



Welcome to Sweden!

Some people say Sweden is an exception. We take that as a compliment. It's true that in modern times, our country has been spared many of the great hardships that have affected others. Sweden still has an abundance of priceless, free luxuries such as calm and stability, fresh air and open spaces, clean water and pristine wilderness – all within easy reach of the modern urban centres, with their many delights and attractions. This is what we call our unique Swedish quality of life. We're proud of it, and we look forward to sharing it with you here.



New App Out Now



On iPhone And Android



Top 5

1 - Dalarna

Dalarna is often called the most Swedish of all the provinces. Swedish crafts and many of our favourite customs are stronger h...

2 - Visby and Gotland

The Mediaeval Hanseatic city of Visby on the lovely island of Gotland is a unique historical environment that is included on U...

3 - The ICE HOTEL in Jukkasjärvi

Who would have known back when it was first built in 1992, that a hotel built of arctic ice in northern Lapland would become a...

4 - Skansen, Stockholm

The world's oldest and most beautiful open-air museum, with a collection of historical buildings from various periods and many...

5 - Stockholms Archipelago

An unparalleled area of natural beauty and an attraction on a par with the Norwegian fjords, but far less known: the magical ...



NORTHERN SWEDEN



Northern Sweden is a vast landscape of towering alpine peaks and endless vistas of pine forest, Polar plains, meadows and glaciers. No description of Northern Sweden is complete without mentioning Swedish Lapland - Europe's last remaining wilderness. Lovers of the outdoors life will love northern Sweden's legendary national parks Abisko and Sarek being two outstanding examples. Northern Sweden is also the ancestral home of the Sami, the indigenous people of the region, whose unique traditions and culture thankfully thrive today. Bear, elk, the wolverine, the golden eagle and the rare Arctic Fox have their home here in Northern Sweden. As if these natural riches were not enough, this is the land of the Midnight Sun and the staggeringly beautiful Northern Lights.

CENTRAL SWEDEN



Central Sweden is Sweden's heartland and a place of striking natural beauty. The pearl of the region is Stockholm, the nation's heartbreakingly beautiful capital city that takes centre-stage in Sweden's cultural and political life. It is spread across 14 islands, each offering its very own take on the city and offering fabulous shopping, great cuisine and just about anything you could want to do.

Stockholm

If you ask someone who has visited Stockholm the first word they would probably use to describe it is "beautiful", and that it is. Stockholm is a major international city with great shopping, quality eateries in abundance, fabulous standard hotels, an internationally renowned club and music scene and a vibrant cultural life. Where Stockholm comes into its own, however, is its sheer natural beauty.

Internet:

www.arrivalguides.com/en/Travelguides/Europe/Sweden/STOCKHOLM

SOUTHERN SWEDEN



Southern Sweden is where around 80% of the population of the country lives and while it does not share the rugged landscape of the north, it makes up for it with pastoral, rolling countryside, endless forest and more temperate climates. A holiday in Skåne can be what you want it to be – a good old-fashioned seaside holiday, staying in a cottages with your very own lake, or a stay in one of the larger cities of the region Malmö, Lund and Helsingborg and combining it with trips to Glasriket (Kingdom of Crystal), or just days spent lazing by the sea at Mölle or the enchanting seaside town of Torekov.

Gothenburg

- the Swedish name of Gothenburg. Sweden's second largest city is transforming from industrial seaport to contemporary cultural and international sports venue. With the addition of the beautiful Gothenburg Opera in 1994 and a revamping of some of the city's museums, its cultural landscape is also changing – all for the better.

Internet: www.arrivalguides.com/en/Travelguides/Europe/Sweden/GOT

HENBURG

Malmö

Sweden's gateway to Continental Europe. Over the past decade, Malmö has undergone a most dramatic post-industrial transformation. This cosmopolitan city has "reclaimed" the seafront, where entire new city districts full of interesting modern architecture and bustling street life have been constructed. Of course, another radical change has been the mighty Öresund Bridge, opened in 2000, which connects Malmö with Denmark's capital Copenhagen, just twenty minutes away. The region now forms a single metropolitan area one of the most expansive, exciting and energetic in Northern Europe.

