



Stockholm School of Economics

# Guide

for International PhD  
Students



# Welcome

*At SSE, 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 an SSE PhD student, you will be studying in the center of the largest university city in the Nordics. Stockholm is the financial center of Scandinavia and home to many different types of business. 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 capitals.

SSE is a small school, and the SSE experience is unique. As a PhD student, 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, highly accessible. Teaching is untraditional, hands-on and with many live cases. Not least, you’ll 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.

We created this booklet to provide you with relevant information and hope that you will find it useful. Together with the PhD 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](http://www.hhs.se).

*All the best, SSE’s Program Office*



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## BEFORE YOU ARRIVE

# Immigration & 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 Migration Board in Sweden.*

### EEA AND SWISS NATIONALS

European Economic Area (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 EEA. Also, Swedish banks do not accept non-Swedish ID cards for identification.

As an EU citizen, you can move to Sweden and study without applying for any kind of permit.

EU citizens who want to stay in Sweden for more than three months in order to, for example, work or study, no longer need to register their right of residence with the Swedish Migration Board as of 1 May, 2014.

Please note that if you are a citizen of Switzerland, you must apply for a residence permit, see here: <https://www.migrationsverket.se/English/Private-individuals/EU-citizens-and-long-term-residents/Swiss-citizens.html>

### NON-EEA NATIONALS

Non-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.

In order 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

### 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 Migration Board in Sweden:

<https://www.migrationsverket.se/English/Private-individuals/Studying-in-Sweden/Universities-and-university-college.html>

### 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-general to be photographed and fingerprinted.

Please note that residence permits for PhD studies can be granted 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 Board 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

You should ensure that your partner and children who will be moving with you to Sweden, apply for a residence permit at the same time as you do. Your partner will normally be issued with a residence permit that allows him/her to work for the duration of your residence permit for studies. If you do not apply at the same time as a family, the Migration Board may take up to two years to issue a residence permit for accompanying family members.

You should apply as a family, even if your family is joining you a few months after, as otherwise it can take up to two years for them to get a permit.



# 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, there are some frauds working this market targeting students desperate for housing. Never pay anything in advance to someone who doesn't have a Swedish bank account, who can't show you the place in person for some reason or promises to send you the key to your home country.

*Tip: in case you don't find anything in advance, be prepared to live in a temporary accommodation (2–4 weeks), since it is easier to find an apartment when you are already in place in Stockholm. Please observe as well that you will find more housing offers if you are flexible regarding the location (be prepared to commute).*

## 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 make arrangements to find your own accommodation.

However, SSE offers a small number of rooms and apartments to international master students, incoming exchange students, PhD students, guest researchers and visitors affiliated to SSE. See: <https://www.hhs.se/en/Education/study-at-sse/housing/>

## HOUSING ELSEWHERE IN STOCKHOLM

### Temporary accommodation

The following links can be used if you need to find 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.

<http://www.investstockholm.com/before/find-a-home/>

<https://www.couchsurfing.com/>

### Subletting

Opportunities for subletting in Stockholm are usually quite good, but you have to be careful not to end up paying too high rent. Also make sure that the landlord has consented to the sublet, otherwise problems could arise.

<http://www.bostaddirekt.com/>

<http://www.akademiskkvart.se/>

<http://www.andrahand.se/>

### 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 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.

<http://www.ssko.se/en/student/bostad/>



You should sign up to the SSSB queue as soon as possible. SSSB (*Stiftelsen Stockholms Studentbostäder*), is the biggest students' housing company and is managed by the Stockholm Federation of Student Unions. See <https://www.sssb.se/>

However, don't sign up too early, since you must become a member of the Student Association of the SSE (SASSE) within 90 days of joining the SSSB queue; 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.

*Tip: to avoid your credit days being reset to zero, you can freeze your place in the queue and it will be resumed once you join the Student Association.*

### Rented accommodation

Stockholm operates a municipal accommodation agency where you can also register. The cost of joining their waiting list for accommodation is about SEK 250 per year. Waiting times vary from one residential area to another, where the inner city, not surprisingly, has the longest waiting times.

The city also operates a system called *Bostadssnabben* for apartments that are ready for immediate occupancy on a first-come, first-served basis. The site collects a number of rental apartments available through private landlords.

[www.lagenhetsportal.se/](http://www.lagenhetsportal.se/)

### Co-operative housing association apartments (*bostadsrätt*) for sale

There is an enormous range of co-operative housing associations in Stockholm, and 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 distance to the center increases. The largest website for housing association apartments (and houses) is *Hemnet*, which lists the majority of properties for sale. See <http://www.hemnet.se/>

# Packing & 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 220V AC and 50Hz, 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, linens, and cooking utensils at a reasonable cost at stores such as IKEA and ÖoB.

