



the stockholm
GUIDEBOOK
for diplomats
2026

V O L V O

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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, 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.

While weather may feel cold part of the year, rest assure that the cultural life in Stockholm provides warmth 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.

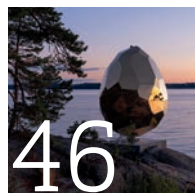
I wish you all the best for your stay in Stockholm.

Cecilia Skingsley
Governor of Stockholm County

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Years of experience in diplomatic sales

At Bilia, we measure our success in our customers' degree of satisfaction. And through the years, we have offered our services to many satisfied customers with diplomatic status in Sweden.

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have access to exclusive offers on official cars at attractive prices, as well as convenient delivery points at our customer centres in Stockholm. We look forward to hearing from you soon.

Welcome to contact our Sales to Diplomatic Corps:

Mr. Daniel Green

E-mail: daniel.green@bilias.se

Telephone: +46 10-497 17 57

Mercedes-Benz

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ADS – Association of Diplomats Stockholm

The Association of Diplomats in Stockholm (ADS) continues to play a vital role in connecting and supporting our diverse diplomatic community. Over the years, ADS has grown into a platform where colleagues can exchange experiences, create meaningful networks, and discover Sweden beyond the official frameworks. ADS remains committed to being a welcoming point of reference for all diplomats in Stockholm – providing opportunities to engage with Swedish society, culture, and institutions, while strengthening the bonds between our countries and peoples. Together with my colleagues on the Board, I look forward to further enhancing the value of ADS for every member of our community. We warmly welcome you to Stockholm and to our vibrant diplomatic family. /Andreea Petrusan, 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 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:

Andreea Petrusan – Chair of the Board, Embassy of Romania

Lilit Mayilyan – Board Member, Embassy of Armenia

Mirna Vlašić Feketija – Board Member, Embassy of Croatia

Yusuke Mori – Board Member, Embassy of Japan

Niko Kosmidis – Permanent secretary



From the left Lilit Mayilyan, Mirna Vlašić Feketija, Andreea Petrusan, Niko Kosmidis and Yusuke Mori.



Discover DSCS: Your Global Family in Stockholm

Welcome to the Diplomatic Spouses Club of Stockholm (DSCS) – a vibrant, inclusive community for spouses and partners of diplomats accredited to Sweden. Founded in 1961, DSCS stands as one of the oldest and most esteemed international associations in the country, offering a unique platform where cultures merge, friendships blossom, and unforgettable memories are created.

Membership and Leadership

As a member of DSCS, you join a distinguished network recognized by the Swedish Ministry for Foreign Affairs (MFA). Our club is guided by a democratic governance model, with a President elected by members during the Annual General Meeting. The President, supported by an appointed Executive Committee, ensures that the club thrives and meets the diverse needs of our members.

Engage, Explore, Enjoy

At DSCS, we believe in the power of community and active participation. Our members are encouraged to share ideas and join various activities that enrich our collective experience. From cultural tours and creative workshops to social events and excursions, DSCS offers a plethora of opportunities to engage and explore. Embrace the chance to dive into Sweden's rich culture while sharing your own heritage and interests.

Connecting with Sweden

DSCS serves as a bridge between our members and Swedish society. Through our initiatives, members gain deeper insights into their host country, fostering meaningful connections with locals and institutions. We are proud to have earned the recognition and support of public and private entities.

Join Us

Ready to become part of this dynamic and supportive community? Visit our website or reach out to us for more information. We are excited to welcome you to DSCS – where cultures converge, friendships flourish, and memories are made.

Instagram: @dscstockholm

E-mail: dscs@dsc-stockholm.com

www.dsc-stockholm.com

Diplomatic Spouses Club of Stockholm (DSCS)

A home away from home for diplomatic families.



Riddarhuset Tour



Farewell



Turkish Event



Workshop



The Ambassadors' Spouses Association of Stockholm (ASAS)

Established in 2020, the Ambassadors' Spouses Association of Stockholm (ASAS) offers a hospitable platform for the spouses of ambassadors living in Stockholm.

Our goal is to celebrate and share the diverse cultures and traditions of our home countries, while also fostering a deeper understanding of the Kingdom of Sweden. Comprising 30 member countries and several distinguished honorary members from the Swedish community, ASAS operates as a voluntary, non-political, and non-profit organisation.

Guided by the principle of unity through diversity, we seek to enrich the diplomatic community by collaborating with various initiatives. In addition to the spouses of accredited ambassadors, we are honoured to count several notable representatives from the Swedish community among our honorary members.

Our Mission

The ASAS is dedicated to:

Offering a warm reception to newcomers and nurturing bonds of friendship among members. Delving into the many aspects of the Kingdom of Sweden, engaging with individuals and stakeholders from various sectors. Encouraging cultural activities and fostering exchanges between members and Swedish society.



Our Activities

Our wide array of activities encompasses:

Events that highlight and showcase the culture, traditions, and national cuisines of our member countries. Visits and guided tours of theatres, museums, and other cultural landmarks. Small groups focused on the unique interests of our members.