Internet:

www.arrivalguides.com/en/Travelguides/Europe/Sweden/MALMO

SWEDISH FOOD



Swedish chefs have been winning international prizes, while Sweden's Michelin-starred restaurants are getting excellent press, all over the world. Of course, Sweden's new-found reputation as a "foodie" country wouldn't be possible without the influence of international cuisine or Swedish chefs' take on imported as well as local produce. In addition, in Sweden you are as likely to have an Iranian kebab, or sushi for lunch or dinner, as you are to have Swedish mainstays such as meatballs or filled cabbage rolls – a reflection of the internationalization of Swedish cuisine. Fabulous traditional Swedish ingredients, such as Kalix bleak roe, various local cheeses and lobster are not to be missed.

The Gastronomic front

Can I tempt you with lobster and cauliflower sprouts accompanied by a shrimp sauce and seaweed salad? Or a marinated elk steak with a lingonberry cream sauce? That is the sort of menu you can expect if you are lucky enough to be one of the 1,300 guests at the Nobel Banquet held in Stockholm each year.

This glittering event takes place after the distribution of the Nobel Prizes, the world's most prestigious honour, and it's attended by the Royal Family and prominent guests from all over the world.

The menu is a well kept secret till the last minute, apart from the dessert which is always a bombe glacée. It's an appropriate dish, bearing in mind that the money Alfred Nobel bequeathed to the Nobel Foundation was derived from his discovery of dynamite – the dominant explosive used for blasting roads and tunnels for a whole century. The gastronomic front has changed in the past decade. Swedish chefs suddenly started to take home gold medals from the culinary Olympic Games, as well as several medals at the unofficial world championship, the Bocuse d'Or. Swedish gastronomic art has won world's recognition with its imaginative use of raw materials and innovative combinations.

The gastronomic triumphs of Sweden's national culinary team are based on many different factors. There is a strong team spirit, with individual chefs competing at international levels enjoying strong support from many dedicated colleagues.

The same spirit is found in the many Swedish culinary competitions. The enormous popularity of food programmes on Swedish TV and the high status of the cooking profession in Sweden have also played their part. And nowadays even 10-year olds start learning to cook in their school domestic science lessons.

But the secret of Sweden's culinary success also lies in our local raw materials. All the lakes, forests, mountains and meadows provide a rich and varied "pantry" which inspires creativity. And since we are so fond of our countryside, we are careful not to harm our environment. So there is no irradiation, no hormone treatments, and no unnecessary antibiotics. Because if good food is based on a high quality of life, it should to be produced in a healthy way.

You'll find good Swedish food throughout the country and the creations of star chefs can be enjoyed in any of the many gourmet restaurants. And if you want to find out what a Nobel Banquet tastes like, you have the chance at the Stadshuskällaren restaurant in Stockholm, which serves dishes from previous years' banquet menus.

NATURE IN SWEDEN



From the cascading northern lights that illuminate the sky above the wilds of Swedish Lapland, to the white sandy beaches of the south – it's all yours to enjoy.

The coastline

The rocky coastline of Sweden is dotted with thousands of small islands, some green and lush, others craggy and barren. There are five main archipelagos on the eastern and the western sides of the country, particularly around Gothenburg and Stockholm.

Steep cliffs, rolling hills and narrow valleys sit side-by-side calm lakes and deep bays along the High Coast on the Gulf of Bothnia. This is a UNESCO World Heritage Site situated on the east coast of Sweden.

Still on the east coast, the Stockholm archipelago is made up of 24,000 islands, skerries and islets and stretches 80 km east of the city. As they are so accessible, being serviced by regular ferries, you can easily island-hop a whole summer away.

Off the coasts of the islands of Öland and Gotland you will find the spectacular 'räuaukar' - limestone pillars, that have stood since time immemorial, as well as sandy beaches.

Along the coast of Sweden and its archipelagos there are many watersports to enjoy, including yachting, canoeing, kayaking, windsurfing, kite boarding and water skiing. For nature lovers, the wildlife and in particular the seals, sea birds and sea life are a treat.

