

MOVING TO SWEDEN

**A GUIDE FOR
INTERNATIONAL
STUDENTS**





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WELCOME

At the Stockholm School of Economics, being international is not a set of statistics about students or faculty; it is an attribute that pervades the School's culture. Our international students enrich cultural experiences in our classes, enlarge and globalize our professional network and, last but not least, serve as ambassadors for SSE, Stockholm, and Sweden in their home countries.

As a student at the Stockholm School of Economics (SSE), you will be studying in the center of the largest university city in the Nordic region. Stockholm is the financial center of Scandinavia and home to a wide variety of businesses and industries. With its breathtaking location on the Baltic Sea and its thirteenth-century Old Town, Stockholm is known as one of the world's most beautiful capital cities.

SSE is a small school, and the SSE student experience is unique. You are part of a close-knit group of students and professors, and you make friends for life. Classes are small and the faculty, although very often leading experts, are highly accessible. Teaching is non-traditional, hands-on and with many live cases. Not least, you will enjoy guest lectures, a number of company visits and, after graduation, join an excellent alumni network that spans the globe.

SASSE, the Student Association at SSE, organizes many events that encourage students to interact and work together through participation in major student-led projects. This includes the annual job recruitment fair *Handelsdagarna*, various business projects and many other interesting activities.

This booklet will provide you with relevant information that we hope you will find useful. Together with the Student Handbook, you should now have what you need to prepare for your arrival, settle in, and make the most of your time at SSE. You can also find all of these publications and the most up-to-date information at www.hhs.se.

Welcome!
SSE's Program Office

BEFORE YOU ARRIVE

IMMIGRATION AND VISAS

Many students will need to apply for a residence permit to study in Sweden. If you have any questions, we encourage you to begin by referring to the official website of the Swedish Migration Agency.

EU, EEA, AND SWISS NATIONALS

EU and European Economic Area (EU/EEA) citizens have the right of free movement and residence in Sweden. When entering Sweden, you need a valid passport or ID card that indicates your citizenship. However, please note that it is better to enter with your passport, in case you wish to travel during your studies to areas outside the EU/EEA. Also, Swedish banks do not accept non-Swedish ID cards for identification.

As an EU/EEA citizen, you can move to Sweden and study without applying for any kind of permit. EU/EEA citizens who want to stay in Sweden for more than three months in order to, for example, work or study, don't need to register their right of residence with the Swedish Migration Agency.

Please note that if you are a citizen of Switzerland, you must apply for a residence permit.

NON-EU/EEA NATIONALS

Non-EU/EEA nationals planning to study at a university in Sweden require a residence permit. Make sure to extend your passport if it is about to expire – you cannot obtain a permit for a period longer than your passport is valid.

To obtain a residence permit, you must have:

- a valid passport
- a letter of acceptance from SSE
- proof that you are able to support yourself for the planned study period
- paid the first portion of your tuition fee (if you are a BSc or MSc student obliged pay tuition fees). SSE will notify the Migration Board when the payment has been made.

WHEN TO APPLY FOR YOUR RESIDENCE PERMIT

We encourage you to apply as soon as you receive a letter of acceptance from SSE. The current waiting time is indicated on the official website of the Swedish Migration Agency.

HOW TO APPLY FOR YOUR RESIDENCE PERMIT

You must apply online after you have received your letter of acceptance. You will have to visit the Swedish embassy or consulate to be photographed and fingerprinted.

Please note that residence permits for BSc and MSc students can be granted for one year, while PhD students can be granted a permit for one or two years. You can renew your permit, provided you earn the number of credits required and can produce evidence of continued financial support. Renewal requests are processed by your local Swedish Migration Agency office. If you have any questions, please contact the Swedish embassy or consulate in your home country or the country where you currently live.

ACCOMPANYING PARTNER & CHILDREN

Spouses or couples with children moving with you to Sweden should apply for a residence permit at the same time. Your partner will normally be issued a residence permit that allows him/her to work for the duration of your residence permit to study. Please note that if you do not apply at the same time together as a family, the Swedish Migration Agency may take up to two years to issue a residence permit for accompanying family members.

Swedish Migration Agency
www.migrationsverket.se

Note: You will find the relevant information on their website under *Studying in Sweden*.



FEE-PAYING BSC AND MSC STUDENTS

To ensure access to higher education and attract highly qualified students, the Swedish government funds all higher education in Sweden for citizens of the European Union (EU) and European Economic Area (EEA) countries and Switzerland.

Studies at SSE are therefore free of charge if you have citizenship in an EU/EEA country, or Switzerland. Students who are not exempted on these grounds are required to pay SEK 100,000/year for bachelor programs and SEK 150,000/year for master programs. PhD programs at SSE are currently free of charge.

Tuition fees are paid in equal installments and each payment is due in full by June 1, and December 30 first year, and August 15, and December 30 the subsequent year(s). The invoice for the first installment will be sent to you with your letter of acceptance. All other invoices are sent one month before the due date.

The invoice can only be paid by bank transfer to the bank account stated on the invoice.

