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GUIDEBOOK
for diplomats
2023/2024

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Dear new members of the diplomatic community of Stockholm



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

The Stockholm region is Sweden's driving force and closely connected to the rest of the world. Just over one fifth of the population of Sweden live here, and one third of the economic growth of Sweden is created here. The country's leading knowledge centres are to be found here as well as a strong start up scene together with many international companies. People move here from all over the world, bringing new knowledge to the region. More than 2,2 million people from over 200 different countries live here.

Having lived abroad and having a husband of foreign background, I recognize the importance of feeling welcome in a new society.

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 sustainability 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.

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.

Anna Kinberg Batra

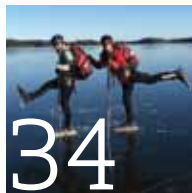
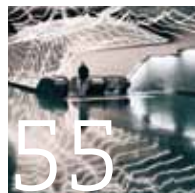
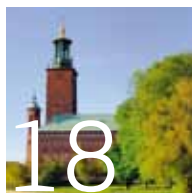
A handwritten signature in blue ink, reading 'Anna Kinberg Batra'.

Governor of Stockholm County

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ADS – Association of Diplomats Stockholm

“Soon celebrating its important milestone, Association of Diplomats Stockholm (ADS) has become an integral part of the diplomatic community’s life in Stockholm over the years. Being true to the motive of its establishment and the vision of its founders till this day, it has proven its indispensable contribution of being one of the very first focal points of introduction to the new environment, extensive network of colleagues, expanding possibilities for professional development outside the standard frameworks. ADS always thrives to be better, for and thanks to the members of the diplomatic community of Stockholm. We look forward to welcoming you.” Katarína Hlatká, Chair of the Board

ADS is a non-profit, non-political and non-religious organisation of diplomats accredited to Sweden, with their seat 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 objective of ADS is the promotion of contacts among its members, the diplomatic community and with Swedish authorities and society.

We organise professional and social events throughout the year, with the support and cooperation of different organisations and stakeholders in Sweden, always with the aim of reflecting the needs of the diplomatic community. These activities include public policy as well as consular related seminars, business focused visits in the Stockholm area and regional trips within Sweden.

Beside our regular after work gatherings, some of our annual events include the Welcome Reception, visit to the Riksdag (Swedish parliament) and the Beer and Food fair. The Welcome Reception is arranged to greet newly arrived diplomats to Stockholm and introduce them to the community at large. The Beer and Food fair gathers several embassies to compete for the best beer and food 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.

You are welcome to join any of our events, even if you are not yet a member – look out for the invites we send to the general email addresses of all embassies in Stockholm – and do feel free to contact us directly to find out more: ads@diplomatstockholm.org.

How to join ADS

Membership is open to all accredited diplomats in Sweden including Ambassadors, as well embassy staff. The membership in ADS includes preferential access to our events and free or subsidised event fees.

For more information, please visit ADS website or approach any of the ADS Board members: www.diplomatstockholm.org

ADS Board

The Board of Directors together with the Permanent Secretary oversee the direction and the daily affairs of the organisation. The current board comprises of:

Katarína Hlatká – Chair of the Board, Embassy of Slovakia

Arezoo Hersel-Rohila – Board Member, Embassy of Israel

Valentin Stoev – Board Member, Embassy of Bulgaria

Niko Kosmidis – Permanent secretary



From the left Niko Kosmidis, Katarína Hlatká, Arezoo Hersel-Rohila, Valentin Stoev.



Diplomatic Spouses Club of Stockholm (DSCS) Connecting Cultures, Creating Bonds

The Diplomatic Spouses Club of Stockholm (DSCS) is an inclusive association open to all spouses and partners of diplomats accredited to Sweden. Established in 1961, DSCS is one of the oldest international associations in the country. Our aim is to provide a friendly and respectful environment where members can socialize, share their interests, and enjoy diverse cultures and generations coming together.

Membership and Executive Committee

DSCS welcomes spouses and partners listed in the Swedish Ministry for Foreign Affairs (MFA) Diplomatic List. Our club operates under a democratic governance model, with a President elected by the members during the Annual General Meeting. The President appoints an Executive Committee to assist in running the club and serving the needs of our vibrant community.

Activities and Engagement

At DSCS, we value member involvement and encourage suggestions for activities. Join our interest groups, participate in cultural visits, ateliers, social gatherings, and day trips. Experience the richness of various cultures and share your own unique interests.

Connecting with Sweden

DSCS fosters connections with the wider Swedish society, allowing members to learn more about



their host country. We are honored and grateful for the recognition received from public and private institutions, as well as esteemed personalities from various walks of life.

Adapting to Change

In response to the recent pandemic, DSCS has embraced online platforms and social media to stay connected with our community. We combine online activities with in-person events, ensuring a balanced approach that suits the evolving needs of our members.

Join Us

Visit our website or contact us for further information.

www.dsc-stockholm.com

presandexcomm@dsc-stockholm.com

We look forward to welcoming you to the Diplomatic Spouses Club of Stockholm (DSCS), where cultures converge, friendships flourish, and memories are made.



