

Directory

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ACCOMMODATION

Accommodation in Sweden is generally of a high standard; you'd have to be very unlucky to stay in a dump! Our Sleeping entries are categorised by price and then listed by preference, with favourites appearing first. 'Budget' options cost Skr500 or under, 'Midrange' options range from Skr500 to Skr1100, and 'Top End' places come in at over Skr1100.

Cabins & Chalets

Swedes are all for the outdoors, and cabins and chalets (*stugor*) are everywhere, either on campsites or scattered liberally through the countryside. Most contain four beds, with two- and six-person cabins sometimes on offer too. They're particularly good value for

PRACTICALITIES

- Use the metric system for weights and measures.
- Watch out for the Swedish word *mil*, which Swedes may translate into English as 'mile' – a Swedish *mil* is actually 10km!
- Some shops quote prices followed by '/hg', which means per 100g.
- Use the PAL system for video recorders and players.
- Plug appliances into the round, continental-style two-pin sockets for (220V, 50Hz AC) power supply.
- Domestic newspapers (including the Göteborg and Stockholm dailies and evening tabloids) are Swedish-only. A good selection of English-language imports is sold (for a price) at major transport terminals, Press Stop, Pressbyrå and tobacconists – even in small towns.
- On the Internet, Sweden Globe (www.swedentimes.com) has English-language articles about Sweden.
- Radio Sweden International (www.sr.se/rs) broadcasts programmes nationally and to Europe on 1179kHz (89.6FM in Stockholm): check the website for a full list of frequencies and schedules.
- Try National Swedish Radio (Sveriges Radio) on channel P2 (96.2FM in Stockholm) for classical music and opera, and channel P3 (99.3FM in Stockholm but variable around the country) for pop and rock.
- National TV channels TV1 and TV2 broadcast mainly about local issues, in Swedish only. TV3, TV4 and TV5 have lots of shows and films in English.

small groups and families, costing between Skr300 and Skr800 per night. In peak summer season, many are rented out by the week (generally for between Skr800 and Skr5000).

The cheapest cabins are simple, with bunk beds and little else (you share the

bathroom and kitchen facilities with campers or other cabin users). Chalets are generally fully equipped with their own kitchen, bathroom and even living room with TV. Bring your own linen and clean up yourself to save cleaning fees of around Skr500.

Pick up the brochure *Campsites & Cottages in Sweden: Greater Freedom* from any tourist office, or check out the website www.stuga.nu.

Camping

Camping is wildly popular in Sweden, and there are hundreds of grounds all over the country. Most open between May and August only. The majority are extremely busy family holiday spots with fantastic facilities, like shops, restaurants, pools, playgrounds, canoe or bike rentals, minigolf, kitchens and laundry facilities. Lots of them also have cabins or chalets.

Camping prices vary (according to the season and facilities) from Skr90 for a small site at a basic ground, to Skr240 for a large site at a multistarred ground. Slightly cheaper rates may be available if you're a solo hiker or cyclist. If you're on the move, look out for grounds offering a Quick Stop reduction: where you get a discount if you arrive after 9pm and leave by 9am the following day.

You must have a Camping Card Scandinavia to stay at Swedish campsites. Apply for one at least a month before your journey by writing to **Sveriges Camping & Stugföretagares Riksorganisation** (fax 0522-64 24 30; info@scr.se; Box 255, SE-45117 Uddevalla) or fill in the form on the website www.camping.se; otherwise pick up a temporary card at any Swedish campsite. The card itself is free, but the annual validation sticker costs Skr100 and is stuck on your card at the first campsite you visit. One card covers the whole family.

Primus and Sievert supply propane gas for camping stoves, and containers are available at petrol stations. *T-sprit Röd* (methylated spirit; denatured alcohol) for Trangia stoves can be bought at petrol stations and *Fotogen* (paraffin; kerosene) is sold at paint shops such as Fargtema and Spektrum.

See p54 for information on free camping in Sweden.

Hostels

Sweden has well over 450 hostels (*vandrarhem*), usually with excellent facilities. Out-

side major cities, hostels aren't backpacker hangouts but are used as holiday accommodation by Swedish families, couples or retired people. A related oddity is the frequent absence of dormitories, meaning you often have to rent out a room rather than a bed. Some hostels also have singles and doubles with en suite bathrooms that are almost of hotel quality, for very reasonable rates. About 50% of hostels open year-round; many others open from May to September, while some open only from mid-June to mid-August.

Be warned, Swedish hostels are virtually impossible to enter outside reception opening times, and these hours are frustratingly short (except in Stockholm and Göteborg): generally between 5pm and 7pm, occasionally also between 8am and 10am. The secret is to prebook by telephone – reservations are highly recommended in any case, as hostels fill up fast.

Sleeping bags are usually allowed if you have a sheet and pillowcase; bring your own, or hire them (Skr50 to Skr65). Breakfast is sometimes available (Skr45 to Skr65). Before leaving, you must clean up after yourself; cleaning materials are provided. Most hostels are affiliated with either the STF or SVIF (see below), but there are other non-affiliated hostels also with high standards of accommodation.

STF

Some 315 hostels are affiliated with **Svenska Turistföreningen** (STF; ☎ 08-463 21 00; www.svenskaturistforeningen.se), part of Hostelling International (HI). STF produces a free detailed guide to its hostels, but the text is in Swedish only (the symbols are easy to understand). All hostel details on its website are in English.

Holders of HI cards can stay at any STF hostels for between Skr28 and Skr100; children under 16 pay about half price. Non-members can pay Skr45 extra, or join up at hostels (see p314 for membership costs). In this book we quote prices at STF hostels for members.

All STF hostels have kitchens.

SVIF

Around 191 hostels belong to STF's 'rival', **Sveriges Vandrarhem i Förening** (SVIF; ☎ 0413-55 34 50; www.svif.se). No membership is required and rates are similar to those of STF hostels. Most SVIF hostels have kitchens, but you some-

times need your own utensils. Pick up the free guide at tourist offices or SVIF hostels.

Hotels

Private, family-owned hotels with individuality are few and far between as the big hotel chains (with comfortable but often rather bland rooms) monopolise hotel accommodation options.

Sweden is unusual in that hotel prices tend to *fall* at weekends and in summer (except in touristy coastal towns), sometimes by as much as 40% or 50%. Rates usually include a breakfast buffet. Ask at tourist offices for the free booklet *Hotels in Sweden* or visit the website www.hotelsinsweden.net.

Travellers on a budget should investigate the two cheapest hotel chains, both with flat rates for rooms. **Formule 1** (www.hotelformule1.com) has four hotels, in Göteborg, Jönköping, Malmö and Stockholm; the small but functional rooms (Skr330) have shared facilities and can sleep up to three people. **Ibis** (www.ibishotel.com) hotels offer simple rooms (Skr600 to Skr700) with private facilities. Breakfast is additional at both chains.

The following hotels are the most common midrange and top-end chains:

Best Western (www.bestwestern.se in Swedish)

Choice (www.choicehotels.se)

Countryside (www.countrysidehotels.se)

Ditt Hotell (www.ditt hotell.se)

Elite (www.elite.se)

First (www.firsthotels.com)

Radisson SAS (www.radisson.com)

Scandic (www.scandic-hotels.com)

Sweden Hotels (www.swedenhotels.se in Swedish)

Radisson SAS and Elite are the most luxurious. The top-end Countryside Hotels chain has the most characterful rooms, in castles, mansions, monasteries and spas.

Mountain Huts & Lodges

Most mountain huts (*fjällstugor*) and lodges (*fjällstationer*) in Sweden are owned by STF. There are about 45 huts and nine mountain lodges, usually spaced at 15km to 25km intervals, primarily in the Lapland region. Reception hours are quite long as staff members are always on site. Basic provisions are sold at many huts and all lodges, and many lodges have hiking equipment for hire.

STF huts have cooking and toilet facilities (none have showers, but some offer saunas).

Bring your own sleeping bag. Huts are staffed during March and April and also from late June to early or mid-September. You can't book a bed in advance, but no-one is ever turned away (although in the peak of summer this may mean you sleep on a mattress on the floor). Charges for STF or HI members vary depending on the season, and range from Skr190 to Skr275 (children Skr75), with the highest charges on northern Kungleden. Nonmembers pay Skr100 extra. You can also pitch a tent in the mountains, but if you camp near STF huts you are requested to pay a service charge (Skr60/80 for members/nonmembers), which gives you access to any services the hut may offer (such as kitchen and bathroom facilities).

At the excellent STF mountain lodges, accommodation standards range from hostel (with cooking facilities) to hotel (with full- or half-board options), and overnight prices range from Skr200 to around Skr800. There are often guided activities on offer for guests, plus they usually have a restaurant and shop.

Private Rooms, B&Bs & Farmhouse Accommodation

Many tourist offices have lists of rooms in private houses, which is a great way of finding well-priced accommodation and getting to meet Swedish people. Singles doubles average Skr200/300.

Along the motorways (primarily in the south), you may see '*Rum*' or '*Rum & frukost*' signs, indicating inexpensive informal accommodation (*frukost* means that breakfast is included) from around Skr200 to Skr300 per person. Kitchen facilities are often available and those who bring their own sheets or sleeping bags may get a discount.

The organisation **Bo på Lantgård** (☎ 035-12 78 70; www.bopallantgard.org) publishes a free annual booklet on farmhouse accommodation (B&B and self-catering), available from any tourist office. B&B prices average about Skr275 per person in a double room. Prices for self-catering range from Skr400 to Skr850 per night, depending on the time of year, facilities and number of beds.

BUSINESS HOURS

General opening hours are listed below, but there are variations (particularly in the largest cities where opening hours may be longer).

Banks Open 9.30am to 3pm; some city branches open 9am to 5pm or 6pm once a week.

Department stores Open 10am to 7pm Monday to Saturday (sometimes later), noon to 4pm Sunday.

Government offices Open 9am to 5pm Monday to Friday.

Museums Generally museums have short opening hours, even in July and August; see individual destinations for more details.

Restaurants Open for lunch from 11.30am to 2pm, and dinner between 6pm and 10pm; often closed on Sundays and/or Mondays.

Shops Open 9am to 6pm Monday to Friday, 9am to 1pm Saturday.

Supermarkets Open 8am or 9am to 7pm or 9pm.

Systembolaget (state-owned alcohol stores) Open 10am to 6pm Monday to Friday, 10am to 2pm Saturday, sometimes with extended hours on Thursday and Friday evenings.

Tourist offices Usually open daily Midsummer to mid-August, 9am to 5pm Monday to Friday mid-August to Midsummer; however, see individual destinations for specific hours.

CHILDREN

If you've got kids, you're guaranteed an easy ride in Sweden as it's very family-centric. In general, get the kids involved in your travel plans: if they've helped to work out where you're going, chances are they'll still be interested when you arrive! Remember, don't try to cram too much in. Lonely Planet's *Travel with Children*, by Cathy Lanigan, is a useful source of information.

Practicalities

Hotels and other accommodation options often have 'family rooms' that sleep up to two adults and two children for little more than the price of a regular double. Campsites have excellent facilities and are overrun with ecstatic, energetic children. They get very busy in summer, so book tent sites or cabins well in advance.

Highchairs and cots (cribs) are standard in most restaurants and hotels. Swedish supermarkets offer a relatively wide choice of baby food, infant formulas, soy and cow's milk, disposable nappies (diapers) etc. There are nappy-changing facilities in most toilets (men's and women's) and breast-feeding in public is not an issue.

Car rental firms hire out children's safety seats at a nominal cost, but it's essential that you book them in advance. Long-distance ferries and trains, hotels and some restaurants may even have play areas for children.

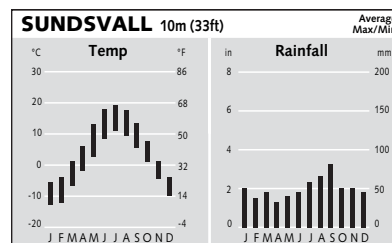
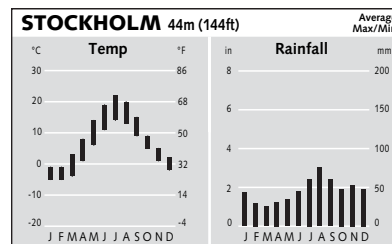
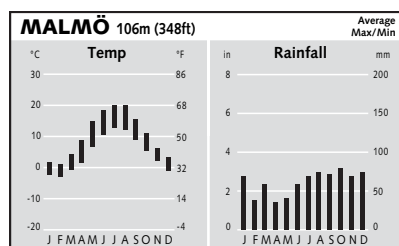
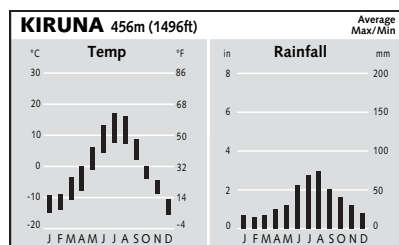
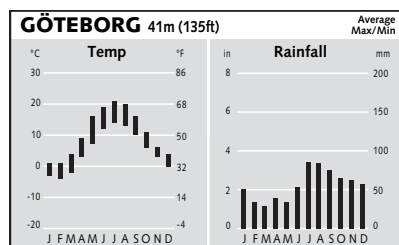
Sights & Activities

Swedes treat children very well, and domestic tourism is largely organised around children's interests. Many museums have a kids section with toys, hands-on displays and activities, and there are numerous public parks for kids, plus theme parks, water parks and so on. Most attractions allow free admission for young children – up to about seven years of age – and half-price (or substantially discounted) admission for those up to about 16. Family tickets are often available.

