

***The Guide to Living, Working and Studying
in the Göteborg Region***



www.businessregion.com

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Business Region Göteborg

Business Region Göteborg is a non-profit company that is responsible for further expanding trade and industry in the Göteborg Region through new commercial developments and investments, as well as fostering and sustaining a diversified business climate.

The information presented in this handbook is useful for expatriates, entrepreneurs, and students – or anyone, relocating or moving to Sweden. Business Region Göteborg has developed this guide, and therefore, there is a predominant focus on the Göteborg Region.

The Region consists of 13 municipalities, represented by the orange shaded area, in the map below.



For information regarding housing, schools, services, etc. in a particular town in the Göteborg Region, please contact directly the responsible municipality, as per the details listed below:

Ale Municipality, Jerry Brattåsen, tel: +46 303-33 02 77, email: jerry.brattasen@ale.se, www.ale.se

Alingsås Municipality, Lennart Anderberg, tel: +46 322-61 69 00, email: lennart.anderberg@alingsas.se, www.alingsas.se

Härryda Municipality, Bengt Christensson, tel: +46 31-724 63 06, email: bengt.christensson@harryda.se, www.harryda.se

Kungsbacka Municipality, Håkan Edvardsson, tel: +46 300-83 40 50, email: hakan.edvardsson@kungsbacka.se, www.kungsbacka.se

Kungälv Municipality, Henny Lundberg, tel: +46 303-23 91 06, email: henny.lundberg@kommun.kungalv.se, www.kungalv.se

Lerum Municipality, Hans Parck, tel: +46 302-52 16 16, email: hans.parck@lerum.se, www.lerum.se

Lilla Edets Municipality, Kjell Hermansson, tel: +46 520-65 95 40, email: kjell.hermansson@lillaedet.se, www.lillaedet.se

Mölndal Municipality, Lars Ekberg, tel: +46 31-315 13 11, email: lars.ekberg@molndal.se, www.molndal.se

Partille Municipality, Christer Samuelsson, tel: +46 31-792 11 08, email: christer.samuelsson@partille.se, www.partille.se

Stenungsunds Municipality, Bo Falkevi, tel: +46 303-680 00, www.stenungsund.se

Tjörn Municipality, tel: +46 304-60 10 00, email:
naringslivsforum@tjorn.se, www.tjorn.se

Öckerö Municipality, Bo Michelson, tel: +46 31-97 63 63, email:
bo.michelson@ockero.se, www.ockero.se

Göteborg Municipality, Petra Sedelius, tel: +46 31-61 24 22, email:
petra.sedelius@brg.goteborg.se, Roger Strömberg, tel: +46 31-61 24 12, email:
roger.stromberg@brg.goteborg.se, www.businessregion.se

DISCLAIMER

The information that follows is based on Business Region Göteborg's interpretation, and it is therefore recommended that you contact the appropriate authorities, as listed in the text, if you have further questions or concerns. The company and contact names referenced in this homepage have been solely used to provide you with examples and should not be interpreted as partisanship. It is; therefore, advised that you search for a complete list of company contacts either through links to other homepages, as listed in the text, or in the yellow pages. All prices quoted, in the text that follows, are subject to change due to market conditions.

Facts about Sweden

Sweden's History

During the mid 1600's, Sweden was a great power in northern Europe, controlling Finland, the present day Baltic States as well as a number of provinces in northern Germany. Sweden, at this time, and long into the 1900s, was predominantly, an agrarian country, lacking the defence resources needed to maintain its position as one of the most powerful nations in Europe. Denmark, Poland and Russia, combined forces, in the Great Northern War of 1700-1721, which largely reduced Sweden's frontiers to its present day boundaries. Sweden, today, is similar in size to the state of California with a surface area of approximately 450,000 square kilometres (174,000 square meters).