The Ambassadors' Spouses Association of Stockholm (ASAS)

ASAS was founded in 2020 to create a setting for spouses and partners of ambassadors resident in Stockholm to share the culture and traditions of our home countries and to learn together more about the Kingdom of Sweden.

Who we are

ASAS is a voluntary, non-political, non-profit, independent organisation that respects all human rights and freedoms, based on the principle of unity through diversity, and aims to complement and cooperate with other initiatives within the diplomatic community. In addition to spouses of ambassadors accredited to the Kingdom of Sweden, we are privileged to welcome as honorary members several prominent representatives of the Swedish community.



What we do

The objectives of ASAS are:

- to welcome newcomers and to promote friendship among members
- to explore diverse aspects of the Kingdom of Sweden, interacting with individuals and stakeholders in different fields
- to promote activities and cultural exchanges among members and with Swedish society;
- to organize yearly charitable events

Our activities include:

- events sharing the culture, traditions, and national cuisine of different countries
- visits and guided tours to theatres, museums, and other cultural institutions
- family activities
- charitable events
- mini-groups reflecting members' interests

How to join ASAS

All spouses of ambassadors are warmly encouraged to join our association. The friendships we have formed and the things we have learned from each other have been valuable for all of us here and we very much look forward to welcoming you into our community.

If you would like to become a member or receive additional information, please contact ASAS at stockholm.asa@gmail.com.

STOCKHOLM

Welcome to Stockholm

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

Riksbron with the Parliament Building to the right.





STOCKHOLM



Hötorget market. Photo: Lena Lindell/Pixabay

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.

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!



STOCKHOLM



On the way to Djurgården.

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, ABBA The Museum 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, picnickers and families to get together and relax in during the summer. Vasastan offers some interesting sights as The City Library (Stadsbiblioteket), The Observatory (Observatorielunden) and Gustav Vasa Church. The Strindberg Museum is also located here. This is where the Swedish author August Strindberg spent the last four years of his life.

08-30 00 64

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www.bostadstjanst.com

STOCKHOLM



The City Hall.

Kungsholmen

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

Södermalm

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

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STOCKHOLM



Exclusive apartments along Strandvägen.

Östermalm

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

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

Bibliotekstan is the city's most affluent shopping district, with exclusive Scandinavian and international brands. This is located around Birger Jarlsгатan, Smålandsgatan, Jakobsgatan and Norrlandsgatan. If you'd like to go shopping, there is Sturegalle-

rian on Stureplan and Fältöversten on Karlslaplan, both with lots of shopping and eating alternatives.

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



Östermalm's Saluhall. Photo: Anna Hugosson/mediabank.visitstockholm.com

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 Royal Dramatic Theatre further contribute to the area's fashionable status. It was founded in 1788 and commonly known as Dramaten. This beautiful white art nouveau-building at Nybroplan has been the theatre's home since 1908. In the repertoire you'll find classical theatre, newly written Swedish and international theatre, and theatre for children and youth.

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



The Royal Dramatic Theatre

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

Among museums in the neighborhood you'll find The Swedish History Museum, The Army Museum and The Nationalmuseum.

STOCKHOLM



Stortorget in the Old Town.

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 50.



The Old Town and Riddarholmen. Photo: Ola Ericson, Stockholmphoto/mediabank.visitsweden.com

STOCKHOLM



Stortorget Christmas market. Photo: Ulf Lundin/imagebank.sweden.se

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 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 Görän 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 Riddarholmen 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!

TRAVEL TIPS

Some 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.



Photo: Tina Axelsson/imagebank.swedense



Subway station. Photo: mediabank/visitstockholm.com

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. 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.

4. 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.

5. 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!

6. The subway is an art gallery

The Stockholm subway system is said to be the world's longest art exhibit. More on page 52.



Archipelago. Photo: Henrik Trygg/mediabank/visitsstockholm.com



Midsummer. Photo: Conny Fridh/Imagebank.sve

7. Island hopping in the archipelago

In the wintertime, you can use the SL card to go island hopping in between some of the 30 000 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. 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.

9. 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



Photo: Tina Stafren/imagebank sweden.se

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.



KUNGSHALLEN

KUNGSGATAN 44 • STOCKHOLM

SWEDEN & SWEDISHNESS



Photo: Magnus Liam Karlsson/imagebank.sweden.se

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*.

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



Waffle Day. Photo: Mikaela Vázquez Rico/imagebank.sweden.se

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 1,300.

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 websites

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

Fashion. Food. *Workout.*

BRUNO

Aplace // Samsøe & Samsøe // Hope // & Other Stories
Arket // Bröd & Salt // Lakritsroten // Becore
Brunogallerian.se // Götgatan 36, Stockholm.

WHAT TO DO



Photo: Stockholm Adventures

Tours and Activities in Stockholm

The list of things to do during your stay in Stockholm is endless and there are more than a hundred of adventures and experiences to make the most out of your visit. To make it easier we have hand-picked the best of them to get to know the city, its culture and its nature.