Liseberg amusement park (p204) in Göteborg is Sweden's largest; other major places for kids include Junibacken, Skansen and Gröna Lund Tivoli (p76) in Stockholm; Göteborg's Universeum (p204) and Astrid Lindgrens Värld (p132) in Vimmerby.

CLIMATE CHARTS

Sweden has a mostly cool temperate climate, but the southern quarter of the country is



warmer. Norway's mountains act as a rain break, so yearly rainfall is moderate.

Swedish summers are generally fairly sunny with only occasional rainfall, but August can be wet. The average maximum temperature for July is 18°C in the south and around 14°C in the north. Long hot periods in summer aren't unusual, with temperatures soaring to over 30°C.

The harsh Lapland winter starts in October and ends in April, and temperatures can plummet as low as -50°C. Snow can accumulate to depths of several metres in the north, making for superb skiing, but snow depths in the south average only 20cm to 40cm. It usually rains in winter in the far south (Skåne).

The west coast is warmer than the east, thanks to the warming waters of the Gulf Stream.

For for information see the When to Go section on p17.

CUSTOMS

Duty-free goods can only be brought into Sweden from non-EU countries and Åland. Tobacco products and alcoholic drinks can only be brought into Sweden duty-free by those over 18 and 20, respectively.

Duty-free alcohol allowances for travellers from outside the EU are: 1L of spirits, 2L of fortified wine, 2L of wine and a quantity of beer that must be included within the

Skr1700 limit. The tobacco allowance is 200 cigarettes, 50 cigars or 250g of smoking tobacco.

The limits on goods brought into Sweden with 'tax paid for personal use' from within the EU are more generous: 10L of spirits, 20L of fortified wine, 90L of wine (but no more than 60L of sparkling wine) and 110L of beer. The tobacco allowance is 800 cigarettes, 400 cheroots, 200 cigars or 1kg of tobacco.

Going through customs rarely involves any hassles, but rules on illegal drugs are strictly enforced; you may be searched on arrival, especially if you're travelling from Denmark. Live plants and animal products (meat, dairy etc), from outside the EU, and all animals, syringes and weapons must be declared to customs on arrival. For the latest regulations, contact **Swedish Customs** (☎ 0771-23 23 23; www.tullverket.se).

DANGERS & ANNOYANCES

Opening Hours & Queuing

It's difficult for foreigners to understand why some tourist offices aren't open at weekends, not to mention why museums open at 11am and close by 4pm (even in July), and hostels (and some hotels) only have reception for two or three hours in the afternoon. Don't even think of going to a liquor store in the evening or for most of the weekend – it will be closed.

Queuing by number is a national pastime in Sweden, hunt down the ticket machine as soon as you enter shops, post offices, liquor stores, offices, police stations etc. Don't miss your turn, or you'll have to go back to the end of the queue.

Road Hazards

Motorists should be alive to the risks posed by elk and reindeer; see p332.

Theft

Sweden is fairly safe, but petty crime is on the increase. In Stockholm, Göteborg, Malmö and Linköping, ask locally for the latest advice on areas to avoid before wandering around at night. Beware of pickpockets and bag-snatchers in crowded public places.

DISABLED TRAVELLERS

Sweden is one of the easiest countries to travel around in a wheelchair. People with disabilities will find transport services with

adapted facilities, ranging from trains to taxis, but contact the operator in advance for the best service.

Public toilets and some hotel rooms have facilities for disabled people; **Hotels in Sweden** (www.hotelsinsweden.net) indicates whether hotels have adapted rooms. Some street crossings have ramps for wheelchairs and audio signals for visually impaired people, and some grocery stores are wheelchair accessible.

For further information about Sweden, contact the national association for the disabled, **De Handikappades Riksförbund** (☎ 08-685 80 00; www.dhr.se; Katrinebergsvägen 6, Box 47305, SE-10074 Stockholm).

Also, contact the travel officer at your national support organisation; they may be able to put you in touch with tour companies that specialise in disabled travel. The disability-friendly website www.allgohere.com has an airline directory that provides information on the facilities offered by various airlines.

DISCOUNT CARDS City Summer Cards

Göteborg, Malmö, Stockholm and Uppsala have worthwhile summer cards that get you into their major attractions, and offer parking, travel on public transport and discounts at participating hotels, restaurants and shops; see the individual city chapters for details.

Hostel & Student Cards

A Hostelling International (HI) card means cheaper accommodation in STF hostels, mountain-stations and mountain-cabins. You can join the STF at hostels and many tourist offices while in Sweden (membership costs Skr285 for adults, Skr110 for those aged 16 to 25, Skr25 for six- to 15-year-olds and Skr410 for families).

The most useful student card is the International Student Identity Card (ISIC), which provides discounts on many forms of transport (including some airlines, international ferries and local public transport) and on admission to museums, sights, theatres and cinemas.

Seniors

Seniors normally get discounts on entry to museums and other sights, cinema and theatre tickets, air tickets and other transport. No special card is required, but show your

passport if asked for proof of age (the minimum qualifying age is generally 60 or 65).

EMBASSIES & CONSULATES Swedish Embassies & Consulates

The following are some of the Swedish embassies around the world. The website for all of the Swedish embassies abroad is www.swedenabroad.com.

Australia (☎ 02-6270 2700; 5 Turranua St, Yarralumla ACT 2600)

Canada (☎ 613-244 8200; 377 Dalhousie St, Ottawa K1N 9N8)

Denmark (☎ 045-33 36 03 70; Sankt Annæ Plads 15A, DK-1250 Copenhagen K)

Finland (☎ 09-6877 660; Pohjoisesplanadi 7B, 00170 Helsinki)

France (☎ 01-44 18 88 00; 17 rue Barbet-de-Jouy, F-75007 Paris)

Germany (☎ 030-505 060; Rauchstrasse 1, 107 87 Berlin)

Ireland (☎ 01-474 4400; 13-17 Dawson St, Dublin 2)

Netherlands (☎ 070-412 0200; Jan Willem Frisolaan 3, 2517 Den Haag)

New Zealand (☎ 04-499 9895; 13th fl, Vogel Bldg, Aitken St, Wellington)

Norway (☎ 24 11 42 00; Nobelsgate 16, NO-0244 Oslo)

UK (☎ 020-7917 6400; 11 Montagu Place, London W1H 2AL)

USA (☎ 202-467 2600; 1501 M St NW, Suite 900, Washington DC 20005-1702)

Embassies & Consulates in Sweden

The diplomatic missions listed here are in Stockholm; some neighbouring countries have additional consulates in Göteborg, Malmö and Helsingborg.

Australia (Map p103; ☎ 08-613 29 00; www.sweden.embassy.gov.au; 11th fl, Sergels Torg 12)

Canada (Map p103; ☎ 08-453 30 00; www.canadaemb.se; Tegelbacken 4)

Denmark (Map p103; ☎ 08-406 75 00; www.ambstockholm.um.dk in Danish; Jakobs Torg 1)

Finland (Map pp68-9; ☎ 08-676 67 00; www.finland.se/fi in Finnish & Swedish; Gärdesgatan 9-11)

France (Map p103; ☎ 08-459 53 00; www.ambafrance-se.org in French & Swedish; Kommandörsgatan 13)

Germany (Map pp68-9; ☎ 08-670 15 00; www.stockholm.diplo.de in German & Swedish; Skarpögatan 9)

Ireland (Map pp68-9; ☎ 08-661 80 05; irish.embassy@swipnet.se; Östermalmsgatan 97)

Netherlands (Map p103; ☎ 08-556 933 00; www.netherlands-embassy.se; Götgatan 16A)

New Zealand (☎ 070-346 9324; nzemb@xs4all.nl; Carnegiealaan 10; 2517 KH The Hague) No representation in Sweden; closest embassy is in the Netherlands

Norway (Map pp68-9; ☎ 08-665 63 40; emb.stockholm@mfa.no; Skarpögatan 4)

UK (Map pp68-9; ☎ 08-671 30 00; www.britishembassy.se; Skarpögatan 6-8)

USA (Map pp68-9; ☎ 08-783 53 00; <http://stockholm.usembassy.gov>; Dag Hammarskjöldsväg 31)

FESTIVALS & EVENTS

Nearly all Swedish towns and cities have special summer festivals and concerts, usually between May and September. The main ones are covered in the relevant chapters, and in the Festivals & Concerts boxed text, below.

For books on Swedish festivals, try *Sweden (Festivals of the World)* by Monica Rabe, or *Maypoles, Crayfish and Lucia – Swedish Holidays and Traditions* by Jan-Öjvind Swahn (Swedish Institute).

FESTIVALS & CONCERTS

Staggering numbers of festivals are staged in Sweden. The warm summer months are a particularly popular time, with everyone taking advantage of long daylight hours. Visitors should also look out for outdoor summer concerts and theatre productions staged at atmospheric venues like Dalhalla (p264) in Rättvik, or many of the country's fine castles. While some street festivals and concerts are free, others have admission prices (often quite high). The following is just a small sample of events on offer. Visit www.musikfestivaler.se or www.festivalfakta.com for details of many more Swedish music festivals.

Rock & Pop

Large, annual, three-day summer rock festivals are held around **Sölvesborg** (www.swedenrock.com) in early June, **Hultsfred** (www.rockparty.se) in mid-June, and **Arvika** (www.arvikafestivalen.se in Swedish) in mid-July. Towns hosting large rock concerts in their central areas include Sundsvall (early July), Östersund (late July) and Skellefteå (late June); see town websites for information.

Jazz, Opera & Folk

Well-respected jazz festivals are held in **Stockholm** (www.stockholmjazz.com) in mid-July and **Umeå** (www.botniamusik.se in Swedish) in late October.

The Lake Siljan area buzzes with events: **Musik vid Siljan** (www.musikvidsiljan.se) is a week-long event in early July with something to suit most tastes, including chamber, jazz and traditional folk music; the stunning Dalhalla venue in Rättvik hosts an **opera festival** (www.dalhalla.se) in early August and Falun has a popular folk and **world-music festival** (www.falufolk.com) in mid-July.

Other Annual Events

Stockholm Pride (www.stockholmpride.org) Gay and lesbian festival held in the capital in early August.

Medeltidsveckan (Medieval Week; www.medeltidsveckan.se) Staged in Visby on Gotland, also in early August.

Kiruna Snow Festival Europe's largest snow festival is held in late January and features snow-sculpting competitions and reindeer-sled racing, with Sami traditions also emphasised.

Jokkmokk Winter Market (www.jokkmokksmarknad.com) Another event highlighting Sami culture in early February.

April

Valborgsmässoafton (Walpurgis Night; 30 April) Celebrates the arrival of spring with bonfires and choral singers. Upper-secondary-school leavers wearing white caps are a common sight. The festivities developed from a combination of traditional bonfires on May Day eve, and student celebrations at Lund and Uppsala.

May

Första Maj (May Day; 1 May) Traditionally a workers' marching day in industrial towns and cities, and observed with labour-movement events, brass bands and marches.

June

Nationaldag (National Day; 6 June) Commemorates Gustav Vasa's election as King of Sweden on 6 June 1523, but surprisingly it isn't a public holiday. The distinctive Swedish flag (blue, with a yellow cross) is unfurled and hauled aloft at countless flagpoles around the country.

Midsommardag (Midsummer's Day) This is the festival of the year, celebrated towards the end of the month. Decorating, raising and dancing round the Midsummer pole are traditional activities on Midsummer's Eve. For the folk touch, the Dalarna region is a good place to celebrate, but folk costumes, singing, music, dancing, pickled herring, *snaps*, strawberries and cream, and beer drinking are common everywhere.

August–September

Kräftskivor (Crayfish parties; late August) Swedes celebrate the end of summer by wearing bibs and party hats while eating lots of crayfish and drinking *snaps*. In the north similar parties take place but with *surströmming* (strong-smelling fermented Baltic herring), while in the south similar gatherings in September feast on eels and *snaps*.

December

Luciadagen (Lucia Festival; 13 December) Wearing a crown of candles, Lucia leads a white-clad choir in the singing, and *glögg* (a hot alcoholic punch) is drunk. Oddly, this celebration seems to merge the folk tradition of the longest night and the story of St Lucia of Syracuse.

Christmas markets (December) Held in many towns.

Julafton (Christmas Eve; 24 December) The night of the *smörgåsbord* and the arrival of *jultomten*, the Christmas gnome, carrying a sack of gifts. This is the biggest celebration at Christmas time.

FOOD

Our Eating entries are categorised by price and then preference, with favourites appearing first. 'Budget' options cost Skr75 or under, 'Midrange' options are between Skr75 and Skr185, and 'Top End' places come in at over Skr185. For in-depth information on Swedish cuisine, see p58.

GAY & LESBIAN TRAVELLERS

Sweden is a famously liberal country and allows gay and lesbian couples to form 'registered partnerships' that grant general marriage rights, with a few exceptions (such as not allowing access to church weddings). In 2002 the Swedish parliament voted in favour of allowing gay couples to adopt.

