



## Years of experience in dealing with diplomats

Upplands Motor finds the key of their success in the customer's high degree of satisfaction and loyalty. Professional and friendly service experienced in dealing with diplomats.

All Upplands Motor customers have the same terms and conditions like in Mercedes-Benz central in Stuttgart, Germany.

Professional and highly trained employees offers customer support available in Swedish and English language.

Extremely attractive terms and conditions for the purchase of official and private cars,

attractive pricing and delivery points at customer centre in Stockholm are available to people with diplomatic status in Sweden.

#### Conditions and who is eligible

- Foreign diplomats with accreditation in countries outside their native country.
- Foreign missions purchasing official cars.

Your contact Sales to Diplomatic Corps
Mr. Vladimir Radoicic

E-mail: vladimir.radojcic@upplandsmotor.se



Das Beste oder nichts.





# 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.

Safety and public health are important issues for us. We cooperate and support each other in all situations and crisis, to achieve a safe and healthy environment for our population and our visitors.

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

Saour

Governor of Stockholm County

#### **CONTENTS**



vveicome – by the county governor	3
ADS – Association of Diplomats in Stockholm	6-7
DSCS – Diplomatic Spouses Club	8-9
Welcome to Stockholm	10-23
Traveltips for Stockholm visitors.	24-25
Sweden & swedishness	26-31
Winter is coming	32-33
What to do	34-41
Shopping	42-47
Holidays & traditions	48-51
Culture	52-59
Cooking class	60-63
Weekend getaway	64-65
Right of public access	66-67
Healthcare and Corona	68-70
Personnummer	71
General info	72
Where can I find	73
Phonebook	74-75













**The Stockholm Guidebook for Diplomats** is published by: First Mediapartner AB, Ynglingavägen 1, 177 57 Järfälla, +46 (0)8-522 587 00 **Advertising**: Lena Louthander de Flon, lena@firstmediapartner.se

## FARANG

Restaurant Farang takes you on a culinary journey through
Thailand, Vietnam, Malaysia and Indonesia.
Shared food encourages you to enjoy delicious Southeast Asian
flavors without the formality of fine dining.

Farang's food is based on aromas and the harmony of hot, sour, salty and sweet tastes. The restaurant 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!









# ADS – Association of Diplomats Stockholm

ADS has over the years developed to be a gateway between the diplomatic community in Stockholm and with Swedish society. By organising events of importance, ADS connects not only diplomats of different regions but also with external key stake holders.

The ADS is as a non-profit, non-political and non-religious organisation of diplomats accredited to Sweden and with an office in Stockholm. The organisation was formally established in 1999 with the goal of bringing foreign diplomats together under the umbrella of an organisation outside formal protocols.

The primary objective of the ADS is the promotion of contacts among its members, the Diplomatic community in Stockholm and with Swedish authorities and society. Secondly, the ADS seeks to act as a forum for matters of concern to the Diplomatic community in Stockholm.

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

Some of our annual events include the Welcome Reception, visit to the Riksdag and the Diplomatic Beer Festival. The Welcome Reception is arranged to greet newly arrived diplomats to Stockholm and introduce them to the community at large. The Beer Festival gathers several embassies to compete for the best beer from their respective country; competition is fierce but fun.

We are continuously striving to add more events to our calendar to give the community an opportunity to experience the different aspects of Swedish society and also engage themselves in it.

Feel free to come and join 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.

"Join us and enjoy our monthly events and gatherings, let us help you to meet your colleagues from the diplomatic community and to see the most of Sweden during your term of duty."

Valentin Stoey, Chairman of the board

#### How to join the ADS

Membership is open to all accredited Diplomats in Sweden including Ambassadors and as well Embassy staff. The membership in the ADS will give you preferential access to our organized events and you may also enjoy free or subsidised event fees.

For information and how to apply, please visit the ADS website or approach any of the ADS Board members: www.diplomatstockholm.org

#### The ADS Board

The Board of Directors together with the Permanent Secretary are in charge of the strategic direction and the daily affairs of the organisation.

The current board comprises of:

Valentin Stoev – Chairman of the Board, Embassy of Bulgaria
Dario Otero – Vice Chairman of the Board, Embassy of Spain
Annette Draeger – Treasurer, Embassy of Germany
Alejandra Paz – Board Member, Embassy of Peru
Michael Moody – Board Member, British Embassy
Wissem Boudriga – Board Member, Embassy of Tunisia
Niko Kosmidis – Permanent secretary



From the left: Wissem Boudriga, Alejandra Paz, Valentin Stoev, Annette Draeger, Niko Kosmidis.









# Diplomatic Spouses' Club of Stockholm (DSCS)

If you are new in Stockholm and if you are a spouse of an accredited Diplomat listed in the Swedish Ministry for Foreign Affairs Diplomatic List, we would like to introduce you to the Diplomatic Spouses' Club of Stockholm.

Created in 1961, the Club aims at introducing newcomers of the diplomatic community to life in Sweden through diverse activities covering various aspects – cultural, political, economic, touristic and others. The Club is always happy to welcome other suggestions from our members.

Our activities include welcoming and assisting diplomatic spouses in Sweden, holding informal meetings, socialising, and increasing the knowledge about our host country. Once you become a member, we welcome you to participate in the events organised by the Club.

Past events have included visits to famous Swedish landmarks, organisations, high profile companies, museums, and many other facets of Swedish life. Every month club members are also invited to one of the Ambassadors' residences, where that country's culture, foods and customs are introduced. Currently we have 66 members representing 42 countries.

#### 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 is responsible for the management of Club's activities.

#### The current Board members are:

Sandra Krama – President, Embassy of Latvia
Zineb Kerma – Vice President, Embassy of Algeria
Victoria Dobinda – Secretary, Embassy of Moldova
Lilia Mahmoudi – Treasurer, Embassy of Tunisia
Ana Maria Leonardos – Membership, Embassy of Brazil
Laura Leal – special representative for social media, Embassy of Mexico



DSCS visit to Swedish Parliament (Riksdag).







Autumn flavour of "Moldova 2019" at the Residence of the Moldovan Ambassador.





#### **STOCKHOLM**



#### 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.



With over 20 years of professional experience in the rental market, we and our rental team are standing by to help You find a suitable corporate accommodation.

For more information, please contact us at: Tel: +46 (0)8 667 55 15 info@glstockholm.com qlstockholm.com

#### **STOCKHOLM**



#### 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 boule players, picnicers 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.



BRASSERIE | BRUNCH | COCKTAILS | DINNER | EVENTS | LUNCH | SEAFOOD



With a stunning view of Stockholm from our terrace by the water, we welcome you to our modern brasserie with a twist.

Step into the roaring 20's and enjoy the beautiful art-deco interior by award-winning bureau Stylt Trampoli.

The menu composed by **Chef Christian Hellberg** and our sustainable cocktail bar offers a experience where "generosity" is key. How about our famous seafood brunch? Or perhaps you would enjoy a private dinner in our chambre séparée?

You can always just come down for a cocktail as well and try the very Swedish concept of "after-work".

See you at Mister French!

#### **STOCKHOLM**



#### 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.

# We have homes in Stockholm for your employees, consultants and customers

#### Bostadstjänst solves your housing problems Prompt, flexible and cost-effective

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

We also act as an agency for detached and terraced houses in areas like Danderyd, Täby, Lidingö, Bromma and Nacka.

Bostadstjänst is a company with a high reputation and more than 40 years' experience of the Stockholm rentalmarket. We offer a high service standard and have many permanent satisfied customers, from small firms to large companies quoted on the stock exchange, and also institutions and embassies.