Text: Stockholm Adventures

Ice Skating Tours in Stockholm

Scheduled and private departures.

During winter, end December – mid March, Stockholm Adventures are out skating with guests almost daily on the best natural ice for the day. This means they could be skating on some of Stockholm's many lakes or out in the beautiful archipelago, they won't know until that day, all they do know is it will be an unforgettable experience!

The ice skating tours offered are fully inclusive of skating and safety equipment, experienced guide, city centre pick up and drop off, classic outdoor lunch and hot beverages sat around a cozy open fire.

Bike & Segway Tours

Scheduled and private departures.

Between April and November Stockholm Adventures operates bike and segway tours that showcase the eclectic mix of modern and historical architecture, extraordinary natural beauty, grand public squares, winding cobbled alleys and lively cafes, bars, restaurants, and boutiques that Stockholm has to offer.

These tours are a great introduction to a great city! By the time you're finished, you'll feel well informed and well orientated, which will help you make the most of the rest of your time in Stockholm. With a choice of transportation, city bikes that are custom made on Södermalm, E bikes and segways, there is something on offer for everyone!



Kayaking Tours in Stockholm City and Stockholm Archipelago

Summer and winter tours, scheduled and private departures.

Stockholm Adventures offers kayaking tours in the city all year around, from their own city centre dock, and kayaking in the archipelago between May and September. Their kayak tours have an easy tempo to suit all abilities; many persons who join the tours have no previous experience, and the techniques are easy to learn. The city tours are an enjoyable and leisurely sightseeing paddle that

allows you a fabulous vantage point as you look in on the pulsating city from your kayak. Whereas the archipelago kayak tours are an escape from the city and complete submersion into a serene and beautiful landscape bursting with rugged scenery and wildlife.

The kayak tours are fully inclusive of kayak equipment, experienced guide, city centre pick up and drop off, delicious freshly prepared food (when included) and camping equipment (for multiday tours).



Evening Wildlife Safari with Traditional Midsummer meal

This is a small group van based tour with scheduled and private departures.

From spring to autumn in the evening, Stockholm Adventures offers a unique way to experience the Swedish nature. The tour starts with a traditional meal to later explore forest and agricultural land looking for deers, wildboars, mooses, and more!



WHAT TO DO



Photo: Claes Helander

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 or a live guided archipelago excursion, as well as a sightseeing tour in the City with a bus or boat!

Many of Stromma'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. If you want to see the archipelago, we recommend our popular "Archipelago Tour with guide".

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



Photo: Magnus Rietz

WHAT TO DO



Lollapalooza festival. Photo: Oscar Scheller/imagebank.visitsstockholm.com

Recurring events in Stockholm

Some events attract attendees year after year and have become a mainstay in annual calendars. Some of the most popular recurring events are:

Adidas Stockholm Marathon

Adidas is the main sponsor of the Stockholm Marathon since 2022. But the annual event has older roots than that, as far back as 1979. (It is usually held in late May/early June)

The Baltic Sea Festival

The Baltic Sea Festival is a music event, that highlights classic and orchestral music from countries around the Baltic Sea. The festival is

a collaboration between, amongst others, The Swedish Institute and the Swedish National Radio, and the concerts are held at Berwaldhallen on Gärdet. (24 aug-2 sept 2023)

Bauhaus-galan

Formerly known as DN-galan, Bauhaus-galan has been around since 1967. The annual athletics meeting is part of the Diamond League and regularly hosts some of the world's most prominent athletes. (2 July 2023)

Kulturnatt Stockholm

Kulturnatt Stockholm is basically a smorgasbord of Stockholm's cultural scene. During the one-night-only festival in April, many of the city's libraries, theaters, museums, and cultural institutions organize unique events, shows, and exhibitions free of admission. (One night in April)

Lidingöloppet

With some 15 000 participants every year, Lidingöloppet is the world's largest cross-country running competition in the world. Although the track is "only" 30 kilometers long (18.6 miles), the difficult terrain has made it infamous, considered by some as one of the most challenging races in Sweden. (22-24 September 2023)

Liljevalch's Spring Salon

2021 marked the 100-year anniversary of the Spring Salon at Liljevalch's art museum. Since its inception, the annual exhibition has showcased works from established artists, side-by-side with virtual unknowns and amateurs. Each year's lineup is hand-picked by a jury. (February-April)

Lollapalooza

The music festival Lollapalooza has its roots in the US and the alternative rock music of the '90s. The first Stockholm edition was in 2019. The location is Gärdet in Stockholm. (29 June-1 July 2023)

Stockholm Design Week

Stockholm Design Week is organized by the Stockholm Furniture Fair and is held two times each year; in February and August. It puts the spotlight on Swedish and Scandinavian design with design-focused events at galleries, showrooms, museums, and cultural institutions all over Stockholm. The February-edition also coincides with the annual Stockholm Furniture Fair. (February and August)