LOOKING FOR HOUSING

Accommodation is one of the most important issues for international students coming to Stockholm. Being happy with where you live will allow you to put all your energy into your studies. This is why we recommend that you spend time early in your preparation to look into your housing options.

Finding accommodation in Stockholm can be challenging. So, it is important to start looking well in advance. One alternative to renting student housing is to share an ordinary apartment or a house with other students.

Be careful when you look to sublet an apartment (known locally as a second-hand apartment). The majority of these advertisements are legitimate; however, be aware that there may be fraudulent ads targeting students desperate for housing. Never pay anything in advance to someone who doesn't have a Swedish bank account, who, for any reason, can't show you the place in person or who promises to send the key to you in your home country.

HOUSING THROUGH SSE

Located in the center of Stockholm, SSE does not have extensive on-campus housing to offer its students. As a result, you must arrange your own accommodation.

However, we offer a small number of rooms and apartments to international students, incoming exchange students, guest researchers, and visitors affiliated with the SSE. www.hhs.se/housing

HOUSING ELSEWHERE IN STOCKHOLM

Temporary accommodation

The following links can be useful for finding temporary accommodation while you search for somewhere more permanent. Be sure to book well in advance, as even hotel-type accommodation can be very scarce around the start of the semester.

www.investstockholm.com (The Talent Guide)

www.couchsurfing.com

www.vandrarhemstockholm.se

www.airbnb.se

Subletting

Opportunities for subletting in Stockholm are usually quite good, but you must be careful to avoid paying too much rent. Also make sure that the landlord has consented to the sublet, as otherwise problems could arise.

Read more on www.hhs.se/housing

Tip: *In case you don't find housing in advance, be prepared to stay in temporary accommodation (2–4 weeks), as it is easier to find an apartment when you are already in Stockholm. Please also keep in mind that you will find more housing offers if you are flexible in terms of location (be prepared to commute).*



SSCO

The Stockholm Federation of Student Unions (SSCO) maintains an online list of different student accommodation companies. You can stay in student housing for as long as you remain a student, but you must move out as soon as you complete your studies. Most companies also demand that you complete a certain number of credits per semester in order to qualify for tenancy.

www.ssc.se

You should sign up to the SSSB (Stiftelsen Stockholms Studentbostäder) queue as soon as possible. SSSB is the largest students housing company and is managed by the Stockholm Federation of Student Unions. However, don't sign up too early because you must become a member of the Student Association of the SSE (SASSE) within 90 days of joining the SSSB waiting list. You can only become a SASSE member when you are at SSE, after the semester has started. If, after 90 days, you are not a member of a student union, you will lose your amassed credit days.

www.sssb.se

Tip: To avoid your credit days being reset to zero, you can pause your place on the waiting list and return to it once you join the Student Association.

Rented accommodation

Stockholm operates a municipal accommodation agency, Bostadsförmedlingen, with which you can also register. The cost of joining their waiting list for accommodation is about SEK 250 per year. Waiting times vary depending on location. Not surprisingly, the most centrally-located residential areas have the longest waiting times. On their website you will find *Bostadsnabben* containing apartments that are ready for immediate occupancy on a first-come, first-served basis.

www.bostad.stockholm.se

Tenant-owner housing association apartments (bostadsrätt) for sale

There is an enormous range of tenant-owner housing associations in Stockholm. If you know that you will be living in Stockholm for a long period, you might consider buying an apartment. The prices vary widely between the inner city and the suburbs, with high square-meter prices in the inner city. In outlying areas, prices can vary more and are usually lower, generally decreasing as proximity to the center increases. The largest website for tenant-owner housing association apartments (and buildings) is *Hemnet*, which lists the majority of properties for sale.

www.hemnet.se

PACKING AND INSURANCE

Almost everything you need for your time at SSE can be purchased in Stockholm. However, Sweden has a relatively high cost of living that includes 25% VAT on most goods. So, deciding what to pack and bring with you will be important for your budget.

ELECTRICAL APPLIANCES

The electricity in Sweden is 220 V AC and 50 Hz, and plugs have two round pins (European standard).

Most appliances that you may need (laptop, hair dryer, razor, etc.) can be purchased here in Stockholm, but you may find that it is cheaper to bring such items from home.

HOUSEHOLD GOODS

You can buy household goods such as bedding, linen, and cooking utensils at reasonable prices at stores such as IKEA, Jula, Jysk, Rusta, and others.

CLOTHING

SSE Dress code

The daily dress code at SSE is informal or casual. However, we recommend that you bring at least one business suit with matching shoes and accessories that you can use for more professional occasions. SSE hosts a number of evening events as well, so you might want to pack an outfit for formal occasions and parties.

CLIMATE

Located just above 59° N. latitude, Stockholm has winters that can be very cold and summers that are warm at best. The average daytime temperature in January is -2.8°C , but temperatures in February can dip as low as -10°C or even lower. You may need to purchase cold weather gear while you are in Stockholm: a winter coat or jacket, solid boots, woolen hat, scarf, gloves or mittens, and long underwear. Although it may be quite cold outside, you will find that most Swedish homes and offices are centrally heated and quite warm. The average daytime temperature in July is 17.2°C , but temperatures in August can occasionally reach 30°C .

