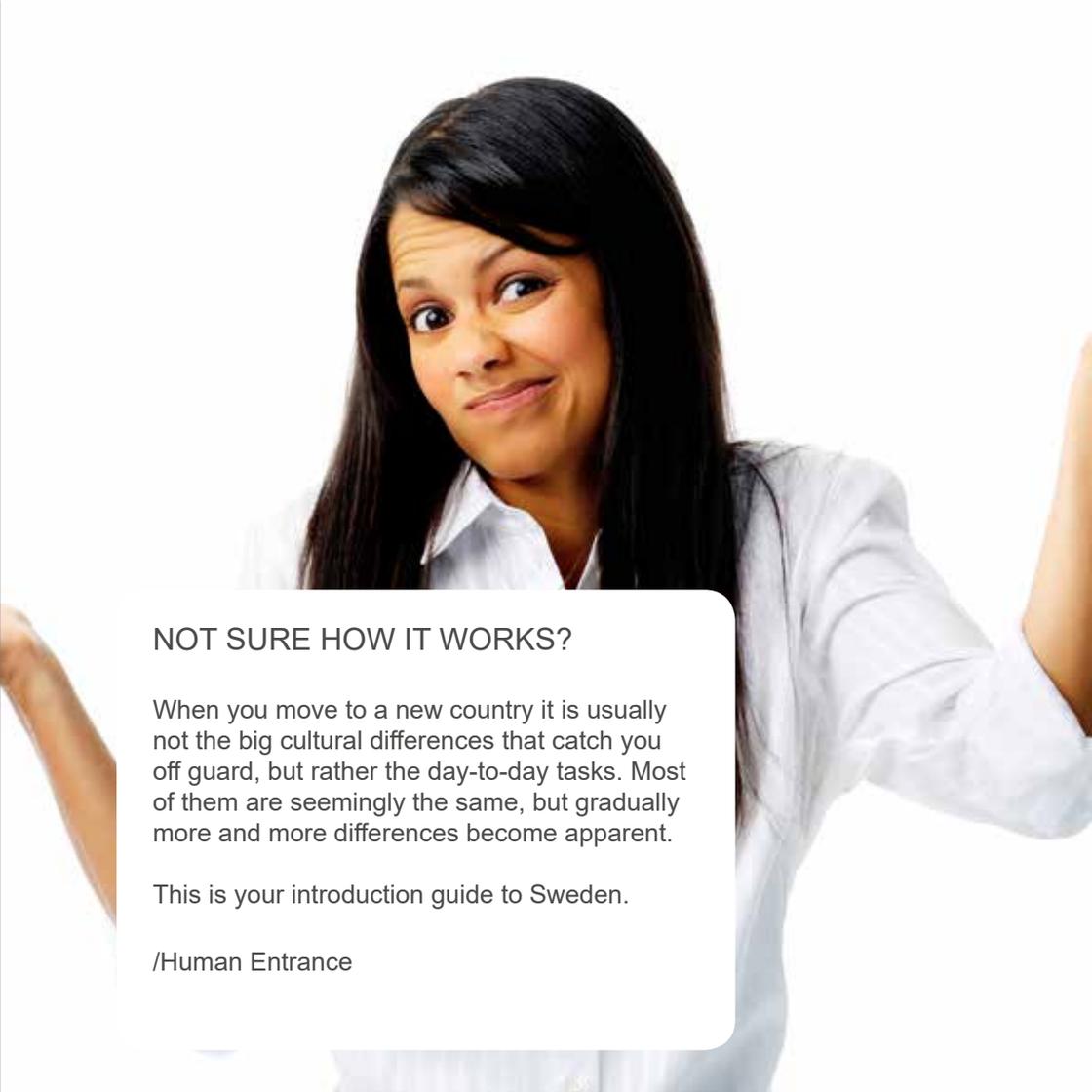




**NEW IN
SWEDEN**

a guide from Human Entrance



NOT SURE HOW IT WORKS?

When you move to a new country it is usually not the big cultural differences that catch you off guard, but rather the day-to-day tasks. Most of them are seemingly the same, but gradually more and more differences become apparent.

This is your introduction guide to Sweden.