Stockholm International Film festival

The Stockholm International Film Festival took place for the first time in 1990. Although the program is broad with several categories, the competitive section is only open to young filmmakers. (8-19 November 2023)

Stockholm Jazz Festival

Stockholm Jazz Festival is one of Sweden's oldest music festivals. As the name suggests, the festival focuses on jazz music with concerts by both jazz legends and rising stars. (13-22 October 2023)

Stockholm Kulturfestival & We Are Stockholm

Two admission-free festivals – with various events, concerts, and exhibitions – that take place simultaneously in August, in central Stockholm. While Stockholm Kulturfestival is for the whole family, We Are Stockholm is more aimed at teenagers and young adults. (16-20 August 2023)

Stockholm Pride

The largest pride celebration in Northern Europe has been around since 1998. Festivities are spread across Stockholm, during the last week of July/the first week of August. But almost everyone views the Pride Parade, at the end of the week, as the obvious highlight of the celebrations. (31 July-6 August 2023)

For more information about events in Stockholm: visitstockholm.com

SHOPPING



Sturegallerian

At Sturegallerian, you'll find everything needed to make life just a little bit more enjoyable.

At Stureplan, in the heart of Stockholm, you will find Sturegallerian – an artful diversity of selected shopping, contemporary dining and modern life-style. Here, you will come across a rich variety of shops, stretching from unique Scandinavian and local stores to some of the world's most coveted brands. Centrally located, it is a natural meeting place and the perfect hub for both locals and visitors.

With its culinary experiences from around the world and vibrant nightclubs, Sturegallerian is the starting point and the final destination both day and night. In other words: A vibrant and inspiring atmosphere – the one place in Stockholm you simply cannot miss.

Sturegallerian, Sturegatan 4,
www.sturegallerian.se
Mon – Fri: 10am – 7pm
Sat: 10am – 5pm, Sun: 12am – 5pm







Celebrate every day with a dessert

WELCOME TO THE HEART OF KARLAPLAN



FÄLTÖVERSTEN

Metro: Karlaplan
faltoversten.se
#faltoverstenkarlapan

Opening hours:
Mon–fri: 10–20
Sat: 10–18, Sun: 11–17



WELCOME TO FÄLTÖVERSTEN

Karlaplan is a cosy and calm area in the middle of Östermalm, with avenues inspired by Place de l'Etoile in Paris. This is also the home of Fältöversten, a shopping mall which has, since it was built in 1973, become an important part of the everyday lives of the people living around Karlaplan. With its 50 shops, 10 restaurants and two well-assorted grocery stores it won't be too difficult to find what you're looking for.

THE FOOD

When it comes to food, Fältöversten has a big variation of flavors and cuisines. If you're in the need for groceries, Sabis is the place for you. It's Sweden's most rewarded grocery store, equipped with a sourdough bakery, a cheese room and a wide selection of organic fruits and vegetables. Hosting an event? No problem, Sabis make their cakes from scratch as well offers catering to all kinds of different occasions.

In addition to grocery stores, Fältöversten also has a lot of restaurants, with everything from cosy dinner restaurants to juice bars and places to buy a quick lunch. If you're hungrier than usual, we recommend Phil's burgers. Their burgers are made from scratch with ingredients of great quality and Swedish meat! If you rather feel like having a Swedish version of the typical New York pizza, Brillo Pizza is an excellent choice. Try one of the classics or be a bit more daring and order something different, like the Yakiniiku flavoured one. The pizzas are always served sliced up, which makes Brillo Pizza a great option if you like sharing your food!

We also have a newly opened Italian restaurant in Fältöversten called Il Marchese. The perfect

place to bring your date for dinner, or why not your colleagues for work drinks!

THE SHOPPING

Are you looking for a new piece to your wardrobe, lightning bulbs or the best face cream? Whatever you need, you'll find it at Fältöversten. We've got stores like World of Toys, H&M, The Body Shop and the Scandinavian home decor store Lagerhaus, which has all the things you need for your home. They also have great gifts, both for yourself and to someone else you like.

If your home is all set up, but your wardrobe needs an update, make sure to visit Jackie. Jackie is a concept store that offers timeless clothing and accessories from brands like Marc Jacobs, Michael Kors and Burberry, mixed with Scandinavian gems like Filippa K and Acne. Or why not stop by Lindex, a clothing stores that offers affordable but trendy designs for both children and women. Fältöversten also has stores to fulfil more practical needs. Like Kjell & Company, several pharmacies, a library, and everything else you could ever need for your everyday life to go on smoothly. Welcome to the heart of Karlaplan, welcome to Fältöversten!