Join ASAS

We extend a heartfelt invitation to all spouses of ambassadors to become part of our association. The friendships we've cultivated and the shared learning experiences have proven invaluable to each of us. We eagerly anticipate welcoming new members into our dynamic community.

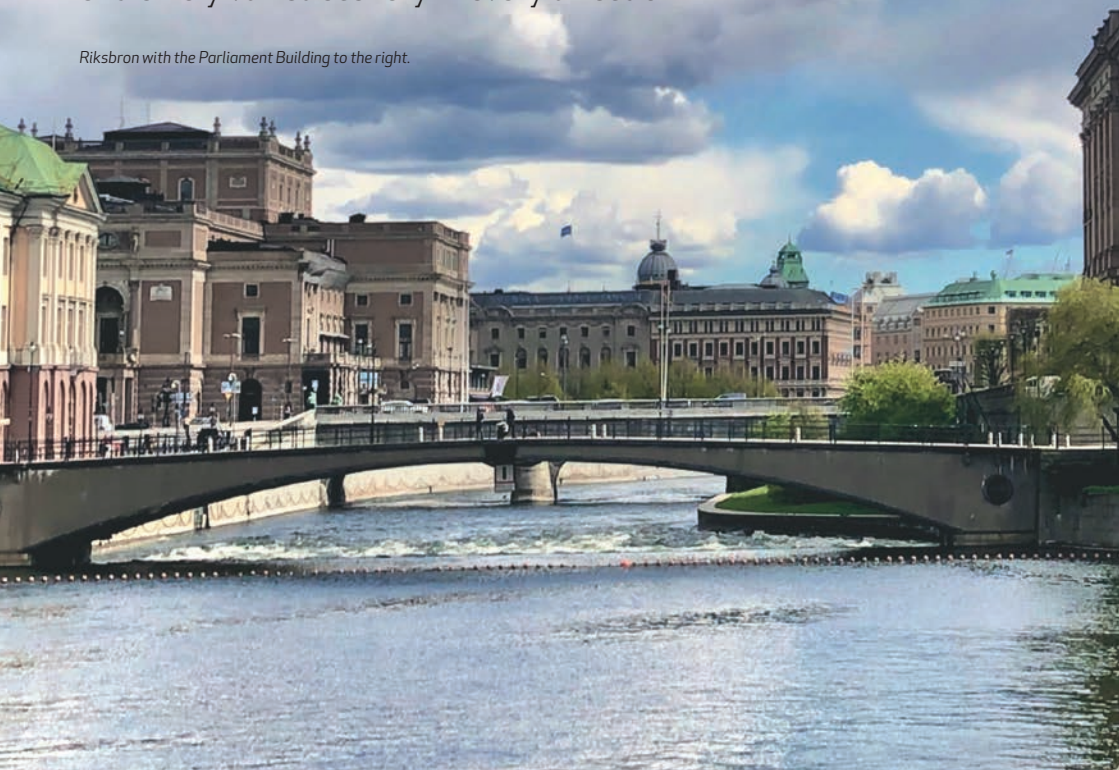
For membership inquiries or further details, please reach out to us at: stockholm.asa@gmail.com.

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

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 invites you to join us for a culinary journey to Southeast Asia with stops along the way to sample the delicate cuisines of Thailand, Vietnam, Malaysia and Indonesia.

Share dishes make the meal into a social occasion where you and your party take pleasure in food and company as one harmonious experience.

As a guest, you have a front row seat and can watch your meal take shape in our open kitchen. The restaurant is well suited for different types of events and we have a private dining room for 12 guests. We also offer catering and take away.

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.



GOLFBAREN - MINIGOLF, FOOD & DRINKS

Discover Stockholm's most entertaining mix of minigolf, dining and drinks centrally located (at Surbrunnsgatan 46) in Vasastan.

At SWING by Golfbaren, our Art Deco flagship, guests are transported to a golden era where the grass is always green, cocktails are magical and food is crafted with care.

Play minigolf at our special designed courses, enjoy dinner under the grand glass ceiling, or gather friends for sharing plates and drinks in the bar.



Our outdoor venues, found in Kristineberg, Aspudden and Nacka Strand, celebrate the Swedish summer with lush greenery, buzzing bistros and imaginative courses, perfect for socializing long into the evening sun.

With everything from local craft beers to fine wines and exciting non-alcoholic choices, Golfbaren offers "The Best Social Eatertainment in Stockholm."

FOR MORE INFORMATION, BOOKING AND FAQ



WWW.GOLFBAREN.SE  GOLFBARENSVERIGE  GOLFBAREN_SVERIGE

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.



HIMLEN

RESTAURANT - SKYBAR -
104
M.A.S.L.
SÖDERMALM

Iconic dinner and skybar destination

At the top of Skrapan in Södermalm, you'll find Himlen. With panoramic views over the entire city, we offer both outstanding food and an atmosphere that shifts beautifully from elegant dining to vibrant late-night energy.

