



IAESTE App: Country Information

General information:

Country: Sweden

Capital: Stockholm

Population: 10,42 million (2021) Världsbanken

National language(s): Swedish, Sámi, Finnish, Meänkieli, Romani, Yiddish

Currency: Swedish Krona (SEK)

Time zone: UTC+1 (CET)

Summer (DST)

UTC+2 (CEST)

Voltage: 230 V

Phone country code: +46

Cities with IAESTE LCs: Luleå, (Umeå - Inactive), (Uppsala - Inactive), Stockholm, Linköping, Gothenburg, Lund

Climate: Sweden is a very long country and the temperatures vary a lot. However, generally, winters are dark and cold and summers are surprisingly warm and the sun either sets very late or does not go down at all. Northern Sweden gets a lot of snow in the winter and it is a great place for winter sports and activities, while the winters in the south are rather mild, usually without a lot of snow.

Travel tips:

Fun facts about the country: (around 5, a few sentences each):

1. Sweden has the most islands in the world - around 270 000! We have large archipelagos outside for example, Stockholm and Gothenburg and it is a great place to spend hot summer days!
2. We love pastries and many of our famous pastries have their own days in the calendar, and during these days everyone eats them for fika!
3. We love fika! Fika is an everyday must at all Swedish companies and it is a coffee and snack break taken in the morning and the afternoon. You can also go out and grab a fika with a friend at a café.
4. Swedish Lappland (County which includes Kiruna, for example) is considered one of the best places to see the northern lights in the winter months!
5. $\frac{3}{5}$ of Sweden is covered by forest, which means there are endless hiking possibilities thanks to "allmansrätten". Allmansrätten roughly translates to "everyman's right" and means that you have the freedom to roam. This means you can camp, swim, walk, etc, on both public and private property. However, with this right also comes

responsibility and you must leave the area in the same or better condition as when you got there.

Cities/towns that you recommend visiting: (short description for each, pointing out the most important landmarks people should visit):

1. Stockholm - our capital city. Filled with museums, restaurants, and culture! Do not forget to visit the archipelago while you're there.
2. Gothenburg - "Sveriges framstjärn". Speaking of archipelagos Gothenburg also has one and it's beautiful! Go here in the summer and swim in the beautiful waters. Gothenburg is also where Volvo is made and it is a city full of nice bars and cafés.
3. |

Other places you recommend visiting: (short description for each. This can include national parks, historical landmarks, beaches, mountains, museums or anything else):

1. The west coast - Sweden's summer paradise. Here you find everything you need in the summer - nice beaches, lots of people, beach bars, lots of seafood, and busy summer towns. The west coast has a huge variety with everything from the rock islands in the archipelagos around Gothenburg to long sand beaches in Halland south of Gothenburg. Do you like windsurfing? Then visit Varberg!
2. Skåne - The southernmost county. This is the county where Malmö and Lund are located. It is two cities that are very close together and worth a visit. There are a lot of castles and castle gardens around the county that you can visit. Other famous places in this county include
 - a. Österlen (a beautiful region that is very busy in the summer months),
 - b. Skanör-Falsterbo (An amazing beach in the summer and a great place to see some wild seals in the winter months),
 - c. Mölle/Äröd/Kullaberg (Great hiking spots, lots of small caves and rocky beaches to explore, beautiful landscape, and the small towns are very very busy in the summer).
4. Lapland - A huge county in the north of Sweden. It is a great place to go if you want to see the northern lights or stay in an ice hotel! Here is a list of cool places to go in Lapland to see the northern lights: <https://www.swedishlapland.com/toplist/10-cool-places-to-see-the-northern-lights/> It is also a great place for eco-adventures and a place where you can learn more about Sámi - northern Europe's indigenous people - and their culture. You can read more here: <https://www.swedishlapland.com/stories/sapmi-the-land-of-the-sami/> There is plenty of amazing nature to see here, for example Storforsen which is a waterfall that has an average flow of 187 cubic meters per second, making it one of the most voluminous in Europe.
5. Gotland/Öland - Sweden has two large islands in the Baltic sea. If you get the chance, we really do recommend taking a trip there. Öland has a bridge through Kalmar but Gotland is only reachable by plane or boat. Both islands feature unique nature and a great touring environment.
6. Höga Kusten - The place where the mountains meet the sea. Located along the east coast of Sweden, it is one of the most beautiful regions in the country and a great place for hiking.

Airports with budget airlines (Wizz Air, Ryanair, EasyJet, Transavia, Norwegian):

Most airports! For example, Copenhagen airport (Kastrup (The most convenient airport when traveling to the south even though it is in Denmark)), Malmö Airport (Sturup), Gothenburg airport (Landvetter), Stockholm (Bromma and Arlanda), Luleå airport (Kallax)

Website(s) with travel connections inside the country (train, bus, public transportation, ridesharing):

Most counties have their own public transport companies for example, Skånetrafiken in the county of Skåne (where Malmö and Lund are located), Västtrafik in Västergötland (Gothenburg) and SL in Stockholm. Therefore tickets for public transport have

Z komentarem [1]: Other Cities?

