

# Good to know when you are in Sweden

## Arrival and getting around

### Transport Within Stockholm



From the Central Station to Stockholm university it is just 10 minutes by underground. Take the Red Line in the direction of "Mörby Centrum" and get off at the station "Universitetet".

<http://www.sl.se>

### Arriving By Train



By train you will arrive to the Central Station, which is connected to the underground transport network, taxis and buses.

<http://www.sj.se>

### Arriving By Air



#### Stockholm Arlanda Airport

Stockholm-Arlanda Airport is situated 35 km from Stockholm City.

There is also a coach/bus service (Airport Coaches) to and from the City Terminal (situated by the Central Station) in Stockholm every 5-10 minutes. The transfer takes about 40 minutes. A one-way trip costs SEK 100.

The airport rail link (the Arlanda Express) takes you between the City Terminal and Arlanda in just 20 minutes. Departures every 15 minutes, SEK 110 for a single ticket (students, plus others up to age 25).

<http://www.lfv.se>

#### Stockholm Bromma Airport

Stockholm Bromma Airport is a smaller airport with mostly domestic flights, but it also has connections with for instance Brussels.

The airport bus to and from Bromma airport connects with flight arrivals and departures. Price, single ticket SEK 70. Bromma Airport is approximately a 15-minute drive from the City Terminal in the heart of Stockholm, but the drive may take longer depending on the traffic situation.

<http://www.lfv.se>

## Stockholm Skavsta Airport

Stockholm Skavsta Airport is a small airport specialising in low-price airlines such as Ryanair. It is located 100 km south of Stockholm. There are airport buses to and from Stockholm Central Station. The trip will take 80 minutes and the cost of a single ticket is approx. SEK 140.

<http://www.lfv.se>

## Housing



### Housing

Please be informed that student housing is SCARCE in Stockholm and may be difficult to obtain on short notice.

Visiting students can apply for student housing through the Stockholm Student Housing Foundation.

Stockholm Student Housing Foundation (SSSB),

Box 19608,

S-104 32 Stockholm, SWEDEN.

Telephone: + 46 8 458 10 00

E-mail: [kontakt@sssb.se](mailto:kontakt@sssb.se)

<http://www.sssb.se>

**You can also check these webpages for additional housing opportunities:**

<http://www.svif.se/content>

<http://www.sokstudentbostad.se>

<http://www.studentlya.nu>

<http://www.svebo.se>

<http://www.ssko.se>

## Financing your studies in Sweden



To obtain a residence permit, you must have 7300SEK /month at your disposal for 10 months/year.

For more information see [www.migrationsverket.se](http://www.migrationsverket.se)

A typical student budget for one month in Stockholm would be (all costs are approximate and in SEK):

Accommodation 2500-4000  
Food 3000  
Local travel 600  
Other (phone, insurance, hygiene etc) 1700  
Clothing, hobby/leisure 500  
Student Union fee 100

Meals at a moderate price range bar or self-service restaurant cost between SEK 50-80.

**Please note that Stockholm University does not offer any scholarships or fellowships.**

Below are some links to scholarship websites:

<http://www.scholarshipexperts.com>

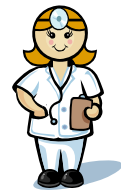
<http://www.scholarships.com>

<http://www.internationalscholarships.com>

<http://www.iefaf.org>

<http://www.iucea.org>

## Health care



### Insurance

All students coming to Sweden must be covered by a valid medical insurance. EU citizens are covered automatically if they bring the form E 128 or E 111. Exchange students only, but not other international students, are also covered by an insurance policy taken by Stockholm University at a national agency, Kammarkollegiet, covering medical issues, accidental injury and assault, disability and death, liability and legal expenses at a level comparable to normal high Swedish standards.

### In case of illness

If you become ill or have a minor accident, you should contact a local medical centre, Vårdcentralen. Their addresses and telephone numbers are listed in the blue pages of the telephone book. At most medical centres you should make an appointment by telephone, but there may also be an open reception part of the day. You are free to choose which medical centre you prefer to go to. There are public as well as private and the price is more or less the same.

In central Stockholm, there is a large number of medical centres, some of them with open reception.

The normal patient fee for a doctor appointment is SEK 100-350 (paid by both Swedish and foreign citizens). If you do not have the E128 or the E111, you need to have an medical insurance or pay full medical fees, which can be very expensive.

## Emergency assistance

In case of emergency, **dial 112** for assistance. On calling you are expected to give exact information about what has happened and where help should go, your name and address, what kind of accident it is and how many need help. Based on that information, they determine what kind of assistance you need. (ambulance, police, fire department). Emergency calls from public telephone booths are free of charge. Push the emergency button and dial 112.

There are several emergency hospitals in the larger Stockholm area:

- Danderyds sjukhus, 08-655 50 00
- Huddinge sjukhus, 08-585 800 00
- Karolinska sjukhuset, 08-517 700 00
- S:t Eriks ögonsjukhus, 08-672 31 00 (Eye emergencies only)
- S:t Görans sjukhus, 08-587 010 00
- Södersjukhuset, 08-616 10 00
- Södertälje sjukhus, 08-550 240 00

Swedish hospitals are not allowed to deny anyone emergency care.

## Dentist

If you need to see a dentist (tandläkare) you can either contact the District Dental Clinic, [Folktandvården](#), or a private dentist. Both categories are listed in the yellow pages of the telephone book. You should call in advance to make an appointment. In an emergency, you can go to any dentist without an appointment during office hours. After office hours, during weekends or holidays, dial 112 and ask for the dentist on call, Jourhavande tandläkare. Please note that dental treatment is relatively expensive in Sweden, and that most insurances usually do NOT include dental care.

## Miscellaneous

Just a few links to general information on what it is like to live and study in Stockholm and Sweden:

<http://www.studyinsweden.se>

<http://www.stockholmtown.com>