Enjoy our dining room, Köket, on the 25th floor, featuring a classic yet contemporary à la carte menu. On the 26th floor, our skybar and restaurant provide a relaxed setting with creative cocktails, à la carte lunch and dinner — all with unbeatable views.

On weekend nights, the skybar stays open late and transforms into a lively destination!



Book your table today!

Götgatan 78, Stockholm • 08-660 60 68 • restauranghimlen.se

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 Jarlsgatan, Sönderborgsgatan, Jakobsbergsgatan and Norrlandsgatan. If you'd like to go shopping, there is Sturegallerian

on Stureplan and Fältöversten on Karlavagnsgatan, 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 Hugasson/stockholmmediabank.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 42.



The royal guards. Photo: Jeppe Wikström/stockholmmediabank.com

STOCKHOLM



The Old Town. Photo: Jeppe Wikström/stockholmmediabank.com

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!



Mårten Trotzigs gränd.



Brända tomten.

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!

Some essential travel tips for Stockholm visitors

Text: Visit Stockholm

1. Everyone speaks English

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



Photo: Anna Hugasson/stockholmmediabank.com



Subway station. Photo: Victor Gårdsäter/stockholmmediabank.com

2. No cash needed

There's no need to exchange a lot of currency – Stockholm is in large parts a cash-free city. Many restaurants, shops, and hotels don't accept bills or coins. 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.

ARTIPELAG

Artipelag is a unique destination
for art, design, food, and events
in the Stockholm archipelago.



artipelag.se

TRAVEL TIPS

4. Midsummer – the unofficial national day

Sweden's national day may be June 6, but the day we dress up for is Midsummer Eve, at the end of June. Many locals head to the archipelago for celebrations, so Stockholm City can feel 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. Systembolaget has an alcohol monopoly

If you want to buy a bottle of wine or liquor outside a bar, you need to head to government-owned Systembolaget. Plan your weekend drinking ahead – the stores close early in the afternoon on Saturdays and are closed on Sundays and during public holidays. Convenience and grocery stores sell low-alcohol beer, though.



6. 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.

7. Getting around the city

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

8. 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 travel card. The travel card is valid all year round on the Djurgården ferries and the commuter ferries.

9. After work – the happy hour out of the 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 at a slightly reduced price. Wednesdays, Thursdays, and Fridays are the most popular days for an after work. (Often, signs outside the bars simply display the AW, followed by the hours.)



Archipelago ferries. Photo: Helen Pe/stockholmmediabank.com

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above sea level



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At the very top of Sthlm 01 – Stockholm's new landmark – you'll find Sjöstad Skybar. We invite you to enjoy brunch, lunch, dinner, and a relaxed bar atmosphere with one of the best views in the city. From our rooftop terrace, you can take in stunning panoramic views of Stockholm.



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THE PORTAL



The Diplomatic Guide portal

The Ministry for Foreign Affairs' Protocol Department has prepared a portal at **www.government.se** called the Diplomatic Guide, which contains information for the Foreign Diplomatic Corps about their posting in Sweden. The portal provides general information for newly arrived diplomats, civil servants and their family members.

Text: Maria von Gegerfelt

Being a posted diplomat or civil servant with or without family members and stationed at a foreign embassy or general consulate in Sweden means that you are not entitled to be registered in Sweden. In addition, in order to maintain your diplomatic immunity and privileges, you are not entitled to a personal identity number. Not being registered in Sweden entails that there are personal costs for medical care and, in several cases, education of the diplomat or civil servant and their family. However, citizens of other EU/EEA countries are entitled to free healthcare, except for the state care fee, and free education in several cases.

The Ministry for Foreign Affairs' Protocol Department notifies the foreign missions in Sweden of

newly arrived diplomatic and civil servants. For diplomats and civil servants from countries requiring a visa, they also decide on residence permits in Sweden. The Ministry for Foreign Affairs ensures that everyone receives an immunity number from the Swedish Tax Agency and obtains a Swedish ID card for diplomats.

The portal

The Ministry for Foreign Affairs' Diplomatic Guide portal at **www.government.se** provides information before, during and at the end of service in Sweden. Naturally, the Ministry for Foreign Affairs answers questions about serving in Sweden and they may often refer questions to another relevant Swedish authority.

School levels in the portal

On the Diplomatc Guide portal you can find information regarding the possibility of schooling and education for accompanying children of foreign diplomats and officials serving at embassies and general consulates in Sweden. As seen on the portal, the diplomat or civil servant must themselves contact the respective school or other educational institution where they wish their children to study. Educational information is listed by school level. Below, how to search for these schools in the portal. There's also information on how to get in touch with each respective school.

www.government.se

19.1 Daycare (12 months–5 years)

19.2 Preschool class (age 6)

19.3 Compulsory school (7–16 years)

19.4 Upper secondary school (ages 16–19)

19.5 University education



Find the best international school

On the www.international-schools-database.com website, you can find information about international schools in Stockholm. The website contains all important information such as their free activities, whether teachers are native to the country, class sizes, fees, access to school buses, etc. Enter your preferences and find the best international school in Stockholm for your children.