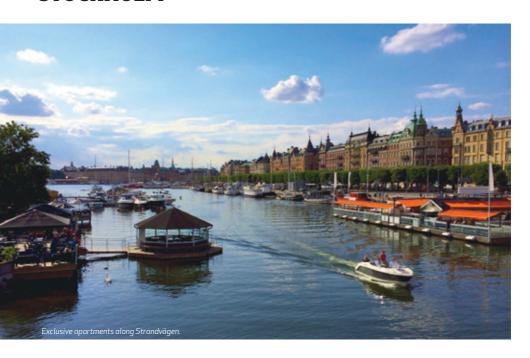
#### Save time and money

Over the years, Bostadstjänst has established a very extensive network of contacts with landlords and homeowners. Applying to us means that you save both time and money. You avoid the expensive and time-consuming task of placing advertisements and the need to answer the telephone, select a home to rent, and pay any costly hotel bills.



www.bostadstjanst.com

#### **STOCKHOLM**



### Östermalm

Östermalm is a district in Stockholm's inner city. This neigbourhood 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, Jakobsgatan and Norrlandsgatan. If you'd like to go malling, there is Sturegalle-

rian on Stureplan and Fältöversten on Karlaplan, both with lots av shopping and eating alternatives.

Östermalm is also the host of luxury restaurants and also has the highest concentration of night-clubs in the city, found around Stureplan. There is a great concept at the Eataly on Biblioteksgatan. Two floors for you to explore as you eat, shop, and learn all about the best food and drink from Italy!

One of the city's oldest and most beautiful market halls, Östermalms Saluhall, is located on Öster-



malmstorg – 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. The food hall went through a four-year long renovation and celebrated with a re-opening in March 2020.

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 noveau-building at Nybroplan has been the theatre's home since 1908. In the repertoar you'll find classical theatre, newly written Swedish and international theatre, and theatre for children and youth.

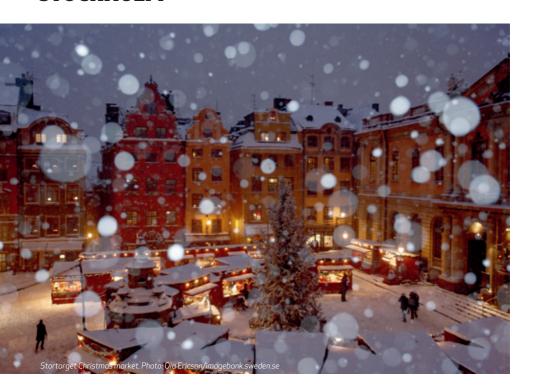
Swedens most internationally renown cultural personality, Ingmar Bergman, grew up here on Östermalm. First on Villagatan 22 and then Storgatan 3.



He was and still is generally considered to be one of the leading directors in film history. Ingmar Bergmans Plats and Ingmar Bergmans 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, The Army Museum and The Nationalmuseum.

#### **STOCKHOLM**



#### Gamla Stan

With its narrow lanes and beautiful medieval buildings, the area is enchanting. It is like a city within a city, with masses of shops, galleries and small, intimate taverns down in the atmospheric cellar vaults.

Gamla Stan (the Old Town) is actually an island that connects the northern and southern parts of the city. It is here that Stockholm was founded in 1252. And the old-world atmosphere lives on. When you walk through the cobbled streets it is like going back hundreds of years in history.

Gamla Stan is not just about winding lanes, small, intimate squares and deep cellar vaults. It is also home to the Royal Palace. This is 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. More about the Royal Palace on page 52.



Stortorget (the great square) is located in the middle of Gamla Stan. It was here that the Danish king ordered around 80 prominent Swedes to be executed in 1520, better known as the "Stockholm Bloodbath".

Ever since the early 1900's there has been a traditional Christmas market on Stortorget, every weekend in December. In the market stalls you can find locally produced crafts, food, candy and of course the Swedish mulled wine called glögg.

Between Stortorget and the palace stands Storkyrkan (the Great Church). Storkyrkan was first mentioned in a written source dated 1279 and

Cont. on page 22.



The Swedish National Costume
Handmade Sweaters
Hand painted Swedish Clogs
Scandinavian Sweaters
Own Design









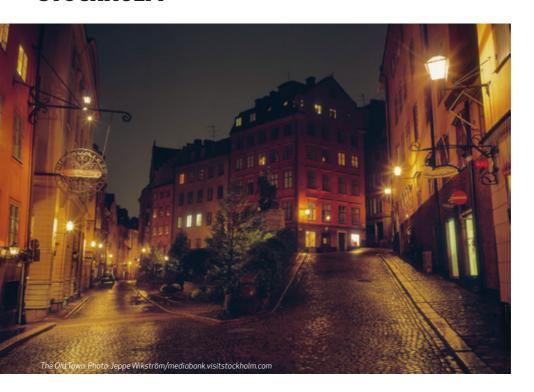
All credit cards accepted. Taxfree shipping service. Open all days.



## kerstin adolphson

Old Town, Västerlånggatan 40, tel. 08-411 17 10 Old Town, Västerlånggatan 44, tel. 08-20 17 27

#### **STOCKHOLM**



according to tradition was originally built by Birger Jarl, the founder of the city itself.

Because of its convenient size and its proximity to the Royal Palace it has been the site of major events in Swedish history, such as coronations and royal weddings. Crown Princess Victoria, oldest daughter of King Carl XVI Gustaf and Queen Silvia, was married to Prins Daniel Westling on June 19th 2010 in Storkyrkan, the same date on which her parents were also married in Storkyrkan in 1976.

Inside Storkyrkan you will find Bernt Notke's famous sculpture of St George slaying the dragon, (S:t Göran och draken). It was carved in the 15th century and symbolises Sweden's struggle for liberation from Denmark.

The oldest documented street name from medieval Stockholm is Köpmangatan, from 1323. The street runs from Stortorget to Köpmanbrinken. The name Köpmangatan means Merchant street, and it probably got its name for the established merchants along the street.

Follow Köpmangatan and you'll find a lovely square, Brända Tomten, with a beautiful chestnut tree and a cozy café. At the end of Köpmangatan, on the square Köpmantorget, you can see another statue of St George slaying the Dragon. This is a copy in bronze of the similar wooden statue located in Storkyrkan.

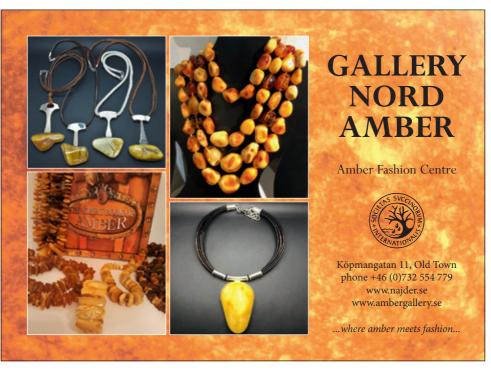
Gamla Stan also offer excellent shopping. Västerlånggatan and Österlånggatan are the district's main streets, with lots of shopping and cafés. The city wall that once surrounded the city ran inside these streets, along what is now Prästgatan.

Another popular street to visit is Mårten Trotzigs gränd (Mårten Trotzigs alley). This is hard to find, it's the narrowest alley in Gamla Stan, only 90 centimetres wide at its narrowest point. Well worth a visit, if you can find it!

Don't miss to explore the adjacent island of Riddarholmen, with 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 13th century. The view from Riddarhomen towards Södermalm is quite nice. Just like the rest of Stockholm, Gamla Stan is packed with restaurants, and the restaurant scene has blossomed in recent years. The picturesque alleys offer an assortment of fantastic restaurants, ranging from historic taverns, gastropubs to fine-dining restaurants awarded a Michelin star.

Despite all the sights, shops, clubs and restaurants, the greatest pleasure in Gamla Stan is still perhaps just to stroll around, soaking up the atmosphere and enjoying the street life. On a snowy winter day, the district feels like something from a story book.

Enjoy!



## 10 essential travel tips for Stockholm visitors

Text: visitstockholm.se

#### 1. Everyone speaks English

Swedes start studying English in school before the age of 10, and we never miss a chance to practice our learnings. In fact, it's often said that we love speaking English so much, that people who move here find it hard to learn Swedish.