The Swedish Industry and Economy

Over half of Sweden's land surface is covered with forests and its countryside and coastlines are clearly marked by thousands of lakes and islands, creating a rich domestic supply of timber and hydropower. These natural resources together with an abundant reserve of iron ore helped to rapidly transform Sweden's agrarian economy into a modern industrial nation by the mid 1900s and later into today's post-industrial society. Despite a period of macro-economic imbalances in the 1980's, and a depression in the 1990's (the worst since the 30's), the Swedish economy has rebounded with distinct growth in the telecommunication and pharmaceutical branches and with strong export performance in these knowledge intensive industries. Today, the research and development intensity in the Swedish manufacturing sector is among the highest in the world. Swedish manufacturing companies such as AstraZeneca, Electrolux, Ericsson, SCA, Volvo, etc. account for approximately half of Sweden's total exports.

The Swedish People

Sweden has a population of 9 million with approximately 85% of its population living in the southern half of the country. The Swedish population remained visibly homogenous well into the early decades of the 20th century with only two minority (native) groups existing: the Finnish people of the northeast and the Sami (Lapp), the nomadic people of the north. By the mid 1950's; however, Sweden's 'melting pot' began to warm with the influx of immigrants from Bosnia, Yugoslavia, Greece, western Germany, Turkey, Poland, Italy, the United Kingdom, etc. Today, every 20th person in Sweden is a foreign citizen and every 10th person was born outside of the country.

The Swedish Governmental Structure and Foreign Policy

Sweden has a constitutional monarchy, with King Carl XVI Gustaf, possessing symbolic powers, and a one-chamber parliamentary democracy, possessing political powers. The power to enact laws is vested in the Swedish Parliament. Its legislative members are directly elected for a four-year term through a proportional representation system. Sweden has seven official political parties: The Social Democratic Party, The Moderate Party, The Liberal Party, The Christian Party, The Left Party, The Centre Party and The Green Party. Today, the Social Democratic Party controls power in the Swedish Parliament, through a political coalition. It has done so since the 1920's with the exception of a few short time periods, a continuity that is unique in modern political history in Western Europe.

On the regional level, Sweden is divided into 289 municipalities (kommun, in Swedish). Each municipality is responsible for schools, social services, elderly care, care of people with physical or learning disabilities, physical planning and building, as well as certain environmental tasks and rescue services. Complementing this municipal structure, Sweden also has 18 county councils (landsting, in Swedish), as well as two health care regions, including the municipality of Gotland's regional unit, all of which are responsible for: health care services for hospitals, outpatient care for local health care centres, public dental services, and psychiatric care.

Sweden has been a member of the European Union since 1995, with a goal of building a united Europe from the foundations of democracy, solidarity, and openness. Sweden has been involved in such efforts as the Partnership for Peace (PFP) and the Euro-Atlantic Partnership Council, both with a focus on remedying persisting local and regional

conflicts in Europe, as well as being an active participant in global cooperation through such international organisations as the OECD and the World Bank.

Law and Justice

Sweden has a hierarchy of general courts, consisting of: a district court (tingsrätt), a court of appeal (hovrätt) and the Supreme Court (högsta domstolen). Only cases that may set legal precedent may be tried before the Supreme Court.

Demographical Developments in Sweden

Sweden has one of the highest population ratios of elderly people in the world, with more than 17% of its population being over 65 years of age. Sweden's birth rate has diminished considerably, especially during the 1930's, making population growth a political issue. A national family policy was endorsed, aimed at helping women combine family life and a career. Today, Sweden is a country with an unusually high female labour-force participation rate. 80% of women with pre-school children (under 7 years of age) are employed outside of the home, although they often work on a part-time basis.