Healthcare in the portal

The portal below contains information about healthcare in Sweden for foreign diplomats or civil servants and their family members. As stated before, healthcare is provided free of charge, except for the state care fee, for citizens of another EU/EEA country, while non-EU citizens must pay the costs of their healthcare. These foreign diplomats and civil servants should have a health insurance policy for their posting in Sweden.

www.government.se

18.2 Health care charges



SHOPPING



Photo: Bibliotekstan



Photo: Bibliotekstan

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 Misshumasshu a visit.



www.bibliotekstan.se
Östermalm



Biblioteksgatan.

WHAT TO DO



Photo: Ocean Bus

Guided Tours With a Twist

Keen to join a guided tour out of the ordinary? Maybe meet the ghosts and ghouls of Old Town or taste your way through some of Stockholm's best restaurants? Here are some tours with a unique twist!

Text: Visit Stockholm

Ocean Bus

Ocean Bus is a unique sightseeing tour, where you get the chance to experience Stockholm onboard an amphibious bus, that runs on land as well as on water. The tour is 60 minutes, passes by many of the city's most well-known attractions, and is guided in English. The starting point in Strömgatan by the Royal Opera. Children are allowed from 3 years old.

Ocean Bus

www.oceanbus.se

Stockholm Ghost Walk

Join The Stockholm Ghost Walk for 90 minutes of history and mystery in the Old Town. Stockholm Ghost Walk takes you on a walk steeped in history and brings to life stories of legends, diseases, murders and of course, ghosts. Explore the dark streets and alleyways that make up the oldest parts of Stockholm.

Stockholm Ghost Walk

www.stockholmghostwalk.com

Hästäkeriet

Hästäkeriet offers horse riding in a genuinely unique location at the Royal National City Park. They arrange tours for both experienced riders and beginners. They also provide exclusive rides in the dawn, through a sleeping Stockholm followed by breakfast or Twilight and Midnight rides.

Hästäkeriet

www.hastakeriet.se

ICEguide

Want to skate on the natural ice around Stockholm? Be safe and go with an experienced guide! ICEguide offers guided package tours including skating- and safety equipment, clothing, lunch, and transportation.

Ice Guide

www.iceguide.se

Stockholm Food Tours

Eat your way through Stockholm! The tours "Culinary Södermalm" and "The Nordic Experience" will take you to a number of carefully selected restaurants and shops where you will learn about traditions and new influences and enjoy delicious samples.

Stockholm Food Tours

www.foodtoursstockholm.se



Photo: Stockholms Ghost Walk

Cartinavia

A private guided tour in a golf cart? Cartinavia could be the perfect alternative. An electric golf cart takes you around Stockholm, and thanks to its compact size it can reach places other tour vehicles can't. Since it runs on electric power, it's quieter and more sustainable than many of its competitors.

Cartinavia

www.cartinavia.com

Ourway Tours

Ourway Tours specializes 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!

Ourway Tours

www.ourwaytours.com

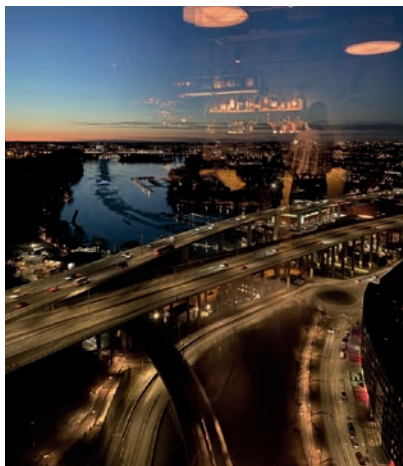
Fly Over Stockholm

Fly Over Stockholm lets you plan your own high-altitude sightseeing tour over Stockholm. Lift-off is in Bromma and the plane, a Piper PA-28, takes you on a flight of your choice. The plane takes a maximum of three passengers and lasts a minimum of 45 minutes.

Fly Over Stockholm

www.flyoverstockholm.se

WHAT TO DO



Above The Skyline

Experience Stockholm from a new perspective with two skybars that offer drinks, meals and memorable outings for guests of all ages.

Whether it's your first time in the city or you've already begun to find your way around, Restaurang Himlen provides a refined opportunity to take in Stockholm from above. 104 meters above ground, at the top of Skrapan in Södermalm, you'll find Himlen — one of Stockholm's most iconic restaurant and skybar destinations with panoramic views over the entire city. On floor 25, you'll find "Köket," where the chefs serve a contemporary à la carte menu rooted in Scandinavian ingredients. On floor 26, the skybar and restaurant offers a relaxed setting with cocktails, lunch and dinner. On weekends, the skybar is open late and transforms into a lively destination.

Across town, Sjöstadens Skybar offers a more informal yet equally inviting setting. Overlooking the waterways of Hammarby Sjöstad, it serves a contemporary international menu featuring flavours inspired by southern Europe, South and North America, and the Middle East, often cooked

over a charcoal grill. The bar pours both classic cocktails and creative drinks, ideal for a relaxed evening or a long summer sunset with friends on Stockholm's highest rooftop terrace.