## 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 months that we do not have winter or fall, which means that it can rain quite a lot here; so an umbrella and raincoat or rain jacket will definitely be useful.

## INSURANCE

All students registered at SSE, including PhD students, 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 the travel organized by the School.

Before you travel to Sweden, you should purchase travel insurance to cover your trip and also ensure that you have a valid medical insurance to cover 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 students should also 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.



# Travelling to SSE

## ARRIVING AT THE AIRPORT

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

- A passport which is 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 that 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 <http://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 International airport, Bromma, Skavsta and Västerås.

Many transportation operators offer student discounts; however, you need to show a valid Swedish student ID to obtain the reduced fares.

The Arlanda Express train [www.arlandaexpress.com](http://www.arlandaexpress.com) is the fastest way into town from Arlanda Airport. It only takes 20 minutes from the airport 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.

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



The major taxi companies (Sverige Taxi, Taxi Stockholm, and Taxi Kurir) have fixed prices of between SEK 450-550 for taxi trips 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; because their prices are less predictable, caution is advised. See under page 21, “TAXI” for further information.

It is easy to rent a car in Stockholm. Most major international car rental companies have offices and rental locations at all of Stockholm’s airports. It’s 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 chose 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 (*personnummer*)

*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 often 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 Swedish personal identity number must be made at your local tax office, Skatteverket. Bring your passport, a letter of acceptance from SSE 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](http://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, apply for a Swedish ID card at the tax office. You need a Swedish ID card constantly, so carry it with you at all times; you will be asked for it for example when collecting prescription medication at a pharmacy, paying by credit card in a shop, conducting banking business, or buying alcoholic drinks at a bar.

## WORKING WHILE STUDYING

Foreign PhD 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. Observe as well that the PhD 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 & banking

*As in most countries, strict regulations and security considerations mean that it requires a significant effort for foreign students to open a bank account in Sweden. Banks are required to carry out stringent identity checks of customers. All banks charge a fee for their services; although there are sometimes special offers for students.*

You must have a Swedish bank account during your PhD studies so that you can receive your scholarship or PhD salary every month.

However, as opening an account at a Swedish bank requires that you have a Swedish personal identity number and a Swedish ID card, for the first few months in Stockholm you should ensure that you have a bank account in your home country with a credit/debit card attached to it. Please make sure that the account is in your name. Salary offices in Sweden, including ours, cannot transfer scholarships or salaries to an account which 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 to 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.

*Please note: 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.*



## Safety and security

*Stockholm is a relatively safe city, but as in all capital cities, you need to exercise common sense at night. Do be aware of your surroundings and take sensible precautions after dark: avoid badly lit streets, do not shortcut through parks but instead walk around them, and avoid walking alone. Never accept a lift in a car from a stranger.*

### CAUTION IN THE CITY

Stockholm has a reputation among tourists as a safe city, so unfortunately gangs of well-organized pickpockets sometimes target the city, in particular during the big winter and summer sales, during the Christmas shopping period, at outdoor concerts, or any other time when stores and streets might be particularly crowded.

Avoid carrying large amounts of cash; practically all shops and taxis in Sweden take 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 such as passports or ID cards 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 the SSE reception/switchboard.

After office hours, call our SSE security guard at +46 (0)70-555 55 98 if you see anything suspicious.

The main SSE 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 classrooms or in any of our other public areas.



At your department, be wary of strangers in the corridors or strangers requesting to be let in. Ask their business, and if they cannot correctly name a person they wish to see at the department, or offer a legitimate reason for being there, do not let them into the department, but ask them to go to the main reception at Sveavägen 65 for assistance.

When you leave your office, 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.

## IDENTITY THEFT

This is a growing problem in Sweden and elsewhere in the world.

Do not share personal information such as name, date of birth, address and 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 in a safe place.

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 number or security password to anyone. Neither SSE nor your bank will ever request this information of you via SMS or 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.

# Health care in Sweden

*The Swedish health care system is financed by governmental social insurance that provides all citizens with subsidized health care. There are both public and private providers of health care. With a Swedish personal identity number, you are entitled to health care 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 health care centers (*vårdcentral*). At a primary health-care center you can receive treatment for medical problems and illnesses that are non-urgent and not life-threatening. This is where most people go to see a general practitioner, who can then refer the patient to a specialist if necessary.

## EMERGENCIES

For urgent but not life-threatening medical conditions you should turn to a 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 without cost from a cell phone or a land-line.