#### 2. No cash needed

There's no need to exchange a lot of currency – Stockholm is a nearly cash-free city and at many restaurants, shops, and hotels the Swedish coins and bills have no value. With that said, don't forget to bring your debit or credit card!

## 3. Many museums have free entrance

Since 2016, state museums in Sweden have free admission. Temporary exhibitions within the museums may have an entry fee for adults, though.

#### 4. The subway is an art gallery

The Stockholm subway system is said to be the world's longest art exhibit. Over the last few years, the interest has grown so big that SL (Stockholm Public Transport) now offers free guided art tours in English all year round. All you need is a valid subway ticket

#### 5. The Stockholm airports

Stockholm Arlanda (ARN) is the main international airport. It is located 42 kilometers north of Stockholm and 36 kilometers south of Uppsala. All major

airlines and long-distance airplanes serve this airport.

Bromma Stockholm (BMA) is the most central airport and is used by smaller aircraft. Bra, British Airways, Brussels Airlines, and Finnair serve this airport, located 8 kilometers from the city center.

Stockholm Skavsta Airport (NYO) is located outside of Nyköping, and about 100 kilometers southwest of Stockholm. Ryanair and Wizz Air serve this airport.

Stockholm Västerås Airport (VST) is located outside of Västerås, and about 100 kilometers northwest of Stockholm. Ryanair serves this airport.

#### 6. Getting around the city

Stockholm is built upon islands and bridges. The Instagram worthy views are everywhere, and the best way to catch them while discovering the city is on foot. So pack your best walking shoes and a portable charger!

## 7. Island hopping in the archipelago

In the wintertime, you can use the SL card to go island hopping in between some of the 24 000 islands in the Stockholm archipelago. Just make sure you have a valid travelcard. On the Djurgården ferries and the commuter ferries, the travelcard is valid all year round.

## 8. Midsummer – the unofficial national day

Sweden's national day may be June 6, but the day we really put on our party pants is Midsummer Eve, at the end of June. Many locals head to the archipelago for celebrations, so Stockholm City can be quite deserted during the Midsummer weekend. But don't you worry – there are a lot of public events in the city center as well.



## 9. Systembolaget has a monopoly on alcohol

If you want to buy a bottle of wine or liquor outside a bar, you need to head to government-owned Systembolaget. And plan your weekend drinking ahead – the stores close early in the afternoon on Saturdays and don't open at all on Sundays and during public holidays.

## 10. After work – the happy hour out of office

"After work" is the Swedish version of happy hour. Locals head straight from the office to bars and pubs to enjoy a glass of wine or a beer, often to a slightly reduced price. Wednesdays, Thursdays, and Fridays are the most popular days for an after work.



#### SWEDEN & SWEDISHNESS



## 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.

## 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.



**KUNGSGATAN 44 • STOCKHOLM** 

#### 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.

#### 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.

#### 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.



#### 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. More on page 66.

#### 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.

#### 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.

#### 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.

#### SWEDEN & SWEDISHNESS





#### 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).

#### 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 (Våffeldagen) on 25 March; and Cinnamon Bun Day (Kanelbullens dag) on 4 October. Feel free to gorge on said food all day long without guilt.

#### 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.

#### 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.

#### 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 healthcare 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 1,150.

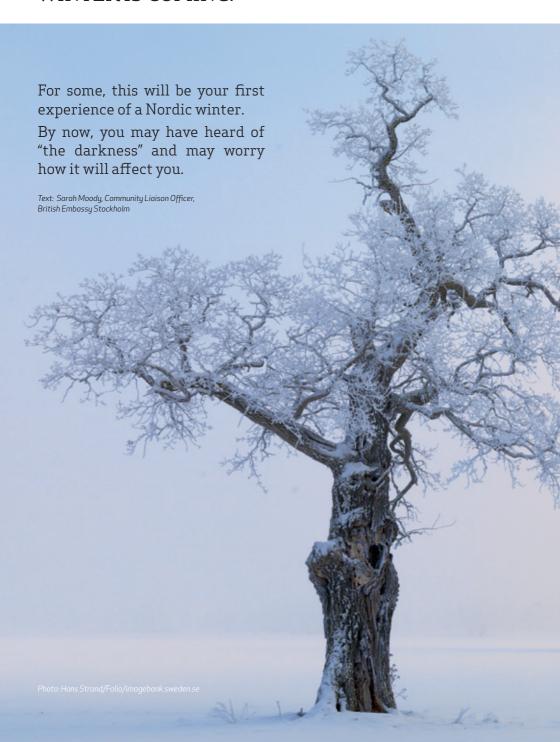
Universities in Sweden are free for citizens of the EU/EEA or Switzerland. Since 2011, students from other countries are charged for studying at Swedish universities. The universities set their own fees, which mostly vary between SEK 80,000 and 140,000 per academic year. Read more about studying in Sweden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



#### WINTER IS COMING!



#### "If all else fails, book a winter sun holiday! The earlier you plan, the cheaper it will be."

The truth is you will not know how it will affect you until you have been through it, so the best approach you can take is not to fight it, but embrace it. Whether this means taking up winter sports, indulging in more wholesome foods, or taking up an eccentric hobby, will be entirely up to you. Here are some tips that seem to be repeated in every Scandinavian winter survival blog out there:

## From October, top up your vitamin D

Whilst there are plenty of supplements available from local Apoteket and health stores, you can also find Vitamin D in cod liver oil and from eating more fish like Salmon & Herring.

#### Light it up!

There's a reason why lkea has a large selection of candles and fairy lights. Throughout the winter you will see cosy lights everywhere, as it's a great way to brighten up your home and bring a feeling of Mysig (Swedish cosiness) too. My collection of window fairy lights go up in November and are not taken down until March. It really does help and it doesn't look so dull once you have removed the Christmas decs! There are also many versions of "daylight therapy lamps" (dagsjuslampa) available, from light bulbs to alarm clocks. Please do some research before investing in one, as they can become quite pricy.

#### Get outside!

It's very easy to get into the habit of staying indoors during the coldest of days, but if its light outside, get outside! The natural light, even on the greyest of days, will help keep the blues away. Invest in some good winter clothes, add some ice grips, find an outdoor café with a friend and indulge in a warm beverage.

#### Keep Active!

Even if you are not the winter sporty type, find something that you can do regularly that will get the blood flowing... And before you go there, I'm referring to taking a brisk stroll, yoga, pilates, and dancing.

#### Socialize!

Don't be a hermit. Accept every invite, find events local to you and don't be afraid to ask around if others are interested too. Most importantly, if you feel like the winter blues are getting to you, talk to someone! You'd be surprised how many are going through the same feels!

#### Limit Alcohol consumption!

The connection between alcohol and depression is undeniable fact, so be sensible.

If all else fails, book a winter sun holiday! The earlier you plan, the cheaper it will be.

#### WHAT TO DO



#### Nice Activities in Stockholm

The list of things to do in Stockholm could be made endless and there are more than a hundred attractions to choose from. To make it easier we have picked a fem things to begin with...

Text: visitstockholm.se

#### Kayak in the Archipelago

Escape the city and paddle your way through the beautiful Stockholm Archipelago. The kayak tour through the various islands lets you explore the area at a slower pace with the help of a professional guide. Lucky explorers might spot a seal or two while visiting the island of Kaston, famous for its seal nesting area. The kayak tour is available for a just one-day escape as well as a multi-day tour.

www.truenaturesweden.com

#### Stockholm Outdoor

Stockholm Outdoor has a more hands-on approach of island hopping for anyone with a more adventurous side. During the summer they offer kayak, canoe and sailing tours in the Stockholm Archipelago, either in a one-day excursion or a two-day adventure. During winter the focus is instead on hiking trips either by foot or with the help of snowshoes and cross-country skis.

www.stockholm-outdoor.se



#### Hot air ballooning

Experience the city from above, suspended in the wind, as the earth turns. Keep in mind that ballooning is very dependent on the weather, so there is no guarantee that the balloon can lift as scheduled.