Z komentarem [2R1]: Asså sverige är ju inte super stad-igt inser man

to be purchased through different companies and depend on where you are. However, important to note is that Sweden is mostly a cashless society, and public transport tickets are generally purchased through the app of the company that the county you are in uses. If you are unsure do not hesitate to ask people as the locals generally know what to do since getting public transport is very common. Google is also your friend here, if you need to know how the public transport works where you are located, just google "Busses Stockholm" for example, and it will most likely give you a helping hand. When it comes to local public transport (non-inter-city) it is very often possible to pay the ticket on board by debit-card.

If you are traveling between counties for example from Lund to Stockholm or Gothenburg to Stockholm there are several options. The largest train company in Sweden is SJ (<https://www.sj.se/en>), other ones include Snälltåget (<https://www.snalltaget.se/en>), MTRX (https://mtrx.travel/en?gclid=CjwKCAjw5pShBhB_EiwAvmnNV_EEO_k9NM381IzuZ-wzyQ9eMvwdeq0ETqIb7Y1mnMeo63w1x4q_7RoCJScQAvD_BwE).

Flixbus or Flixbus operates both buses and trains throughout Sweden and another long-distance bus company is Vy bus4you (https://www.bus4you.se/?gclid=CjwKCAjw5pShBhB_EiwAvmnNV_7iEB1vfqiLBecQXuGAfOKXlwnFu6aT4iHcicY3yUEqkmqk54tgIxoC38kQAvD_BwE#/)

Öresundståg connects Sweden and Denmark and stops in many cities in the south (<https://www.oresundstag.se/>)

Mälartåg is a train company that operates in Stockholm and many surrounding cities (<https://malartag.se/>)

Vy tåg is currently the only train company that provides night trains between northern and southern Sweden (<https://www.vy.se/>)

Sweden is a country with a lot of options when it comes to public transport, and it is generally easy to get around. Feel free to contact the IAESTE local committee when you are visiting for a more specific guide!

Traditional food and drinks you recommend trying: (short description for each)

- **Sill och potatis** - Classic summer food consisting of various versions of pickled herring (sold pre-made in cans) and freshly picked potatoes. It is very easy to prepare by yourself and the ingredients are always easily accessible
- **Räkmacka** - Shrimp sandwich served with egg and salad, a fresh meal that is very often served at cafés and swedish households alike
- **Gravad lax** - A special version of cold smoked salmon that is often enjoyed in combination with various other foods.
- **Smörgåstårter** - The literal translation is "Sandwich cake", which is pretty much exactly what it is. It may be strange to look out but we promise that it is very tasty.
- **Surströmming (BEWARE)** - The world famous fermented herring, a very smelly fish that is surprisingly good IF you get a local to show you how it is opened and served. **Do not open a can of surströmming inside a building**, and preferably open the can under water (for example in a bucket).
- **Snaps** - Spiced strong liquor that comes in various forms. A very classic Swedish drink that is often enjoyed during special occasions. Small multi-packs with various versions of snaps are often available at the liquor store. We recommend sipping it but it can be consumed all at once if you want the real viking experience.
- **Punch** - A sweet liquor that can be enjoyed warm or cold. There is a Swedish tradition that consists of eating pea soup and pancakes whilst drinking punch on Thursdays (yes really).

- **Glögg** - Swedens response to Gluhwein, a spiced wine that is often enjoyed hot with raisins and nuts during the winter months
- **Julmust/Påskmust** - "It's a must!", Imagine coca cola, but brewed! It's a soft drink that is only sold during christmas and easter. They have different labels depending on when they are sold but it is the same product.
- **Kanelbulle** - As fika as you can get, you can not visit sweden without having a fika, and what better fika than a swedish cinamon bun?

Tipping in the restaurants: (is it common or unusual, how much should you leave?)
Not really necessary, however, to be nice you can round it up.

Discounts for transportation (do you know about any way of getting discounts for transportation? - e.g. in Belgium is cheap train Go Pass ticket if you are under 26, but you have to ask for it): SAS youth tickets (for everyone under 26), Norwegian Airline young traveler tickets (under 26, only accessible by the discount code "UNDER26"), student discounts sometimes available for public transport.

What is the common greeting in your country (do you only shake hands, or you kiss on both cheeks...?): Handshake

Emergencies - numbers:

For all emergencies call 112

113 13 – for **information about** major accidents and crises in Sweden

Police Non-emergencies: 114 14

1177 - non-urgent healthcare advice

A full list of useful numbers can be found on the link below.

<https://www.krisinformation.se/en/finding-help-and-services/important-phone-numbers>

Any other interesting or useful information:

The legal drinking age in Sweden is 18 *but* you can only buy drinks stronger than 3,5% at pubs/nightclubs/restaurants and the government mandated liquor store Systembolaget. To buy from Systembolaget you have to be at least 20 years old, and if you are younger than 25 you will always have to show photo ID.

Sweden is a very large and tall country, and most of the population is located in the southernmost part, with the northern part of the country being sparsely populated. Driving from Malmö (one of the most southern cities) to Kiruna (one of the most northern cities) is an almost 1850 km long trip which would take you around 20 hours to complete. Due to our very long coastline, half of the Swedish population is also located within 10km of the coast.