Additionally, their weekend brunch is family-friendly with a dedicated children's play corner. Adults can relax and enjoy the food and views while younger guests are happily occupied.

Together, these sky-high spots provide enjoyable outings — perfect for experiencing the city from an entirely new angle.

For more details and bookings for dining or cocktails, be sure to visit each restaurant's official website.

www.restauranghimlen.se

www.sjostadenskybar.se

ABBA[®] THE MUSEUM



WALK IN. DANCE OUT.

At ABBA The Museum, visitors step into the world of one of pop history's most influential groups. The exhibition brings ABBA's music, stories and style to life through original costumes, memorabilia and interactive experiences. Guests can sing, dance and even become the fifth member on stage. Located on Djurgården, the museum offers a playful yet immersive journey through the band's legacy and the era that carried them from Sweden to global fame.

Address: Djurgårdsvägen 68, 115 21 Stockholm



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

A close-up photograph of a man with glasses, wearing a blue and white striped shirt, working with molten glass. He is holding a glowing orange-red glass bowl, and a stream of molten glass is being poured into it, creating a spray of sparks. The background is dark and out of focus.

Just two hours from Stockholm, a journey into the Swedish countryside brings you to the charming village of Rejmyre.

Here, history, craftsmanship, and flavor come together at the historic Reijmyre Glassworks and Almqvist Distilleri – a perfect day trip for those eager to experience authentic Swedish tradition.



Glassworks & Distillery

In the heart of Östergötland County, discover the historic Reijmyre Glassworks & Almqvist Distilleri.

Learn the fascinating history of one of the nations oldest glassworks and witness craftsmen mouth blow molten glass into elegant and timeless, Swedish design classics. Those on the extended tour have the opportunity to create their own souvenir of a fascinating day.

Next door, in one of the buildings from the glassworks past, visitors will learn how natural botanicals and Swedish alcohol of the highest quality are skilfully combined to create exciting contemporary distilled spirits, or dive into the history of gin, akvavit and the worlds favourite cocktails in the distillery masterclasses.

After completing the tours visitors can shop for heirloom grade glassware and fantastic quality spirits in the shop and brand home.



Reijmyre Glassworks & Almqvist Distilleri
Glasbruksvägen 42, 612 71 Reijmyre

info@reijmyre.com
www.reijmyre.se

hello@almqvistdestilleri.com
www.almqvistdistilleri.com



Photo: Bruno Ehms

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 



Drottningholm Palace

Drottningholm Palace is on UNESCO's World Heritage list. It is the most well-preserved royal castle built in the 1600s in Sweden and at the same time is representative of all European architecture for the period.

Make a day trip to Drottningholm and experience a historic milieu of the highest international standards. The combination of the exotic Chinese Pavilion pleasure palace, the palace theatre and the magnificent palace gardens make a visit to Drottningholm a unique experience.

www.royalpalaces.se
+ 46 (0) 8 402 61 00
Lovön in Ekerö

The Palace is Their Majesties the King and Queen's permanent home residence. The rooms in the southern wing of the palace are reserved for this purpose. The rest of the palace and grounds are open to the public year round.



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.abbatheuseum.com

Djurgårdsvägen 68, info@abbathemuseum.com



Photo: Åke E:son Lindman/ABBA The Museum



Artipelag. Photo: Mike Kelley

Artipelag

Discover Artipelag, a remarkable destination blending contemporary art, Scandinavian design, coastal nature, and refined dining. Set in the magnificent Stockholm archipelago, this cultural escape offers inspiring art exhibitions, panoramic sea views, immersive nature trails, and culinary experiences for visitors seeking something truly extraordinary. Artipelag has its own buses departing daily from Stockholm City. Visit artipelag.se for current information.

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 the contemporary museum of photography, art and culture and one of the world's leading museums dedicated to photographic art. Established in Stockholm in 2010 with the mission to inspire a more conscious world, Fotografiska is a destination to discover world-class photography, eclectic programming, elevated dining and surprising new perspectives. Enjoy a gastronomic sustainability journey in the award-winning restaurant with the best view of Stockholm.

www.stockholm.fotografiska.com

Stadsgårdshamnen 22, tel 08-509 005 00

Liljevalchs Konsthall

Liljevalchs is the largest and oldest Kunsthalle in Stockholm, located among several other museums along the water on the scenic island Djurgården. Here, visitors encounter Swedish and international contemporary art in generous exhibitions. Liljevalchs was inaugurated in 1916 as the first public Kunsthalle for contemporary art in Sweden and is owned by the City of Stockholm. In 2021, the Kunsthalle expanded by 2,400 square meters with the addition of the strikingly contemporary Liljevalchs+.