Stockholm is a very green city in the spring and summer months, which means that it can rain quite a lot. An umbrella and raincoat or rain jacket are definitely useful.

INSURANCE

Before you travel to Sweden, you should purchase a travel insurance that covers your trip and ensure that you have valid medical insurance covering you and any accompanying family members for the initial months in Stockholm before you have obtained your Swedish personal identity number (See page 10, Swedish Personal Identity Number). EU/EEA students should make sure they bring a European Health Insurance Card from their home countries or, alternatively, bring the terms and conditions for a fully comprehensive private health insurance policy.

All students registered at SSE are insured by the School (accident insurance and travel insurance). This insurance covers medical treatment and travel necessary for medical treatment for accidents that occur during SSE and SASSE activities. Students should have a Swedish personal identity number. The SSE insurance policy does not cover accidents away from SSE premises or outside SSE activities; the travel insurance is valid only for travel organized by the School.





TRAVELLING TO SSE

ARRIVING AT THE AIRPORT

If you are not an EU/EEA citizen, at Passport Control, you may need to show the Immigration Officer:

- a passport valid for at least three months after the final date of the visa
- a residence permit
- an acceptance letter from SSE
- evidence of accommodation (if available).

Remember to carry these documents in your hand luggage so they can be accessed easily. Please be aware of changing regulations in this area and keep up-to-date on requirements via the Swedish embassy in your home country. After going through Passport Control, you will be able to collect your luggage and move through to customs. There are two routes: a green exit if you have nothing to declare and a red exit if you have goods to declare. Please check www.tullverket.se/en for information about restricted items.

TRAVELLING FROM THE AIRPORT TO THE CITY CENTER

The airports that serve the greater Stockholm area are Arlanda, Bromma, Skavsta and Västerås.

The Arlanda Express train is the fastest way into town from Arlanda Airport. It only takes 20 minutes to Stockholm Central Station. Arlanda Express often offers discounts, especially on the weekends. Tickets are sold in vending machines on the way to the platform or online. www.arlandaexpress.com

Airport buses, *Flygbussarna*, run from all four airports and are the least expensive alternative. They arrive at *Cityterminalen*, adjacent to Stockholm Central Station. The airport buses also stop at other bus stops in Stockholm and the inner suburbs. Buses from Arlanda run regularly while those to and from Bromma, Skavsta and Västerås airports connect with arrival and departure times. The tickets are sold online or in the vending machines outside the baggage claim area. *Flygbussarna* also have a door-to-gate option, booked via the Door to Gate app. www.flygbussarna.se/en

The major taxi companies (Sverige Taxi, Taxi Stockholm, and Taxi Kurir) have fixed prices between SEK 450–550 for travel to and from Stockholm and Arlanda Airport. Always ask the driver in advance for the fixed fare. In addition to the major taxi companies, there are many private taxi drivers. As their prices are less predictable, caution is advised. See page 20 for further information.

It is easy to rent a car in Stockholm. Most major international car rental companies have rental locations at all of Stockholm's airports. It is possible to book in advance or at the airport. To rent a car, you will need a national driving license and a valid passport. Stockholm's inner city has road tolls for Swedish-registered vehicles, so be sure to ask if tolls are included in the rental price. However, if you choose this type of transportation, please note that there is limited parking available in the city center and parking fees are expensive.

AFTER YOU ARRIVE

SWEDISH PERSONAL IDENTITY NUMBER

As a student enrolled in a program lasting longer than a year, you should apply for a Swedish personal identity number (personnummer).

Having a *personnummer* is the key to Sweden. With this Swedish personal identity number, you can open bank accounts, get a library card, enroll your children at school, etc. The application for the identity number must be made at your local Swedish Tax Agency office, *Skatteverket*. Bring your passport, a letter of enrollment from the Stockholm School of Economics and, if you are married, your marriage certificate. Also bring a copy of your European Health Insurance Card or the complete terms and conditions of your comprehensive health insurance policy. The same requirement applies to any accompanying family members. Consult www.skatteverket.se for the visiting address and opening hours.

It may take a few weeks for you to receive your Swedish personal identity number. As soon as you receive it, you should apply for a Swedish ID card at the Tax Agency. Having a Swedish ID-card will make your life in Sweden a lot easier. You need it all the time!

WORKING WHILE STUDYING

International students are allowed to work in Sweden during their period of study. No additional work permit is needed. However, please be aware that it can be difficult to find a part-time job in Stockholm, especially if you do not speak Swedish. Consider as well that the programs offered at SSE are full-time programs and we do not recommend combining them with other demanding activities. If you fall behind in your studies, you may be asked to leave the program and your residence permit for studies may be revoked.





MONEY AND BANKING

As in most countries, due to strict regulations and security considerations, opening a bank account in Sweden as a foreign student takes significant effort. Banks are required to carry out stringent identity checks of customers. All banks charge a fee for their services. Sometimes, however, there are special offers for students.