The national organisation for gay and lesbian rights is **Riksförbundet för Sexuellt Likaberättigande** (RFSL; ☎ 08-457 13 00; Sveavägen 59, Box 350, SE-10126 Stockholm), with an attached bookshop, restaurant and nightclub. Gay bars and nightclubs in the big cities are mentioned in this book, but ask local RFSL societies or your home organisation for up-to-date information. The *Spartacus Inter-*

national Gay Guide, published by Bruno Gmünder Verlag (Berlin), is an excellent international directory of gay entertainment venues, but it's best used in conjunction with more up-to-date listings in local papers; as elsewhere, gay venues in the region can change with the speed of summer.

Another good source of local information is the free monthly magazine *QX*. You can pick it up at many clubs, stores and restaurants in Stockholm, Göteborg, Malmö and Copenhagen (Denmark). The magazine's website www.qx.se has excellent information and recommendations in English.

One of the capital's biggest parties is the annual **Stockholm Pride** (www.stockholmpride.org), a five-day festival celebrating gay culture, held between late July and early August. The extensive programme covers art, debate, health, literature, music, spirituality and sport.

HOLIDAYS

There's a concentration of public holidays in spring and early summer. In particular, Midsummer brings life almost to a halt for three days: transport and other services are reduced, most shops and smaller tourist offices close, as do some attractions. Some hotels close between Christmas and New Year, and it's not uncommon for restaurants in larger cities to close during July and early August (when their owners join the holiday throngs at beach or lakeside areas).

School holidays vary from school to school, but in general the kids will be at large for Sweden's one-week sport's holiday (February/March), the one-week Easter break, Christmas, and from June to August.

Many businesses close early the day before and all day after official public holidays, including the following:

Nyårsdag (New Year's Day) 1 January

Trettondedag Jul (Epiphany) 6 January

Långfredag, Påsk, Annandag Påsk (Good Friday, Easter Sunday & Monday) March/April

Första Maj (Labour Day) 1 May

Kristi Himmelfärds dag (Ascension Day) May/June

Pingst, Annandag Pingst (Whit Sunday & Monday) Late May or early June

Midsommardag (Midsummer's Day) First Saturday after 21 June

Alla Helgons dag (All Saints' Day) Saturday, late October or early November

Juldag (Christmas Day) 25 December

Annandag Jul (Boxing Day) 26 December

Note also that **Midsommarafton** (Midsummer's Eve), **Julafton** (Christmas Eve; 24 December) and **Nyårsafton** (New Year's Eve; 31 December) are not official holidays, but are generally nonworking days for most of the population.

INSURANCE

Insurance is important: it covers you for everything from medical expenses and luggage loss to cancellations or delays in your travel arrangements – depending on your policy.

If you do need health insurance, remember that some policies offer 'lower' and 'higher' medical-expense options, but the higher one is chiefly for countries such as the USA that have extremely high medical costs. Everyone should be covered for the worst possible case, such as an accident requiring an ambulance, hospital treatment or an emergency flight home. You may prefer a policy that pays healthcare providers directly, rather than you having to pay on the spot and claim later.

In Sweden, EU citizens pay a fee for all medical treatment (including emergency admissions), but showing an EHIC form will make matters much easier. Inquire about the EHIC well in advance at your social security office, travel agent or local post office. Travel insurance is still advisable, however, as it allows treatment flexibility and will also cover ambulance and repatriation costs.

See p334 for health insurance details.

INTERNET ACCESS

If you plan to carry your notebook or palm-top computer with you, remember that the power-supply voltage in Sweden may vary from that at home. To avoid frying your electronics, buy a universal AC adaptor and a plug adaptor, which will enable you to plug in anywhere. Also worth purchasing is a 'global' or 'world' modem, as your PC-card modem may not work outside your home country. For comprehensive advice on travelling with portable computers, visit the World Wide Phone Guide at www.kropla.com. Teleadapt (www.teleadapt.com) sell all the gizmos you'll need. Most hotels have wireless LAN connections, and some even have laptops you can borrow.

Nearly all public libraries offer free Internet access, but often the half-hour or hour

slots are fully booked for days in advance by locals, and facilities may occasionally be blocked. Many tourist offices also offer a computer terminal for visitor use (sometimes for free).

Internet cafés are rare outside big cities, as most Swedes have Internet access at home. Where Internet cafés do exist, they're full of teenage lads playing computer games. They typically charge around Skr1 per online minute, or Skr50 per hour.

Also see the Internet Resources section on p19.

LEGAL MATTERS

If arrested, you have the right to contact your country's embassy, who can usually provide you with a list of local lawyers. There is no provision for bail in Sweden. Sweden has some of the most draconian drug laws in western Europe, with fines and possible long prison sentences for possession and consumption.

MAPS

Tourist offices, libraries and hotels usually stock free local town plans.

The best maps of Sweden are published and updated regularly by Kartförlaget, the sales branch of the national mapping agency, **Lantmäteriet** (☎ 026-63 30 00; www.lantmateriet.se; SE-80182 Gävle). Maps can be bought at most tourist offices, bookshops and some youth hostels, service stations and general stores.

Motorists planning an extensive tour should get *Motormännens Sverige Vägatlas* produced by Kartförlaget for Skr270, with town plans and detailed coverage at 1:250,000 as far north as Sundsvall, then 1:400,000 for the remainder.

The best tourist road maps are those of Kartförlaget's *Vägkartan* series, at a scale of 1:100,000, available from larger bookshops. Also useful, especially for hikers, are the *Fjäll kartan* mountain series (1:100,000, with 20m contour interval); these are usually priced around Skr100 apiece and are available at larger bookshops, outdoor equipment stores and mountain stations operated by **Svenska Turistföreningen** (STF; ☎ 08-463 21 00; www.svenska-turistforeningen.se).

To buy maps in advance, try online at Lantmäteriet's website, which has a good mail-order service, or at **Kartbutiken** (☎ 08-20 23 03; www.kartbutiken.se; Kungsgatan 74, SE-11122 Stockholm).

MONEY

Sweden uses the krona (plural kronor) as currency. One krona is divided into 100 öre. The country has recovered well from an economic slowdown in 2002 and the krona is stable. See the Inside Front Cover for exchange rates, and p17 for typical costs.

Cash & ATMs

The simplest way to get money in Sweden is by accessing your account using an ATM card from your home bank. 'Bankomat' ATMs are found adjacent to many banks and around busy public places such as shopping centres. They accept major credit cards as well as Plus and Cirrus cards. Note that many ATMs in Sweden will not accept PINs of more than four digits; if your PIN is longer than this, just enter the first four and you should be able to access your account.

Credit Cards

Visa, MasterCard, American Express and Diners Club cards are widely accepted. You're better off using a credit card since exchange rates are better and transaction fees are avoided. Credit cards can be used to buy train tickets but are not accepted on domestic ferries, apart from on sailings to Gotland. Electronic debit cards can be used in most shops.

If your card is lost or stolen in Sweden, report it to one of the following appropriate agencies.

American Express (☎ 336-393-1111)

Diners Club (☎ 08-14 68 78)

MasterCard (☎ 020 79 13 24)

Visa (☎ 020 79 56 75)

Moneychangers & Travellers Cheques

Banks around the country exchange major foreign currencies and accept international brands of travellers cheques. They may, however, charge up to a rather steep Skr60 per travellers cheque, so shop around and compare service fees and exchange rates before handing over your money.

Forex (☎ 0200-22 22 20; www.forex.se) is the biggest foreign money exchange company in Sweden, with good rates and branches in major airports, ferry terminals and town and city centres; these are noted where appropriate in the destination chapters. They charge a service fee of Skr15 per travellers cheque exchanged.

Tippling

Service charges and tips are usually included in restaurant bills and taxi fares; a common practice is to round up a restaurant bill to the nearest Skr10. There's certainly no problem if you want to reward good service with an extra tip (or round up the taxi fare, particularly if there's luggage).

PHOTOGRAPHY & VIDEO

Print and slide film are readily available, but prices (including developing costs) are fairly high. It's better to bring your own film and develop your photos or slides back home. Expert, a chain of electrical goods shops, sells a wide range of film, and camera equipment can be bought or repaired there.

It's particularly important to ask permission before taking photos of people in Sami areas, where you may meet resistance. Photography and video is prohibited at many tourist sites, mainly to protect fragile artwork. Photographing military establishments is forbidden.

The clear northern light and glare from water, ice and snow may require use of a UV filter (or skylight filter) and a lens shade. ISO 100 film is sufficient for most purposes. In winter, most cameras don't work below -20°C. Lonely Planet's book *Travel Photography* contains some handy hints.

POST

In 2001-02, the Swedish postal service **Posten** (☎ 020-23 22 21; www.posten.se) was radically reorganised: in a cost-cutting bid, it closed many post offices and instead opened up a network of 3000+ counter services in shops, petrol stations and supermarkets across the country. Look out for the yellow post symbol on a pale blue background, which indicates that postal facilities are offered.

Most Swedes now buy their stamps and post letters while going about their grocery shopping. If your postal requirements are more complicated (such as posting a heavy parcel), you'll have to track down one of the original post offices as the post-office-lite counter services can't deal with them.

Postal Rates

Mailing letters or postcards weighing up to 20g within Sweden costs Skr5.50; it's Skr9.50 to elsewhere in Europe, and Skr9.70 beyond Europe. The *ekonomibrev* (economy post)

option takes longer to reach its destination and costs marginally less (Skr5, Skr8.50 and Skr8.70, respectively). Airmail will take a week to reach most parts of North America, perhaps a little longer to Australia and New Zealand.

A package weighing 2kg costs Skr200 by airmail within Europe, and Skr235 outside Europe. The *ekonomibrev* option here is roughly Skr20 cheaper, but postage time may take up to a month.

Sending & Receiving Mail

Receiving poste restante mail under the new postal system is more difficult for travellers, as many of the old-style post offices have closed down. Poste restante mail must be sent to a Postcenter, now generally only found in larger towns. The person sending you mail will need to specify which Postcenter you will be collecting from, using the specific address (and postal code) for that Postcenter.

You can find Postcenter addresses by visiting the website www.posten.se, and clicking on 'Öppettider hos Posten' in the menu. Under 'Vad vill du göra', click on 'Postcenter', then in the box to the right type the town where you intend to send mail. A list of Postcenters in the area will pop up (this information isn't available on the English section of the website so you'll have to wade through the Swedish). Alternatively, telephone ☎ 46 8 23 22 21 and request assistance.

SHOPPING

In Sweden, there's no shortage of the gorgeous furniture and interior design for which the country is famous. Head to **DesignTarget** (www.designtarget.se), which showcases the work (usually quite affordable) of established and new designers. There are branches in Stockholm, Täby, Göteborg and Malmö.

Souvenirs, handicrafts and quality Swedish products in glass, wood, amber, pewter

FLATPACK FURNITURE TAKES OVER THE WORLD

If you're a few billion dollars poorer than you'd like to be, the Ikea success story is one that you should study closely. From humble beginnings selling pens, watches and nylon stockings from a shed in Älmhult, Småland, Ikea's creator-god Ingvar Kamprad has turned himself into one of the world's richest men. Today his personal fortune is reputed to be around US\$32 billion (although Ikea's business structure is notoriously secretive).

The Ikea name (a combination of Kamprad's initials and those of the farm and village he grew up in) was officially registered in 1943. Furniture was added to the company's products four years later, gradually evolving into the Ikea-designed flatpack creations so familiar today. There was almost an early end to the Ikea empire when the first Stockholm shop and all its stock burned down in 1970. But, besides his devotion to work and obsession with cost-cutting, Kamprad also seems to thrive on adversity. Ikea bounced back, and today has over 200 stores; branches first opened in Australia in 1975, Saudi Arabia in 1983, the US in 1985, Britain in 1987, China in 1998 and Russia in 2000.

The company sells a look and lifestyle that seems to be craved universally; shoppers are offered clean, cleverly designed Scandinavian style at prices that sometimes seem too cheap to be real. It's estimated that 10% of Europeans were conceived in an Ikea bed!

However, the company is worshipped and criticised in equal measures, and is a mine of paradoxes. There's an emphasis on good design, yet its blue-and-yellow stores mar landscapes worldwide. Products are created with sustainability in mind, but we're all encouraged to throw away serviceable non-Ikea furniture and buy new. The clean-cut company was rocked in 1994 by revelations that Kamprad had had links with the Nazis. Ikea also seems to induce mass hysteria: a stampede in Jeddah left three people dead; and UK readers will recall the fighting crowds, evacuation of wounded people, and cars abandoned on the North Circular when the Edmonton shop opened in London. Cheap and innovative designs are great, but what is the price of individuality when every house in the land has Billy bookshelves and a Klippan sofa?

Still, like it or loathe it, Ikea is here to stay. Kamprad has taken a back seat, with control over his empire now divvied up among his three children, more new stores are planned and 160 million copies of the 2006 Ikea catalogue have just plopped through letterboxes all over the world. You'd better develop a taste for meatballs...

or silver are relatively expensive, but tend to be a lot cheaper when bought directly from the manufacturer; some places will organise shipping for you. The best souvenirs include glassware (such as bowls, jugs, vases and ornaments) from Glasriket (p127), Swedish painted wooden horses from Dalarna (p267), wooden toys and jewellery made from amber and silver. Some foodstuffs, such as *hjortronsylt* (cloudberry jam) and *sill* (pickled herring), are also well worth taking home. Sale prices in shops are advertised with the word *rea*; for discounts or special offers look for *lågpris*, *extrapris*, *rabatt* or *fynd*.