/Human Entrance

GENERAL FACTS ABOUT SWEDEN

Form of government

Constitutional monarchy, with parliamentary democracy. Elections are held every four years. The reigning **Monarch** is considered to be Head of State but in reality he/ she has a purely symbolic and representative function.

Religion

The Church of Sweden is Evangelical Lutheran.

Population 9,9 million

Capital Stockholm

National Day 6 June

Currency Kronor

Language Swedish

Calling code +46

Total area

528,447 sq km, the third-largest country in Western Europe.

Education

Nine years of compulsory schooling, but most students continue to the three year upper secondary school.

Most important export goods

Machinery and transport equipment.

Chemical, plastic and rubber products.

Electronics- and telecommunications equipment.

Energy products, industrial machinery and road vehicles.

Mineral and foodproducts.



GOOD TO KNOW

Personal Number

A personal number is a must in Sweden. The number is made up from your birth year, month, date and a four digit number unique to you. It is the Tax Agency - Skatteverket that issues this number.

Banks

Banks can be found in most communities and are usually open Monday to Friday 10.00-15.00. You need a Swedish personal number to open a bank account. Most credit cards and traveller's cheques are accepted in Sweden.

Public transport

The bigger cities have a very developed public transportation system. It can however be a bit tricky to buy a ticket for the first time. Travellers are often directed to machines at the station, an app on your smart phone or a traveler card.

Postal service

Post offices are an integrated service in various shops; grocery stores, kiosks, gasstations etc. The opening hours therefore differ according to the specific store.

Pets

Pets in Sweden are regarded as family members and live indoors. Animal abuse is prohibited and it is strongly recommended not to leave dogs alone for more than six (6) hours.

Your pet can not be of any disturbance to neighbors and you are requested to pick up your animal's waste and dispose it in specially provided garbage bins. Dogs must be on a leash during the period March 1 through August 20 if close to wild animals. In addition there can also be local regulations in different cities.



Child Care

There is a long waiting list for kindergarden/pre-school in Sweden which is why we recommend you to apply as early as possible. You need an address and a personal ID number for yourself and for the child to be able to apply for child care (12 months and older).

Electricity

Power is 230v AC, 50 HZ.

Safety

Children up to the age of 12 years are obligated by law to wear a helmet when riding a bike. Lights are also obligatory from dusk to dawn. Children need a car seat or a booster seat until they are 135 cm tall.

HOUSING MARKET

About half of the population in Sweden live in privately owned villas and terraced houses. A fifth own their own apartments. 30 percent of the population in Sweden rent their apartment.

The rental market in Sweden is very competitive and there is a deficit of rental apartments and houses. The deficit is most evident in the larger cities.

First hand contracts

Half of all rental apartments in Sweden are owned by private companies and half are owned by municipal companies. In theory, anyone with a Swedish ID number can apply for an available apartment or a house but the high demand means long waiting lists, usually for several years.

Sublease

There is a high demand on sublet apartments in Sweden. Due to rental laws the owner of an apartment or the tenant that holds the first hand contract is not allowed to sublet an apartment without approval from the Tenant's Association or their landlord. A person subletting an apartment is required to provide a good reason as to why they wish to sublet their apartment. Permission to sublet, if granted, is normally only for one year at a time.

Rental Levels

Private sector rental levels are legally prohibited from being substantially higher than municipal accommodations in the same area and there are regulations for pricing on sublet accommodations. However, long waiting lists create a gap between rent and market value. This means that in reality, a lot of accommodations are being sublet with a high rent.



HEALTH CARE & DENTAL CARE

Health care

Everyone with a Swedish personal number is covered by the public healthcare. Whilst the public healthcare system is largely funded by tax, it's not entirely free. Health care and prescription drugs for children is however free of charge.

Vårdcentralen is your primary health care contact in Sweden. You normally register with the one closest to your home address. You need to book an appointment with your doctor by phone.

Vårdcentralen normally also consist of a Barnvårdscentral/BVC for children under six (6) years old and a Mödravårdcentral for pregnancy and birth control. Children will be called for regular check ups until the age of six (6).

For medical advice you can consult www.1177.se or call 1177. For emergency assistance call 112 or visit the emergency room at your nearest hospital - akuten.