Far & Flyg is Sweden's oldest and most experienced ballooning company with thousands of ascents since opening in 1981.

www.farochflyg.se

Balloonflight Stockholm

Balloon flight in Stockholm have over 30 years experience in flying hot air balloons in different sizes in the Stockholm area.

www.ballong.se

#### Helicopter tour

Get a stunning birds-eye view of Stockholm with a helicopter tour. Fly Over Stockholm's tours depart from Bromma airport and take somewhere between 20 minutes and one hour depending on which tour you choose; Stockholm city, the inner archipelago or the outer archipelago.

www.flyoverstockholm.com

#### **Ourway Tours**

Ourway Tours specialize in unique tours with a twist, both in larger groups and with a private guide. Take a craft beer tour in Old Town, take a class in Swedish cooking or learn about true stories and events that have shocked Sweden.

www.ourwaytours.com

#### WHAT TO DO



#### Ice skating in Kungsträdgården

Gliding around this ice-skating rink in the middle of the city is a must for many winter visitors to Stockholm. The rink is free and open to all, and renting skates is inexpensive. If you have your own skates with you, you can get help sharpening them if necessary.

#### The Wooden Bike Tour

Experience Stockholm while using a quite unique kind of transportation: a hand-crafted wooden bicycle. The Wooden Bike Tour lasts two hours and takes you through the heart of Stockholm, to all the most important landmarks in the city.

www.toursofstockholm.com

#### Toly Stockholm

Below Tele2 Arena, you'll find this entertainment complex spread out over 12 000 square meters. Bring your family or your squad and challenge each other in different arcade games, sing karaoke or try out the disco bowling. When you've had enough of activities, have a seat in one of Northern Europe's biggest sports bars with a 200-inch LED screen surrounded by a spectator terrace fitted with VIP seats from the Tele2 Arena.

www.tolvstockholm.se

#### The Nest

Situated in the middle of Stockholm, at the topfloor of the Downtown Camper hotel, The Nest is a wellness oasis in the heart of the city. Open to hotel guests and locals alike, The Nest features an outdoor rooftop pool, a sauna, yoga and other fitness activities, and a bar serving delicious mocktails and cocktails

www.scandichotels.se

#### Selma Cityspa

Selma Cityspa, a branch of the highly regarded Selma Spa in Värmland, is located at the top of the Clarion Sign Hotel. They offer spa treatments, gym, sauna and a popular outdoor pool and bar on the roof terrace.

www.selmacityspa.se

#### Sturebadet

Enjoy this luxury spa milieu from the 1800s with pool, exercise equipment, and spa treatments from head to toe. Parties of up to 20 persons can also hire the private Turkish bath floor.

www.sturebadet.se

# ★★★ "SWEDEN'S BEST EXPERIENCE"-TRIP Global Award ★★★



Discover the beautiful landscapes of Sweden on a tranquil cruise on the Göta Canal on board our historical ships. Guided excursions and full board are always included. Excellent food and wine – enjoy & socialise! We are travelling through locks and over aqueducts, we'll also visit famous sights such as the Abbey in Vadstena, Karlsborg Fortress and the fascinating Läckö Castle.

#### - MINI CANAL CRUISE

SÖDERKÖPING ↔ MOTALA
(2 DAYS) FROM SEK 4.595:-\*

### -GÖTA CANAL HIGHLIGHTS-

Mariestad  $\leftrightarrow$  norsholm (3 days) from sek 8.495:-\*

### — CLASSIC CANAL CRUISE

STOCKHOLM ↔ GOTHENBURG (4 DAYS) FROM SEK 13.995:-\*

# — GRAND SWEDEN CRUISE —

STOCKHOLM  $\leftrightarrow$  GOTHENBURG (6 DAYS) FROM SEK 23.575:-\*



STROMMA

\*Incl. accommodation, meals and guiding

# WHAT TO DO



# Excursions and Sightseeing by Boat

Whether you are visiting or living in Stockholm, a trip to the archipelago is a must. On Stromma'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 Stomma'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 experience Stockholm City from the water, choose Stromma's tour "Under the Bridges of Stockholm". The two hours boat tour has guided commentaries in more than 10 different languages that gives you insights into Stockholm's fascinating past and present.

For booking and more information, please visit www.stromma.se



# WHAT TO DO



# Interested in Fairs?

In Stockholm you can find fairs for all tastes. Here are a few tips.

# Summer Design Week, 18 Aug

Together with Formex, the leading Nordic interior design arena, Summer Design Week present inspiring events, and exhibitions promoting design. A week that engages design-interested people living in, and visiting, Stockholm. During the week in August, the city of Stockholm is buzzing with design events, openings, seminars, dinner parties, and cocktails. Summer Design Week is a great meeting place for us who love design.

Stockholmsmässan, Älvsjö

# Affordable Art Fair, 8 Oct

Affordable Art Fair Stockholm returns in October 2020, with a fresh collection of contemporary artworks from hundreds of established artists and rising start! Join us at Nacka Strandsmässan to browse local, national and international galleries, join in with the creative program of activities and enjoy a relaxing and inspiring day out.

Nacka Strandmässan, Nacka



# Gr8game, 29 Oct

Gr8game is the centerpiece of the gaming lifestyle, where the entire industry unites to get a whole new perspective. It's the one place where we all come together to see beyond what is, to reveal what could be. Numerous events and congresses brought together gaming enthusiasts. Gr8game is where visionary talent meets visionary tech and the latest and greatest becomes the here and now!

Stockholmsmässan, Älvsjö

# Allt för Hälsan Health Fair, 6 Nov

Allt för Hälsan is the largest health and wellness show in the Nordic region. This is where the exhibitors together with profiles and experts create the perfect meeting platform for the visitor looking for inspiration for a healthier lifestyle.

Stockholmsmässan, Älvsjö

# Christmas Market at Skansen, 28 Nov

Since it's inception in 1903, the Christmas market at Skansen has becom a beloved holiday tradition. Stroll around the stalls and booth and stock up on traditional sausages, cheeses, handicrafts, spices and essences, Christmas decorations, embroidery, leather goods, Skansen's own handmade mustard, glass, bread and cakes, hand-knitted mittens, sugared almonds, tallows, honey, marzipan, crisp bread, smoked turkey, jams and marmalades, candy, children's books and masses of other irresistible items!

Skansen Open-Air Museum, Djurgården

For more information about Fairs in Stockholm: visitstockholm.com

# 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.

It is the starting point and the final destination for both locals and visitors in Stockholm. With a rich variety of Scandinavian and international brands represented in the shops, Sturegallerian is the one place in Stockholm you can't and won't want to miss.

www.sturegallerian.se Stureplan







HOUSE OF LIFESTYLE



# Welcome to the heart of KARLAPLAN





# Let Us Pamper You.

Karlaplan is a beautiful neighbourhood between the museums of Djurgården, the nightlife of Stureplan and the green fields of Gärdet. In the heart of Karlaplan, you'll find Fältöversten. A shopping center with 50 shops, 10 restaurants and a friendly staff to make you feel right at home.

### Things to do

During the summer, we open Hôtel Flora – the first flower hotel for plants who crave water and love while their human is on vacation. During winter time, we put up light therapy lamps to bring you a bit of sunshine during Sweden's darkest days. In spring and fall, we invite you to free lectures about fashion, health and creativity. And every month your kids are welcome to Fältan Kids. A club for young ones to craft, paint and learn about the environment while making new friends.

# Clothes and interior design

Discover Scandinavian gems like Filippa K and Acne at Jackie or visit Sweden's first H&M concept store. Shop ecological kids clothes at Newbie or find perfect interior pieces at Lagerhaus.

#### For the foodies

Once, we went through all the menus in Fältöversten and soon realised that our restaurants offer over 300 different courses. From homecooked traditional Swedish meals and Asian fusion tacos, to plant based burgers. And please don't forget to visit Sweden's most rewarded food store, Sabis.