Handicrafts carrying the round token *Svensk slöjd*, or the hammer and shuttle emblem, are endorsed by Svenska Hemslöjdsföreningarnas Riksförbund, the national handicrafts organisation whose symbol is found on affiliated handicraft shops. Look out for signs reading *hemslöjd*, indicating handicraft sales outlets.

If you're interested in Sami handicrafts, look for the *Duodji* label (a round, coloured, authenticity token) and, if possible, go to a Sami village and make your purchase there. Be careful of some town shops that may have fakes on the shelves. Some typical Sami handicrafts include ornately carved sheath knives, cups, bowls, textiles and jewellery. Reindeer bone, wood (birch), reindeer hide and tin are commonly used materials.

Tax-Free Shopping

At shops that display the 'Tax Free Shopping' sign, non-EU citizens making single purchases of goods exceeding Skr200 are eligible for a VAT refund of up to 17.5% of the purchase price. Show your passport and ask the shop for a 'Global Refund Cheque', which should be presented along with your unopened purchases (within three months) at your departure point from the country (before you check in), to get export validation. You can then cash your cheque at any of the refund points, which are found at international airports and harbours. The *Tax Free Shopping Guide to Sweden* is available from tourist offices free of charge, or call ☎ 020-74 17 41 for more information.

Bargaining

Bargaining isn't customary, but you can get 'walk-in' prices at some hotels and *stugby* (chalet parks).

SOLO TRAVELLERS

Travelling in Sweden poses no particular problems for lone travellers, apart from it can be trickier than most other countries to meet people. Hostel dormitories aren't common, except in cities, and quite often you'll end up stuck in a room on your own, surrounded by families. Female solo travellers should obviously take care at night in the cities, and check with locals about which dodgy areas to avoid.

TELEPHONE & FAX

Swedish phone numbers have area codes followed by varying digits. Look for business numbers in the **Yellow Pages** (www.gulasidoma.se in Swedish). The state-owned telephone company, Telia, also has phone books, which include green pages (for community services) and blue pages (for regional services, including health and medical care).

Public telephones are usually to be found at train stations or in the main town square. They accept phonecards or credit cards (although the latter are expensive). It's not possible to receive return international calls on public phones.

For international calls dial ☎ 00 followed by the country code and the local area code. Calls to Sweden from abroad require the country code ☎ 46 followed by the area code and telephone number (omitting the first zero in the area code).

Mobile phone codes have ☎ 010, ☎ 070, ☎ 073, ☎ 0730. Toll-free codes include ☎ 020 and ☎ 0200 (not from public telephones or abroad).

Directory assistance (☎ 118 119) International.

Directory assistance (☎ 118 118) Within Sweden.

Emergency services (☎ 112) Toll-free.

Fax

Fax is not a common form of communication in Sweden, and is difficult for on-the-road travellers to access. Many post offices used to offer a fax service but don't any longer, so your best bet is to ask at the local tourist office or your place of accommodation. Faxes can still be received at most hotels for free and you can often send a fax for a moderate charge.

Mobile Phones

It's worth considering bringing your mobile phone from your home country and

buying a Swedish SIM card, which gives you a Swedish mobile number. Vodafone, for example, sells a local SIM card for Skr95, which you then need to load with at least Skr100-worth of credit. You can then purchase top-ups at many stores, including petrol stations. Your mobile may be locked onto your local network in your home country, so ask your home network for advice before going abroad.

Phonecards

Telia phonecards (*telefonkort*) for public phones cost Skr50 and Skr120 (for 50 and 120 units, respectively) and can be bought from Telia phone shops and newsagents.

You can make international telephone calls with these phonecards, but they won't last long! For international calls, it's better to buy one of a wide range of phonecards (such as a Star phonecard) from tobacconists that give cheap rates for calls abroad. These are generally used in public phone boxes *in conjunction with* a Telia card: so you might have to put the Telia card into the phone, dial the telephone number shown on the back of your cheap international phonecard, then follow the instructions given. International collect calls cannot be made from pay phones.

TIME

Sweden is one hour ahead of GMT/UTC and is in the same time zone as Norway and Denmark as well as most of Western Europe. When it's noon in Sweden, it's 11am in London, 1pm in Helsinki, 6am in New York and Toronto, 3am in Los Angeles, 9pm in Sydney and 11pm in Auckland. Sweden also has daylight-saving time: the clocks go forward an hour on the last Sunday in March and back an hour on the last Sunday in October.

Timetables and business hours are quoted using the 24-hour clock, and dates are often given by week number (1 to 52).

TOILETS

Public toilets in parks, shopping malls, museums, libraries, and bus or train stations are rarely free in Sweden; some churches and most tourist offices have free toilets. Except at larger train stations (where there's an attendant), pay toilets are coin operated, and usually cost Skr5.

TOURIST INFORMATION

Local Tourist Offices

Most towns in Sweden have centrally located tourist offices (*turistbyrå*) that provide free street plans and information on accommodation, attractions, activities and transport. Brochures for other areas in Sweden are often available. Ask for the handy booklet that lists addresses and phone numbers for most tourist offices in the country; the website of **Swedish Tourism Associated** (www.turism.se) also has this information.

Contact details for regional tourist offices are given at the beginnings of the destination chapters.

Most tourist offices are open long hours daily in summer; during the off-season (mid-August to mid-June) a few close down, while others have shorter opening hours – they may close by 4pm, and not open at all at weekends. Public libraries or large hotels are good alternative places for information.

Tourist Offices Abroad

The official website for the **Swedish Travel and Tourism Council** (www.visit-sweden.com) contains loads of excellent information in many languages, and you can request for brochures and information packs to be sent to you.

The following tourist offices can assist with enquiries and provide tourist promotional material by phone, email or post (most don't have a walk-in service). In countries without a designated tourist office, a good starting point for information is the Swedish embassy (see p314).

France (☎ 01-70 70 84 58; servinfo@suede-tourisme.fr; Office Suédois du Tourisme et des Voyages, 11 ruePAYenne, F-75003 Paris)

Germany (☎ 069-22 22 34 96; info@swetourism.de; Schweden-Werbung für Reisen und Touristik, Michaelisstrasse 22, DE-20459 Hamburg)

UK (☎ 020-7108 6168; info@swetourism.org.uk; Swedish Travel & Tourism Council, 5 Upper Montagu St, London W1H 2AG)

USA (☎ 212-885 9700; usa@visit-sweden.com; Swedish Travel & Tourism Council, PO Box 4649, Grand Central Station, New York NY 10163-4649)

VISAS

Citizens of EU countries can enter Sweden with a passport or a national identification card (passports are recommended) and stay up to three months. Nationals of Nordic countries (Denmark, Norway, Finland and

Iceland) can stay and work indefinitely, but nationals of other countries require residence permits (*uppehållstillstånd*) for stays of between three months and five years; there is no fee for this permit for EU citizens.

Non-EU passport holders from Australia, New Zealand, Canada and the US can enter and stay in Sweden without a visa for up to three months. Australian and New Zealand passport holders aged between 18 and 30 can qualify for a one-year working-holiday visa (see the following section).

Citizens of South Africa and many other African, Asian and some Eastern European countries require tourist visas for entry. These are only available in advance from Swedish embassies (allow two months); there's a nonrefundable application fee of Skr315. Visas last up to three months, and extensions aren't easily obtainable.

Non-EU citizens can also obtain residence permits, but these must be applied for before entering Sweden. An interview by consular officials at your nearest Swedish embassy is required – allow up to eight months for this process. Foreign students are granted residence permits if they can prove acceptance by a Swedish educational institution and are able to guarantee that they can support themselves financially.

Migrationsverket (☎ 011-15 60 00; www.migrationverket.se; SE-60170 Norrköping) is the Swedish migration board and it handles all applications for visas and work or residency permits.

WORK

Non-EU citizens require an offer of paid employment prior to their arrival in Sweden. They need to apply for a work permit (and residence permit for stays over three months), enclosing confirmation of the job offer, completed forms (available from Swedish diplomatic posts or over the Internet), two passport photos and their passport. Processing takes six to eight weeks, and there's a nonrefundable application fee of Skr1000.

EU citizens only need to apply for a residence permit (free) within three months of arrival if they find work, then they can remain in Sweden for the duration of their employment (or up to five years).

Australians and New Zealanders aged 18 to 30 years can now qualify for a one-year working holiday visa. Full application details are available online through **Migrationverket** (www.migrationsverket.se).

Work permits are only granted if there's a shortage of Swedes (or citizens from EU countries) with certain skills, and speaking Swedish may be essential for the job. Students enrolled in Sweden can take summer jobs, but can be hard to find and such work isn't offered to travelling students. No seasonal work permits were to be granted for 2006.

Helpful information is available online from the **Arbetsförmedlinga** (AMV; Swedish National Labour Market Administration; www.ams.se).

Transport

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GETTING THERE & AWAY

Sweden is a mostly hassle-free destination, for visa requirements see p321.

AIR Airports & Airlines

The main airport is Stockholm Arlanda, which links Sweden with major European and North American cities. Göteborg Landvetter is Sweden's second biggest international airport. Stockholm Skavsta (actually 100km south of Stockholm, near Nyköping) and Göteborg City both act as airports for the budget airline Ryanair.

Göteborg Landvetter (code GOT; ☎ 031-94 10 00; www.lfv.se)

Göteborg City (code GSE; ☎ 031-92 60 60; www.goteborgcityairport.se)

Stockholm Arlanda (code ARN; ☎ 08-797 60 00; www.lfv.se)

Stockholm Skavsta (code NYO; ☎ 0155-28 04 00; www.skavsta-air.se)

For travelling between international airports and city centres, see the Getting Around sections in the relevant chapters.

Scandinavian Airlines System (SAS) is the regional carrier with a good safety record.

Airlines Flying to & from Sweden

Most of the usual airlines fly into Sweden including the following:

Air France-KLM (airline code AF; ☎ 08-5199 9990; www.airfrance.com; hub Charles de Gaulle, Paris)

Blue1 (airline code KF; ☎ 0900-102 5831; www.blue1.com; hub Helsinki-Vantaa, Finland)

British Airways (airline code BA; ☎ 0200-770098; www.britishairways.com; hub Heathrow Airport, London)

City Airline (airline code CF; ☎ 0200-250500; www.cityairline.com; hub Göteborg)

Finnair (airline code AY; ☎ 0771-781100; www.finnair.com; hub Helsinki-Vantaa, Finland)

Icelandair (airline code FI; ☎ 08-690 9800, ext 2; www.icelandair.net; hub Keflavik, Iceland)

Lufthansa (airline code LH; ☎ 08-611 5930; www.lufthansa.com; hub Frankfurt, Germany)

Ryanair (airline code FR; ☎ 0900-202 0240; www.ryanair.com; hub Dublin, Ireland)

SAS (airline code SK; ☎ 0770-72 77 27; www.scandinavian.net; hub Stockholm Arlanda)

Skyways (airline code IZ; ☎ 0771 95 95 00; www.skyways.se; hub Stockholm Arlanda)

Tickets

Most airline websites list special offers, and there are good online ticket agencies that will compare prices for you (such as www.travelocity.co.uk and www.deckchair.com). However, dealing direct with a travel agent can furnish extra details, like which airlines have the best facilities for children, or which travel insurance is most suitable for you.

If you're planning on visiting the south, flights to Copenhagen airport, just across the Öresund bridge from Sweden, may be cheaper than flights to Malmö.

THINGS CHANGE...

The information in this chapter is particularly vulnerable to change. Check directly with the airline or a travel agency to make sure you understand how a fare (and the ticket you may buy) works and be aware of the security requirements for international travel. Shop carefully. The details given in this chapter should be regarded as pointers and are not a substitute for your own careful, up-to-date research.

Departure tax is included in the ticket price.

Australia & New Zealand

Airlines such as British Airways, Lufthansa, Thai Airways, Malaysia Airlines, Qantas Airways and Singapore Airlines can get you heading in the right direction, but you'll have to change planes at least once in Singapore, Bangkok, Paris or London. The following are major agencies for cheap fares:

Flight Centre Australia (☎ 133 133; www.flightcentre.com.au); New Zealand (☎ 0800 243 544; www.flightcentre.co.nz)

STA Travel Australia (☎ 1300 733 035; www.statravel.com.au); New Zealand (☎ 0508 782 872; www.statravel.co.nz)

Continental Europe

SAS offers numerous direct services between Stockholm and European capitals (including Amsterdam, Berlin, Brussels, Dublin, Geneva, Helsinki, Moscow, Oslo, Paris and Prague); many are routed via Copenhagen or Frankfurt. It also has routes from Göteborg to Copenhagen and Frankfurt.

Finnair has direct flights from Helsinki (which Swedes call Helsingfors) to Stockholm (around 15 daily) and Göteborg (up to four daily). Blue1 has regular daily flights from Stockholm to Helsinki, Oulu, Tampere, Turku (known as Åbo in Swedish) and Vaasa, and from Göteborg to Helsinki.

Skyways has several flights daily from Copenhagen to Swedish regional centres Karlstad, Linköping, Norrköping and Örebro.