The Göteborg Region

Göteborg is Sweden's second largest city, with approximately 481,000 inhabitants living within the city centre and 872,155 inhabitants living in the Göteborg Region. 50% of Scandinavia's industrial capacity is located within a 300-mile radius of the Göteborg Region. The region's strategic position was admired even as early as the 1600's, when the Swedish King, Gustav II Adolf, founded the city in 1621, with the aim of making it Sweden's gateway to the west. The city was modelled largely according to a Dutch architectural design with many man-made canals, fortresses, and moats, becoming one of the best-defended cities in Northern Europe. During the 19th century, the city expanded dramatically and in turn, some of the fortresses were demolished, some of the canals were filled in, the harbours and quays were extended, and the city's port grew to be by far the largest in the Nordic region. Despite the city's expansion, there are still a number of historical buildings that have been preserved from the 19th century such as the Stock Exchange Building, the Central Railway Station, the Stora Theatre, the Feskekörka (an indoor fish market) and the Saluhallen building (an indoor marketplace). Two historical buildings inside the moat are still standing: the Kronhus and the Torstensson Palace, now residence of the County Governor, and several fortresses are remaining outside of the city: Skansen Kronan, Skansen Lejonet, and the New Älvsborg Fortress.

Göteborg is not only a historical city but is also an international city. The city's international climate has existed since it's founding. The first City Board consisted of five Dutchmen, three Swedes, two Germans and two Scotsmen and the city had, at this time, three official languages. Even today, the city's international feeling can still be attributed to the influence of people from abroad. English is widely spoken and television programs can be viewed in Swedish, English, German, French, etc. You will quickly feel at home in Göteborg. It is a city embracing a high quality lifestyle, a rich cultural life, a clean environment, as well as having beautiful coastlines and scenery. Göteborg is a pleasant place for people to work, live and relish. Welcome to the Göteborg Region!

Check-List

Prior to Moving

- Inform the appropriate authorities, in your home country, that you are moving abroad.
- Gather official documentation about your civil status, work certificates, school and medical records. etc.,
- Renew your passport, if it will expire within six months, otherwise being granted residence and work permits can be difficult,
- Apply for residence and/or work permits, as applicable, depending on your employment status,
- Apply for a visa to enter Sweden, if applicable, reference can be made to www.regeringen.se/content/1/c6/01/35/31/6d80899b.pdf for a list of countries requiring a visa to enter Sweden,
- Arrange a comprehensive health plan, in your home country, if you will reside in Sweden for a period of less than 12 months,
- EU citizens should bring the E111 form issued to you in your home country. This form will cover health benefits until you are registered in the Swedish social security system.
- Complete a Tv 740 42 form for customs relief on personal belongings that will be imported to Sweden from a non-EU/EFTA country,
- Make a complete inventory listing of all household items that will be moved to Sweden,
- Arrange housing,
- Research daycares, schools, or universities for your children, if applicable.

After Moving

- Report to the local tax office (Skattemyndigheten - www.rsv.se/folkbokforing.) in your town to apply for civil registration and a Swedish personal ID number (personnummer), if intending to reside in Sweden for at least 1 year,
- Report to the local social insurance office (Försäkringskassan - www.fk.se/other/eng/index.php) to register for social insurance benefits, if you will reside in Sweden for at least 1 year and do not intend to remain with the social security system of your home country,
- Enrol children in daycares, schools or university, if applicable,
- Resolve housing and electricity issues that may remain,
- Open a bank account,
- Install a telephone,
- Resolve issues regarding special taxation for expatriates, pension funds, trade unions, etc.,
- Enrol in a Swedish course

Permits and Visas

Entry Visas

EU/EEA citizens as well as citizens from countries that Sweden has special agreements with, such as the United States, Canada, Japan and Switzerland, among others, do not require entry visas for short-term stays in Sweden (ex. doing business, attending conferences or workshops, entering as a tourist, passing through in transit, etc.). Citizens from these member countries may stay in Sweden up to three months without seeking a visa. Citizens coming from countries outside of this membership must obtain a visa to enter Sweden. A list of those countries needing a visa to enter Sweden can be located at: www.regeringen.se/content/1/c6/01/35/31/6d80899b.pdf

Forms for entry visas can be downloaded at: www.migrationsverket.se/english.jsp or ordered by contacting the Swedish Migration Board at telephone: +46 31 774 61 00, fax: +46 31 795 53 30. In addition, such forms can also be obtained from Swedish Embassies/Consulates abroad. The application cost for an entry visa is approximately 315 SEK.