Djurgårdsvägen 60, tel 08-508 31 330

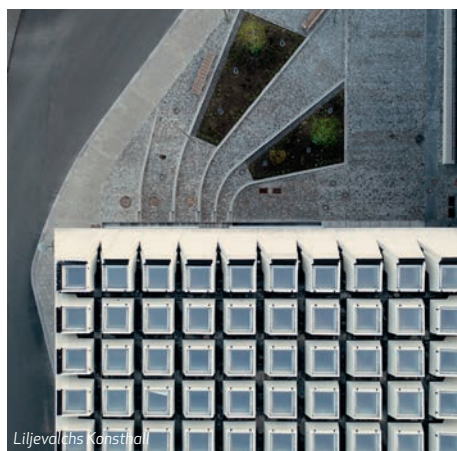
Moderna Museet

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



Nobel Prize Museum.
Photo: Nobel Media/Alexander Mahmoud



The Hallwyl Museum.
Photo: Jens Mohr © Statens historiska museer/National Historical Museums

Nobel Prize Museum

Be inspired by ideas that changed the world. The Nobel Prize Museum contains all essential information about the most prestigious prize in the world, Alfred Nobel, and the Nobel Laureates. Guided tours, films, and diverse objects take you from idea to the Nobel Banquet. Bistro serving lunch, Nobel ice cream and more. Also a shop.
www.nobelprizemuseum.se

Stortorget 2, tel 08-534 818 00

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

The Hallwyl Museum

The Hallwyl Museum offers a rare glimpse into the opulent world of early 20th-century aristocratic life. Once the private residence of Countess Wilhelmina von Hallwyl, the palatial townhouse remains impeccably preserved, showcasing exquisite interiors, fine art and an extraordinary array of personal collections. A visit reveals not only grand architecture and craftsmanship, but also the refined tastes and cultural ambitions of one of Stockholm's most fascinating families. www.hallwylskamuseet.se

Hamngatan 4, tel 08-519 556 00

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 Thiel Gallery

In the serene Royal Park of Djurgården, the Thiel Gallery presents one of Stockholm's finest collections of Nordic turn-of-the-century art. Here visitors discover treasures by Edvard Munch, Carl Larsson, Anders Zorn, and their contemporaries. Within Ferdinand Boberg's elegantly designed 1905 villa, the museum embodies the vision of its art collectors, Ernest and Signe Maria Thiel. Framed by a graceful sculpture park and an idyllic landscape, the art offers a truly unforgettable experience.

www.thielskagalleriet.se

Sjötullsbacken 8, tel 08-662 58 84

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



Naturhistoriska riksmuseet. Photo: Martin Stenmark



Carl Larsson-room. Photo: Urban Jörén/The Thiel Gallery.



The Vasa Museum

WEEKEND GETAWAY



*Ferry connections from Stockholm,
Kapellskär and Grisslehamn.*

The Islands of Peace – Discover Åland's Blend of Culture, History and Local Flavours in a Stunning Natural Setting

Text & photos: Visit Åland

Scattered across the Baltic Sea between Sweden and Finland, the Åland Islands is a unique archipelago of more than 20,000 islands and skerries – 6,700 of them named, and 60 inhabited. With ferries arriving several times a day from both Sweden and Finland, Åland is easy to reach all year round.

From Stockholm Arlanda, it's just a 30-minute flight to Mariehamn, the Åland's only city, with the airport just minutes away from the centre. Åland's location at the heart of the Baltic Sea has shaped a fascinating history and a culture deeply influenced by the maritime milieu.

Today, this autonomous group of islands combine the conveniences of a modern society with the intimacy and authenticity of small-scale living and a unique cultural heritage.

In summer, Åland is particularly popular with families, thanks to its sandy beaches, outdoor activities and child-friendly accommodation. The islands come alive with events, music and visitors. By contrast, spring and autumn offer a serene atmosphere and landscapes at their most spectacular – the perfect time to slow down and take it all in.

WEEKEND GETAWAY



Kastelholm Castle

Maritime Mariehamn – a small city with a big character

Mariehamn may have just 12,000 residents, but it feels much larger, with everything – hotels, restaurants, attractions and shops – within easy walking distance. A proud maritime heritage runs through the city; a century ago, this was home to the world's largest fleet of tall sailing ships. One of these historic vessels, the four-masted barque Pommern, is still here, open to visitors from May to September.

For a deeper dive into the islands' seafaring past, the award-winning Åland Maritime Museum is open all year. It offers a vivid glimpse into the lives of those who braved the oceans in wind and sail.



Pommern in Mariehamn

Explore culture, landmarks and museums

Beyond Mariehamn, the islands reveal a tapestry of stories. The medieval Kastelholm Castle and the 19th-century Bomarsund Fortress are must-see landmarks, with guided tours available during the summer season. In the heart of Mariehamn, the Åland Museum of Cultural History and the Åland Art Museum sit side by side, conveniently housed under the same roof. Performances of every kind – from concerts and theatre to stand-up comedy – take place year-round at the Ålandica Culture and Congress Centre in the heart of Mariehamn. On the western part of Åland, the grand Eckerö Post and Customs House hosts summer exhibitions of local art and design.