SHOPPING



Photo: Bibliotekstan



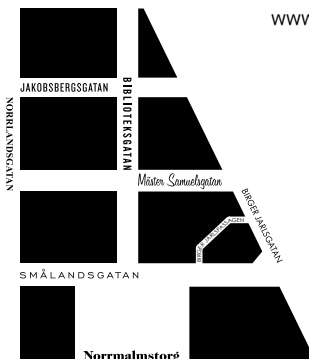
Photo: Tove Freij/mediabank.visitstockholm.com

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 Misshumashu and Nori bar a visit.



www.bibliotekstan.se
Östermalm



Cherry blossoms at Kungsträdgården. Photo: Henrik Trygg/mediabank.visittstockholm.com

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.



Easter witches. Photo: Jenny Drakenlind/imagebank.sweden.se

Vasaloppet-Vasa ski race

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

Påsk-Easter

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

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

Valborgsmässoafton-Walpurgisnacht

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



Dancing around the maypole. Photo: Christian Ferm/imagebank.sweden.se

Kristi Himmelfärdsdag- Ascension day

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

Pingst-Whitsun

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

Sveriges nationaldag- Sweden's national day

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

Midommar-Midsummer

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

Kräfskiva-Crayfish Party

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

Surströmmingskiva-Fermented Herring Party

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

Alla helgons dag- All Saints day

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

Mårten Gås-St. Martins Day

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

Advent-Advent

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



Crayfish party. Photo: Carolina Romare/Imagebank sweden.se

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.



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.

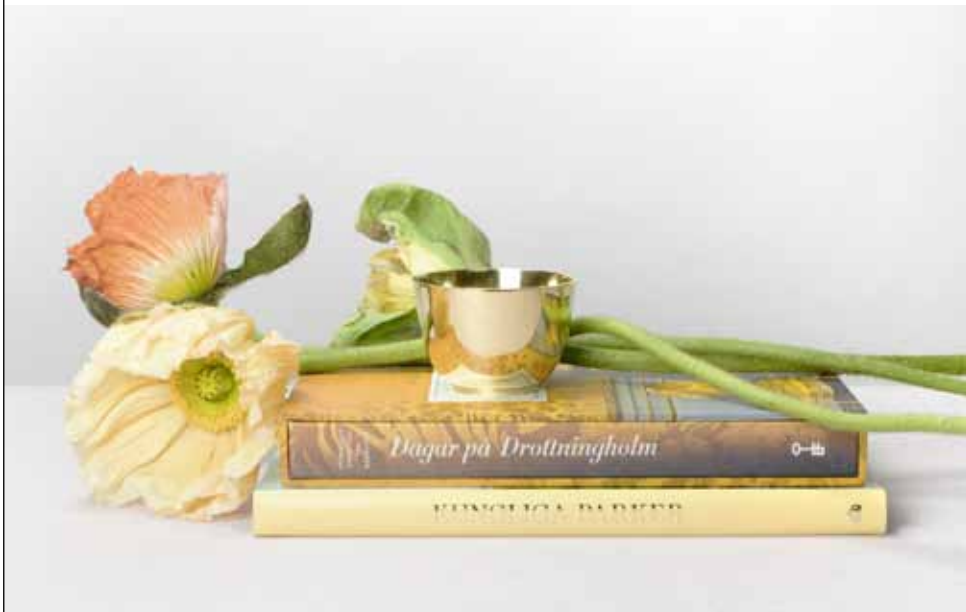
*Some of the halls can close fully or partially in connection with The King's official receptions.

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.

www.RoyalPalaces.se 

CULTURE

Spending a day in Stockholm's metro is basically like visiting the world's longest art exhibition. Here's just a small sample of the beauty waiting to be discovered below ground.



Tensta subway station

The Suburb of Tensta was built between 1966 and 1972 to accommodate a Stockholm that was growing and in need of more residential housing. Although it was part of the building plans from the beginning, the station of Tensta wasn't ready until 1975. Artist Helga Henschen, together with Arne Sedell and her brother Lars, spent over a year decorating the station's platform with a colorful display of animal sculptures and stylized leaves against a bright white wall. Since Tensta has always had a majority of residents who immigrated to Sweden, the artists wanted the station to feel welcoming no matter where your roots are, explains art guide Marie Andersson. "The words written around the station are a celebration of all the people from different cultures living in Tensta."

Art in the Subway: Explore beautiful subway stations

The Stockholm subway system is said to be the world's longest art exhibit – 110 kilometers long. Traveling by subway is like traveling through an exciting story that extends from the artistic pioneers of the 1950s to the art experiments of today.

Text: visitstockholm.se

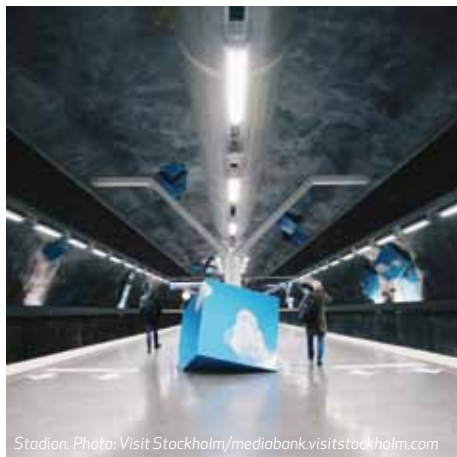
Stockholm's subway system is truly one of a kind. One hundred stations, each with unique art on its platform, walls or waiting hall. Since 1957 artists have played a key role when new stations have been built. And over time the metro's older stations – planned and built without any art – have been spruced up with beautiful statues, murals, and installations.