If you are a PhD student you need to have a Swedish bank account during your studies in order to receive your scholarship or salary each month.

Opening a Swedish bank account requires that you have a Swedish personal identity number and a Swedish ID card. Therefore, for the first few months in Stockholm you should ensure that you have a bank account in your home country

Tip: *Never bring personal checks or large amounts of cash to Sweden! Personal checks will not be accepted, and banks will only accept cash deposits up to a maximum of SEK 5,000. Banks are also reluctant to accept foreign currency.*

with a credit/debit card attached to it. Please make sure that the account is in your name. Salary offices in Sweden, including the School's, cannot transfer scholarships or salaries to an account that does not belong to you.

You should make sure that you have enough money to cover your expenses for the first few months of your stay.

We strongly recommend you bring a VISA/Master Card so that you have access to funds in your existing bank account in your home country. Debit and credit cards are very widely accepted as a method of payment in Sweden.

The best way to send money to Sweden is via an online money transfer from a bank in your home country to your bank account in Sweden. Discuss this with your current bank before you come to Sweden.



SAFETY AND SECURITY

Stockholm is a relatively safe city. Even so, as in all major cities, you need to exercise common sense. Be aware of your surroundings and take sensible precautions. Never accept a ride in a car from a stranger.

CAUTION IN THE CITY

Stockholm has a reputation among tourists as a safe city. Unfortunately, groups of well-organized pickpockets sometimes take advantage of this by targeting the city, particularly during the major winter and summer sales, the Christmas shopping period, at outdoor concerts, or any other time when stores and streets might be especially crowded.

Avoid carrying large amounts of cash; most shops and taxis in Sweden prefer credit and debit cards.

SAFETY AT HOME

Always lock your apartment door and all windows when you go out, even for a short while.

Do not leave valuable items or personal documents visible through windows. Also make sure you have proper insurance coverage for your belongings.

SAFETY AT SSE

For any life-threatening emergency, call the national emergency number 112.

If you see anything suspicious during office hours, call the School's switchboard at +46 (0)8-736 90 00 to alert our reception. After office hours, call our security guard at +46 (0)70-555 55 98.

The main building is open to the public, and theft has sometimes been a problem. Do not leave your bag, laptop or cellphone unattended if you are sitting in the Atrium, in the SSE Library, in a classroom or in any of our other public areas.

IDENTITY THEFT

Identity theft is a growing problem in Sweden and elsewhere in the world.



Do not share personal information such as name, date of birth, address or bank/credit card information with anyone unless you know exactly who they are.

Be careful to securely dispose of any bank statements or other personal documents – shred them if possible.

Keep your passport and personal documents safe.

If the cashier asks for your Swedish personal identity number for your credit card transaction, show him/her your Swedish ID card instead of saying the number.

Never give your bank PIN code or security password to anyone. Neither the Stockholm School of Economics nor your bank will ever request this information from you via SMS, e-mail or regular mail. Should there ever be an issue with your bank account, the bank will request that you go in person to your branch office to resolve the problem.

PhD students: At your department, be wary of strangers in the corridors or strangers requesting to be let in. Ask them to state their purpose, and if they cannot correctly name a person they wish to see, or offer a legitimate reason for being there, do not let them in. Instead, refer them to the main reception at Sveavägen 65 for assistance.

When you leave your office, make sure to lock your door and close all windows securely. If you have a PC or a laptop in your office, you may wish to purchase a Kensington lock to chain it to a heavy piece of furniture. Most thefts on campus are of computer equipment, laptops, and smart phones – so beware.

HEALTHCARE IN SWEDEN

The Swedish healthcare system is financed by governmental social insurance that provides all citizens with subsidized healthcare. There are both public and private providers of healthcare. With a Swedish personal identity number, you are entitled to healthcare at the standard patient fee, with some exceptions depending on taxpayer status. Dental care is not fully subsidized and therefore relatively expensive in Sweden.

GENERAL MEDICAL CARE

Medical care is handled mainly through local, primary healthcare centers (*vårdcentral*). At a primary healthcare center, you can receive treatment for medical problems and illnesses that are neither urgent nor life-threatening. This is where most people go to see a general practitioner who will refer them to a specialist if necessary.

EMERGENCIES

For medical conditions that are urgent but not life-threatening, visit your local emergency unit (*närakut*). If you have a sudden and serious accident or illness, go to an emergency ward (*akutmottagning*) at a hospital.

Call the public service emergency number, 112, for ambulance assistance. You can dial the number at no charge from a cellphone or landline.

COST

The cost for visiting a primary care physician is around SEK 200. For visiting a hospital emergency room or seeing a specialist doctor, it is around SEK 350. The fees are subsidized by the Swedish government and the full price is higher (starting from SEK 1,775). If you do not have a

Swedish personal identity number or the European Health Insurance Card, you will have to pay the full price for medical care.