Residence and Work Permits - EU/EEA Citizens

The permits required for an EU/EEA citizen will vary according to the length of your stay in Sweden.

Sweden is a member of the European Union (EU). The following countries are also EU members: Austria, Belgium, the Czech Republic, Cyprus, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, the Netherlands, Poland, Portugal, Slovakia, Slovenia, Spain and the United Kingdom. Citizens of Iceland, Norway, Switzerland, and Liechtenstein also enjoy the same freedom of movement, within the territories of the signatory nations, as citizens of EU member states.

As an EU/EEA citizen, you are entitled to freedom of movement within the EU/EFTA member states. This freedom of movement, entitles you to the right to work in any of the member states without having to obtain a work permit. You need only a valid passport or ID card, clearly stating your nationality, to enter and work in Sweden. However, if you will live in Sweden for a continuous period of more than 3 months, then, you must have a residence permit. It should be noted that if you will work in Sweden longer than 3 months, but are domiciled in another EU/EFTA country in which you will return to at least once a week, you do not require a Swedish residence permit.

Permits for Extended Stays (Longer than 3 months) - EU/EEA Citizens

To apply for a residence permit, you must attach a copy of your passport or ID card, as well as documentation demonstrating your status as an employed person, a self-employed person, a consultant or freelancer, a family member, etc. As an employed person, you must attach a certificate of employment, written and signed by your employer, showing the duration and type of employment involved. In addition to the company name, address and phone number, a company contact person should also be included. Self-employed people must attach a certificate of the company's incorporation showing that the company is registered with Sweden's Patent and Registry Office or include a copy of your company's tax card. As a consultant and/or freelancer you must disclose a document describing your services (ex. the type of service supplied and how long it will be offered and received by a customer). This document or contract must be written and signed by whoever is using and supplying the service. Family members must attach a certificate verifying kinship or economic dependency. As a student you must show that you have been admitted to an upper secondary school or university, that you can support yourself and will not be a burden on the Swedish social insurance system, and that you have a comprehensive health plan that is valid in Sweden. Your application for any of the previously mentioned categories is free of charge and may be sent to the Swedish Migration Board (Migrationsverket, in Swedish), The Permit Unit, Streteredsvägen 90, 428 80 Källered, or to any Swedish Embassy or Consul in your home country or the country in which you are currently residing. Your application can take up to 6 months to process and your permit's validity will vary in length, depending on your status (work, studies, etc.). The list of addresses and contact information for Swedish Ambassadors, Consuls and other Representatives abroad can be located at www.utrikes.regeringen.se/sb/d/3696. For further information concerning residence permits, please visit the Swedish Migration Board, www.migrationsverket.se or contact them directly, at either of the following numbers: telephone: +46 31 774 6100, fax: +46 31 795 5330.

Permits for Non-EU/EEA Citizens

The process of applying for residence and/or work permits, as a non-EU/EEA citizen, will vary according to the purpose and length of your stay in Sweden. For example, are you an international employee (expatriate) who will be employed by a company here in Sweden, are you a self-employed entrepreneur who will establish a business here in Sweden, or are you a researcher or student who will be studying and/or working here in Sweden? It should be noted that Swedish citizens, foreigners already residing in Sweden, and citizens of the EU/EEA member countries have preference over others in terms of employment.