Mörby Centrum subway station

At first glance, Mörby Centrum's station art might seem unassuming. Except for the colorful tilework embedded in the bedrock, the color scheme is light and almost subdued. But as art guide Marie Andersson explains it, the color is actually an optical illusion. Go check it out!



Mörby. Photo: Visit Stockholm/mediabank.visitstockholm.com



Solna. Photo: Visit Stockholm/mediabank.visitstockholm.com

Solna Strand subway station

The contrast between the heavenly cubes – jutting out from the ceiling and platform at Solna Strand – and the dark cave, is characteristic of Takashi Naraha's art. The Japanese artist often uses a yin-and-yang-theme in his work, explains art guide Marie Andersson.

"It's the foundation of his pieces, there's often a balance between light and darkness. And in the way that the platform's cubes mirror the open sky above ground, the black cube just outside the station entrance relates to the dark cave below ground".



Kungsträdgården subway station

One of Stockholm's most stunning stations is unsurprisingly also one of its most photographed: Kungsträdgården. Located in the middle of downtown Stockholm, it's the terminus of the blue line, or at least until its southward extension opens in 2025. Kungsträdgården is one of Stockholm's oldest public parks. The name, roughly meaning "The King's Garden", is derived from the area's royal history. Between 1643 and 1825 it was the site of the majestic Makalös Palace, and a beautiful French garden. After Makalös burned down, the site was used for military exercises. Finally, in 1875, the park landed in the care of the Stockholm City Council, which in turn opened it for the public. "Almost everything on the station tells the story of the site above ground", says art guide Marie Andersson. "The color scheme – red, white and green – is a reference to the old French formal garden and statues around the station are actually replicas of Makalös Palace's exterior art".

Stadion subway station

Each year Östermalms IP serves as the main festival area for the Stockholm Pride festival. By coincidence, the nearby subway station (Stadion) happens to have a beautiful rainbow in vivid colors painted against the bright blue of the station's cave walls to welcome festival-goers. The station is one of Stockholm's first cave stations, a controversial subject when it was built in 1973, explains art guide Marie Andersson.

"There were actual fears that people would associate these cave stations with the netherworld and other nasty places. So the bright blue and the rainbow serves as a reminder that there is a sky not far above."



Stadion. Photo: Victor Gårdsäter/imagebank.visitstockholm.com

Thorildsplan subway station

Thorildsplan is one of only three street-level surface stations in downtown Stockholm. The station was built in 1952, but the pixelated artwork by Lars Arrhenius is a more recent addition. Arrhenius was commissioned to create new art in 2008, the caveat being that it had to be tile work. While planning his work, he drew inspiration from Thorildsplan's surroundings. The street crossings, rondos, elevated sidewalks, elevators, and stairs reminded him of intricate video game levels. Clearly, this also resulted in a work that borrows from 8-bit aesthetics – a source of inspiration that runs through his whole body of work – with pixelated clouds, mushroom power-ups, and projectiles.



Thorildsplan. Photo: Visit Stockholm/imagebank.visitstockholm.com

Citybanan – Odenplan

Citybanan, a new track for Stockholm's commuter trains that connects T-Centralen directly with Odenplan, was completed in 2017 with new platforms and new art by 14 artists on the stations. Hanging down from the ceiling of Odenplan's western entrance hallway, "Life Line" is one of Citybanan's most eye-catching pieces. The piece by David Svensson consists of jagged white lines of fluorescent light, shining brightly in the tunnels. Obviously, the 400 meters of LED-lighting serves a practical purpose, but they're also of a personal nature, explains art guide Marie Andersson. "The shape of the lights was inspired by the heartbeats of the artist's son, as shown on the CTG-monitor during the childbirth".



Odenplan. Photo: Visit Stockholm/imagebank.visitstockholm.com

Guided art tours. Visit konstvandringar.se/in-english

Museums & Art Galleries

ABBA The Museum

This is a place where you walk in and dance out! The music, the costumes, 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, info@abbathemuseum.com



Photo: Åke E:son Lindman/ABBA The Museum



Artipelag

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 and by the water – 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

Avicii Experience

A tribute exhibition honoring one of the greatest music icons of our time – Tim 'Avicii' Bergling. Join an interactive journey through his life and musical career, experience untold stories, listen to unreleased music, and try out how it is to perform in front of tens of thousands of screaming fans.

www.aviciixperience.com

Sergelgatan 2, info@aviciixperience.com

Fotografiska

Fotografiska is a vibrant place for photography, food experiences, inspiration and events. Here you can experience photography and visual art from all over the world, from the most well-known photographers to the new generation of image creators. On the top floor of the museum, you can enjoy well-prepared seasonal food from their award-winning restaurant.