The budget airline Ryanair has frequent flights from Stockholm Skavsta to Barcelona, Brussels, Düsseldorf, Frankfurt, Hamburg, Milan, Paris, Riga and Rome.

Across Europe many travel agencies have ties with **STA Travel** (www.statravel.com), where cheap tickets can be purchased.

UK & Ireland

London is Europe's major centre for discount fares. Budget airline Ryanair flies from London Stansted to Stockholm Skavsta, Göteborg City and Malmö Sturup; Glasgow Prestwick to Stockholm Skavsta and Göteborg City; London Luton to Västerås; and Shannon to Stockholm Skavsta.

Between London (Heathrow) and Stockholm Arlanda, several commercial airlines have regular daily flights, including SAS,

British Airways and Finnair. Prices start at around UK£120.

From Sunday to Friday, SAS has one flight per day from Stockholm Arlanda to Manchester and Dublin. British Airways shuttles between Manchester and Stockholm Arlanda four times weekly.

SAS also flies daily between London (Heathrow) and Göteborg.

City Airline has two flights weekly from Göteborg (Landvetter) to Birmingham and Manchester.

The following are some recommended travel agencies and online ticket sites:

Flightbookers (☎ 0870 814 0000; www.ebookers.com)

STA Travel (☎ 0870 160 0599; www.statravel.co.uk)

USA & Canada

Thanks to the large ethnic Swedish population in Minnesota, North Dakota and Wisconsin, you may find small local agencies in those areas specialising in travel to Scandinavia and offering good-value charter flights.

Icelandair flies from Baltimore-Washington, Boston, New York, Minneapolis and Orlando via Reykjavik to many European destinations, including Stockholm. Twice per week between mid-May and mid-October, you can also fly from/to San Francisco.

If you're planning on flying within Scandinavia, SAS offers a Visit Scandinavia/Europe Air Pass to its transatlantic passengers. SAS's North American hub is New York City's Newark Airport, with direct daily flights to/from Stockholm.

From Canada, there are no direct flights; connect through one of Icelandair's US hubs or through Copenhagen or London.

Discount travel agents are known as consolidators in the USA; track them down through the *Yellow Pages* or the major daily newspapers. The following are travel agencies recommended for online bookings:

STA Travel Canada (☎ 1 888 427 5639; www.statravel.ca); US (☎ 1 800 781 4040; www.sta.com)

Expedia Canada (☎ 1 888 397 3342; www.expedia.ca); US (☎ 1 800 397 3342; www.expedia.com)

Travelocity Canada (☎ 1 877 282 2925; www.travelocity.ca); US (☎ 1 888 709 5983; www.travelocity.com)

LAND Border Crossings

Customs and immigration posts on border crossings between Sweden and Denmark, Finland or Norway are usually deserted,

RAILWAYS & FERRIES



TRAVELLING TO SWEDEN BY EUROLINES

Eurolines (www.eurolines.com) is an association of companies forming Europe's largest international bus network. It links Swedish cities such as Stockholm, Göteborg and Malmö directly to Denmark, Germany and Norway, and indirectly to cities all over Western and central Europe. Advance ticket purchases are compulsory. Most buses operate daily in summer and several times per week in winter.

The **Eurolines Pass** allows unlimited travel to 35 cities across Europe. From mid-June to mid-September, and around late December, a 15-/30-/40-day pass costs €325/435/490 (€275/355/420 for those under 26 years or over 60; it's cheaper outside these months). Some popular routes include the following:

- Denmark (Copenhagen) to/from Stockholm (Skr248, nine hours, at least three per week) and Göteborg (Skr205, 4½ hours, daily).
- Germany (Berlin) to/from Stockholm (Skr590, 17 hours, three weekly), Göteborg (Skr610, 12 hours, daily) via Copenhagen, and Malmö (Skr500, 8½ hours, daily) via Copenhagen.
- Germany (Hamburg) to/from Stockholm (Skr648, 14 hours, four weekly), Göteborg (Skr568, 11 hours, two daily) and Malmö (Skr388, seven hours, two daily) all via Copenhagen.
- Norway (Oslo) to/from Stockholm (Skr260, 7½ hours, two daily), Göteborg (Skr176, four hours, two daily) and Malmö (Skr260, 7½ hours, two daily).
- UK (London) to/from Stockholm (Skr1198, 30 hours, one to four times weekly) via Amsterdam and Hamburg, and Göteborg (from Skr1098, 35 hours; five times weekly). For both these routes you may have to change buses three or four times.

Eurolines Representatives in Northern Europe

Bayern Express (☎ 030 8609 6211; www.berlinlinienbus.de in German; Mannheimer Str. 33/34, 10713 Berlin)

Deutsche Touring/Eurolines (☎ 040-280 4538; www.deutsche-touring.com; Am Römerhof 17, 60486 Frankfurt am Main)

Eurolines Scandinavia (☎ 08 762 59 60; www.eurolinestravel.com; Klarabergsviadukten 72, City Terminalen, 11164 Stockholm)

Eurolines Scandinavia (☎ 033 88 70 00; Reventlowsgade 8, 1651 Copenhagen V)

Eurolines Scandinavia (☎ 031 10 02 40; Nils Ericssonplatsen 5, 41103 Göteborg)

Norway Bussekspres (☎ 02217 2000; www.nor-way.no; Karl Johans gate 2, NO-0154 Oslo)

Eurolines UK (☎ 0207 259 9285; www.eurolines.co.uk; 4 Vicarage Rd, Edgbaston, Birmingham B15 3ES)

so passports are rarely checked. There are many minor roads between Sweden and Norway that don't have any border formalities at all.

Denmark

BUS

Apart from Eurolines, see above, Sjöföretagets buses regularly connect the same cities, although they're more expensive (eg Skr510 from Stockholm to Copenhagen). Swebus Express has five buses daily from Copenhagen to Göteborg (Skr225, four hours).

CAR & MOTORCYCLE

You can drive from Copenhagen to Malmö across the Öresund bridge on the E20 motor-

way. Tolls are paid at Lernacken, on the Swedish side, in either Danish (single/return crossing per car Dkr235/470) or Swedish (Skr285/570) currency, or by credit or debit card.

TRAIN

Trains run regularly every 20 minutes between the cities of Copenhagen and Malmö (Skr87, 35 minutes), travelling via the Öresund bridge. The trains usually stop at Copenhagen Airport.

From Copenhagen, it's necessary to change in Malmö for Stockholm trains. Six or seven services operate directly between Copenhagen and Göteborg (Skr373, four hours). Trains every hour or two connect Copen-

hagen, Kristianstad and Karlskrona. X2000 high-speed trains are more expensive.

Germany

BUS

See the Eurolines boxed text, opposite.

TRAIN

Hamburg is the central European gateway for Scandinavia, with direct trains daily to Copenhagen and a few on to Stockholm.

There are direct overnight trains running every day between Berlin and Malmö via the Trelleborg–Sassnitz ferry. The journey takes nine hours and a couchette/bed costs €88/125 (approximately Skr820/1170). See www.berlin-night-express.com for details.

Finland

BUS

Frequent bus services run from Haparanda to Tornio (Skr10, 10 minutes) and on to Kemi (Skr45, 45 minutes). Buses link Boden and Luleå with Haparanda, and Tornio/Kemi with Oulu (Finland). **Tapanis Buss** (☎ 0922-129 55; www.tapanis.se in Swedish) runs express coaches from Stockholm to Tornio via Haparanda twice a week (Skr480, 15 hours).

Länstrafiken i Norrbotten (☎ 020 47 00 47; www.ltnbd.se) operates buses as far as Karesuando, from where it's only a few minutes' walk across the bridge to Kaaresuanto (Finland). There are also regular regional services from Haparanda to Övertorneå (some continue to Pello, Pajala and Kiruna) – you can walk across the border at Övertorneå or Pello and pick up a Finnish bus to Muonio, with onward connections from there to Kaaresuanto and Tromsø (Norway).

CAR & MOTORCYCLE

The main routes between Sweden and Finland are the E4 from Umeå to Kemi and Nö 45 from Gällivare to Kaaresuanto; five other minor roads also cross the border.

Norway

BUS

Sjöföretagets runs from Stockholm to Oslo (Skr380, 7½ hours, five times daily) via Karlstad, and from Göteborg to Oslo (Skr220, four hours, seven daily). Swebus Express has the same routes with similar prices.

In the north, buses run once-daily from Umeå to Mo i Rana (eight hours) and from

Skellefteå to Bodø (nine hours, daily except Saturday) are run by **Länstrafiken i Västerbotten** (☎ 0771-10 01 10; www.lanstrafikeniac.se) and **Länstrafiken i Norrbotten** (☎ 0771-10 01 10; www.ltnbd.se), respectively.

CAR & MOTORCYCLE

The main roads between Sweden and Norway are the E6 from Göteborg to Oslo, the E18 from Stockholm to Oslo, the E14 from Sundsvall to Trondheim, the E12 from Umeå to Mo i Rana, and the E10 from Kiruna to Bjerkvik. Many secondary roads also cross the border.

TRAIN

The main rail links run from Stockholm to Oslo, from Göteborg to Oslo, from Stockholm to Östersund and Storlien (Norwegian trains continue to Trondheim), and from Luleå to Kiruna and Narvik.

Trains run daily between Stockholm and Oslo (Skr642, six hours), and there's a night train from Stockholm to Narvik (Skr500 not including couchette, from 20 hours). You can also travel from Helsingborg to Oslo (Skr590, seven hours), via Göteborg. X2000 high-speed trains are more expensive.

UK

BUS

See the Eurolines boxed text, opposite.

TRAIN

The Channel Tunnel makes land travel possible between Britain and Continental Europe. From Brussels, you can connect to Hamburg, a main gateway to Scandinavia.

From London, a 2nd-class single ticket (including couchette) costs around UK£220 to Stockholm. For reservations and tickets, contact **Deutsche Bahn UK** (☎ 08702 435 363; www.bahn.co.uk).

Transport Operators

Services across Swedish borders are operated by the following:

Eurolines (☎ 08-762 5960; www.eurolines.com) See also the boxed text, opposite.

Sjöföretagets (☎ 0771-15 15 15; www.sjoforetaget.se in Swedish, Norwegian & Danish) Long-distance buses within Sweden and to Oslo (Norway) and Copenhagen (Denmark).

Swebus Express (☎ 0200 21 82 18; www.swebus-express.se) Long-distance buses within Sweden and to Oslo (Norway) and Copenhagen (Denmark).

Sveriges Järnväg (SJ) (☎ 0771-75 75 99; www.sj.se) Train lines in the southern part of the country, with services to Copenhagen (Denmark).

Tågkompaniet (☎ 0771-44 41 11; www.tagkompaniet.se in Swedish) Trains in the north of the country, with services to Narvik (Norway).

SEA Ferry

Ferry connections between Sweden and its neighbours are frequent and straightforward. Most lines offer substantial discounts for seniors, students and children, and many rail-pass holders also get reduced fares. Most prices quoted in this section are for single journeys at peak times (weekend travel, overnight crossings, mid-June to mid-August); at other times, fares may be up to 30% lower.

DENMARK

Helsingør–Helsingborg

This is the quickest route and has frequent ferries (crossing time around 20 minutes).

HH-Ferries (☎ 042-19 80 00; www.hhferries.se) 24-hour service. Pedestrian/car and nine passengers Skr22/265.

Scandlines (☎ 042-18 63 00; www.scandlines.se) Similar service and prices.

Sundsbusarna (☎ 042-38 58 80; www.sundsbusarna.se in Swedish) Regular passenger-only ferries to Helsingør from around 7am to 8pm daily. Pedestrian/bicycle Skr22/11).

Göteborg–Fredrikshavn

Stena Line (☎ 031-704 00 00; www.stenaline.se) Three-hour crossing. Up to six ferries daily. Pedestrian/car and five passengers/bicycle Skr210/1195/155.

Stena Line (Express) Two-hour crossing. Up to three ferries daily. Pedestrian/car and five passengers/bicycle Skr278/1495/215.

Varberg–Grenå

Stena Line (☎ 031-704 00 00; www.stenaline.se) Four-hour crossing. Three or four daily. Pedestrian/car and five passengers/bicycle Skr210/1195/155.

Ystad–Rønne

BornholmsTrafikken (☎ 0411-55 87 00; www.bornholmstrafikken.dk) Conventional (1½ hours) and fast (80 minutes) services, two to nine times daily. Pedestrian/car and five passengers/bicycle from Skr204/1192/21.

EASTERN EUROPE

To//from Estonia, **Tallink** (☎ 08-666 6001; www.tallink.ee in Estonian) runs the routes Stockholm–Tallinn and Kapellskär–Paldiski.

To//from Latvia, **Riga Sea Line** (☎ 08-5100 1500; www.rigasealine.lv) operates Stockholm–Riga night ferries. **Scandlines** (☎ 08-5206 02 90; www.scandlines.dk) operates Ventspils–Nynäshamn ferries around five times per week.

To//From Lithuania, **Lisco Line** (☎ 0454-33680; www.lisco.lt) runs daily between Karlshamn–Klaipėda.

To//From Poland, **Polferries** (☎ 040-121700; www.polferries.se) and **Unity Line** (☎ 0411-556900; www.unityline.pl) have daily Ystad–Swinoujście crossings. Polferries also runs Nynäshamn–Gdańsk. **Stena Line** (☎ 031-704 0000; www.stenaline.se) sails Karlskrona–Gdynia.