NATIONAL PARKS



What is vital to the national parks of Sweden is that they receive visitors. So most of them have been made very accessible, with the possible exception being Sarek National Park in Lapponia, which is 2,000 square kilometres of fertile wilderness. Otherwise it's on with the hiking boots and rucksack and off you go. And you really should. The national parks of Sweden stretch the length and breadth of the country boasting the high alpine peaks, tundra and glaciers of the far north, to the more gentle climates of central, south-east and south-west of Sweden, with their rolling mountains and hills, "Hansel and Gretel" forests, craggy coasts and their bejewelled archipelagos. If solitude and wilderness are your bag then Lapponia, a

UNESCO World Heritage Site, is the place to go. Lapponia is the ancestral home of the Sami people of Sweden and holds within its borders the Muddus, Padjelanta, Sarek and Stora Sjöfallet national parks. The four parks make up a huge 9,400 square kilometres of high alpine peaks, deep valleys, birch forests, tundra, waterfalls, boulder fields and frothing glacial rivers. Elk, lynx, wolverine and the endangered Arctic fox roam this region against the backdrop of the Northern Lights that you are most likely to see in March/April. Further south, in central Sweden sees the start of the Swedish mountains, a chain that stretches 1,000 kilometres to the far north. Here you will find the bears of Sånfjället, the giant boulders of Töfsingdalen and the virgin forests of Fulufjället to the west. Tyresta national park meanwhile, lies just 20 km south-east of Stockholm and is a 400 year-old virgin forest, set in a unique gorge landscape which is barren and rocky. It is surrounded by forest and lakes and set among it is an old village which lends an important cultural aspect to the scene. From Stockholm, going south-east over the Baltic Sea lies Gotska Sandön. This is the Baltic Seas' most remote island and what an island it is. It is almost all sand dunes and long beaches with a pine forest peering out above the dunes towards the impossibly clear-blue sea. Given the storms and occasional high tides that visit the island, the shoreline changes constantly and small bays or peninsulas form. The island is populated and has an interesting history as the local buildings, particularly the churches, are testimony to. Much further south is "Stenhuvud" which means "Sten's head" in English. Local folklore has it that a giant once lived in the Giddastaun cave here. The 'head' is actually a 97 metre tall hill looking out over the Baltic Sea and offers fantastic views of the Danish island of Bornholm on a clear day. It has been used for centuries as a landmark by seafarers and today it is one of Sweden's national parks. There are many species of flora and fauna to enjoy here including the European tree frog, hazel dormouse, the golden oriole and very occasionally elk. There are also several species of orchids and the very rare barren strawberry. Down the

headland there is a popular swimming beach. North to south, east to west Sweden has a national park waiting for you to visit it.

Public Access

Enshrined in Sweden's constitution and enjoyed by everyone who feels like it, the right of public access ('Allemansrätt' in Swedish) gives you the right to roam the countryside in Sweden in perfect peace and quiet without someone saying: "get off my land", unless you clomp all over someone's back garden or trample all over a farmer's cultivated field that is. And why would you, given the natural wonders on offer and this unique right to enjoy them responsibly.

'The freedom to roam', 'the right of public access', 'the right to roam'. There are many ways of expressing this right, and it basically means you have the right to walk, cycle, ride, ski and camp on any land with the exception of private gardens, in the immediate vicinity of a dwelling house or land under cultivation. There are also some restrictions on nature reserves and protected areas. Otherwise, Sweden's natural wonders mountains, lakes, Polar plains and glaciers, immense forests, rolling countryside, coastlines and archipelagos are waiting for you to come and discover them.

Of course, this right comes with a responsibility to look after the countryside and you should not disturb or destroy the environment around you. The right also gives you the right to pick wild flowers, mushrooms and berries as long as they are not protected and you can swim in any lake.

Urban nature

Stockholm, Gothenburg and Malmö are modern, bustling metropolises offering all the attractions of big city living. A secret they share and something you really should discover is the forests, sandy beaches, crystal clear lakes and rich flora and fauna. Smack, bang in the middle of town. Getting back to nature in all three is as easy as a

walk in the park – of which there are many.

Summertime in Stockholm there's nothing quite like taking an early morning stroll along Lake Mälaren. The locals take a dip around this time, so why not join them. The beaches of Stockholm are clean and safe and two of the most popular swimming spots are Långholmen on Södermalm (south island), or at Norr Mälarstrand near Rålambshovsparken. There are many others, just ask one of the locals.