MEDICAL CARE FOR NORDIC, EU/EEA AND SWISS CITIZENS

If you are a citizen of any of the Nordic, EU/EEA countries or Switzerland, you have access to essential healthcare if you have registered beforehand at a social insurance office in your home country and obtained a European Health Insurance card.

If you do not have a European Health Insurance Card, you need to arrange your own private insurance coverage. This must be done in your home country before coming to Sweden. No private insurance companies in Sweden will insure a person who does not have a Swedish personal identity number. As indicated, medical treatment is expensive without some form of health insurance. However, once you have obtained a Swedish personal identity number, you are entitled to all healthcare coverage and will pay the Swedish patient fee.

You can check the specific rules applicable to you at Försäkringskassan, www.forsakringskassan.se



MEDICAL CARE FOR NON-EU/EEA CITIZENS' STAYS OF ONE YEAR OR MORE

As a student in a program lasting longer than one year, you are entitled to the same health benefits as Swedes. However, you must first register with the Swedish Tax Agency and obtain a Swedish personal identity number as soon as you arrive.

The application procedure can take some time, but you will be covered if you need medical treatment during the time your application is being processed. If you seek medical attention while waiting for your Swedish personal identity number, you will need to show proof of application.

Please note that Swedish medical care does not cover your journey to Sweden, or the time you spend in Sweden before applying for your personal identity number. We recommend that you have some form of travel insurance to cover this interim period.

MEDICAL CARE FOR CITIZENS OF ALGERIA, AUSTRALIA AND THE CANADIAN PROVINCE OF QUEBEC

Sweden has special agreements with Algeria, Australia, and Quebec for free emergency medical care. However,

only care for conditions that arise during (not prior to) your stay in Sweden is covered by these reciprocal agreements. If you are covered by one of these treaties, please contact the social insurance office in your home country for more information.

IN CASE OF ILLNESS – HEALTHCARE ADVICE HOTLINE

A useful number is the hotline for the national Healthcare Guide (*Vårdguiden*). This provides around-the-clock access to advice on health issues, even in English. You can get up-to-date contact information for local healthcare providers and advice on the most suitable healthcare facility for your particular health concern.

For more information, see: www.1177.se or call 1177.

VACCINATIONS

There are no vaccination requirements for any international traveler entering Sweden.

SWEDISH CULTURAL CODES

QUEUES (*KÖER*)

Swedes queue for their turn for EVERYTHING, including buses. Many services such as pharmacies and government offices have small take-a-number dispensers that help people keep their place in line. Cutting a queue is considered very rude.

PUNCTUALITY (*PUNKTLIGHET*)

Swedes are punctual. Wasting someone else's time by keeping them waiting is considered impolite. Lectures and lessons start on time. Appointments for doctors are for that exact time; if you are late, you will lose your time slot to someone else and will be charged for missing the appointment. If you are running late or cannot make it to an interview or appointment, do call and let them know.

SMOKING (*RÖKNING*)

Smoking is not allowed inside SSE, in public buildings, restaurants and pubs, or on public transportation. Many apartment buildings also prohibit smoking inside. You are only allowed to smoke either in designated smoking rooms indoors or outside the building, but not under someone's window or balcony.

RESPECTING QUIET HOURS (*LJUDMÄSSIG HÄNSYN*)

Swedes can be sensitive about their quiet hours, which are 10 pm to 7 am. If you make a lot of noise during these hours, you should not be surprised if a neighbor complains and asks you to lower the volume, or calls the police. Be sure to respect quiet hours, because if you annoy too many neighbors with your noise you can be evicted from your apartment.

SHOES (*SKORNA*)

Swedes almost never wear shoes they wear outdoors inside their homes. When you visit a Swedish home or apartment, you will be expected to take your shoes off immediately inside the front door. This keeps the sand and gravel from the streets out of the home. You may choose to bring a pair of indoor shoes to change into if you are not comfortable in your socks/stockings.

MEALS (*TACK FÖR MATEN*)

When invited home to a Swede for a meal, whether formal or informal, as a guest you are expected to thank your host/hostess for the meal. A simple *thank you for the meal* or Swedish *tack för maten* is the standard response in a Swedish home to any meal that someone else has prepared, breakfast, lunch or dinner. It is also appreciated if you bring a token gift with you (for example flowers, chocolate or wine).

GENERAL RIGHT OF ACCESS (*ALLEMANSRÄTTEN*)

Sweden has a unique right of access which applies to private uncultivated land. According to this right, you can camp away from houses for one night in small tents, and pick mushrooms, forest berries and flowers that are not protected, endangered or fenced off. You are not allowed to take wood, bark, leaves, or nuts from living trees or bushes. You also have right of access to beaches and swimming areas adjacent to private blocks of land. The guiding principle is that you leave the place as you found it and take any litter back home with you. Note that you are not allowed to drive cars across open land or on private roads.



DANGERS AND ANNOYANCES

The Stockholm area is generally safe, but there are a few annoyances and dangers you should be aware of.