FINLAND

Helsinki is called Helsingfors in Swedish, and Turku is Åbo.

Stockholm–Helsinki and Stockholm–Turku ferries run daily throughout the year via the Åland islands (exempt from the abolition of duty-free within the EU, making them a popular outing for Swedes). These ferries have minimum age limits; check before you travel.

Stockholm–Helsinki

Silja Line (☎ 08-22 21 40; www.silja.com) Around 15 hours. Car and up to five passengers/bicycle Skr700/95, ticket and cabin berth from Skr590.

Viking Line (☎ 08-452 40 00; www.vikingline.fi) Operates the same routes with slightly cheaper prices.

Stockholm–Turku

Silja Line (☎ 08-22 21 40; www.silja.com) Eleven hours. Car/bicycle Skr515/95, day/night ticket Skr215/330, cabin berth from Skr335. From September to early May, ferries also depart from Kapellskär (90km northeast of Stockholm); connecting buses operated by Silja Line are included in the full-price fare.

Viking Line (☎ 08-452 40 00; www.vikingline.fi) Operates the same routes with slightly cheaper prices. In high season it offers passage from both Stockholm and Kapellskär.

RG Line (☎ 090-18 52 00; www.rgline.com) runs the routes Umeå–Vaasa and Sundsvall–Vaasa.

Stockholm–Åland Islands (Mariehamn)

Besides the Silja Line and Viking Line routes above, two companies offer foot passenger-only overnight cruises. Prices quoted are for return trips.

Birka Cruises (☎ 08-702 72 00; www.birkacruises.com) A 22 hour round-trip. One or two daily. Berth from Skr350. Prices include supper and breakfast.

Eckerö Linjen (☎ 0175-258 00; www.eckerolinjen.fi) runs to the Åland Islands from Grisslehamn.

Ånedin-Linjen (☎ 08-456 22 00; www.anedinlinjen.com in Swedish) Six hours, daily. Couchette Skr50, berth from Skr235.

GERMANY

Trelleborg–Sassnitz

Scandlines (☎ 042-18 61 00; www.scandlines.se) A 3¼ hour trip. Two to five times daily. Pedestrian/car and up to nine passengers/passenger with bicycle Skr125/965/185.

Trelleborg–Rostock

Scandlines (☎ 042-18 61 00; www.scandlines.se) Six hours (night crossing 7½ hours). Two or three daily. Pedestrian/car and up to nine passengers/passenger with bicycle Skr210/1285/225.

TT-Line (☎ 0410-562 00; www.ttline.com) Operates the same as Scandlines, with similar prices.

Trelleborg–Travemünde

TT-Line (☎ 0410-562 00; www.ttline.com) Seven hours. Two to five daily. Pedestrian/car and up to five passengers/passenger with bicycle Skr240/1700/280. Berths are compulsory on night crossings and cost from Skr215 per person.

Göteborg–Malmö

Stena Line (☎ 031-704 00 00; www.stenaline.se) Fourteen hour. One crossing nightly. Pedestrian/car and up to five passengers Skr790/2190. Berths are compulsory, and cost from Skr190 per person.

NORWAY

There's a daily overnight **DFDS Seaways** (☎ 031-65 06 80; www.dfdsseaways.com) ferry between Copenhagen and Oslo, via Helsingborg. Passenger fares between Helsingborg and Oslo (14 hours) cost Skr1048, and cars Skr450. DFDS also sails from Göteborg to Kristiansand (Norway), three days a week (from seven hours); contact them for prices.

A **Color Line** (☎ 0526-620 00; www.colorline.com) ferry between Strömstad (Sweden) and Sandefjord (Norway) sails two to six times daily (2½ hours) year-round. Tickets cost Skr180 (rail passes get 50% discount); bicycles cost Skr40 and cars Skr195.

UK

DFDS Seaways (www.dfdsseaways.com) Göteborg (☎ 031-65 06 50); UK (☎ 08705-33 30 00) There are two crossings per week between Göteborg and Newcastle via Kristiansand (Norway). The trip takes 25 hours. Fares start from £33 per

person including economy berth; cars cost £75 and bicycles are free.

GETTING AROUND

Public transport is heavily subsidised and well organised. It's divided into 24 regional networks (*länstrafik*), but with an overarching Tågplus (www.tagplus.se) system, where one ticket is valid on trains and buses. The three-part *Rikstidtabellen* gives timetables for all domestic services: buy it at railway stations or large newsagents for Skr80. Handier local timetables are available free of charge or for a nominal fee from tourist offices or the operators.

Holders of International Student Identification Cards (ISIC) will get discounts with some operators – it pays to ask.

AIR Airlines in Sweden

Domestic airlines in Sweden tend to use **Stockholm Arlanda** (code ARN; ☎ 08-797 60 00; www.lfv.se) as a hub, but there are 30-odd regional airports. Flying domestic is expensive on full-price tickets (usually between Skr1000 and Skr3000 for a single ticket), but substantial discounts are available on Internet bookings, student and youth fares, off-peak travel, return tickets booked at least seven days in advance or low-price tickets for accompanying family members and seniors. It's worthwhile asking about stand-by fares.

The following is a small selection of Sweden's internal flight operators and the destinations they cover. Skyways has the best offers.

FlyMe (airline code SH; ☎ 0770-79 07 90; www.flyme.com; hub Göteborg Landvetter) Stockholm to Göteborg, Ängelholm (near Helsingborg), Malmö and Östersund.

Malmö Aviation (airline code TF; ☎ 040-660 29 00; www.malmoaviation.se; hub Stockholm Bromma) Göteborg, Stockholm and Umeå.

Scandinavian Airlines System (SAS; airline code SK; ☎ 0770-72 77 27; www.scandinavian.net; hub Stockholm Arlanda) Arvidsjaur, Borlänge, Gällivare, Göteborg, Halmstad, Ängelholm–Helsingborg, Hemavan, Hultsfred, Jönköping, Kalmar, Karlstad, Kiruna, Kramfors, Kristianstad, Linköping, Luleå, Lycksele, Norrköping, Malmö, Mora, Örnsköldsvik, Oskarshamn, Oskersund, Skellefteå, Stockholm, Storuman, Sundsvall, Sveg, Torsby, Trollhättan, Umeå, Vilhelmina, Visby, Västerås and Örebro.

Statoil (☎ 08-429 63 00; www.statoil.se/biluthyrning in Swedish) Click on *uthyrningsstationer* to see branches with car hire, and on *priser* for prices.

Road Hazards

In the north, elk (moose) and reindeer are serious road hazards, particularly around dawn and dusk; around 40 people die in collisions every year. Look out for the signs saying *viltstängsel upphör*, which means that elk may cross the road, and for black plastic bags tied to roadside trees or poles – this is a Sami signal that they have reindeer herds grazing in the area. Report all incidents to police – failure to do so is an offence.

Beware of trams in Göteborg and Norrköping, which have priority; overtake on the right.

Road Rules

In Sweden, you drive on and give way to the right. Headlights (at least dipped) must be on at all times when driving. Use of seat belts is compulsory, and children under seven years old should be in the appropriate harness or child seat.

The blood-alcohol limit is a 0.02% – one drink will put you over the limit. Maximum speeds are: motorways (signposted in green and called E1, E4 etc) 110km/h; highways 90km/h; narrow rural roads 70km/h; built-up areas 50km/h. The speed limit for cars towing caravans is 80km/h. Police using hand-held radar speed detectors can impose on-the-spot fines of up to Skr1200.

On many major roads broken lines define wide-paved edges, and a vehicle being overtaken is expected to move into this area to allow faster traffic to pass safely.

HITCHING

Hitching is never entirely safe in any country, and we don't recommend it. Travellers who decide to hitch should understand that they are taking a small but potentially serious risk; consider travelling in pairs and let someone know where you're planning to go.

Hitching isn't popular in Sweden and very long waits are the norm. It's prohibited to hitch on motorways.

LOCAL TRANSPORT

In Sweden, local transport is always linked with regional transport (*länstrafik*). Regional passes are valid both in the city and

on the rural routes. Town and city bus fares are around Skr15, but it usually works out cheaper to get a day card or other travel pass.

Swedish and Danish trains and buses around the Öresund area form an integrated transport system, so buying tickets to Copenhagen from any station in the region is as easy as buying tickets for Swedish journeys.

Stockholm has an extensive underground metro system, and Göteborg and Norrköping run tram networks. Göteborg also has a city ferry service.

Beware of getting ripped off in taxis. It's best to agree to a fare before the trip. In Stockholm, flag fall is around Skr32, then Skr7 per km; most taxis in the capital will take you to Arlanda airport for between Skr350 and Skr450.

TOURS

Recommended tours appear throughout this book and include those run by the following companies:

Svenska Turistföreningen (STF; Swedish Touring Association; ☎ 08-463 21 00; www.svenskatouristforeningen.se; Box 25, SE-10120 Stockholm) Offers scores of events and tours, mostly based on outdoor activities (eg kayaking and hiking).

Sweden Booking (☎ 0498-20 33 80; www.sweden.booking.com; Österväg 3A, SE-62145 Visby) Can organise rail tickets as well as interesting package trips, like a traditional Christmas in Dalarna or canoeing in Värmland.

TRAIN

Sweden has an extensive and reliable railway network and trains are certainly faster than buses. However, many destinations in the northern half of the country cannot be reached by train alone.

Train Operators

Sveriges Järnväg (SJ; ☎ 0771-75 75 75; www.sj.se) National network covering most main lines, especially in the southern part of the country. Its X2000 fast trains run at speeds of up to 200km/h.

Tågkompaniet (☎ 0771-44 41 11; www.tagkompaniet.se in Swedish) Operates excellent overnight trains from Göteborg and Stockholm north to Boden, Kiruna, Luleå and Narvik, and the lines north of Härnösand.

There are some smaller regional train operators, but they tend to cooperate closely with SJ.

In summer, almost 25 different tourist trains offer special rail experiences. The most notable is **Inlandsbanan** (☎ 0771-53 53 53; www.inlandsbanan.se), a slow and scenic 1300km route from Kristinhamn to Gällivare, one of the great rail journeys in Scandinavia. Several southern sections have to be travelled by bus, but the route proper starts at Mora. It takes seven hours from Mora to Östersund (Skr347) and 15 hours from Östersund to Gällivare (Skr697). A pass allows two weeks' unlimited travel for Skr1195.

Costs

Travel on the super-fast X2000 services is much pricier than on 'normal' trains. Full-price 2nd-class tickets for longer journeys are expensive (around twice the price of equivalent bus trips), but there are various discounts available, especially for booking a week or so in advance (*förköpsbiljet*), or at the last minute (for youth and pensioner fares). Students (with a Swedish CSN or SFS student card if aged over 26), and people aged under 26, get a 30% discount on the standard adult fare.

X2000 tickets include a seat reservation. All SJ ticket prices are reduced in summer, from late June to mid-August. SJ trains don't allow bicycles to be taken onto trains (they have to be sent as freight).

Station luggage lockers usually cost between Skr20 and Skr30 for 24 hours.

Train Passes

The Sweden Rail Pass, Eurodomino tickets and international passes, such as Inter-Rail, Eurail and ScanRail, are accepted on SJ services and most regional trains.

ScanRail (www.scanrail.com) has a flexible rail pass covering 2nd-class travel in Denmark, Finland, Norway and Sweden. Buy it outside

Scandinavia, otherwise you'll face restrictions. There are three versions:

Flexi 5-day For travel on any five days within a two-month period, UKE171 (travellers under 26 UKE119, over 60 UKE152).

Flexi 10-day For travel on any 10 days within a two-month period, UKE229 (under 26 UKE160, over 60 UKE203).

Consecutive For unlimited travel during 21 consecutive days, UKE266 (under 26 UKE185, over 60 UKE235).

ScanRail passes are valid on state railways in Denmark, Finland, Norway and Sweden. They're also valid on most Swedish *länstrafik* trains – but *not* on Stockholm (SL) local trains, or on certain Länstrafikken trains in Värmland, Upplands Lokaltrafik (UL) and Östgötatrafiken trains. They're valid on two privately operated Swedish lines, the Arlanda Express (from Arlanda Airport to Stockholm) and the Connex night trains between Stockholm/Göteborg and upper Norrland.

The pass does *not* cover the Flåm line in Norway or Inlandsbanan in Sweden.

Pass holders also get discounts on cabins, and cheaper prices (up to 50% off) on the ferry services in the following table.

Route	Operator
Frederikshavn–Göteborg	Stena Line
Grenå–Varberg	Stena Line
Stockholm–Helsinki	Viking or Silja Line
Stockholm–Turku	Viking or Silja Line
Travemünde–Trelleborg	TT Line
Rostock–Trelleborg	TT Line
Nynäshamn–Visby	Destination Gotland
Oskarshamn–Visby	Destination Gotland

X2000 trains require all rail-pass holders to pay a supplement of Skr65 (including the obligatory seat reservation).

Health

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You're unlikely to encounter serious health problems in Sweden. Travel health depends on your predeparture preparations, your daily health care while travelling and how you handle any problem that does develop.