Permits for Expatriates (Non EU/EEA Citizens)

You must have a work permit to work in Sweden as an international employee. If you will be employed, in Sweden, longer than 3 months, then, you must also obtain a residence permit and in some cases an entry visa, as discussed at the beginning of this section. To apply for your work permit you must have a written offer from your employer in Sweden (use a special form, which your employer can obtain from the National Labour Board www.ams.se) insurance coverage and other terms of employment equal to the collective agreement or Swedish practice in your respective profession or branch, a place to live, and expectations to leave Sweden when the term of your employment is completed. In addition to these compulsory conditions, it is suggested that you have a letter of recommendation from your Swedish employer stating why an international employee with your applicable skills and qualifications is required as opposed to a Swedish employee. Your application may be sent to the Swedish Embassy or Consulate in your home country or the country in which you are currently residing, and will take, on average, 6-8 weeks to process. Your permit is, most often, granted for one year at a time and can be renewed at the Swedish Migration Board, Stretredsvägen 90, 428 80 Källered. The list of addresses and contact information for Swedish Ambassadors, Consuls and other Representatives abroad can be located at www.utrikes.regeringen.se/sb/d/3696. For further information concerning work permits, please visit the Swedish Migration Board www.migrationsverket.se/english.jsp or contact them directly, at either of the following numbers: telephone: +46 31 774 61 00, fax: +46 31 795 53 30.

* For a list of daily exchange rates, please visit www.exchangerate.com.

Permits for Self-Employed Entrepreneurs (Non EU-EEA Citizens)

If your permanent residence is not in Sweden, you do not need a residence permit or a work permit to establish a company in Sweden or function as a partner in a company in Sweden. However, in some cases an entry visa may need to be sought, as discussed at the beginning of this section. However, if you will establish a company in Sweden or participate as a partner in a Swedish company, and will live in Sweden for a continuous period of more than three months, then a residence permit is required, though a work permit is not required, as you are self-employed. In some cases, an entry visa may need to be sought, as previously discussed.

To apply for a residence permit, when establishing a company in Sweden, you must demonstrate through a commercial evaluation, that your business plans are realistic and can generate satisfactory profitability, you have the necessary capital needed to establish or buy a company in Sweden (through documented evidence), you are able to support yourself and your family for at least one year in Sweden (as your family is not entitled to a work permit), you have a detailed company plan including a market study, a forecast budget, a list of customers and/or contacts, as well as verification of your experience in the applicable industry and a copy of your school and/or university diplomas. In the case of applying for a residence permit, to buy a company in Sweden, you must disclose the company's economic reports or audits for the last two applicable years. The decision regarding your application can be reached much faster, if you submit an expert report from an authorised auditor here in Sweden (the auditor's costs must be paid by you). This expert report should testify that the company's plans are realistic and that the company can secure a satisfactory level of profitability. Your application may be sent to the Swedish Embassy or Consulate in your home country or the country in which you are currently residing, and will take, on average, 3 months to process. Your permit is, most often, granted for 6 months at a time and can be renewed by contacting the Swedish Migration Board. The list of addresses and contact information for Swedish Ambassadors, Consuls and other Representatives abroad can be located at www.utrikes.regeringen.se/sb/d/3696. For further information concerning residence permits, please visit www.migrationsverket.se/english.jsp or contact them directly, at:

telephone: +46 31 774 6100, fax: +46 31 795 5330.

Permits for Students (Non EU/EEA Citizens)

To study in Sweden as a high school student, university student or PhD student, you must have a residence permit if you will stay in Sweden for a period exceeding 3 months and you must have a work permit if you will work as an intern or practitioner related to your studies. In some cases an entry visa may also need to be sought. Please refer to the beginning of this section for more information.

To apply for a residence permit as a student, you must:

Show that you have been accepted into a school or university, and will study full-time

Demonstrate that you have sufficient funds or savings to support yourself (at least 6300 SEK/month* during a 10 month school term), and

Testify that you will leave Sweden when your studies are completed.

*For a list of daily exchange rates, please visit www.exchangerate.com.

Your application may be sent to the Swedish Embassy or Consul in your home country or the country in which you are currently residing, and will take, on average, 6-8 weeks to process. Your permit is, most often, granted for one year at a time or in accordance with the length of your studies, and can be renewed by contacting the Swedish Migration Board. The list of addresses and contact information for Swedish Ambassadors, Consuls and other Representatives abroad can be located at www.utrikes.regeringen.se/sb/d/3696. For further information concerning residence and work permits, in the case of an internship and work related to your studies, please visit the Swedish Migration Board www.migrationsverket.se/english.jsp or contact them directly, at either of the following numbers: telephone: +46 31 774 6100, fax: +46 31 795 53 30.

