Question 1:

* Consumer price for electricity for a building of 40,000 kWh annual consumption at Hammarby Sjöstad (post code 12068) checked on the 14th of May for different contract types: <https://www.ei.se/en/Elpriskollen/Avtalssok/?avtalstypid=13&forbrukning=40000&postnr=12068>
  + Floating price, 1 year deal was for 58.48 öre/kWh
  + Fixed price, 6 months deal was for 42.19 öre/kWh
  + Fixed price, 1 year deal was for 50.75 öre/kWh
  + Fixed price, 2 years deal was for 53.06 öre/kWh
  + Fixed price, 3 years deal was for 48.25 öre/kWh
  + Fixed price, 4 years deal was for 53.77 öre/kWh
  + Fixed price, 5 years deal was for 51.81 öre/kWh
  + Floating price ongoing, was for 54.67 öre/kWh
  + Mixed contract for 1 year, was for 59.74 öre/kWh
* Incentives for heat pumps:
  + Not sure if there is any incentive on the electricity consumption for Heat pumps but I doubt. Upon installation the incentive is deducting 30% of the labor cost which is estimated (labor cost) to be 35% of the total cost in case of geothermal HP, and 30% in case of air/water and air/air HPs. The deduction is called ROT – avdraget.
    - <http://www.thermia.se/varmepump-kunskap/spara-pengar-med-varmepump/varmepump-rot-avdrag/>

Question 2:

* Spot market price: <https://www.nordpoolgroup.com/Market-data1/#/nordic/chart>
  + Checked on the 14th of May 2018, it was 36.4 EUR/MWh, equivalent to 0.375 SEK/kWh for SE3 🡪 375 sek/MWh