But it's not just in Sweden's capital that you can enjoy urban nature. In Malmö there are many outdoor spots and activities to enjoy. For example, a jog along the Ribersborg, Sibbarp or Klagshamn beaches. There are parks and outdoor activities aplenty in Malmö.

In Gothenburg there are forest trails to trek, many great jogging and exercise circuits and then there is the archipelago just a short boat ride away. And don't forget Delsjön nature reserve, it's an oasis of peace and calm and you can enjoy the forest trails, horse riding and even downhill and cross-country skiing here.

What's great about Sweden's major cities is that they have thousands of kilometres of safe cycling paths for you to enjoy. And unlike travelling by car, bus or train, you are free to go exactly where you want – under your own steam.

Next time you come to Stockholm, Gothenburg or Malmö look for the real wild side of life.

OUTDOOR ACTIVITIES



Skiing

The ski resorts of Sweden stretch from Riksgränsen in the Arctic Circle, in the far north, down the backbone of the Swedish mountains in the north-west, and then wind east into the county of Dalarna.

And with its northerly latitude, most ski resorts guarantee snow between Christmas and Easter. So you can ski in Sweden against a backdrop of the Midnight Sun, and the kaleidoscopic curtain of the Northern Lights. Where else in the world can you do that?

Play golf

Sweden has made a name for itself as a golfing nation with the success of golfing legend Annika Sörenstam and leading PGA Tour players Carl Pettersson and Henrik Stenson. This is an achievement made more remarkable given Sweden's long winters, but unsurprising given the quality of Sweden's golf courses.

Golf in Sweden, which has more than 300 courses, is booming. Here you will find championship courses such as Kungsängen GC near Stockholm, and Halmstad GC on the west coast. Given Sweden's geography and topography, it is blessed with golfing landscapes courses hewn from rugged coastline and others that carve through giant forests with winding streams.

Hiking & Trekking

Abisko, Bergslagen, Gotland island, the High Coast,

Laponia World Heritage site and Sarek are legends among hikers and trekkers around the world. And deservedly so. Their impossibly natural beauty is matched only by their pristine state. Sarek National Park for example, is true wilderness as only nature could intend it and there are no trails here and few amenities. Otherwise, the vast majority of hiking and trekking trails in Sweden are clearly marked and some 350 hostels, mountain stations and huts are well-equipped and a welcome site for tired-legged visitors.

Fishing

Sweden is a paradise for the angler, with the lure of giant fish, unspoiled countryside and clean, unpolluted waters.

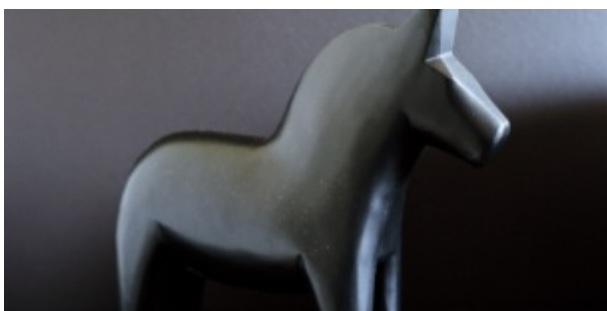
The country's great variety of fish and abundance of good fishing waters have led to increasing numbers of anglers visiting Sweden.

The thrill of being able to catch fish in their natural environments, and on their terms, is the fulfilment of many a visiting angler's dream in Sweden - and these fish can be king-size!

Kite Surfing

lahklsgklagklagsgig

SWEDISH DESIGN



It's almost like the "d" in "Swedish Design" should be a capital letter given its renown the world over. Visiting Sweden, you'll find great Swedish design all around you. On buildings at Stadshuset, the Stockholm Library on Odengatan, the Turning Torso building in Malmö, in shops, on street signs, on road signs (the strolling elk set against a yellow background, within a red triangle) in hotels, on

buses and trains and the clothes that people wear. There is much to celebrate about Swedish form and design, from the "Falu red" cottages of Dalarna, to the art glass and crystal of Orrefors. A visit to Sweden will inspire new ideas and you might just find yourself redecorating your home on your return. For cool designer clothes look out for Swedish brands Odd Molly, Filippa K, WE and Björn Borg and if you want to buy jeans with a conscience check out Cheap Monday.