## COST

The cost for visiting a primary care physician is around SEK200, and for visiting a hospital emergency room or seeing a specialist doctor, around SEK350. The fees are subsidized by the Swedish government and the full price is higher (starting from SEK1,775). 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 health care 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 you come to Sweden since no private insurance companies in Sweden will insure a person without a Swedish personal identity number. As indicated, medical treatment is expensive without some form of health insurance.

On the other hand, once you have obtained a Swedish personal identity number, you are entitled to all health-care coverage and pay the Swedish patient fee.

You can check the specific rules applicable to you at Försäkringskassan [www.forsakringskassan.se](http://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 at the Swedish tax office 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. While you are waiting for your Swedish personal identity number, you will need to show that you have applied for it when seeking medical attention.

Please note that Swedish medical care does not cover your journey to Sweden, or the time you spend in Sweden before applying for your Swedish 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 – HEALTH CARE ADVICE HOTLINE

A useful number to note is the hotline for the national Health Care Guide (*Vårdguiden*). It gives advice on health issues 24/7 even in English. You can get up-to-date contact information to local health care providers, and advice on the most suitable health care facility for your particular health concern.

For more information see: [www.1177.se](http://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 seen as impolite. Lectures and lessons start on time. Appointments for doctors are for that exact time; if you are late, you will lose your timeslot 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 p.m. to 7 a.m. If you make a lot of noise during quiet hours, you should not be surprised if a neighbor complains and asks you to lower the volume, or calls the police. Do respect quiet hours, because if you annoy too many neighbors with your noise after hours 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 you are invited home to a Swede for a meal, whether formal or informal, you are expected as a guest 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, pick mushrooms, forest berries and flowers which are not protected, endangered or fenced off. You are not allowed to take living wood, bark, leaves, bushes or nuts. 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 grasslands, 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 have special tweezers for tick removal.

Note the date if you find a tick or tick bite on your body. Note too if you develop any flu-like symptoms within one-to-two weeks of being in grasslands, forest or the archipelago, or after having found a tick on your body, or if you find a raised, red dartboard-like ring on your body. In such cases, you should contact your local medical clinic, *Vårdcentral*, and mention 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 advice that you wear a helmet. Accidents involving cars and bikes, and bikes and pedestrians, are unfortunately 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 breath-analyzer test. Driving with a blood alcohol limit over 0.02% can mean a prison sentence. So, the limit is effectively zero.

*Systembolaget* – or *Systemet* as it is usually called – is the state's monopoly retail outlet for carry-out drinks stronger than 3.5% percent alcohol. Weaker drinks can be sold in supermarkets and gas stations. Swedish regulations are very strict concerning access to alcohol. One has to be over 18 to drink any alcohol, and one has to be over 20 to buy alcohol at *Systembolaget*; the cashier can ask you for your ID to verify your age. Drinking in public areas such as parks is prohibited.

## SEAT BELTS

In Sweden, the law requires that all automobile passengers, including the driver and any babies and children, must wear seat belts. All babies and children who are shorter than 135 cm will require special car seats which are properly attached inside the car.

The seat belt law applies to travel by taxi as well. Taxis will provide children's car seats at no extra cost. Make sure you mention you are travelling with children when you book your taxi.

# Shopping and eating

## SHOPPING

In Sweden, the working week is Monday to Friday with most offices shutting down for the weekend. Therefore, Saturday is traditionally a day for shopping. Nowadays many people go shopping on Sundays as well, although not all shops may be open on both days.

Shops are usually open from 10 am to 6 pm on Monday to Saturday. Most supermarkets are open for longer hours and larger ones may even be open until late at night. On Sundays, larger shops are open from 11 am to 5 pm.

The typical shopping areas in Stockholm are Östermalm, Södermalm and the City Center. IKEA has two stores in Stockholm, at Kungens Kurva and Barkarby, and offers a shuttle service from the city center.

## EATING

Stockholm is a city boasting exceptional seafood, which is no wonder considering it is surrounded by water, teeming with both fresh and saltwater delicacies. There are plenty of restaurants and cafés specializing in traditional Swedish cuisine, and a huge assortment of Indian, Italian, Thai and Turkish places.

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 working 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 to meet 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 single 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 facilities in the kitchen. 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 etc. Special delicacies can be purchased in Hötorgshallen, Östermalm's Saluhall, Nytorget Deli. Organic food is widely available in most supermarkets. Gluten-free and lactose-free alternatives are available in most large supermarkets.

## EATING AT SSE

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

Many PhD students and department staff bring their own lunches to SSE; all departments have dedicated kitchen 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 SEK100, and most lunch venues have takeaways.

At any events organized by the School, it is common to cater for special dietary requests as long as you have informed the organizer in advance.