#### Instagram

@faltoversten\_karlaplan

#### Facebook

facebook.com/faltoversten

#### Homepage

www.faltoversten.se

# SHOPPING

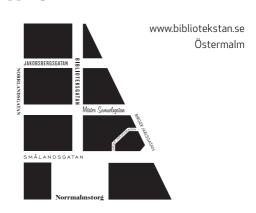


# Bibliotekstan

Bibliotekstan is an exclusive shopping district centered around the street Biblioteksgatan. The street got its name in 1885 and the area has been focusing on exclusive shopping ever since.

Welcome to the Fashion District. Within just a few blocks you will find the very best that fashion has to offer. International high-end brands, such as Cartier, Chanel, Louis Vuitton, Moncler, Prada, Ralph Lauren and Rolex sit alongside Swedish designers Acne Studios, Byredo, Filippa K and Rodebjer – to name a few.

Lively restaurants and cafés give the Fashion District a vibrant atmosphere. When in Bibliotekstan pay the iconic Prinsen, est. 1897, and the new restaurant Pas D'Art a visit





# **HOLIDAYS & TRADITIONS**



# 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.



# 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-Walpurgisnight

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



# 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 accompanient 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, lightning Advent Candles and opening Advent Calendars. Also the time to eat julbord (Christmas smörgåsbord dinner).



# 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.

# **CULTURE**





# The Royal Palace

# The Official Residence Of His Majesty The King

The interiors feature a significant selection of furnishings and art which date chiefly from the 18th and 19th centuries. In addition to the Royal Apartments\* there are several museums steeped in regal history, as the Treasury with the regalia and the Tre Kronor Museum that portrays the Palace's medieval history. The Palace is open year round and you are welcome to stroll around yourself or join a guided tour. Don't miss the Royal Gift Shop, offering a unique selection of gift items with strong links to objects in the Royal Collections.

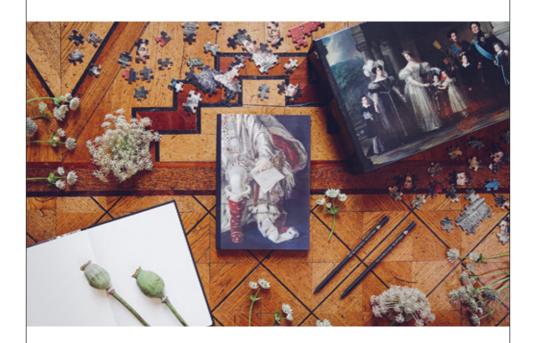
\*Some of the halls can close fully or partially in connection with The King's official receptions.

www.royalpalaces.se + 46 (0) 8 402 61 00 Gamla stan / Old Town



# The Royal Gift Shop

#### AT THE ROYAL PALACE IN STOCKHOLM



Situated at the Royal Palace, the Royal Gift Shop offers a unique selection of quality souvenirs and gift items with strong links to objects in the Royal Collections.

OPEN: Daily 10:00-17:00

www.RoyalPalaces.se 📥

# **CUILTURE**

# Museums & Art Galleries

#### ABBA The Museum

This is a place where you walk and dance out! The music, the clothes, the lyrics, musicals, and films of ABBA have been gathered in Stockholm and are on display in a permanent exhibition. www.abbathemuseum.com Djurgårdsvägen 68, tel 08-121 328 60





# Artipelag

Artipelag is an impressive venue for art, culture, Scandinavian architecture and excellent cuisine – beautifully set in the Stockholm archipelago. The building houses art exhibitions, a design shop and two restaurants that offer outdoor seating with spectacular views. Woodchip paths run through the surrounding landscape – perfect for a stroll. Artipelag is located only 25 min by car/bus from the city. During summer it's also possible to travel to Artipelag by boat from Nybrokajen. www.artipelag.se

Artipelagstigen 1, tel 08-570 130 00

# Fotografiska

Fotografiska is a museum for international photography, and its exhibits are among the most popular points of interest in Stockholm. The museum offers a breathtaking view of the entrance to Stockholm Harbor. Leading international photographers as well as promising new trailblazers, have been featured here since the opening. In addition to the shop, cafe and bar, there's the world's best museum restaurant. www.fotografiska.se

Stadsgårdshamnen 22, tel 08-509 005 00

### Galleri Sebastian Schildt

Galleri Sebastian Schildt is an awardwinning showcase for innovative and unique jewellery, silver, ceramics, furniture, glass and art of the highest quality. The gallery works closely with a group of both Swedish and International established and emerging artists making beautiful contemporary art objects that will last over time. The owner of the gallery, Sebastian Schildt is one of Sweden's leading gold and silver artists who both creates jewels and masterfully shaped works of silver.

www.gallerisebastianschildt.se

Strandvägen 5B, tel 08-665 40 88





# Millesgården

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

Herserudsvägen 32, tel 08-446 75 90

# Moderna Museet

The Moderna Museet, on Skeppsholmen, 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, Niki de Saint Phalle, Henri Matisse, Meret Oppenheim and many others. The Restaurant, The Coffee Bar and Café Blom offer exquisite meals and there are gifts to be purchased from the museum's shop. www.modernamuseet.se.

Skeppsholmen, tel 08-520 235 00

# **CULTURE**





#### Nationalmuseum

Nationalmuseum is Sweden's museum of art and design. The collections include paintings, sculpture, drawings and graphic art from the 16th century up to the beginning of the 20th century, and the collection of applied art and design up to the present day. The total amount of objects is around 700,000, with works of Rembrant, Rubens, Goya, Renoir, Zorn among others. The museum building closed for renovation in 2013 and reopened in autumn 2018. During 2019 the museum had almost 850 000 visits.

www.nationalmuseum.se

Södra Blasieholmshamnen 2. tel 08-519 543 00

### Nordiska museet

On the lush island of Djurgården towers the magnificent building of Nordiska museet. Committed to showcasing Nordic lifestyle since 1523, the museum continually finds new ways to tell stories about the cultural history of Sweden and the Nordics. The imposing exhibition "Arctic – while the ice is melting" covers the many lifestyles of the people living in the Arctic, and will remain open throughout 2020. The museum is open every day and provides a free audio guide in ten languages. www.nordiskamuseet.se

Djurgårdsvägen 6-16, tel 08-519 546 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, www.waldemarsudde.se

Prins Eugens väg 6, tel 08-545 837 00

### 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. www.skansen.se

Djurgårdsslätten 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

The history of Sweden, from prehistory to the present. The world's largest Viking exhibition, opens February 2021. You can also see gold and silver treasures in the Gold Room. During the summer the main garden area outside is filled with crafts and games from the Viking Age, for both young and old. Restaurant and a museum shop with exclusive copies of prehistoric jewellery, glasses, textiles, souvenirs and literature for adults and children. Audio-guides. Admission free! www.historiska.se Narvavägen 13-17, tel 08-519 556 00

# The Swedish Museum of Natural History with Cosmonova

Discover the amazing Swedish nature, follow the course of human evolution over the past seven million years and walk among dinosaurs in the history of Earth and Life. Only at Cosmonova you can experience films this big, this immersive and this exhilarating. See IMAX®-films, digital 3-D films and planetarium shows on a domeshaped screen.

Frescativägen 40, tel 08-519 540 00







# **CULTURE**





### 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 80

# Wetterling Gallery

Founded in 1978, Wetterling Gallery is a long-term partner for artists, collectors, and institutions, and plays a significant role for the development of both local and international art scene. With a history of bringing international artists to Sweden, they are today presenting Swedish artists to the international art scene as well, by participating in

art fairs around the world and arranging around six exhibitions annually at the gallery in Stockholm. Make sure to visit the gallery in Kungsträdgården! www.wetterlinggallery.com

Kungsträdgråden 3, tel 08-10 10 09

# The Viking Museum

In the exhibition you will meet the Vikings through movies, scenery, projections and sound effects as well as archaeological objects. Knowledgeable guides will answer all your questions and the many replicas let you explore life as a Viking. You will learn about the raids, journeys and ship building as well as the everyday life at the farm. The Norse mythology is present everywhere and here, myth meets truth. The adventure ride Ragnfrid's saga takes you along on a captivating journey through Viking age Europe. You will follow Harald and his crew on a dramatic quest for silver. The story told by an ageing Ragnfrid is built on historical characters and events.