The cradle of Swedish design

Sweden is known worldwide as one of the leading countries for design in a broad sense – in furniture, interiors, glass, textiles, ceramics, wood, metal and other fields.

The Swedish design industry is centred in southern Sweden, and especially in the districts of Småland and Västergötland, both known for their long-standing tradition of craft skills and entrepreneurial spirit. These districts are popular destinations for visitors interested in design, who come to see and buy a piece of typically Swedish creativity and esthetics.

Most famous is the Kingdom of Crystal in Småland, one of Sweden's most popular tourist destinations. The district is home to eleven smaller and larger distinguished glassworks, including Orrefors and Kosta Boda. Throughout the year there are guided tours around the area, featuring visits to the glassworks, and most of them are open to the public on regular basis. The glassworks have factory shops where you can buy glass at favourable prices. There are pleasant hotels and inns close to several of the glassworks, offering programmes and events that combine visits to the glassworks and factory shops with other experiences, such as dining and music. "Hyttstill" ("Glassworks herring") is a popular and traditional dining event held in many places around the Kingdom of Crystal.

Sami Slojd

Traditional Sami handicraft, or slojd, is one of the most

important bearers of traditional Sami culture.

Sami slojd is divided into two categories – hard slojd and soft slojd. The first consists of traditionally male slojd, mainly knives and cups crafted from reindeer horn and elaborately engraved. The traditionally female “soft” slojd encompasses clothing garmets, tin bracelets and other jewellery, bags as well as traditional baskets woven from birch roots, so-called root slojd.

You will find exquisite genuine Sami and other high-quality slojd in outlets throughout Lapland and Northern Sweden, as well as in the shops Svensk Slöjd and Svensk Hemslöjd in Stockholm. The towns of Kiruna and particularly Jokkmokk are places to visit for those with a special interest in Sami craft and Sami culture.

SWEDISH TRADITIONS



Many of the Swedish traditions are related to season. We celebrate spring, summer, fall and winter with special foods, rituals and light. Sunlight or candlelight, it doesn't matter, light is always represented in some way!

New Year's Eve

The Swedish New Year often coincides with a bout of ice-cold weather. Temperatures, which tend to hover frustratingly around freezing point over Christmas, at least in the south, gradually drop, and by midnight you can see shivering Swedes, up to their knees in heavy snow, toasting one another in champagne and firing off rockets.

Valentine's Day

The Swedes' traditional inability to absorb foreign

expressions was due not so much to national pride as to a sort of social immobility, coupled at times with a degree of (let's face it!) self-conceit.

Easter

Sweden is a large country with a lengthy coastline, as the tourist brochures keep telling us. So when the big seasonal holidays come round, Swedes embark on long journeys to visit friends and relatives.

Walpurgis Eve - and 1 May

You can collect a whole load of junk in the course of a year. And (in Sweden) much of it ends up on the Walpurgis bonfire – old doors and fencing, branches from pruned fruit trees, discarded bushes and old cardboard boxes. The bonfires are lit all over the country on 30 April.

National Day

Sweden has not taken part in any of the wars of the modern era, which may explain the Swedes' somewhat guarded attitude towards celebrating a national day. They are proud of their country but don't seem to feel any great need to show it. Previously, 6 June was not a public holiday, and for many people the only sign that this was a special occasion was the decoration of buses with Swedish flags.

Midsummer

Summer in Sweden is short. It starts showing its face in May and explodes into life in June. The summer has to hurry to get things done before the nights turn cold in September and everything stops growing. At Midsummer, the Swedish summer is a lush green and bursting with chlorophyll, and the nights are scarcely dark at all. In the north, the sun never sets.

The crayfish party

As the Swedish summer draws to a close, you may be lucky enough to experience warm, clear August nights that are almost Mediterranean in character. That's when Swedes have their crayfish parties.

The surströmming premiere

All countries have their own dreaded delicacies – insects, strange entrails and pieces of meat in various stages of decay. Sweden has the notorious sour herring (surströmming).