Permits for Guest Researchers (Non EU/EEA Citizens)

As a guest researcher, you require a work permit either because of employment in your homeland or because of economic compensation that you will receive here in Sweden. If you stay in Sweden, longer than 3 months then you will also need to apply for a residence permit. In some cases you may also need an entry visa.

To apply for these permits, you must:

Have a written offer from the university or institution where you will conduct the research. This offer should be completed on a special form, which your employer can request from the National Labour Board at www.ams.se. This offer must demonstrate that your work is part of an international exchange program or that there is a special need for someone with your competence in Sweden, that your employer guarantees you pay, insurance coverage and other terms of employment equal to at least the collective agreement or Swedish practice in your respective profession.

*For a list of daily exchange rates, please visit www.exchangerate.com.

Your application may be sent to the Swedish Embassy or Consulate in your home country or the country in which you are currently residing, and will take, on average, 6-8 weeks to process. Your permit is, most often, granted for one year at a time or in accordance with the length of your research, and can be renewed by contacting the Swedish Migration Board. The list of addresses and contact information for Swedish Ambassadors, Consuls and other Representatives abroad can be located at www.utrikes.regeringen.se/sb/d/3696. For further information concerning work and residence permits, please visit the Swedish Migration Board's www.migrationsverket.se/english.jsp or contact them directly, at either of the following numbers: telephone: +46 31 774 6100, fax: +46 31 795 53 30.

Permits for Miscellaneous Short-Term Employment

Information regarding work permits for seasonal employment, sportsmen/coaches, performing artists, au pair employment, as well as working holiday visas, please visit the the Swedish Migration Board: www.migrationsverket.se/english.jsp.

The Schengen Agreement

The Schengen Agreement's rules concerning travel within the Schengen zone now apply to Sweden, as well. So citizens with Swedish residence permits can travel freely throughout the Schengen Zone, for a period of up to three months, without first applying for an entry visa. All travellers must have a valid passport, and personal travel insurance.

The member countries that have signed the Schengen Agreement include: Austria, Belgium, Denmark, Finland, France, Germany, Greece, Iceland, Italy, Luxembourg, the Netherlands, Norway, Portugal, Spain, and Sweden.

Important to Note for Non-EU/EEA Citizens

If you will reside in Sweden for less than a year, regardless of whether you will work or study here, you are not entitled to social benefits under the Swedish social insurance system. You must intend to reside in Sweden for at least 12 months to be civilly registered and to receive a personal ID number (personnummer, in Swedish) so that you can qualify for social benefits in Sweden. It is, therefore, critical that if you will reside in Sweden for less than a year that you take out a comprehensive health plan, in your country of permanent residence, to cover costs in the case of an accident or illness, during your stay in Sweden. This note is not applicable to EU/EEA citizens who can qualify for benefits under the Swedish social insurance system regardless of how long they will reside in Sweden.

Co-ordination numbers

This is a uniform identification number for people not registered in the Swedish population records. Normally these people residing here in Sweden for less than a year, they are provided with co-ordination number as opposed to a personal ID number (personnummer, in Swedish). These numbers were introduced in January 2000

Importation of Personal Goods

Importation of Personal Property

The process of importing your personal belongings to Sweden varies depending on your country of residence. If you are moving from one of the EU member states, you do not need to declare your belongings with the Swedish Customs (the only exception being the importation of weapons and certain foods).

Declaration of all personal belongings; however, is necessary if you are moving from a country outside the EU. If your normal place of residence was outside the EU for a continuous period of at least 12 months prior to moving to Sweden, you may apply for customs relief on your personal property, granting you an exemption from paying a duty or Valued Added Tax (VAT). Personal property comprises such belongings as: household effects, bicycles, motorcycles, private motor vehicles and trailers, camping caravans, private airplanes, family pets, etc. Except in special cases justified by the circumstance(s), you may apply for customs relief on your personal belongings, using a Tv 740 42 form, if:

1. The goods have been in your possession, and in the case of non-consumable goods, used by you in a non-EU country, for at least 6 months prior to your move to Sweden.
2. The goods will be used for the same purpose in Sweden as they were in your previous place of residence.