Events from spring to late autumn

Åland's events calendar turns with the seasons, and each has its own appeal, summer being the peak. In May, Åland Grönskar (Åland in Bloom) invites both locals and visitors to explore the countryside as

farms and food producers open their doors. August is a golden month for music lovers, with several high-quality festivals – from the Katrina Chamber Music Festival and the Åland Opera Festival to Åland Sea Jazz – each staged in unique and atmospheric settings. September brings the Harvest Festival, celebrating seasonal produce and local flavours. The year rounds off with cosy Christmas markets, the largest and oldest held at Jan Karlsgården Open-Air Museum (Åland's own version of Stockholm's Skansen).

Local food – a matter of pride

Åland is Finland's apple paradise, producing over 70% of the country's apples. The islands are largely self-sufficient in food, with potato and onion among the main crops. The surrounding waters are among the best fishing grounds in the Baltic. There's even a local word – *axgan* – for produce grown on the islands, a nod to Åland's internet domain, .ax.



Perch fillets fried in Åland butter.

In Mariehamn, you'll find excellent restaurants year-round, while many more open in the summer months across the islands. Notable dining spots in Mariehamn include Nautical, ÅSS Paviljongen, Brasserie Ångbåtsbryggan, Indigo and Kallas Stadskrog, to mention a few. Seasonal dishes to look out for include perch fillets fried in Åland butter, desserts with sea buckthorn, apple and local honey, and spring's fresh asparagus with new potatoes. The local dairy products are of high quality, as well as the handcrafted beers from the local Stallhagen brewery.

Park Alandia Hotel – feels like home

Welcome to a modern, familyowned hotel by the lush Esplanade alley in the centre of Mariehamn, Åland Islands.

Take a dip in our pool, enjoy a nice dinner in the restaurant and relax with a refreshing drink in the bar.

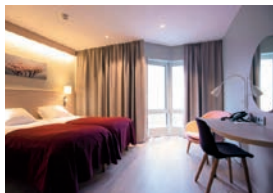
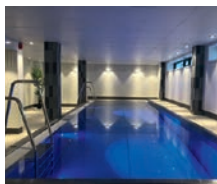
*Conference or vacation
– we are here for you!*

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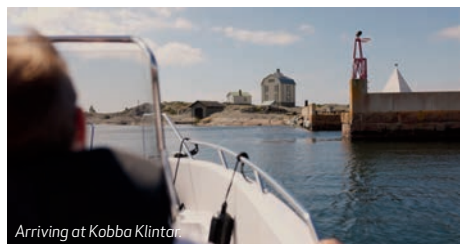
WEEKEND GETAWAY



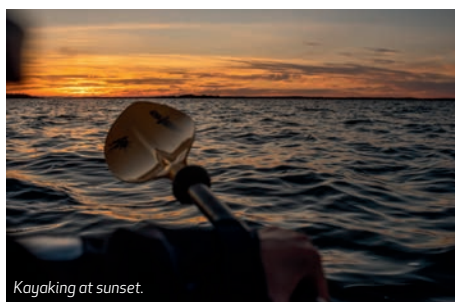
Åland Islands, view over Järsö.

Nature experiences to soothe the soul

Åland's beauty is best experienced outdoors – whether on its 40 marked nature trails, along hundreds of kilometres of cycling paths, or by paddling through a maze of islets and skerries. In summer, guided boat trips take you to places like Kobba Klintar, a former pilot station, and the lighthouse islands of Märket and Sölskär. Spring brings a spectacular burst of wildflowers, while autumn wraps the archipelago in a calm, golden light – both perfect seasons for a weekend getaway.



Arriving at Kobba Klintar.



Kayaking at sunset.

Finland's best golf course – right here on Åland

Golf enthusiasts will find Åland a perfect golf destination, with two clubs and three 18-hole courses. The jewel in the crown, Ålands Golfklubb's Slottsbanan, is not only Finland's top-ranked course but also among Europe's finest, having hosted international tournaments. Thanks to the mild maritime climate, the golfing season here stretches from May to October – and sometimes beyond.

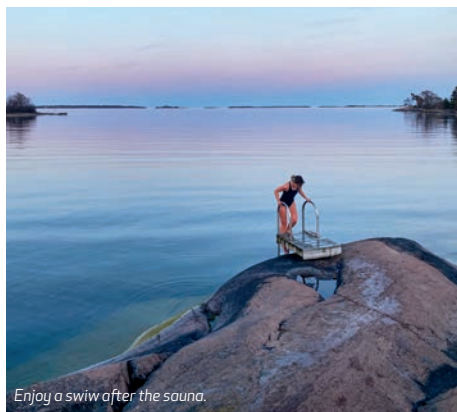
Cosy stays close to nature and the sea

Accommodation options range from charming hotels to stylish B&Bs and seaside villas with all modern comforts. In the heart of Mariehamn, the family-owned Park Alandia Hotel offers a peaceful and comfortable stay close to nature, yet right in the city centre of Mariehamn. Hotell Arkipelag, also centrally located, boasts sea views, while couples might fall for Björnhofvda Gård, a rural B&B with a hint of English country style in Eckerö, or the small design hotel Svala on the island of Kumlinge. At northernmost Åland, Havsvidden's dramatic clifftop setting is a spectacle in every season.