TICKS

The greater Stockholm area, including the northern and southern suburbs and the Stockholm archipelago, are part of the tick zone. Ticks (Sw. *fästingar*, Lat. *Ixodes ricinus*) feed on mammal blood, including human blood. Ticks in the Stockholm region can carry two diseases, *Borrelia* (Lyme disease in the US), which can be cured by antibiotics, and Tick-Borne Encephalitis (TBE), a serious brain inflammation which is currently incurable.

If you have been walking or hiking in tall grass, forests or in the archipelago, check your body for ticks as soon as possible. If you find one, do not panic, but make sure you remove it with a pair of tweezers without squeezing it or leaving bits of the head under your skin. The pharmacies sell special tweezers for tick removal.

Note the date if you find a tick or tick bite on your body. You should contact your local medical clinic, *Vårdcentral*, if you develop any flu-like symptoms within one to two weeks of being in grasslands, forest or the archipelago, or after finding a tick or a raised red dartboard-like ring on your body. Tell the clinic personnel that you were or may have been bitten by a tick, so that they can run the proper tests and give you the required medical attention if you have been infected.

Many Stockholmers choose to vaccinate themselves against TBE in one of the many vaccination clinics around the city. In the spring period, it is even common to find vaccine buses around the city offering drop-in vaccinations at standard prices.

BIKE PATHS AND BICYCLES

Bicycles are considered vehicles in Sweden. Where there are no dedicated bike paths or bike signals, the cyclist is supposed to follow the signs and regulations for vehicular traffic. The Stockholm bike path can be potentially dangerous for the unsuspecting pedestrian and cyclist alike.

In parts of the city, the dedicated bike path merges with the city traffic, so if you want to bike in Stockholm, we strongly advise that you wear a helmet. Unfortunately, accidents involving cars and bikes, and bikes and pedestrians, are not uncommon.

DRINKING AND DRIVING

Sweden's drinking and driving laws are very strict, and the police are authorized to stop you at any time and administer a breathalyzer test. Driving with a blood alcohol limit over 0.02% can result in a prison sentence. Effectively, the blood alcohol limit is zero.

Systembolaget – or *Systemet* as it is usually called – is the government-owned chain of retail stores for alcoholic beverages containing more than 3.5% alcohol by volume. Sweden has very strict regulations concerning access to alcohol. The legal age for consuming alcohol is 18. However, you must be 20 years old to purchase alcohol at *Systembolaget*. Be prepared to show ID to verify your age. Drinking in public areas such as parks is prohibited.

SEAT BELTS

In Sweden, the law requires drivers and all passengers in a vehicle, including children and infants, to wear seat belts. It is required that children below 135 cm in height use a special car seat that is properly secured.

The seat belt law applies to travel by taxi as well. Taxis will provide car seats for children at no extra cost. When booking a taxi, make sure to mention if you are travelling with children.





SHOPPING AND EATING

SHOPPING

Stores are usually open from 10 am to 6 pm Monday to Saturday. Most supermarkets are open longer, and larger ones may even be open late at night. On Sundays, larger stores are open from 11 am to 5 pm.

Stockholm has become something of a shopper's paradise. From major retailers like H&M to niche boutiques the city is overflowing with great clothes, designer items, homewares, and pretty much anything else you might need. Close to the school you will find supermarkets such as Lidl and Coop. IKEA has two stores in Stockholm, at Kungens Kurva and Barkarby, and provides a shuttle service from the city center.

EATING

You will find modern concept restaurants, innovative kitchens and Michelin-starred restaurants. Stockholm has some of the world's best, most creative chefs. You will also find several food courts and market halls that mix traditional Swedish cuisine and international classics. Both vegetarians and meat eaters will find something delicious to eat. Food trucks, rolling restaurants in Stockholm, is serving a variety of cuisines such as vegetarian, Vietnamese, Turkish, raw food and Mexican. Simply put, good fast food at a good price.

Eating out in Stockholm can be expensive though, especially for those on a budget. It is worth knowing that many cafés and restaurants offer reasonably-priced daily lunches during the work week (*dagens lunch*) that typically include a main dish, salad, bread and coffee/tea.

Going for a *fika* is a typical Swedish pastime. This basically means meeting up for a coffee and some kind of cake or pastry. In all parts of Stockholm, you'll find cafés and cake shops brimming with atmosphere, character and quality, whether traditional or contemporary.

FOOD DELIVERIES

Most supermarkets offer the option of purchasing your groceries online and having them delivered to your residence for a small delivery fee. Websites are, however, mostly in Swedish.

COOKING

Some international students say that being able to eat the right food is the most important factor in helping them to feel less homesick. Getting used to the food in another country can take some time. If you are cooking for yourself, don't be afraid to ask for advice on where to buy the products you like or how to use the kitchen facilities. If you prefer to eat prepared meals, the local area will provide a variety of different cuisines.

Stockholm offers a wide range of international food shops, such as Asian, Korean, Japanese, Russian, American, French, Italian, etc. Special delicacies can be purchased in Hötorgshallen, Östermalms Saluhall, and Nytorget Deli. Organic food as well as gluten-free and lactose-free alternatives are widely available in most supermarkets.