www.fotografiska.se

Stadsgårdshamnen 22, tel 08-509 005 00



Galleri Sebastian Schildt. Photo: Carl Bengtsson



Photo: Knut Capra/Avicii Experience

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

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



Photo: Anna Danielsson/Nationalmuseum



Sven-Harry's

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 Rembrandt, Rubens, Goya, Renoir, Zorn among others. 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. The imposing exhibition "Arctic – while the ice is melting" covers the many lifestyles of the people living in the Arctic. In 2024, a new grand exhibition opens about the cultural history of Sweden and the Nordics. The museum is open every day and provides a free audio guide in eleven languages.

www.nordiskamuseet.se

Djurgårdsvägen 6-16, tel 08-519 546 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

Experience Sweden's history from prehistory until today. The Viking World Exhibition has thrilling stories, interactive stations for all the senses, and 2,500 original objects. 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 with a nice courtyard and a museum shop with exclusive copies of prehistoric jewellery, glasses and textiles. Audio-guides. 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.

www.nrm.se

Frescativägen 40, tel 08-519 540 00

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

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 adventure ride Ragnfrid's saga takes you along on a captivating journey through Viking age Europe. The Norse mythology is present everywhere and here, myth meets truth. www.thevikingmuseum.com

Djurgårdsstrand 15, tel 08-400 229 90



Naturhistoriska riksmuseet. Photo: Martin Stenmark



The Vasa Museum



The Viking Museum

COOKING CLASS



Recipes for a Swedish feast

Whatever you're celebrating – here are two mouth-watering recipes for success. Enjoy your feast!

Text: sweden.se

Jessica Frej's grilled salmon and potato salad

This recipe works best using a charcoal grill with lid. You will need one small wooden plank, which you allow to soak in water for 5–8 hours in advance.

Ingredients:

1 kg boiled fresh potatoes, cut in halves
2 dl crème fraîche or sour cream
25 g browned butter
2 dl finely chopped dill
1 finely chopped onion
The juice from 2 lemons
3 small chopped cucumbers
2 tablespoons of mustard
1 dl salted almonds, chopped
250 g green asparagus
and
1 boneless salmon half side, 500 g
1 teaspoon dill seed
1 teaspoon fennel seed
0.5 teaspoon sugar
1 teaspoon salt

Instructions:

Mix the potato halves, the crème fraîche, the browned butter, the chopped dill, onion and cucumbers, the lemon juice and the mustard.

Grill the asparagus for 2 minutes, then chop them up to top the salad. Sprinkle with the chopped almonds.

Season the salmon with the dill, fennel, sugar and salt. Put the salmon on the plank, then place the plank on the indirect heat of the grill. Close the lid of the grill. The salmon is ready when it has reached an inner temperature of 54 degrees Celsius. When the salmon is ready, cut it into pieces and place these on the salad. Or serve on the side.



Photo: Pixabay/zanna-76

Camilla Hamid's Swedish strawberry cake

Cake base

100 g butter (softened) and 1.5 dl white sugar
5 egg yolks
2.5 dl flour and 2 teaspoons baking powder
1 tbsp vanilla sugar, 0.5 dl milk

Meringue

5 egg whites and 2.25 dl sugar
50 g flaked almonds

Filling

5 dl heavy cream
600 g cream cheese
2 dl powdered sugar
zest from 2 lemons and 1 kg fresh strawberries

Instructions

Set the oven to 150° C.

Cream together the butter and sugar until light and fluffy. Then add one egg yolk at a time while continuously whisking. Add flour, vanilla sugar and baking powder through a sift and carefully fold in

these dry ingredients with a spatula. Then add the milk and fold that in too. Spread the batter onto a well-greased piece of parchment paper on a baking sheet.

In a clean bowl with clean beaters, beat the egg whites into a firm foam. Then add the sugar little by little, while continuously whisking until you get a thick and shiny meringue. Spread the meringue on top of the cake batter and sprinkle with flaked almonds. Bake for about 30–40 minutes in the middle of the oven. Afterwards, let it cool completely on a wire rack. Then cut the cake into two layers and remove the baking sheet.

While the cake cools you make the filling by whisking together heavy cream and cream cheese until thick and creamy. Sift in powdered sugar and fold it in gently into the filling with a spatula. Finally, add lemon zest for flavour and fold that in too.

Clean and cut your strawberries. Spread out half of the filling on the first layer of the cake. Add half of the strawberries, then top with the second layer, more filling and lastly a lot of strawberries.

Enjoy!

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 coordination number. The purpose of coordination 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 coordination number on the request of an authority. If the person is later registered in the Swedish population records, the coordination 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 coordination 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: 08-123 700 00

Dental emergency

Folk tandvården Akuten

Fleminggatan 48

08-123 156 80

Police

Main switchboard: 114 14

Pharmacy, Open 24 H

Apoteket Scheele, Klarabergsg. 64

0771-450 450

General info

Airport buses

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

Addresses – Adresser

Addresses are written in the following way: Name of the recipient – Sven Svensson.