Djurgårdsvägen 14, tel 08-400 229 90





# Stockholm Toy Museum

In the underground tunnels of Skeppsholmen in the middle of Stockholm, lies a wonderful, colorful and playful world filled with tens of thousands of toys and comics.

The 2500 sqm tunnels were originally used by the Swedish military as a bomb shelter, torpedo workshop and educational facilities, but since 2017 it instead houses something way more fun: northern Europe's biggest collection of toys and comics. About 40 000 toys and comics makes up an imaginative universe where people of all ages can find something they recognize from their childhood.

Other than our permanent exhibit, we offer a number of temporary exhibits and activities throughout the year, which promotes playfulness and conversations across generational boundaries. We at Stockholm Toy Museum firmly believe that you're never too old to play, and we welcome everyone to experience this very unique and wonderful place.

www.toymuseum.se

Svenskundsvägen 5, tel 08-599 084 30

# COOKING CLASS



What's for dinner?
Why not cook vegetarian.
Here we share a few vegetarian recipes for you to try at home. Beautiful colors, delicious and full of nutrients.
Enjoy your meal!

From July to late September, the forests are full of chanterelles, also called the Forest Gold. Head out to the forest and pick the beautiful golden mushroom, fry them in butter, throw them in a sauce, eat them straight, or make a creamy chanterelle soup. Here chef Joakim Larsson shares a tasty recipe with us home cooks.

# Chanterelle soup with dill croutons and truffles

#### Ingredients, The Soup (8 servings)

1 kg yellow chanterelles (save 16 for broiling) 50 g butter

2 shallots

1 garlic clove

5 sprigs of thyme

3 dl white wine

6dl double cream

1 dl creme fraiche

1 tbsp port white

1 tbsp sherry vinegar

1 tsp truffle oil

1 pcs fresh truffle

Salt and pepper

#### Step by step:

Broil the chanterelles, shallots, and thyme with butter until the shallots are translucent (about 5 minutes). Add wine and let reduce until half remains. Pour the cream in and let simmer for 10 minutes.

Remove the thyme sprigs and blend with a hand blender to a smooth soup (strain if needed). Add creme fraiche, port wine, sherry vinegar, truffle oil, salt and pepper.

Broil the rest of the chanterelles in butter with salt and pepper, add as a garnish and grate the fresh truffle over the soup.

#### For serving, dill croutons

1 pcs brioche bread 100 g dill, chopped 1 tbsp sea salt 50 g butter, cubed

#### Step by step:

Heat your oven to 170c. Cut the brioche bread into cubes of 2x2cm. Grind the dill with the sea salt in a mortar and sprinkle over the bread. Bake in the oven with the butter until golden (about 15 minutes). Add as garnish to soup.

Bon Appétit from us at Mister French Tullhus 2, Skeppsbrokajen, www.mrfrench.se

# COOKING CLASS



# Morning Glory With Crispy Tofu

Morning glory, also known as water spinach or watercress, is a vegetable from SE Asia. Stir fried morning glory is a great side dish, and by adding tofu it makes a delicious main course.

### Ingredients (4 servings)

1 bundle Choi Sum watercress

1 Chinese white cabbage - Pak Soi

2 tbsp Grape seed oil

1 tbsp sugar

Soy sauce

4 tbsp tofu mix\*

4 tbsp water

½ pct tofu in even-sized cubes (you can find silken tofu in well-stocked Asian stores)

4 tbsp tapioca flour

\*Tofu mix:

½ pct tofu

1 tbsp sesame oil

1 tbsp sugar

1 tbsp white wine

1 tbsp Sriracha chili paste

#### Step by step:

Start by preparing the tofu mix. Beat all the ingredients for the tofu mix in a bowl into an even mass that should look a bit like scrambled eggs. Set the bowl aside for a while.

Chop the watercress and paksoi into small pieces, rinse them in water and drain in a sieve.

Roll the tofu pieces in soy sauce and tapioca flour. Deep fry or fry them in a pan until they are golden and crispy.

Heat the wok over a very hot stove, pour grape seed oil and swirl it carefully in the wok pan. Put the watercress and paksoi into the very hot wok and turn them around for about a minute. Then add the sugar and twirl the mix with a vigorous stir. Add soy sauce in the wok to taste (about 1,5-2 tbsp).

Pour the tofu mix and the water in to the pan and stir. Bring to a boil and let simmer for  $\frac{1}{2}$  a minute.

Put everything together in a bowl and serve together with Thai Jasmin rice.

Enjoy your meal! Best wishes from Farang. Tulegatan 7, Stockholm, www.farang.se

# Chilled soup of green tomatoes with pickled avocado, jalapeño, kohlrabi and cucumber

Perfect recipe to prepare the day before your dinner party. A piece of art in a bowl. This will really impress your guests.

#### Ingredients, The Soup (4 servings)

12 roughly chopped green tomatoes 1/4 peeled and chopped shallot onion 1/2 peeled and chopped garlic clove Zest and juice of 2 lemons 1/4 finely chopped chili 2 dl olive oil 1 handful of fresh spinach 1 tbsp. chopped chives Fresh thyme twigs 2 tsp. salt 2 tsp. sugar

#### Step by step:

Place tomatoes, onion, garlic, chili, lemon zest, lemon juice, olive oil, thyme, salt and sugar in a large container. Leave to sit in fridge for at least 8h (preferably overnight). Remove thyme and blend in a blender with some chives and spinach (for more punch and the color), pass through a fine strainer, taste and add salt, sugar and lemon if needed. Place in fridge and chill until serving.

#### For serving, decoration

1 Kohlrabi, finely sliced and cut into 6 cm large circles (use a cookie cutter)

2 avocados

1 dl water

1/2 dl sugar

1 tbsp. apple cider vinegar

1 small roughly peeled cucumber (Leave some of the peel on)

1/2 deseeded and finely chopped jalapeno 2 tbsp. cream cheese Salt (to taste)

#### Step by step:

Bring water, sugar and apple cider vinegar to a boil. Split in 2 and let half cool completely, and half partly. Place the kohlrabi slices in the partly cooled vinegar liquid, and allow to cool completely in a fridge. Peel the avocado and cut in 2cm cubes. Place the avocado in the completely cooled vinegar liquid.

Mix the cream cheese with jalapeno and taste to see if salt is needed. Place in a piping bag.

Dry the kohlrabi slices on paper, ensure both sides are dry before piping a little of the cream cheese mixture on each slice. Fold 3 sides towards each other to form a flower. Slice the cucumber. Place the kohlrabi flowers, avocado and cucumber in a bowl.

Pour the soup at the table in front of your guests. For a further effect, place a few splashes of olive oil in the bowl and watch as they form an art piece in the bowl at serving.

Enjoy! Greetings from Restaurant Hantverket Sturegatan 15, www.restauranghantverket.se



# WEEKEND GETAWAY



# Unique hotel stays in Sweden

Interested in a quirky experience? Have you ever stayed in a tree top, slept under water or maybe inside an ice cube? Here we list a few very unique hotels in Sweden.

Text: visitsweden.se

# Utter Inn, Västerås

Discover Utter Inn, a one-of-a-kind underwater hotel, which floats on Lake Mälaren only 60 miles from Stockholm. The hotel consists of two parts, a floating bridge and a unique underwater room where two people can stay overnight.