BEFORE YOU GO

Before departure, obtain travel insurance with good medical coverage. If you wear glasses or contact lenses take a spare set and a copy of your optical prescription. If you require a particular medication, carry a legible copy of your prescription from your doctor. Most medications are available in Sweden, but brand names may be different, so you'll need the generic name.

RECOMMENDED VACCINATIONS

Immunisations aren't necessary for travel to Sweden, unless you've been travelling somewhere where yellow fever is prevalent. Ensure that your normal childhood vaccines (against measles, mumps, rubella, diphtheria, tetanus and polio) are up to date. You may also want to have a hepatitis vaccination, as exposure can occur anywhere.

IN SWEDEN

AVAILABILITY & COST OF HEALTH CARE

There's no general practitioner service in Sweden, but pharmacies (*apotek*) sell non-prescription (and prescription) medicines, and give advice on how to deal with everyday ailments and conditions.

For emergencies and casualty services, go to a local medical centre (*vårdcentral*) or a hospital (*sjukhus* or *lasarett*), where duty doctors are standing by. There are centres in all districts and main towns, listed by area under municipality (*kommun*) in the local telephone directory. EU citizens with an EHIC form are charged around Skr120 to consult a doctor and up to Skr300 for a visit to casualty; hospital stays cost Skr90 per day (free for patients under 16 years). Non-EU citizens should have adequate travel insurance or be prepared to face high costs, although some countries (such as Australia) have reciprocal health-care agreements with Sweden.

Dentists (*tandläkare*) charge about Skr700 for an hour's treatment.

For general emergencies, including the ambulance service, call ☎ 112.

TRAVELLER'S DIARRHOEA

Simple things such as a change of water, food or climate can cause mild diarrhoea, and a few rushed toilet trips with no other symptoms do not indicate a major problem. Stomach upsets are as possible in Sweden as anywhere else. Occasionally, cooked meats displayed on buffet tables may cause problems. Also, take care with shellfish (cooked mussels that haven't opened properly aren't safe to eat), unidentified berries and mushrooms.

Dehydration is the main danger with any diarrhoea, particularly in children or the elderly. Under all circumstances fluid replacement (at least equal to the volume being lost) is the most important thing to remember. With severe diarrhoea a rehydrating solution to replace lost minerals and salts is preferable. Commercially available oral rehydration salts can be added to boiled or bottled water. In an emergency, add a solution of six teaspoons of sugar and a half teaspoon of salt to a litre of boiled water.

Gut-paralysing drugs such as loperamide or diphenoxylate can be used to bring relief from the symptoms, although they do not cure the problem. Use these drugs only if you do not have access to toilets, eg if you *must* travel. Do not use these drugs for chil-

dren under 12 or if the person has a high fever or is severely dehydrated.

Giardiasis

Stomach cramps, nausea, a bloated stomach, watery foul-smelling diarrhoea and frequent gas are all symptoms of giardiasis, which can occur several weeks after you have been exposed to the parasite. The symptoms may disappear for a few days and then return; this can go on for several weeks.

ENVIRONMENTAL HAZARDS Hypothermia

This condition occurs when the body loses heat faster than it can produce it and the core temperature of the body falls. It's surprisingly easy to progress from very cold to dangerously cold due to a combination of wind, wet clothing, fatigue and hunger, even if the air temperature is above freezing. It's best to dress in layers; silk, wool and some of the new artificial fibres are all good insulating materials. A hat is important, as a lot of heat is lost through the head. A strong, waterproof outer layer (and a space blanket for emergencies) is essential. Carry basic supplies, including food containing simple sugars to generate heat quickly, and fluid to drink.

The symptoms of hypothermia are exhaustion, numb skin, shivering, slurred speech, irrational or violent behaviour, lethargy, stumbling, dizzy spells, muscle cramps and violent bursts of energy. Irrationality may take the form of sufferers claiming they are warm and trying to take off their clothes.

To treat mild hypothermia, first get the person out of the wind and/or rain, remove their clothing if it's wet and replace it with dry, warm clothing. Give them hot liquids (not alcohol) and some high-calorie, easily digestible food. Do not rub victims; instead,

allow them to slowly warm themselves. This should be enough to treat the early stages of hypothermia. Early treatment of mild hypothermia is the only way to prevent severe hypothermia, which is a critical condition.

Insect Bites & Stings

Mosquitoes, blackflies and deerflies are common from mid-June to the end of July, and fly swarms in northern areas are horrific. To avoid bites, completely cover yourself with clothes and a mosquito head net. Any exposed areas of skin, including lower legs (and even underneath trousers), should be treated with a powerful insect repellent containing DEET (although frequent application of DEET isn't recommended). Calamine lotion, a sting relief spray or ice packs will reduce any pain and swelling.

Sunburn

In high northern latitudes you can get sunburnt surprisingly quickly, even through clouds, and especially when there's complete snow cover. Use sunscreen, a hat, and a barrier cream for your nose and lips. Calamine lotion or commercial after-sun preparations are good for mild sunburn. Protect your eyes with good quality sunglasses, particularly if you'll be near water, sand or snow.

Water

Tap water is safe to drink in Sweden, but drinking from streams may be unwise due to the presence of farms, old mine workings and wild animals. The clearest-looking stream water may contain giardia and other parasites. If you don't have a filter and can't boil water it should be treated chemically; iodine is effective and is available in liquid and tablet form.

Language

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The national language of Sweden is Swedish, a Germanic language belonging to the Nordic branch that is spoken throughout Sweden and in parts of Finland. Swedes, Danes and Norwegians can make themselves mutually understood, and most Swedes speak English as a second language.

Since they share common roots, and the Old Norse language left sprinklings of words in Anglo-Saxon, you'll find many similarities between English and Swedish – albeit with different pronunciations. There are three letters at the end of the Swedish alphabet that don't exist in the English version, namely **å**, **ä** and **ö**.

Swedish verbs are the same regardless of person or number: 'I am, you are' etc are, in Swedish, *jag är*, *du är* and so on. There are two genders, common (non-neuter) and neuter. Gender is reflected in the articles *en* and *ett* (a/an). The definite article (the) is added to the ends of nouns, eg *ett hus* (a house), *huset* (the house). Unfortunately there are no set rules for determining gender – it's something that has to be learnt word by word.

PRONUNCIATION

Sweden is a large country with considerable dialectal variety. There are sounds in Swedish that don't exist in English, so in the following pronunciation guides we've tried to give the closest English equivalents. In terms of dialect, we've gone with the ver-

sion you'll hear in Stockholm. If you follow the pronunciation guides and listen to the way the Swedes themselves speak the language, you'll soon start getting the hang of it. The first thing you'll need to master is the songful rise and fall that is so characteristic of Swedish and Norwegian.

ACCOMMODATION

hotel	
<i>hotell</i>	ho-tel
guesthouse	
<i>gästhus</i>	yest-hoos
youth hostel	
<i>vandrarhem</i>	vaan-dra-hem
camping ground	
<i>campingplats</i>	kam-ping-plats

Where is a cheap/good hotel?

Var är ett billigt/bra hotell?
vaa air et bil-ligt/braa ho-tel

What's the address?

Vilken adress är det?
vil-ken aa-dres air det?

Could you write the address, please?

Kan du skriva ner adressen?
kan doo skree-va neer a-dre-sen?

Do you have any rooms available?

Finns det några lediga rum?
fins de nor-gra le-di-ga room?

How much is it per person/night?

Hur mycket kostar det per person/natt?
her moo-ket ko-sta det

I'd like ...

<i>Jag skulle vilja ...</i>	ya skool-le vil-ya ...
a single room	
<i>ha ett enkelrum</i>	haa et en-kel-room
a double room	
<i>ha ett dubbelrum</i>	haa et doo-bel-room
a room with a bathroom	
<i>ha ett rum med bad</i>	haa et room med baad
to share a dorm	
<i>bo i sovsal</i>	boo ee soov-sal

for one night

en natt en nat

for two nights

två nätter tvo-a ne-te

Does it include breakfast?

Inkluderas frukost? in-kloo-dair-ras froo-kost?

May I see the room?

Kan jag får se rummet? kan ya for se-ya room-met?

Where is the bathroom?

Var är badrummet? vaa air baad-room-met?

CONVERSATION & ESSENTIALS

Hello.

Hej. hay

Goodbye.

Adjö/Hej då. ai-yer/hay-dor

Yes.

Ja. yaa

No.

Nej. nay

Please.

Snälla. snee-la

Thank you.

Tack. tak

That's fine.

Det är bra. de air braa

You're welcome.

Varsågod. var-sha-good

Excuse me.

Ursäkta mig. ur-shek-ta may

I'm sorry. (forgive me)

Förlåt. for-lort

May I/Do you mind?

Får jag/Gör det något? for yaa/yer de nor-got?

What's your name?

Vad heter du? vaa he-te doo?

My name is ...

Jag heter ... ya he-te ...

Where are you from?

Varifrån kommer du? vaa-re-fron ko-mer du?

I'm from ...

Jag kommer från ... ya ko-mer fron ...

DIRECTIONS

Where is ...?

Var är ...? vaa air ...?

Can you show me on the map?

Kan du visa mig på kartan? kan du vee-sa may poor kar-tan?

Go straight ahead.

Gå rakt fram. gor rakt fraam

Turn left.

Sväng till vänster. sveng til ven-sta.

Turn right.

Sväng till höger. sveng til her-ga

near

nära nair-a

far

långt lorngt

SIGNS

Ingång	Entrance
Utgång	Exit
Information	Information
Öppen	Open
Stängd	Closed
Förbjuden	Prohibited
Polisstation	Police Station
Lediga Rum	Rooms Available
Toalett	Toilets
Herr	Men
Damer	Women

beach

strand strand

castle

slott slot

cathedral

domkyrka dom-sheer-ka

church

kyrka sheer-ka

main square

huvudtorg hoo-vood-toy

monastery

kloster kloo-sta

old city

gamla stad gam-la staaad

palace

palats pa-lats

HEALTH

Where is the ...?

Var är ...? vaa air ...?

chemist/pharmacy

apoteket a-poo-te-keet

dentist

tandläkaren tan-lair-ka-ren

doctor

läkaren lair-ka-ren

hospital

sjukhus shoo-koos

I'm ill.

Jag är sjuk. ya air shook

My friend is ill.

Min vän är sjuk. (m/f) min ven air shook

I'm ...

Jag är ... ya air ...

asthmatic

astmatiker ast-ma-tee-kair

diabetic

diabetiker de-a-be-tee-ker

EMERGENCIES

Help!	
<i>Hjälp!</i>	yelp!
Call a doctor!	
<i>Ring efter en doktor!</i>	ring ef-ter en dok-tor
Call the police!	
<i>Ring polisen!</i>	ring poo-lee-sen
Call an ambulance!	
<i>Ring efter en ambulans!</i>	ring ef-ter en am-boo-lants
Go away!	
<i>Försvinn!</i>	fer-shvin
I'm lost.	
<i>Jag har gått vilse.</i>	ya har got vil-se

I'm allergic to antibiotics/penicillin.

Jag är allergisk mot antibiotika/penicillin.
yaa air a-ler-gisk moot an-tee-bee-yo-tee-ker/pen-ne-see-len

I need medication for ...

Jag behöver ett medel mot ...
ya bee-her-ver et me-del moot ...

I have a toothache.

Jag har tandvärk.
ya haar tand-vairk

I'm pregnant.

Jag är gravid.
ya air gra-veed

antiseptic

antiseptisk
an-tee-sep-tisk

condoms

kondomer
kon-do-mer

diarrhoea

diarré
dee-a-re-a

medicine

medicin
me-de-seen

nausea

illamående
il-la-mo-en-de

stomachache

ont i magen
oont e maa-gen

sanitary napkins

dambindor
dam-bin-dor

tampons

tamponger
tam-pong-er

LANGUAGE DIFFICULTIES**Do you speak English?**

Talar du engelska?
ta-la du en-gel-ska?

Does anyone here speak English?

Finns det någon här som talar engelska?
fins det non hair som ta-la en-gel-ska?

I (don't) understand.

Jag förstår (inte).
ya fer-stor (in-te)

Could you speak more slowly, please?

Kan du vara snäll och tala lite långsammare?
kan du va-ra snel ok ta-la lee-te long-sa-ma-rer?

NUMBERS

0	<i>noll</i>	nol
1	<i>ett</i>	et
2	<i>två</i>	tvo-a
3	<i>tre</i>	tree
4	<i>fyra</i>	few-ra
5	<i>fem</i>	fem
6	<i>sex</i>	sex
7	<i>sju</i>	shoo
8	<i>åtta</i>	ot-ta
9	<i>nio</i>	nee-ye
10	<i>tio</i>	tee-ye
11	<i>elva</i>	el-va
12	<i>tolv</i>	tolv
13	<i>tretton</i>	tre-ton
14	<i>fjorton</i>	fyoo-ton
15	<i>femton</i>	fem-ton
16	<i>sexton</i>	sex-ton
17	<i>sjutton</i>	shoo-ton
18	<i>arton</i>	ar-ton
19	<i>nittion</i>	nee-ton
20	<i>tjugo</i>	shoo-go
21	<i>tjugoett</i>	shoo-go-et
30	<i>trettio</i>	tre-tee
40	<i>fyrty</i>	fyor-tee
50	<i>femtio</i>	fem-tee
60	<i>sextio</i>	sex-tee
70	<i>sjuttio</i>	shoo-tee
80	<i>åttio</i>	ot-tee
90	<i>nittio</i>	nee-tee
100	<i>ett hundra</i>	et hoon-dra
1000	<i>ett tusen</i>	et too-sen
1,000,000	<i>en miljon</i>	en mil-yoon

SHOPPING & SERVICES**I'm looking for ...**

<i>Jag letar efter ...</i>	yaa lee-ta ef-ta
a bank	
<i>en bank</i>	en bank
the city centre	
<i>centrum</i>	sent-room
the ... embassy	
<i>... ambassaden</i>	... am-ba-sa-den
the market	
<i>marknaden</i>	mark-naa-den
the museum	
<i>muséet</i>	moo-zee-et
the post office	
<i>posten</i>	pos-ten
a public telephone	
<i>en offentlig telefon</i>	en o-fentlig tel-le-foon
a public toilet	
<i>en toalettiosk</i>	en toa-let-she-osk
the tourist office	
<i>turistinformationen</i>	too-rist-in-for-ma-shoo-nen

What time does it open/close?