Street and then the house number – Drottninggatan 23.

Post code and then the town – 277 89 MALMÖ.

Common Phrases – Vanliga fraser

admission free = fritt inträde

cashier = kassa

caution = observera/se upp

closed = stängt

danger = fara

do not touch = får ej vidröras

entrance = ingång

elevator/lift = hiss

exit = utgång

for sale = till salu

information = upplysningar

ladies = damer

life threatening = livsfara

mens = herrar

mind the step = se upp för trappstege

no entry = ingen ingång

no smoking = rökning förbjuden

no trespassing = tillträde förbjudet

open = öppet

pull = drag

push/press = skjut/tryck

sale = rea

smoking allowed = rökning tillåten

Dates – Datum

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

April 1st 2023 = 2023-04-01.

Stockholm, June 1st 2023 =

Stockholm den 1 juni 2023.

Malmö, 3rd Feb 2023 =

Malmö den 3/2 2023.

Days of the week – Veckodagar

Monday = måndag

Tuesday = tisdag

Wednesday = onsdag

Thursday = torsdag

Friday = fredag

Saturday = lördag

Sunday = söndag

Directions – Riktningar

North = Norr

South = Söder

East = Öster

West = Väster

Right = Höger

Left = Vänster

Height and Weight

Inches x 2,54 = Centimetres

Kilograms x 2,2 = Pounds

Centimetres x 0,39 = Inches

Pounds x 0,45 = Kilogram

1 Mile = 1,61 Kilometres

1 Kilometre = 0,62 Miles

1 Swedish mile = 10km

Newspaper Outlets

Pressbyrån,

T-centralen Tel: 08-10 40 92

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

Public Transportation

Buses, underground and commuter railways. Call SL Information.

Tel: 08-600 10 00

Taxi

Taxi Stockholm: Tel: 08-15 00 00

Taxi Kurir: Tel: 08-30 00 00

Taxi 020: Tel: 020-20 20 20

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

Temperature

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

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

Time – Tid

What's the time? = Vad är klockan?

1 o'clock = Klockan är ett.

Quarter past 5 = Kvart över fem.

Quarter to 7 = Kvart i sju.

Half past 4 = Halv fem.

Weather – Väder

Cold = Kallt

Sunny = Soligt

Rain = Regn

Thunder = Åska

Lightning = Blixt

Hail = Hagel

Windy = Blåsig

Cloudy = Molnigt

Humid = Fuktigt

Snowfall = Snöfall

Icy = Halka

WHERE CAN I FIND



Photo: Tina Stafren/imagobank.se

Where can I find a webcam with images of Sweden?

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

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 a Swedish post-code/zip code?

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

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.

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
08-15 45 47

Tempest Security

www.tempestsecurity.com
010-457 77 60

Apartments

Bostadstjänst

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

Auctions

Kaplans Auktationer

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

Banking & Financial Services

Forex

www.forex.se
Centralstationen
010-211 11 32

Handelsbanken

www.handelsbanken.se
Vasagatan 11
08-545 214 70

Nordea

www.nordea.se
Norrländsgatan 3
0771-22 44 88

Swedbank

www.swedbank.se
Karlbergsvägen 12
08-700 72 33

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
08-120 748 00

Cleaning

Renamattan

www.renamattan.se
08-550 137 66

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 7
08-735 39 53

Mercedes-Benz

www.bilia.se/mercedes-benz
Kottbygatan 4
010-497 17 57

Volvo

www.volvocars.com
Kungsträdgården
08-524 630 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

Radisson

www.radissonhotels.com
08-503 372 46

Scandic Hotels

www.scandichotels.se
08-517 517 00

Strawberry

www.strawberry.se
0771-666 700

Jewelry & watches

Franks UR

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

Caroline Svedbom

www.carolinesvedbom.com
Riddargatan 12
08-501 322 26

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

Eliganten 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

08-600 10 00

SJ

www.sj.se

0771-75 75 75

Restaurants

Farang

www.farang.se

Tulegatan 7

08-673 74 00

Kungshallen

www.kungshallen.eu

Kungsgatan 44

Mr French

www.mrfrench.se

Tullhus 2, Skeppsbokajen

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

08-442 80 00

Solvalla

www.solvalla.se

Bromma

08-635 90 00

Stockholm Adventures

www.stockholmadventures.com

Kungsbro strand 21

08-33 60 01

Stromma

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.

The new BMW 5 Series grabs attention instantly with its dazzling paint finish. From here, discover new elements such as the enhanced front apron with larger air inlets and the simplified contours with strong angles. Its evolution is subtle yet impactful, and still every bit an icon.



Mr. Olof Willix, Head of Diplomatic & Special Sales Stockholm Office
Bavaria Solna United, Gårdsvägen 7, 169 70 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): 140 (190+11). Fuel consumption in l/100 km: 4,8 CO₂ emissions in g/km (combined): 126. Fuel consumption figures are based on WLTP.