Halloween

The celebration of a particular custom often has lengthy roots. Some customs are traditional, with the emphasis on their religious origins, while others are of a contemporary, more commercial nature. When a custom is exported, however, the roots are usually cut. So Halloween pumpkins in Sweden are made of plastic and the children's fancy-dress costumes were bought at the supermarket round the corner.

All Saints' Day

All Saints' Day is a day of dignity and reflection. The custom of lighting candles on family graves is still widely practiced, and anyone travelling through Sweden on this weekend is met by some beautiful scenes. With luck, the first snow has fallen over the country's cemeteries.

St Martin's Day - or 'Martin Goose'

St Martin's Day is a celebration of the goose – all other connotations have largely been forgotten. In early November, geese are ready for slaughter, and on St Martin's Eve, November 10, it is time for the traditional dinner of roast goose.

Advent

By the time December comes round, Sweden has very few hours of daylight. The sun drops out of sight in the afternoon. The first Sunday of Advent comes as an eagerly awaited sign that Christmas is approaching. Although by then, of course, the world of commerce has made sure we know what is coming – sales campaigns begin in mid-November and Christmas shop windows and street decorations are already in place.

Lucia

Sweden is an egalitarian place these days, so any child can

be chosen as Lucia for the annual procession at the local daycare centre, not just pretty ones with long blonde hair. The boys usually prefer to be brownies (tomtar) or star boys' (stjärngossar) in the procession, while quite a few girls agree to be Lucia's handmaidens (tärnor).

Christmas

After nearly a month of waiting, Christmas Eve finally arrives – the height of the celebration in Sweden. Work is at an end, schoolchildren are on holiday and the Christmas preparations are complete.

POPULAR DESTINATIONS



1 - Dalarna

Dalarna is often called the most Swedish of all the provinces. Swedish crafts and many of our favourite customs are stronger here than anywhere else. Especially around the beautiful, magically blue Lake Siljan you'll find a series of picturesque villages with interesting sights and lovely hotels, located in traditional red log cabins. The Midsummer celebration in Dalarna, which runs from June 20 to the beginning of July, is a huge event, when people dress up in colourful traditional folk costumes and dance around the elaborately decorated Maypole, while the fiddles and accordions play. The residences of the iconic Swedish artists, Anders Zorn and Carl Larsson, located in Mora and Sundborn respectively, are today fascinating museums and well worth a visit.

2 - Visby and Gotland

The Mediaeval Hanseatic city of Visby on the lovely island of Gotland is a unique historical environment that is

included on UNESCO's World Heritage List. In summer Visby is a popular destination for partyhungry holidaymakers. At other times of year it's a peaceful, restful idyll, with a sophisticated selection of culture, restaurants and hotels. Within an hour of Visby you can be anywhere on this spectacular island. To the north is the island of Fårö, of special interest to Ingmar Bergman fans: many scenes from his films were shot here, and he lived here as well. And in summer there's a festival in his honour.

Internet:

www.arrivalguides.com/en/TravelGuides/Europe/Sweden/GOTLAND

3 - The ICE HOTEL in Jukkasjärvi

Who would have known back when it was first built in 1992, that a hotel built of arctic ice in northern Lapland would become an icon that attracts visitors from around the world? Some come in chartered planes, and many are bridal couples. The ICE HOTEL reappears every winter, each time in a new, more spectacular form, complete with wedding chapel, bars, sculpture park and more. Jukkasjärvi is a centre for experience tourism in Lapland, with all its attractions such as dogsledding, reindeer rides, snowmobile, safaris, hunting, fishing, guided northern light tours and much more.

4 - Skansen, Stockholm

The world's oldest and most beautiful open-air museum, with a collection of historical buildings from various periods and many parts of the country. Located on Royal Djurgården island in the National City Park, with stunning views of the city. There's also a zoo with Swedish animals, a children's zoo, traditional crafts, restaurants, cafés, a market, traditional Christmas celebrations, entertainment venues and many other attractions. A must-see!