EATING AT SSE

There is no restaurant at SSE. We have a small café where you can buy salads, sandwiches, some pasta dishes, snacks, coffee and other drinks.

Many students and department staff bring their own lunches. The School has dedicated areas with microwaves for heating your food. If you wish to eat out, you are in luck, as there are countless restaurants in the area around the School. The average lunch costs around SEK 100, and most lunch venues offer takeaway.

GETTING AROUND

SL – STOCKHOLM'S PUBLIC TRANSPORT SYSTEM

Stockholm is often praised for its comfortable, efficient and safe public transportation. Stockholm Public Transport, *SL*, is responsible for buses, underground trains, commuter trains, trams, and certain ferry lines in Greater Stockholm.

The subway is the easiest way to get around town. A single ticket is valid for 75 minutes and you can also buy passes for 24 hours, 72 hours and 30 days. The tickets can be purchased at ticket terminals, SL Centers, newsagent kiosks, the SL app, or by sending a text message. It is not possible to pay cash for tickets on board buses in Stockholm.

As a full-time student, you are entitled to a reduced price for the monthly travel card, valid for all public transportation in Stockholm. The card covers travel with SL at any time throughout Metropolitan Stockholm.

The student travel card is available for 30 or 90 days. An SL Access travel card itself is not tied to an individual, and anyone can purchase one. However, if you have purchased a student travel card at the reduced price, be prepared for ticket inspections requiring you to show your identification and a valid student ID. You must have a valid student ID for the entire period that your student travel card is valid. Acceptable student ID cards are *Studentkortet* and *Mecenatkortet*, both available as a digital app. All approved forms of student ID bear the SL logo.

You will receive your student ID card only after your arrival at SSE and after you register with the Student Association of the SSE (SASSE). Until that time, you will need to pay the full standard price.

You can buy passes and single-trip tickets at

- all major SL ticket agents, such as Pressbyrån
- SL Access ticket machines in subway stations and commuter rail stations
- SL Centers at Sergels Torg, Stockholm Central Station, Fridhemsplan, Gullmarsplan, Slussen and Tekniska Högskolan
- all major commuter rail stations at the ticket barrier office

For more information, please see sl.se/en





LOCAL BOAT TRANSPORT

Travelling by local ferries is a fantastic way to experience a city built on islands. Ferries are used by both commuters and tourists who want to sightsee.

Djurgården ferry

There are many ferry departures from Slussen out to the leafy island of Djurgården. The ferries are a classic feature of life in Stockholm and you can use your SL tickets and passes to travel on them. On Djurgården you find the amusement park Gröna Lund, many museums such as the ABBA museum and the Wasa museum, as well as Skansen, the world's oldest open-air museum.

Commuter ferries

Ferries from Nacka and Hammarby Sjöstad south of Stockholm will take you to the city center. There are also commuter ferries from Ekerö west of Stockholm and from the island Lidingö taking you to central Stockholm.

TAXI

There are many taxi companies to choose from in Stockholm. Approved taxis with metered fares always bear yellow number plates. Credit cards are accepted. Sweden does not regulate taxi fares; they may vary greatly from company to company.

It is the customer's responsibility to check prices beforehand. Before entering the vehicle, check the price on the yellow label, which is usually on the rear door window. The highest unit price of most taxis is between SEK 290–390. The price on the yellow label is based on a 10 km, 15-minute journey. The price indicated on the meter is in Swedish kronor.

You can easily get a taxi by calling a taxi company, hailing one on the street or approaching one in a taxi stand.

If you need to take a taxi late at night, we recommend that you use one of the three established companies:

- Sverige Taxi: 020-20 20 20, www.taxi020.se
- Taxi Stockholm: 08-15 00 00, www.taxistockholm.se/en
- Taxi Kurir: 08-30 00 00, www.taxikurir.se

We advise using caution with private taxis (i.e. firms other than the three mentioned above) even from taxi stands, as there have been complaints about overcharging, illegible receipts and the improper use of meters.

BICYCLE

You can purchase a season card or a 3-day card for Stockholm City Bikes at www.citibikes.se or through specific retailers, which allows you to borrow a bike from 140 sites around the city from April to October.

Bicycle lanes are separated from pedestrian paths and sometimes from the roads. However, bicycles are considered wheeled vehicles, so make sure to wear a helmet and have adequate lights and reflectors. If there are no specific signals or sign postings for bicycles, you are expected to follow vehicular traffic rules.

WALKING

Stockholm is a great city for walking and is very pedestrian-friendly. Some streets are car-free (for instance Drottninggatan, Biblioteksgatan, Götgatsbacken). However, the walking paths are often located next to the bike paths, so beware not to stray into the bicycle zone.

COMMUNICATIONS

You probably want to establish communication channels as soon as possible on your arrival to Stockholm. It's important to stay in touch with your family and friends back home, and with the new friends that you will make here.