Dental Care

For dental care you can choose between private and public care. For the public care you need to get listed at Folk tandvården. You need to be registered at the Försäkringskassan to be entitled to deductions. Children are automatically called for regular checkups free of charge.

IMPORTANT NUMBERS

SOS 112

Are you in an emergency situation, do you need immediate help? Is life, environment or property in danger? 112 is the emergency number you can call from a landline or mobile phone anywhere in Sweden.

POLICE 114 14

The non-emergency number to the Swedish police is 114 14.

HEALTH CARE GUIDE 1177

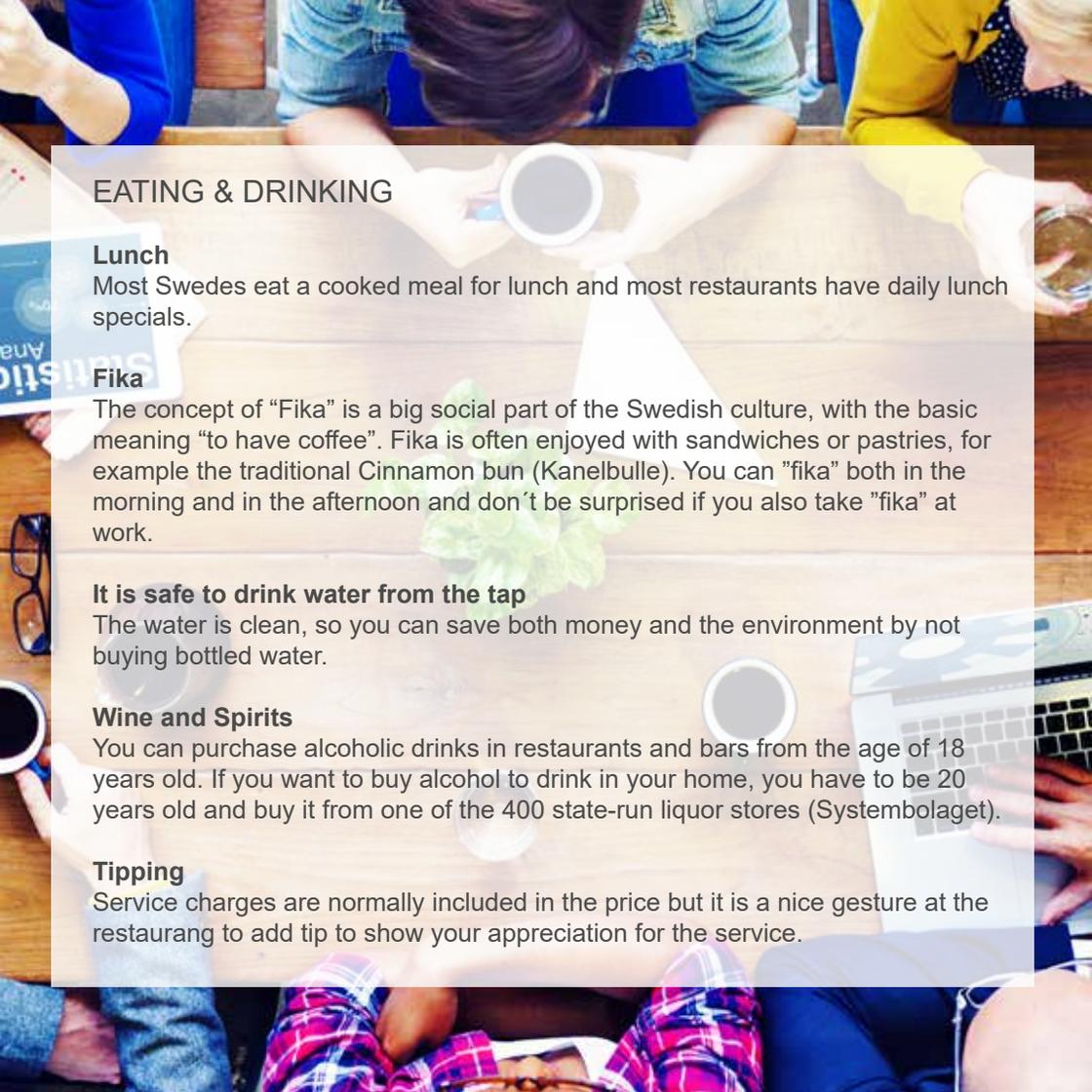
You can call the health care guide to get assistance and advice before you contact your health care centre.