Internet:

www.arrivalguides.com/en/TravelGuides/Europe/Sweden/STOCKHOLM

5 - Stockholms Archipelago

An unparalleled area of natural beauty and an attraction

on a par with the Norwegian fjords, but far less known: the magical Stockholm Archipelago has over 30,000 islands and islets, most of which are uninhabited and accessible to everyone. It stretches for more than 200 kilometres in a northsouth direction outside Stockholm, offering endless variation in natural beauty and scenery. There are dozens of idyllic towns, villages and destinations. The Archipelago is a paradise for boat-lovers, but many of the islands are easy to reach by car or boat from central Stockholm, for day trips or longer stays, at any time of year. You'll never forget the unique charm of the Stockholm Archipelago.

Internet:

www.arrivalguides.com/en/TravelGuides/Europe/Sweden/STOCKHOLM

6 - The Kingdom of Crystal

The home of Swedish glass and crystal, in the forests of Småland. Within a radius of about twenty kilometres you can visit eleven large glassworks most are open to the public. There are guided tours, interesting events and of course handmade glass at discounted prices.

Internet:

www.arrivalguides.com/en/TravelGuides/Europe/Sweden/GLASRIKET

7 - Österlen

Often called the Tuscany of Sweden and celebrated for its exquisite light. Situated along the east coast of Skåne, Österlen has gently undulating hills and lush deciduous forests. Everywhere you'll find charming restaurants, inns and cafés, palaces and manor houses, markets, sights, idyllic locations and lovely white beaches, including the crowning glory: Stenshuvud National Park. It's no coincidence that so many artists and authors have made Österlen their home.

Internet:

www.arrivalguides.com/en/TravelGuides/Europe/Sweden/OSTERLEN

ESSENTIAL INFORMATION



Note: All fares and rates quoted are approximate as of October 2010 and may change without notice. While every precaution has been taken to ensure the Accuracy of the information in this publication, VisitSweden accepts no responsibility for any errors, omissions or subsequent changes. Travel Facts from A to Z

Medical care

The general practitioner system does not apply in Sweden. Instead, you visit the nearest hospital clinic ("Akutmottagning" or "Vårdcentral"), taking your passport and European Health Insurance Card (EHIC) with you or you will be charged the full cost of the treatment. With an EHIC, you will still have to pay part of the cost, which is not refundable. You will also have to pay the full cost of dental treatment up to a fixed limit, and most of the cost above this limit. Any reductions will be made before you get your bill.

Drinking water

The tap water in Sweden is perfectly safe to drink.

Business hours

Banking hours

Monday – Friday, 10am – 3pm

Thursday, 10am – 4/5.30pm

In some cities banks may stay open until 6pm. All banks are closed on weekends and on public holidays. Banks at airports, ports and main railway stations are generally open longer.

Alcohol restrictions

Wine, spirits and strong beer are sold only from

State-licensed "Systembolaget" stores to customers aged 20 or older. Systembolaget stores are generally open Mon – Fri 10am – 6pm, Saturdays, 10am–3pm. Alcohol may be consumed at bars and restaurants from the age of 18, and light beer is sold at supermarkets to customers aged 18 or older.

Business hours

Shopping hours

Monday – Friday, 9.30am – 6pm

Saturday, 9.30am – 2/4pm

In larger towns, department stores remain open until 7pm or later.

Some are also open on Sundays between approx. 12 noon and 4pm. Shops generally close early the day before a public holiday.

Climate / Temperature

Sweden enjoys a generally temperate climate, thanks to the Gulf Stream. Above the Arctic Circle, winter can be crisp and invigorating. In the south, winter is generally mild with an average temperature above 0C/32F degrees, but temperatures can vary markedly in different parts of the country. Sweden's northerly position has a definite summer advantage in that temperatures are rarely extreme and humidity levels are not high.

Credit cards

Major credit cards (some restrictions apply to American Express) are widely accepted throughout Sweden. You can access cash with your Visa, MasterCard, Maestro or Cirrus card at any "Bankomat" or "Utagsautomat" ATM.

Daylight savings time

Daylight savings time (clocks set 1 hour forward) is in effect from the last weekend in March to the last weekend in October, changing during the night between Saturday and Sunday.

Electrical current

The normal electrical current in Sweden is 220 volts AC. You need an adapter for the standard two-pin round

continental plugs used in Sweden if you are taking
hairdryers or other appliances from the UK.

Telephone

Country Code +46





Visit 
Sweden
www.visitsweden.com