The most convenient phone alternative is a prepaid SIM-card for a cell phone. SIM-cards can be bought where cell phones are sold and in convenience stores. Prepaid credit can be added at convenience stores, supermarkets or online. Using the same operator as your new friends can be smart, as making calls within one operator's network is usually cheaper.

As you will have access to SSE's wireless Internet on campus, another inexpensive option for keeping in touch with family and friends is by Skype and FaceTime (IP-telephony). Make sure you activate your Internet account first (see below).

INTERNET AND E-MAIL ACCESS

You will receive an e-mail account as soon as you are registered at the Stockholm School of Economics. This account must be activated by you in person, on location at SSE.

The IT Support team is available to assist you with all IT-related issues. You can contact them by phone, e-mail, or visit them on the first floor of Salmätargatan 13–17. For contact information and a list of IT-related services available to you as a student, please see the IT Support

page on the SSE Portal. You can also have your laptop configured to access Eduroam, the worldwide Internet service for university students, researchers and staff.

SENDING AND RECEIVING PARCELS AND POST

To receive post at your residence, you need to make sure to put your name on your physical mail box. The name needs to be neatly printed and clearly visible on the front of the mail box.

You can send and receive packages at convenience stores, in supermarkets and at gas stations that display the yellow and blue post office sign. The sign is circular and depicts a yellow post horn on a blue background. If you receive a parcel, a notification slip will be left in your mailbox informing you that you have a package to pick up and where to pick it up.

PhD students: You will have a small post box at your department, where janitors will deliver any internal post, or regular mail sent to you c/o SSE.





SPORTS AND RECREATION

Studying abroad may require major adjustments to your life. It involves moving away from friends and family, meeting high demands in a new academic environment and getting to know members of your department.

Adjusting to a new environment may make it difficult to find time for exercise or to unwind in other ways. However, don't forget that in order for you to study well, both body and soul need some time off for recreation.

The Sports Committee of the Student Association of the SSE (SASSE) offers a large variety of activities for participating in sports and having fun together. There are women's and men's teams for soccer, basketball, cheerleading, floorball and volleyball, and there are organized activities for badminton, squash, tennis, golf, and extreme sports.

There is also a wide variety of exercise facilities available commercially in Stockholm. This includes gyms offering spinning, yoga, and aerobics as well as a range of more innovative group-training forms. Here are some gyms that you might find close to both SSE and where you live:

- Friskis&Svettis
- SATS
- World Class
- PowerClub Gym
- Delta Gym
- Fitness 24Seven
- Nordic Wellness

Check with the gyms directly for special student prices and terms and conditions of membership.

The City of Stockholm operates several swimming halls, some of which have gym facilities. These are Eriksdalsbadet, Farsta sim- och idrottshall, GIH-badet, Husbybadet, Högdalens sim- och idrottshall, Skärholmens sim- och idrottshall, Tensta sim- och idrottshall, Vällingby sim- och idrottshall, Västertorps sim- och idrottshall, and Åkeshovs sim- och idrottshall.

IMPORTANT REMINDERS

- Get involved with the Student Association (SASSE); it can enrich your student life and help you get to know your new home.
- Start your search for housing early!
- Bring clothing appropriate for the climate, such as a warm jacket and boots suitable for winter.
- Be sure to get a Swedish personal identity number.
- Always carry your Swedish ID card with you when you leave home, even when you go to school.
- Be sure to have valid insurance.
- Always keep your personal information, such as banking codes, personal number and passwords, to yourself.
- Be smart when you are out at night. Never hesitate to contact the police in the event of ANY threat or danger!
- Always pay the fares on the public transportation system (subway, trains etc.). It may be tempting to “fare-dodge”, but this is a crime for which you can be fined heavily.
- Drinking alcohol in public places is forbidden.
- Respect quiet hours between 10 pm and 7 am. Keep music at a low volume during this time. If you have company, lower your voices.
- Do not be afraid to ask for help when needed; Swedes are generally happy to help.
- Always keep in mind that you represent SSE wherever you are!



TWO SWEDISH PHRASES THAT ARE GOOD TO KNOW

Tack för maten!

Means *thank you for the food* and is always used after a meal that has been prepared and served by someone else.

Ursäkta!

Means *I'm sorry* or *Pardon* and should be used e.g. when you bump into someone, or want to ask someone a question. Since politeness codes vary across cultures, it is better to say this once too often than too little. The same goes for the phrase *Tack*, which means *Thank you*.

STOCKHOLM SCHOOL OF ECONOMICS

The Stockholm School of Economics is rated as the top business school in the Nordic and Baltic countries and enjoys a strong international reputation. World-class research forms the foundation of our educational offering, which includes Bachelor, master, PhD, MBA, and Executive Education programs. Our programs are developed in close cooperation with the business and research communities, providing graduates substantial potential to attain leading positions in companies and other organizations. The School is accredited by EQUIS, certifying that all of its principal activities – teaching as well as research – maintain the highest international standards. The Stockholm School of Economics is also the only Swedish member institution of CEMS and PIM, which are collaborations between top business schools worldwide, contributing to the level of quality for our school is known.



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