Hur dags (öppnar/ stänger) de?
hur daags (erp-na/ steng-er) det?

Could I please have ...?

Kan jag få ...?
kan ya for ...

How much is it?

Hur mycket kostar den?
her mi-ke kos-ta den?

bookshop

bokhandel
book-han-del

camera shop

fotoför
fo-to-a-fair

clothing store

modebutik
mood-boo-teek

delicatessen

delikatessaffär
del-li-kaats-a-fair

laundry

tvätt
tvét

newsagency

pressbyrå/tabaksaffär
pres-bew-ro/ta-bak-sa-fair

souvenir shop

souveniraffär
soov-ven-nee-ra-fair

stationers

pappershandel
pa-pairs-haan-del

TIME & DATE**What time is it?**

Vad är klockan?
vaa air klo-kan?

today

idag
ee-dag

tonight

i kväll
ee kvel

tomorrow

imorgon
ee-mor-ron

yesterday

igår
ee-gor

morning

morgonen
moo-ron-nen

afternoon

efter middagen
ef-ter mid-da-gen

night

natt
nat

Monday

måndag
mon-dag

Tuesday

tisdag
tees-dag

Wednesday

onsdag
ons-dag

Thursday

torsdag
torsh-dag

Friday

fredag
fre-dag

Saturday

lördag
ler-dag

SAMI LANGUAGES

Sami languages are related to Finnish and other Finno-Ugric languages. Five of the nine main dialects of the Sami language are spoken in Sweden, with speakers of each varying in number from 500 to 5000.

Most Sami speakers can communicate in Swedish, but relatively few speak English. Knowing some Sami words and phrases will give you a chance to access the unique Sami culture.

Fell (Northern) Sami

The most common of the Sami languages, Fell Sami is considered the standard variety of the language. It's spoken in Sweden's far north around Karesuando and Jukkasjärvi.

Written Fell Sami includes several accented letters, but it still doesn't accurately represent the spoken language – even some Sami people find the written language difficult to learn. For example, *giitu* (thanks) is pronounced 'geech-too', but the strongly aspirated 'h' isn't written.

Hello. *Buorre beaivi.*

Hello. (reply) *lpmel atti.*

Goodbye.

(to person leaving) *Mana dearvan.*

(to person staying) *Báze dearvan.*

Thank you.

Giitu.

You're welcome. *Leage buorre.*

Yes. *De lea.*

No. *Li.*

How are you? *Mot manna?*

I'm fine. *Buorre dat manna.*

1	<i>okta</i>
2	<i>guokte</i>
3	<i>golbma</i>
4	<i>njeallje</i>
5	<i>vihta</i>
6	<i>guhta</i>
7	<i>cieza</i>
8	<i>gávccci</i>
9	<i>ovcci</i>
10	<i>logi</i>

Sunday
söndag *sem-dag*

January
januari *yan-u-aa-ree*

February
februari *fe-broo-aa-ree*

March*mars* mars**April***april* a-preel**May***maj* may**June***juni* yoo-nee**July***juli* yoo-lee**August***augusti* o-goos-tee**September***september* sep-tem-ber**October***oktober* ok-too-ber**November***november* no-ven-ber**December***december* de-sem-ber**TRANSPORT****Where is the ...?***Var är ...?* vaa air ...?**bus stop***busshållplatsen* boos-hol-plat-sen**train station***tågstationen* torg-sta-shoo-nen**tramstop***spårvagnshållplatsen* spor-vaags-hol-plat-sen**What time does the ... leave/arrive?***När avgår/kommer ...?* nair av-gor/ko-mer ...?**boat***båten* bor-ten**bus***bussen* boos-sen**tram***spårvagnen* spor-vaagn**train***tåget* tor-get**I'd like ...***Jag skulle vilja ha ...* ya skoo-le vil-ya haa ...**a one-way ticket***en enkelbiljett* en-en-keel-bil-yet**a return ticket***en returbiljett* en-re-toor-bil-yet**1st class***första klass* fer-shta klas**2nd class***andra klass* an-dra klas**left luggage***effektförvaring* e-fekt-fur-vaa-ring**timetable***tidtabell* tee-ta-bel**Where can I hire a car/bicycle?***Var kan jag hyra en bil/cykel?* vaa kan ya hee-ra en beel/en see-keel

Glossary

You may encounter some of the following terms and abbreviations during your travels in Sweden. See also the Language chapter and Food & Drink chapter.

Note that the letters *å*, *ä*, and *ö* fall at the end of the Swedish alphabet, and the letters *v* and *w* are often used interchangeably (you will see the small town of Vaxholm also referred to as Waxholm, and an inn can be known as a *vårdshus* or *wårdshus*). In directories like telephone books they fall under one category (eg *wa* is listed before *vu*).

aktie bolaget (AB) – company
allemannsrätt – literally ‘every person’s right’; a tradition allowing universal access to private property (with some restrictions), public land and wilderness areas
ank – arrives, arrivals
apotek – pharmacy
ateljé – gallery
avg – departs, departures
avgift – payment, fee (seen on parking signs)
avhämtning – takeaways

bad – swimming pool, bathing place or bathroom
bakfickan – literally ‘back pocket’, alow-profile eatery usually associated with a gourmet restaurant
bankautomat – cash machine, ATM
barn – child
bastu – sauna
bensin – petrol, gas
berg – mountain
bibliotek – library
bil – car
billjet – ticket
billjetautomat – ticket machines for street parking
biluthyrning – car hire
bio, biograf – cinema
björn – bear
bokhandel – bookshop
bro – bridge
bruk – factory
bryggeri – brewery
buss – bus
busshållplats – bus stop
butik – shop
båt – boat

campingplats – camping ground
centrum – town centre

cykel – bicycle
dag – day
dagens rätt – daily special, usually on lunchtime menus
dal – valley
diskotek – disco
domkyrka – cathedral
drottning – queen
dubbelrum – double room
duodji – Sami handicraft
dusch – shower
dygn – a 24-hour period
dygnet runt – around the clock
dygnskort – a daily transport pass, valid for 24 hours

ej – not
enkelrum – single room
exkl – excluded
expedition – office

fabrik – factory
fest – party, festival
fika – verb meaning to meet friends for coffee and cake
fjäll – mountain
fjällstation – mountain lodge
fjällstugor – mountain huts
fjärd – fjord, drowned glacial valley
flod – large river
flyg – aeroplane
flygbuss – airport bus
flygplats – airport
folkdräkt – folk dress
folkhemmet – welfare state
fr o m – from and including (on timetables)
friluft – open-air
frukost – breakfast
fyr – lighthouse
fågel – bird
färja – ferry
färjeläge – ferry quay
fästning – fort, fortress
förbjuden – forbidden, prohibited
förbund – organisation, association
förening – club, association
förlag – company

galleri, galleria – shopping mall
gamla staden, gamla stan – the ‘old town’, the historical part of a city or town
gammal, gamla – old
gatan – street (often abbreviated to just *g*)

gatukök – literally ‘street kitchen’; street kiosk/stall/grill selling fast food
glaciär – glacier
grotta – grotto, cave
grundskolan – comprehensive school
gruva – mine
gränsen – border
gymnasieskolan – upper secondary school
gård – yard, farm, estate
gästgiveri – guesthouse
gästhamn – ‘guest harbour’, where visiting yachts can berth; cooking and washing facilities are usually available
gästhem, gästhus – guesthouse

hamn – harbour
hav – sea
hembygdsgård – open-air museum, usually old farmhouse buildings
hemslöjd – handicraft
hiss – lift, elevator
hittegods – lost property
hotell – hotel
hund – dog
hus – house, sometimes meaning castle
husmanskost – homely Swedish fare, what you would expect cooked at home when you were a (Swedish) child
hytt – cabin on a boat
hällristningar – rock carvings
hälsocentral – health clinic
höst – autumn

i – in
i morgon – tomorrow
idrottsplats – sports venue, stadium
inkl – included
inte – not
is – ice
ishall – ice hockey stadium

joik – see *yoik*
jul – Christmas
järnvägsstation – train station

kaj – quay
kanot – canoe
kanotuthyrning – canoe hire
kart – map
Kartförlaget – State Mapping Agency (sales division)
klockan – o’clock, the time
klocktorn – bell tower
kloster – monastery
kommun – municipality
konditori – baker and confectioner (often with an attached café)
konst – art

kontor – office
kort – card
kreditkort – credit card
krog – pub, restaurant (or both)
krona (sg), kronor (pl) – the Swedish currency unit
kulle (sg), kullar (pl) – hill
kung – king
kust – coast
kväll – evening
kyrka – church
kyrkogård – graveyard
kåta – tepee-shaped Sami hut
källare – cellar, vault
kök – kitchen

lagom – sufficient, just right
landskap – region, province, landscape
lavin – avalanche
lilla – lesser, little
linbana – chairlift
lo – lynx
loppis – secondhand goods (usually junk)
län – county
Länstrafiken – public transport network of a *län*

magasin – store (usually a department store), warehouse
mat – food
medlem – member
Midsommar – Midsummer’s day; first Saturday after 21 June (the real celebrations take place on Midsummer Eve)
miljö – environment, atmosphere
MOMS – value added tax (sales tax)
morgon – morning (but *i morgon* means tomorrow)
muséet, museum – museum
mynt – coins
mynt tvätt – coin-operated laundry (rare in Sweden)
målning – painting, artwork

natt – night
nattklubb – nightclub
naturcamping – camping site with a pleasant environment
naturistcamping – nudist colony
naturreservat – nature reserve
Naturum – national park or nature reserve visitor centre
Naturvårdsverket – Swedish Environmental Protection Agency (National Parks Authority)
nedre – lower
norr – north
norrskén – aurora borealis (northern lights)
ny – new
nyheter – news

obs! – take note, important
och – and
ordning och reda – orderliness

palats – palace
pendeltåg – local train
pensionat – pension, guesthouse
P-hus – multistorey car park
polarcirkeln – Arctic Circle, latitude 66°32’N
polis – police
pris, prislista – price, pricelist
på – on, in
påsk – Easter

raukar – limestone formations
ren – reindeer
resebyrå – travel agent
restaurang – restaurant
riksdag – parliament
rum – room
RFSL – Riksförbundet för Sexuellt Likaberättigande (national gay organisation)
rådhus – town hall
rökning förbjuden – no smoking

SAS – Scandinavian Airlines Systems
simhall – swimming pool
sjukhus – hospital
självbetjäning – self-service
sjö – lake, sea
skog – forest
skål! – cheers!
skärgård – archipelago
slott – castle, manor house
smörgås – sandwich
smörgåsbord – Swedish buffet
snabbtvätt – quick wash (at laundrette)
snö – snow
sommar – summer
sovsal – dormitory
spark – kicksledge
spårvagn – tram
stark – strong
statsminister – prime minister
STF – Svenska Turistföreningen (Swedish Touring Association)
stor, stora – big or large
stortorget – main square
strand – beach
stuga (sg), stugor/na – hut, cabin
stugby – chalet park; a little village of chalets
städning – room cleaning
sund – sound
svensk – Swedish
Sverige – Sweden
SVIF – Sveriges Vandrahem i Förening
Systembolaget – state-owned liquor store
säng – bed
söder – south

t o m – until and including
tandläkare – dentist
teater – theatre
telefon kort – telephone card
tid – time
tidtabell – timetable
toalett – toilet
torg, torget – town square
orn – tower
trappe – stairs
trädgård – garden open to the public
tull – customs
tunnelbana, T-bana – underground railway, metro
turistbyrå – tourist office
tåg – train
tågplus – combined train and bus ticket
tält – tent

uteservering – outdoor eating area
uthyrningsfirma – hire company

vandrarhem – hostel
vattenfall – waterfall
vecka – week
vik – bay, inlet
vinter – winter
vuxen – adult
vår – spring
vårdcentral – hospital
väg – road
vänthall, väntrum, väntsal – waiting room
värdekort – value card; a travel pass that can be topped up at any time
vårdshus – inn
väst – west (abbreviated to v)
västra – western
växel – switchboard, money exchange

vårdshus – inn

yoik – Sami ‘Song of the Plains’ (also referred to as *joik*)

å – stream, creek, river
år – year

älg – elk
älv – river

ö – island
öl – beer
öppetider – opening hours
öst – east (abbreviated to ö)
östra – eastern
övre – upper

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