



# Life in Sweden



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# Agenda

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Swedish Culture & Traditions

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Cost of Living Comparison

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Climate Throughout the Year

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Popular Cities & Destinations

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Work-Life Balance & Process



# Swedish Culture

Traditions • Values • Lifestyle





# Sweden vs European Neighbors

## Sweden 🇸🇪

👤 Population: ~10.5M

🕒 Work hours: 40h/week

✈️ Vacation days: 25+

👶 Parental leave: 480 days

☕ Fika culture (sacred!)

## EU Average 🇪🇺

👤 Varies widely

🕒 Work hours: 35-45h/week

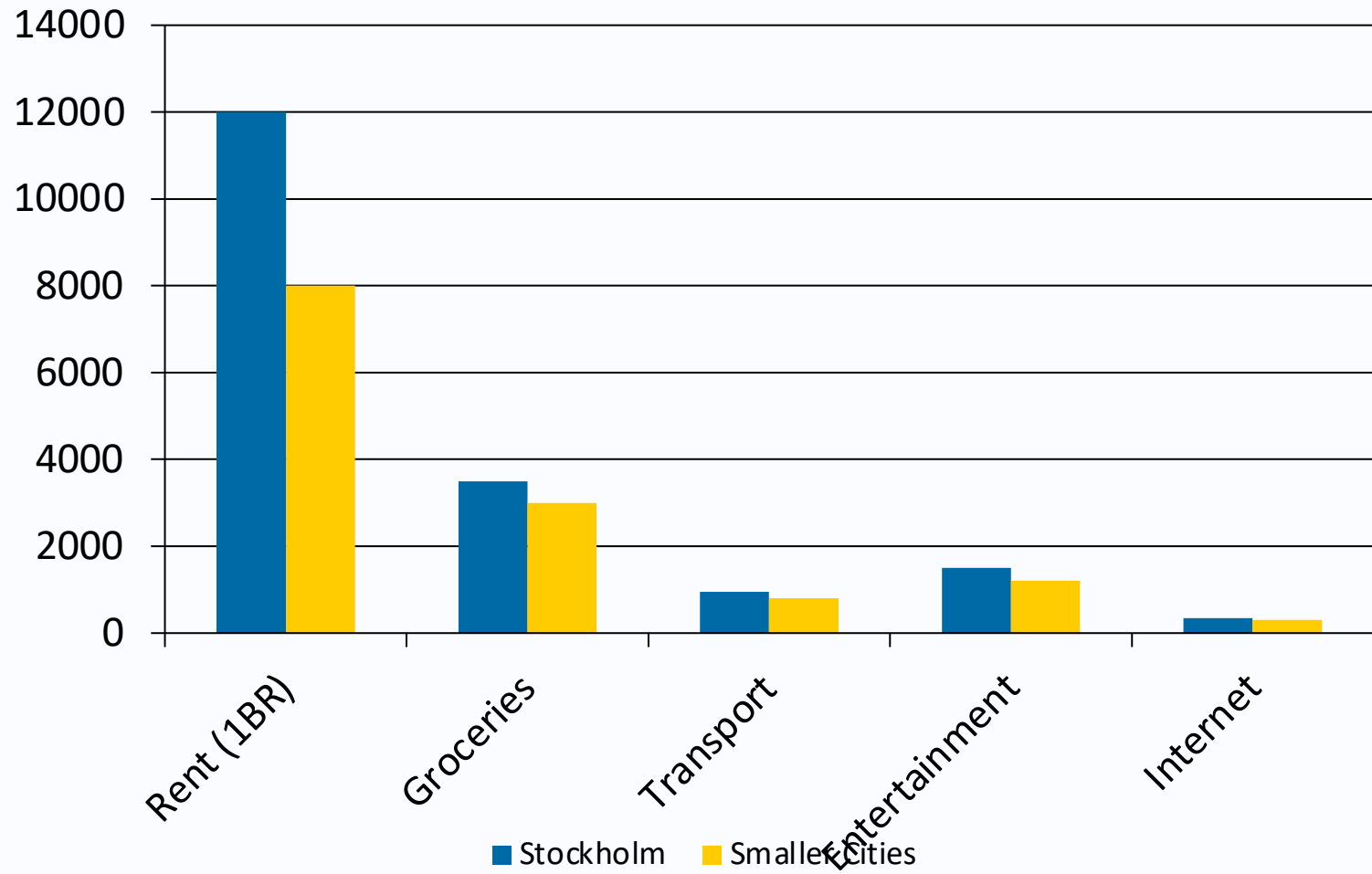
✈️ Vacation days: 20-25

👶 Parental leave: varies

☕ Less structured breaks



# Average Monthly Costs (SEK)





# A Year in Sweden



Jan-Feb



Polar nights & skiing



Mar-Apr



Spring awakening



May-Jun



Midnight sun begins



Jul-Aug



Summer holidays & festivals



Sep-Oct



Autumn colors & coziness








Nov-Dec



Christmas markets & lights



# Top Swedish Cities to Live In

| City  | Population | Known For           | Vibe          |
|---|------------|---------------------|---------------|
|  <b>Stockholm</b>  | 975K       | Capital, Islands    | Cosmopolitan  |
|  <b>Gothenburg</b> | 580K       | Coast, Food Scene   | Laid-back     |
|  <b>Malmö</b>      | 345K       | Diversity, Design   | International |
|  <b>Uppsala</b>    | 175K       | University, History | Academic      |
|  <b>Lund</b>     | 125K       | Science, Innovation | Student City  |



# Moving to Sweden: The Process





# Swedish Traditions You'll Love



## Fika

Coffee break culture - sacred daily ritual!



## Midsummer

Dancing around maypoles in June



## Crayfish Parties

August tradition with paper hats & songs



## Lucia

December 13th - candlelit procession



## Allemansrätten

Freedom to roam nature responsibly



# Want to Learn More?



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GitHub Repository



# Tack så mycket!

Thank you very much!

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