SWEDISH POISONS INFORMATION CENTRE +46 (0)10-456 6700

Swedish Poisons Information Centre answers questions about acute poisonings and gives advice about suitable treatment in cases of poisoning. The service is available on a twentyfour hour basis, every day of the year.

FARMACY CUSTOMER CARE +46(0)771 - 450 450

The most common non-prescription drugs can be bought at grocery stores and petrol stations. Prescription drugs can be bought at Apoteket - the pharmacy.



EATING & DRINKING

Lunch

Most Swedes eat a cooked meal for lunch and most restaurants have daily lunch specials.

Fika

The concept of “Fika” is a big social part of the Swedish culture, with the basic meaning “to have coffee”. Fika is often enjoyed with sandwiches or pastries, for example the traditional Cinnamon bun (Kanelbulle). You can “fika” both in the morning and in the afternoon and don’t be surprised if you also take “fika” at work.

It is safe to drink water from the tap

The water is clean, so you can save both money and the environment by not buying bottled water.

Wine and Spirits

You can purchase alcoholic drinks in restaurants and bars from the age of 18 years old. If you want to buy alcohol to drink in your home, you have to be 20 years old and buy it from one of the 400 state-run liquor stores (Systembolaget).

Tipping

Service charges are normally included in the price but it is a nice gesture at the restaurant to add tip to show your appreciation for the service.

ETIQUETTE

Queing

It is said that the Swedes love their queing. We don't know if this is true but we do know that in order to make queing easier some places have a ticket machine by the door. Take a number and wait for your number to be called.

Be on time

The Swedes value time and consider it as something that should be respected. If you are late, call and let the person waiting for you know that you are on your way. Always apologise if you are late.

First name basis

Swedish people are very informal and rarely use titles when addressing one another. Swedes also call each other, without age distinction, by first name.

If you are invited to someone's home or to a party

If the invitation is in writing you are expected to answer in writing. If you are invited in person or by phone you can accept or decline right away. Make sure to check if there is a dress code. When you are invited to someone's home do ask if the invitation is extended to your children or pets.

Swedes often bring a gift when invited to someone's home, flowers or wine are appreciated gifts. Call or text the host within 10 days and thank them after the event. Try to reciprocate by inviting the host to something. People rarely invite you to a dinner twice in a row, but wait for you to return the invitation by arranging something.

PUBLIC HOLIDAYS AND TRADITIONS

In Sweden, a public holiday is sometimes referred to as "röd dag" (red day), as it is printed in red in most calendars. Some businesses close at noon the day before certain holidays, and also if a holiday falls on a Tuesday or a Thursday, Swedes will commonly take an extra day off work. This day is called "klämdag" (bridging day) and falls between the holiday and the weekend. In addition to this, all Sundays are official holidays but they are not as important as the main holidays.

In Swedish tradition many holidays have their main celebrations not on the day but on the eve of the holiday, meaning one day earlier. This is especially significant on Christmas Eve and Midsummer Eve, but also on New Year's Eve.

LIST OF PUBLIC HOLIDAYS

New Year's Day (Nyårsdagen)	January 1
Epiphany (Trettondedag jul)	January 6
Good Friday (Långfredagen)	The Friday before Easter Sunday
Easter Monday (Annandag påsk)	The day after Easter Sunday
International Workers' Day (Första maj)	May 1
Ascension Day (Kristi himmelfärds dag)	39 days after Easter Sunday
National Day of Sweden (Sveriges nationaldag)	June 6
Midsummer's Day (Midsommardagen)	The Saturday during the period 20–26 June
All Saints' Day (Alla helgons dag)	The Saturday during the period 31 October–6 November
Christmas Day (Juldagen)	December 25
Second Day of Christmas (Annandag jul)	December 26



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KNOWLEDGE - RESPONSIVENESS - PROACTIVITY - DEDICATION