Customs relief will only be granted on personal property imported within 12 months of your move to Sweden. Personal property may be imported in several separate consignments during this 12-month period. However, such goods may not be loaned nor rented out during this period. Customs relief may be granted on personal property before you establish your normal place of residence in Sweden, provided that you establish your place of residence within a period of six months.

When seeking customs relief, you may be asked to prove your move to Sweden, showing for example, a copy of an employment contract, work and/or residence permits, etc. You may also be asked to show proof of certain purchases, for example, invoices, receipts, etc.

More information regarding Swedish Customs regulations for importation of personal property for non EU/EEA residents can be found at:
<http://www.tullverket.se/en/Business/brochures.htm>.

Vehicles

All vehicles must be cleared through customs for permanent use in Sweden as well as being registered in Sweden. The customs authorities handle registration when the vehicle is imported from outside the EU; otherwise the registration procedure is handled by the Swedish Motor Vehicle Inspection Co. (Bilprovningen). The vehicle may be driven for one week after the date of importation to Sweden, with proof of a valid, foreign registration, while awaiting registration and inspection approvals in Sweden. After this week, you must seek temporary registration, if you have not yet received confirmation of permanent registration, and wish to continue using the vehicle. Application forms for temporary registration may be ordered from the Swedish Road Administration at telephone: +46 771 14 15 16 or by downloading them from the following site:
www.vv.se/filer/Blanketter/201018_e.pdf.

For further information concerning registration and inspection requirements, please visit their homepage www.vv.se. Additional information can also be found by visiting the Sweden's Motor Vehicle Inspection Company homepage www.bilprovningen.se or by contacting them directly at telephone: +46 771 600 800.

Alcohol and Tobacco Products

Generally, customs relief is not granted on alcohol and tobacco products. Alcohol may be imported to Sweden; however, a duty must be paid. To import alcohol, you must be at least 20 years of age and the beverages must be intended only for your family's consumption. Tobacco products may also be imported with a duty charge, provided that you are at least 18 years of age.

For further information and details concerning the importation of personal belongings,

please visit the Swedish Custom's homepage, www.tullverket.se or by contacting them directly at telephone: +46 771-23 23 23.

Household Pets

Household pets (dogs, cats, etc.) do not require an import license to enter Sweden; however, certain conditions must be met with respect to vaccinations and disease control, such as rabies. These conditions vary depending on the country that the animal is imported from. Some pets such as birds and reptiles require an import license and for aquarium fish, a declaration must be sought, showing that import conditions have been met. For more detailed information regarding the various import conditions for different countries, please visit the homepage of the Swedish Board of Agriculture, located at www.sjv.se or contact them directly at telephone: +46 36 15 50 00, fax: +46 36 19 05 46, email: jordbruksverket@sjv.se. Please note that you should contact the Swedish Board of Agriculture well in advance of importation to ensure that you obtain the most current information regarding importation of animals into Sweden.

Social Security

Civil Registration, Social Insurance and Health Care Issues

Civil Registration and Personal ID Numbers

After moving to Sweden, and assuming that you will reside in Sweden for at least one year, you must report to the local tax authority office (skattemyndigheten, in Swedish) in your town or community as soon as possible, to apply for civil registration. If your family has moved with you, they too must report to the local tax office. To apply for civil registration you and your family members must bring the following to the local tax office:

Passports (with your residence and/or work permits as well as entry visas, if applicable),

Documents relating to your civil status (married/divorced),

Birth certificates for children under 18 years of age.