For something truly exclusive, groups can book Silverskär Island – a private paradise and the site of an extraordinary collaboration with champagne house Veuve Clicquot. Somewhere on the seabed nearby, in a location kept secret, bottles lie maturing in the same conditions as an extraordinary 19th-century champagne haul discovered in a shipwreck in Åland 2010.



Silverskär Island.



Enjoy a swim after the sauna.

Åland in brief

- Autonomous, self-governing region of Finland with 30,000 residents.
- 20,000 islands, of which 6,700 are named and 60 inhabited.
- Official language: Swedish
- Currency: Euro (€)
- Time zone: EET (one hour ahead of Sweden)
- The city of Mariehamn has 12,000 residents.
- The largest island is known simply as the Main Island, others include Vårdö, Föglö, Kumlinge, Sottunga, Kökar and Brändö.
- Ferry connections from Stockholm, Kapellskär and Grisslehamn in Sweden, Turku, Naantali and Helsinki in Finland, and Tallinn in Estonia.
- 30-minute flight from Stockholm Arlanda, 1h from Helsinki.

More information and inspiration at visitaland.com



Picturesque spots in Mariehamns Maritime quarter.

HOLIDAYS & TRADITIONS



Christmas "Smörgåsbord".

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.



Walpurgis Night. Photo: . Hanrik Trygg/stockholmmediabank.com

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-Walpurgis Night

April 30th. People welcome the onset of spring by lighting 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 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).



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.

SWEDEN & SWEDISHNESS



A Practical Guide to Everyday Life

Settling into Stockholm is usually smooth, but everyday life may come with a few surprises. Swedish society is informal yet structured, relaxed yet rule-oriented. Knowing a handful of unwritten rules and practical habits will help you feel at home faster and avoid common misunderstandings during your first weeks.

Time, trust and everyday order

Punctuality is taken seriously. Meetings begin on time, invitations mean exactly what they say, and public transport does not wait. Planning ahead is a common mindset, and this is especially noticeable when queuing. At pharmacies, public offices, and the grocery store's meat counter, you take a number and wait until it appears on a screen. Order and fairness matter.

Home life, fika and social habits

When entering a Swedish home, shoes are left at the door. This applies to everyone and is seen as a basic sign of respect. Socialising is often low-key and frequently revolves around fika — a coffee break shared with colleagues or friends. It's a daily ritual for many and an easy way to build relationships in both professional and private settings.



Shopping, food traditions and everyday planning

Shops may close earlier than you expect, especially on weekends. Planning errands ahead of time helps. Grocery stores charge for bags, and reusable ones are widely used. Tap water is clean and safe to drink, making bottled water largely unnecessary.

Food plays an important role in Swedish traditions. Alongside major holidays, certain days are dedicated entirely to specific treats. Expect to encounter *semlor* in February, waffles in March and cinnamon buns in October, to mention a few. These food days are taken seriously — and enjoyed without guilt.

Alcohol regulations are strict. Wine and spirits for home consumption are sold at *Systembolaget*, the state-run alcohol stores, which have limited opening hours and are closed on Sundays. Restaurants and bars serve alcohol as usual.

Work culture and dress code

Swedish workplaces tend to be informal and non-hierarchical. First names are used regardless of position, and consensus is valued over quick decisions. Business attire is generally relaxed; jeans and a shirt are common even in office environments, unless a formal meeting calls for something else.

Family life and equality

It is common to see fathers on parental leave, pushing prams through parks and cafés. Shared responsibility for family life is deeply rooted in Swedish society and supported by generous parental leave policies.

SWEDEN & SWEDISHNESS



IKEA, nature and the rhythm of the year

Sooner or later, most newcomers find their way to IKEA. It's a practical stop for affordable furniture, household items, and a familiar introduction to Swedish everyday culture — complete with Swedish meatballs. Many stores are easily accessible by public transport.

Swedes value time spent outdoors in all seasons. Thanks to the Right of Public Access, nature is open to everyone, provided it is respected. Winters are dark and cold, but summers bring long days, lighter schedules, and a noticeably slower pace.

A word you'll hear often: lagom

Lagom roughly means “just the right amount.” It reflects a preference for balance, moderation, and

fitting in rather than standing out — a concept that quietly influences everything from workplace culture to social behaviour.

And then there is Melodifestivalen — proof that lagom has its limits. Every spring, glitter, dramatic key changes, and very serious voting routines take over Swedish television. Songs are discussed at lunch tables, results are debated with unexpected passion, and everyone suddenly has an opinion on stage design. It is joyful, loud, and anything but moderate. Consider it a reminder that beneath the calm surface, Swedes are perfectly capable of enthusiasm — as long as it is well organised and scheduled in advance.

A little planning, a bit of curiosity — and soon, life in Stockholm is both comfortable and full of surprises. Välkommen!

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

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
smoking allowed = rökning tillåten

Dates – Datum

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

April 1st 2026 = 2026-04-01.

Stockholm, June 1st 2026 =
Stockholm den 1 juni 2026.

Malmö, 3rd Feb 2026 =
Malmö den 3/2 2026.

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