The floating bridge is designed as a typical Swedish farmhouse, red with white garbles, and also includes a sun deck and a small rowboat to explore the surrounding islands. When night falls, it's time to climb down the stairs to the bedroom with its panorama windows in all four directions –

three meters below the surface of the water. It is a remarkable feeling to go to bed with fish all around that are watching you carefully. You are in an aquarium where fish are the beholders of man.

www.vasterasmalarstaden.se

# Treehotel, Harads

Harads Tree Hotel is an exciting and unique collaboration between some of the leading designers and architects in Scandinavia. The hotel opened its doors in 2010 and consists of seven "rooms". Each room is completely different in design and shape, but they are all created with ecological values and in harmony with nature. As a guest you will fall asleep to the smell of forest and whisper of wind passing through the treetops. In the morning you will wake up to the sound of birds.

www.treehotel.se

### ICEHOTEL, Kiruna

The ICEHOTEL in northern Sweden is truly a once in a lifetime experience! Inside the hotel, the temperature is never lower than 23 Fahrenheit, regardless of how cold it may be outside. Dress in warm thermal underwear, put on a hat and slip into the cozy sleeping bag. The day after, you are awakened in the morning with a cup of hot lingonberry juice at your bedside. Breakfast buffet, morning sauna, and towels are included in your stay.

You can now visit the ICEHOTEL year round with the launch of ICEHOTEL 365, a permanent structure which includes luxury suites, each with private relax and bathroom, and art suites, all sculptured by selected artists. This ice experience can be visited year-round and is cooled by solar panels during the summer months.

www.icehotel.se

# Kolarbyn Ecolodge, Skinnskatteberg

Kolarbyn is called Sweden's most primitive hotel. It is a natural refuge for silence, wilderness, and adventure in a beautiful forest setting just a few hours away from Stockholm. Kolarbyn consists of twelve little forest huts located in a glade by the beautiful lake Skärsjön. A variety of guided tours, package deals and special events are offered throughout the season. Among the most popular are the wildlife (moose, wolf, beaver, and lynx) safaris and the floating sauna on lake Skärsjön.

www.kolarbyn.se







# RIGHT OF PUBLIC ACCESS



# Don't disturb – don't destroy

The right of public access is a fantastic opportunity for all of us to roam freely in nature. You make use of the right of public access when you go for a walk in the forest, paddle a kayak, go climbing or just sit on a rock and think.

Text: Naturvårdsverket

In order for everyone to enjoy nature, we need to take care of nature and wildlife and show consideration for landowners and others who are outdoors. We can sum this up with the phrase "Don't disturb – don't destroy".

# Hike, bike, ride...

We have a wonderful opportunity to experience nature and pursue many different activities. Swedes are extremely interested in outdoor life and nature. So that everyone can enjoy nature, it is good to keep some things in mind:

• Remember that crops, replanted forest or other vulnerable land should not be damaged.

- To avoid disturbing those who live in the area, do not cross over or occupy someone's lot. Residents have a right to be undisturbed.
- When you ride or cycle in terrain, there is a risk of damaging the ground. Do not ride or cycle over soft, fragile ground or on designated jogging tracks, ski tracks or hiking trails.
- If you cross enclosed pastureland, do not disturb animals or damage fences. Close the gate after you so that livestock does not get out.

### Camping

By all means pitch a tent for a night or two in the countryside! Remember to pitch it in a suitable place

– in other words, where farming is not carried on and not too close to a residence. Indeed, the greater the risk of disturbing someone, all the greater reason there is to ask for permission.

# Take rubbish with you

We all want clean nature, free of litter. So take rubbish with you. Glass, tins, plastic bags and bottle caps can injure both people and animals. Therefore, never place a rubbish bag next to a full dustbin.

#### Fire

The campfire adds spice to our outdoor life, and you are allowed to build a fire in nature. But fires cause concern among many landowners because much valuable forest goes up in flames every year due to carelessness with campfires. To minimise the risk of fire spreading, it is good to keep some things in mind:

- Do not start a fire if there is the least danger of it spreading – in dry weather the lighting of fires often is prohibited.
- Do not build a fire directly on or right next to rocks. They can crack, causing scars that never heal.
- When you are done with the fire, make sure that it is thoroughly extinguished.
- Leave no trace of the fire in the form of a fireplace or such.

# Picking flowers, berries, mushrooms, twigs...

You are free to pick flowers, berries, mushrooms, twigs and branches from the ground. To avoid damaging nature, it is good to keep some things in mind:

- Remember that certain plants are protected by law and they may not be picked. The county board can provide information on protected plants. Orchids are protected throughout the country.
- Do not take twigs, branches, birch-bark and other bark from growing trees. They can be damaged.

# Dogs

Obviously dogs may accompany you in nature. March 1st to August 20th is a sensitive period for

wildlife, and dogs are not allowed to run loose then. During other times of the year, you also must have your dog under sufficient control so that it does not disturb or damage wildlife and other people. In some parts of the country dog leash laws are in effect.

# Swimming and boating

The right of public access applies both on land and water. You may swim by the shore, boat almost everywhere, moor your boat and spend a day or two on board. The same rules for consideration of your surroundings apply as on land. In other words, don't disturb – don't destroy. To be able to enjoy nature by and on the water, it is good to keep some things in mind:

- Do not moor your boat or go ashore by a dwelling or where there is no admittance, such as a sanctuary for protection of birds and seals.
- It is okay to moor a boat temporarily at someone else's jetty if it does not interfere with the owner.
   But not if it adjoins the grounds of a house, of course. It is preferable to contact the landowner.

#### Protected nature areas

In national parks, nature reserves, Natura 2000 sites or other protected areas, special rules apply. Sometimes the right of public access is limited, sometimes expanded. Information is posted at the entrances to the parks or other protected areas.

More information www.naturvardsverket.se/allemansratten



# **HEALTHCARE**



# Decentralised Healthcare

Healthcare in Sweden is largely tax-funded, a system that ensures everyone has equal access to healthcare services.

Text: sweden.se

Sweden is divided into 290 municipalities and 21 regional councils. Swedish healthcare is decentralised – responsibility lies with the regional councils and, in some cases, local councils or municipal governments. This is regulated by the Health and Medical Service Act. The role of the central government is to establish principles and guidelines, and to set the political agenda for health and medical care.

Regional councils are political bodies whose representatives are elected by region residents every four years on the same day as national general elections.

# Local and regional responsibilities

Swedish policy states that every regional council must provide residents with good-quality health and

medical care, and work to promote good health for the entire population. As of 2019, regional councils also cover dental care costs for local residents up to the age of 23. Dental care from the age of 24 is subsidised by the state.

Sweden's municipalities are responsible for care for the elderly in the home or in special accommodation. Their duties also include care for people with physical disabilities or psychological disorders and providing support and services for people released from hospital care as well as for school healthcare.

# Ageing population

Just as in many other developed countries, people in Sweden are living longer and longer. The average life span is now 84 years for women and 81 years

for men. This can be attributed in part to falling mortality rates from heart attacks and strokes. About one in five people is 65 or older. That means Sweden proportionally has one of Europe's largest elderly populations. On the other hand, the number of children born in Sweden has been increasing nearly every year since the late 1990s. The ageing population puts pressure on Sweden's healthcare system.

# Patient safety and the quality of care

Many of the challenges confronting Swedish healthcare can also be seen in other countries, and include issues of access, quality, efficiency and funding. One priority area is patient safety. In 2011, Sweden enacted a new patient safety law, which gives patients, consumers and family members new opportunities to influence the quality of healthcare. The aim is to make it easier to report cases of wrong treatment.

The National Patient Survey provides an annual measurement of how patients perceive the quality of healthcare. Questions concern treatment, patient involvement, confidence in care and information. The results are compiled by every regional council and region and are used to develop and improve care.

# Specialist care within 90 days

Waiting times for pre-planned care, such as cataract or hip-replacement surgery, have long been a cause of dissatisfaction. As a result, Sweden introduced a healthcare guarantee in 2005. This means all patients should be in contact with a local health centre (vårdcentral) the same day they seek help, and should get a medical assessment within three days. After an initial examination, no patient should have to wait more than 90 days to see a specialist, and no more than 90 days for an operation or treatment, once it has been determined what care is needed. If the waiting time is exceeded, patients are offered care elsewhere with no extra costs, including travel.