# Getting around



## SL – STOCKHOLM'S PUBLIC TRANSPORT SYSTEM

Stockholm is often praised for its comfortable, efficient and safe public transportation. Stockholm Public Transport, SL [www.sl.se](http://www.sl.se), is responsible for buses, underground trains, commuter trains, trams and certain ferry lines in Greater Stockholm.

The underground is the easiest way to get around town. Tickets can be purchased at SL Centers, newsagent kiosks like Pressbyrån, or via SMS. It's not possible to pay cash for tickets on board buses in Stockholm.

As a full-time PhD 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 24/7 throughout Greater Stockholm.

The student travel card is available for 30 or 90 days. A student travel card, which is loaded onto an SL Access card, is not tied to a particular individual, and anyone can purchase one. However, when travelling and at ticket inspections, you must be prepared 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 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 buy full-price tickets.

Where to buy passes and single-trip tickets:

- 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 <https://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 wanting to take a better look around. There are regular ferry departures from Nybroviken and Slussen out to Djurgården, an island.

### Djurgården ferry

These include white Djurgården ferries that depart from Djurgården from Slussen. They are a classic feature of life in Stockholm and they carry people to Skansen, Waldemarsudde or the Rosendal gardens. During the spring and summer they also ferry people to the Gröna Lund amusement park. The ferries also make a regular stop at Skeppsholmen. All SL monthly travel card holders (not prepaid cards) travel free on the Djurgården ferry.

Other ferries: M/S Lotten or M/S Lisen

The ferries take you across the water from Södermalm to Luma and Hammarby Sjöstad, Stockholm's latest, most modern city district. Ferries run daily during the summer and on spring and fall weekends. These ferries are free of charge.

## 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. Check the price on the yellow label which is usually on the rear door window, before entering the vehicle. 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 taximeter is in Swedish kronor.

You can easily get a taxi by calling a taxi company, hailing one on the street or by taking one from 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 (formerly Taxi 020) 020-20 20 20  
<https://www.taxi020.se/>
- Taxi Stockholm 08-15 00 00  
<https://www.taxistockholm.se/en/>
- Taxi Kurir 08-30 00 00  
<https://www.taxikurir.se/>

We advise caution in the use of 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 taxi meters.

## BICYCLE

You can buy a season pass of Stockholm City Bikes at the Stockholm Tourist Center or on the web and borrow a bike from 110 sites around the city from April to October. <http://www.citybikes.se/home>

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

## WALKING

Stockholm is a good city for walking and is very pedestrian-friendly. Some streets are car-free (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 everywhere 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 internet access in your PhD student offices and also 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-Telephone). Make sure you activate your internet account first (see below).

## INTERNET AND E-MAIL ACCESS

As a PhD student, you will receive an e-mail account as soon as you are registered at the SSE. This account must be activated by you in person, on location at the school.

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

You will also 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 great 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. More information can be found here:

<https://www.sasse.se/new-student>

There is also a wide variety of exercise facilities available commercially in Stockholm. This includes gyms offering spinning, yoga, aerobics as well as a range of more innovative group-training forms. Here are some gyms that you might find close both to the School and to the place 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 pools, some with gyms. These are Eriksdalsbadet, Farsta sim- och idrottshall, Forsgrenska badet, GIH-badet, Husbybadet, Högdalens sim- och idrottshall, Skärholmens sim- och idrottshall, Tensta sim- och idrottshall, Vällingby sim- och idrottshall, Västertorps sim- och idrottshall, Åkeshovs sim- och idrottshall.



# IMPORTANT REMINDERS

- Get involved with the Student Association (SASSE); it can enrich your student life and help you to get to know your new home.
- Start your search for housing early!
- Bring clothing appropriate for the climate, for instance 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 your 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. If ANYTHING happens, always contact the police!
- Pay the fares on the public transportation system (subway, trains etc.). It may be tempting to fare-dodge, but this is a crime and you will be fined heavily if caught.
- Drinking alcohol in public places is forbidden.
- Respect quiet hours between 10 pm to 7 am. Turn your music down after hours, and 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 the other way around. The same goes for the phrase “Tack”, which means “Thank you”.









## Stockholm School of Economics

The Stockholm School of Economics (SSE) is rated as the top business school in the Nordic and Baltic countries and is highly regarded internationally. SSE offers programs of the highest international standards, including bachelor, master, PhD, MBA and executive education programs. The school also conducts world-class research. Our programs are developed in close cooperation with the business and research communities, giving our graduates great potential to attain leading positions in companies and other organizations. The school is accredited by EQUIS, certifying that all of the main activities – teaching as well as research – are of the highest international standards. SSE is also the only Swedish member institution of CEMS and PIM, which are collaborations between top business schools worldwide, contributing to the high quality SSE is known for..

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