Up to 400,000 moose roam the Swedish woods. Sweden's zoological superstar is a must-have souvenir.

Parental leave

Swedish parents are offered 480 days of paid parental leave. Each parent has an exclusive right to 90 of those days.

Innovation

1 million lives have been saved by the Swedish three-point seatbelt, at a rough estimate. 1959 was the year when Volvo launched this groundbreaking innovation.

Midnight sun

Summer in northernmost Sweden means 56 days of daylight around the clock! Winter, on the other hand, means 32 days of pure darkness.

Recycling

99 % of all household waste in Sweden is recycled in different ways. 50 % is burnt to produce energy.

Gay rights

In 1944 Sweden legalised homosexual relations. In 2009 same-sex marriage also became legal.

Weather

In the far north of Sweden -53 degrees Celsius is the lowest temperature recorded (February). And an all-time high of +38 degrees Celsius in the south (June).

Sweets for the Swedes

Semla is a cream-filled bun traditionally eaten in January-February. 20,000,000 Semlas are consumed in Sweden every year.

Children rights

In 1979 Sweden became the first country in the world to ban smacking of children. 48 other countries have done the same since then.

Useless fact

IKEA is well-known, but did you know that 2 million meatballs are eaten in IKEA's 340 stores worldwide, every day!

Swedish literature

Selma Lagerlöf is one of Sweden's 7 Nobel Prize winners in literature. Her bestseller "Gösta Berglings saga" is available in 50 different languages.

Swedish film

Over the years, Swedish film has won 26 Oscars. With 3 Oscars, one of the top winners is Ingrid Bergman.

Text: sweden.se

PHONEBOOK

Alarm & Security Equipment

Active Armour

www.activearmour.com
08-660 56 10

Gothia Protection Group

www.gothiaprotection.se
08-410 402 00

Apartments

Bostad Direkt

www.bostaddirekt.com
Karlavägen 51
0771-28 28 20

Bostadstjänst

www.bostadstjanst.com
Narvavägen 12
08-30 00 64

Quality Living

www.qlstockholm.com
Hedinsgatan 17
08-667 55 15

Auctions

Kaplans Auktationer

www.kaplans.se
Biblioteksgatan 5
08-545 016 00

Banking & Financial Services

Forex

www.forex.se
Centralstationen
010-211 16 04

Nordea

www.nordea.se
Hamngatan 12
0771-22 44 88

Swedbank

www.swedbank.se
Karlbergsvägen 12
0771-22 11 22

Books In Foreign Languages

Akademibokhandeln

www.akademibokhandeln.se
Mäster Samuelsgatan 28
010-744 11 00

Car Rentals

Avis

www.avis.se
0770-82 00 82

Europcar

www.europcar.se
0770-77 00 50

Cleaning

Carpet Cleaners

www.carpetcleaners.se
08-33 33 22

HomeMaid

www.homemaid.se
08-556 954 44

Crystal/Glass

Målerås

www.maleras.se
Västerlånggatan 23
08-21 96 86

Diplomatic Cars

BMW

www.bmw-diplomatic-sales.com
Gårdsvägen 9-11
08-735 39 53

Mercedes-Benz

www.mercedes-benz-stockholm.se
Kottbygatan 4
08-447 22 00

Volvo

www.diplomat.volvocars.com
Kronåsvägen 2-4
08-580 008 75

Flowers

Melanders Blommor

www.melandersblommor.com
Hamngatan 2
08-611 28 59

Handicraft/Interior design/Souvenirs

Kerstin Adolphson

Västerlånggatan 40 and 44
08-411 17 10

The Royal Gift Shop

www.theroyalpalace.se
The Royal Palace
08-402 61 48

Hotels & Booking Agents

Nordic Choice Hotels

www.nordicchoicehotels.se
0771-666 700

Radisson

www.radisson.com
0200-336 792

Scandic Hotels

www.scandichotels.se
08-517 517 00

Jewelry & watches

Goldbar Jewellery & Design

www.goldbar.se
Köpmangatan 16
08-612 80 58

Franks UR

www.franksur.com
Drottninggatan 39
08-10 07 18

Jeweller Gunnar Fahlström

www.fahlstrom.se
Sveavägen 33
08-411 23 00

Language Schools

Futuraskolan

www.futuraskolan.se
Eriks Dahlbergsgatan 58-62
0767-23 45 65

Library

Stockholms Stadsbibliotek

www.biblioteket.stockholm.se
Sveavägen 73
08-508 309 00

Mobile Phones

Eliganten Phone House

www.phonehouse.se
Sveavägen 26
0771-115 115

Moving Specialist

Flyttfabriken

www.flyttfabriken.se
08-515 100 99

Optician

Synoptik

www.synoptik.se
Drottninggatan 33
08-23 23 60

Public

Transportation

Flygbussarna

www.flygbussarna.se
0771-51 52 52

SL Kundtjänst

www.sl.se
08-600 10 00

SJ

www.sj.se
0771-75 75 75

Restaurants

Broms

www.bromskarlaplan.se
Karlavägen 76
08-26 37 10

Farang

www.farang.se
Tulegatan 7
08-673 74 00

Kungshallen

www.kungshallen.eu
Kungsgatan 44

Shopping

Bruno

www.brunogotgatsbacken.se
Götgatan 36

Fältöversten

www.faltoversten.se
Karlaplan

Sturegallerian

www.sturegallerian.se
Stureplan

Sports & Leisure Activities

Casino Cosmopol

www.casinocosmopol.se
Kungsgatan 65
020-219 219

Skansen

www.skansen.se
Djurgården
08-442 80 00

Sollalla

www.sollalla.se
Bromma
08-635 90 00

Strömma

www.stromma.se
Strömkajen
08-120 040 00

Ticketmaster

Music, sports, theatre etc.
www.ticketmaster.se
0771-70 70 70

Tailor

AW Bauer & Co

journal.awbauer.com
Brunnsgatan 4
08-10 47 80

Taxi & Limousine Service

Limousine Service AB

www.limousineservice.se
08-22 22 80

Taxi Stockholm

www.taxistockholm.se
08-15 00 00

Tourist Information

Stockholm Visitor Center

www.visitstockholm.com
Sergels Torg 5
08-508 285 08

Gothenburg

Alfons Åbergs Kulturhus

www.alfonskulturhus.com
Slussgatan 1
Tel 031-15 42 80

Botaniska

www.botaniska.se
Carl Skottsbergs Gata 22A
010-473 77 77

The East Indiaman Götheborg

www.soic.se
Eriksberg Pir Fyra 2
Tel 031-779 34 50

Upper House

www.upperhouse.se
Mässans gata 24
Tel 031-708 82 00

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CO₂ emissions in g/km (combined): 104-152.
Fuel consumption figures are based on the EU test cycle.



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