Statistics from January 2020 indicated that about 88 per cent of the patients see a specialist

within 90 days and 82 per cent receive treatment or are operated on within a further 90 days. But these statistics will change, due to the unforeseen Covid-19 pandemic. Sweden, like the rest of the world, has to prioritise healthcare aimed at combatting the coronavirus.

#### Vision for eHealth

In 2025, Sweden will be best in the world at using the opportunities offered by digitisation and eHealth to make it easier for people to achieve good and equal health and welfare, and to develop and strengthen their own resources for increased independence and participation in the life of society.

More info about the Vision for eHealth 2025 – common starting points for digitisation of social services and health care ehalsa 2025, se

Useful pages socialstyrelsen.se folkhalsomyndigheten.se slso.sll.se

#### Patient fees

- Hospital stay: max SEK 100/day.
- Primary care: SEK 0-300, depending on the regional council.
- Specialist or emergency visits: max SEK 400.

#### High-cost ceiling

A patient never has to pay more than a total of SEK 1,150 for medical consultations in the course of 12 months. Any consultations exceeding that amount are free of charge.

For prescription medication, nobody pays more than SEK 2,350 in a given 12-month period.

# SWEDEN AND CORONA - IN BRIEF

# Expert Advice, Government Decisions

The Swedish government has presented many different measures in several areas to fight the coronavirus. Independent expert government agencies make recommendations, the government makes decisions. Each decision is based on what's deemed best for the nation and the population of Sweden.

#### The decisions aim to:

- limit the spread of infection in the country
- ensure healthcare resources are available
- limit the impact on critical services
- mitigate the effects on people and businesses
- ease concern, for example by providing information

Sweden's response to the coronavirus pandemic is about taking the right measures at the right time, because different measures are effective at different points in time. The country's response is also partly based on voluntary action – for example: the authorities recommend people with symptoms and over -70s to stay home rather than enforce a nationwide lockdown

- Read about the different measures that Sweden has taken at krisinformation.se
- For business-related measures, go to verksamt.se

# The principle of responsibility

In Sweden, crisis management is built on the principle of responsibility. This means that the government agency responsible for a particular matter under normal circumstances is also responsible for that matter in a crisis situation.

In Sweden, independent expert government agencies give the government advice about which measures are needed to limit the spread of Covid-19 and combat the effects of the spread of infection in the community. It is then up to the government to make the decisions. These agencies can also make certain independent decisions concerning infection control.

# Trust in government agencies

In Swedish society there is, in general, a relatively strong trust in government agencies. The general public and private actors tend to follow the advice of the responsible agencies. In a study conducted in the last week of March, two-thirds of Swedes said they had stopped travelling, meeting people and using public transport – an indication that people follow the recommendations of government agencies

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

# **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

Folktandvården 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 trappstege no entry = ingen ingång no smoking = rökning förbjuden no trespassing = tillträde förbjudet open = öppet pull = drag push/press = skjut/tryck sale = rea

#### Dates - Datum

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

smoking allowed = rökning tillåten

April 1st 2020 = 2020-04-01.

Stockholm, June 1st 2020 = Stockholm den 1 juni 2020.

Malmö, 3rd Feb 2020 = Malmö den 3/2 2020.

### 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
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.

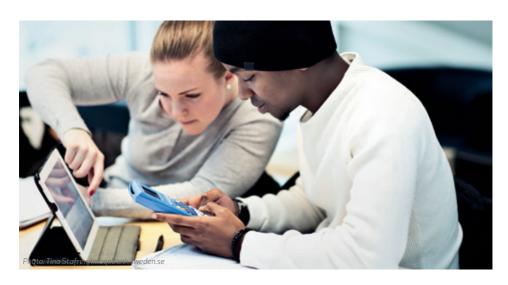
#### Time - Tid

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 = Blåsigt
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 get 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

# **PHONEBOOK**

# Alarm & Security Equipment

#### Active Armour

www.activearmour.com 070-669 99 71

#### **Gothia Protection Group**

www.gothiaprotection.se 08-410 402 00

# **Apartments**

#### Bostadstjänst

www.bostadstjanst.com Augustendalsvägen 22 08-30 00 64

#### **Quality Living**

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

#### Auctions

#### Kaplans Auktioner

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

# Banking & Financial Services

#### Forex

www.forex.se Centralstationen 010-21116 04

#### Handelsbanken

www.handelsbanken.se Sveavägen 13 08-534 805 00

#### 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-special-sales.com Gårdsvägen 9-11 08-735 39 53

#### Mercedes-Benz

www.upplandsmotor.se Kottbygatan 4 08-447 22 00

# Flowers

#### Melanders Blommor

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.royalpalaces.se The Royal Palace 08-402 61 00

# Hotels & Booking Agents

#### **Nordic Choice Hotels**

www.nordicchoicehotels.se 0771-666 700

#### Radisson

www.radissonhotels.com 08-503 372 46

#### Scandic Hotels

www.scandichotels.se 08-517 517 00

# Jewelry & watches

#### Franks UR

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

#### Gallery Nord Amber

www.najder.se www.ambergallery.se Köpmangatan 11 0732-554 779

# Language Schools

#### Sigtunaskolan

www.sshl.se Manfred Björkquists allé 8 08-592 571 00

# Library

#### Stockholms Stadsbibliotek

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

### Mobile Phones

#### Elgiganten Phone House

www.phonehouse.se Sveavägen 26 0771-115 115

# Moving Specialist

#### Mex

www.mex.se 08-668 33 00

# Optician

#### Synoptik

www.synoptik.se Drottninggatan 92 08-20 32 20

# Public Transportation

#### Flygbussarna

www.flygbussarna.se 0771-51 52 52

### SL Kundtjänst

www.sl.se 08-6001000

#### SI

www.sj.se 0771-757575

# Restaurants

#### Farang

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

#### Kungshallen

www.kungshallen.eu Kungsgatan 44

#### Mr French

www.mrfrench.se Tullhus 2, Skeppsbrokajen 08-20 20 95

#### Restaurang Hantverket

www.restauranghantverket.se Sturegatan 15 08-121 321 60

# Shopping

#### Bibliotekstan

www.bibliotekstan.se Biblioteksgatan

#### Bruno

www.brunogallerian.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

#### GötaKanal

www.gotacanal.se 031-80 63 15

#### Gröna Lund

www.gronalund.com Djurgården 010-708 91 00

#### Skansen

www.skansen.se Djurgården 08-4428000

#### Solvalla

www.solvalla.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

www.awbauerco.com Brunnsgatan 4 08-10 47 80

# Taxi & Limousine Service

#### Limousine Service AB

www.limousineservice.se 08-22 22 80

#### Taxi Kurir

www.taxikurir.se 08-300 000

#### Taxi Stockholm

www.taxistockholm.se 08-15 00 00

# Tourist Information

### Stockholm Visitor Center

www.visitstockholm.com 08-508 285 08

# A CLEAR STATEMENT. BMW DIPLOMATIC SALES.



Its mission statement: setting new standards. The BMW 5 Series is the embodiment of the modern business saloon. Thanks to its dynamic and simultaneously elegant appearance, it convincingly meets the expectations that are placed today on a vehicle of its class: aesthetic athleticism and driving pleasure with state-of-the-art technology. BMW 5-SERIE

Mr. Olof Willix Head of Diplomatic & Special Sales Stockholm Office

**Bavaria** Gårdsvägen 9-11, Box 1159, 171 23 Solna, Sweden. Phone +46 (0)8 735 39 53. Mobile: +46 (0)70 084 37 06, e-Mail: olof.willix@bavariabil.se

**Bavaria** 

The BMW 5 Series: Output in kW (hp): 135-294. Fuel consumption in I/100 km: 2,0-9,7 CO $_2$  emissions in g/km (combined): 45-220. Fuel consumption figures are based on the EU test cycle.