After you have been registered at the local tax office, you will receive in the mail, a personal identification number (personnummer, in Swedish); a number formed from your birth date plus 4 additional numbers assigned to you by the tax office. This personal number, similar to an American Social Security number, is essential in Sweden to qualify for social insurance, to open a bank account, to receive your salary, to enrol your children in school or day care, etc. You will use this number even in a store, as identification, when paying with your credit card. In such cases, you must always show one piece of identification, verifying your personal number. If you do not hold a Swedish driver's license, which shows your personal number, then, you should have a personal ID card made with your personal number. These ID cards can be made at any Swedish bank or post office.

For more information concerning civil registration, please visit the Swedish Tax Authority www.skatteverket.se or contact them directly at telephone: +46 771-567 567, fax: +46 31 743 6800, email: goteborg@skatteverket.se.

Social Insurance

The Swedish social insurance system is financed predominantly by employer contributions, which is approximately 32.8% of an employee's gross salary. As soon as you receive your personal number, you must go to your town's social insurance office (Försäkringskassan, in Swedish) to register yourself for such benefits as health care, dental and medical care, family and/or child care allowances, worker's compensation, etc. unless you decide to remain with the social security system of your homeland (more information follows in the section entitled 'Transferable Benefits'). To register for social insurance benefits, in Sweden, you must have with you, your passport, and you will need to complete an enrolment form while at the social insurance office. If your family has moved with you, they too must appear in person to apply for social insurance benefits. For more information, please visit the homepage of Sweden's Social Insurance Office, located at www.fk.se/sprak/eng/ or contact them directly at telephone: +46 771-114 114.

Social Security – Transferable Benefits within the EU

To enhance the ability of a workforce that can move uninhibitedly within the EU labour market, certain EU rules have been applied, regarding social security.

In most cases an expatriate moving to Sweden has the right to choose between belonging to Sweden's social security system and remaining with the social security system of their homeland.

In the former case, you as an expatriate have the same rights to Sweden's social security system as a Swedish citizen assuming that you are a citizen of an EU/EEA member state. Such rights also apply to family members of an expatriate. The time you work in Sweden and pay into Sweden's social security system may be used together with the time and amount you have paid into the social security system in your homeland, in order to qualify for certain social security benefits. So in other words, you may sum together the time you have paid into different social security systems while

living and working in different EU countries, if needed to qualify for certain benefits, such as maternity leave. You may have only worked 6 months in Sweden before having a child but you are entitled to count or apply your time worked in another EU country, in order to qualify for maternity and/or parental benefits. In addition, you are entitled to those benefits, for example old age pensions, which you paid into during your stay in Sweden, even after returning home. It is advised that you contact your social insurance office, in advance of your move to Sweden for more information regarding social security benefits.

If you choose to remain with the social security system of your home country, during your time in Sweden, you have right to the social security benefits in your homeland as if you worked in your homeland during your time in Sweden. To remain with the social security system of your homeland during your stay in Sweden, certain criteria must be met:

- You are a citizen of an EU/EEA member state.
- You are employed by a company in your homeland with operations in Sweden that have sent you abroad or you are a self-employed entrepreneur with a business in Sweden.
- Your work in Sweden is not expected to exceed more than 12 months. If it appears that your work will exceed 12 months, an extension must be applied for before the end of your first year in Sweden. An extension may be granted for a maximum of 12 succeeding months.

Your employer should contact the social insurance office in your home country, completing certain forms, if you wish to remain with the social security system of your homeland during your stay in Sweden. It should be cautioned that the social security rules for each EU country differ and therefore, the previous discussion provides only a general overview regarding the transferability of social security benefits. For more detailed information, it is recommended that you speak directly with the social insurance office in your country of residence, doing so before your move to Sweden.

Health Care

Medical Care

The blue tabbed pages in the yellow telephone directory explain the procedure for accessing the healthcare system (See page 11 of this section, listing contact information in several languages).

If you are sick, you can seek medical advice 24-hours a day from a nurse at telephone: +46 31 703 15 00 or book a time with a doctor at the local medical centre (vårdcentral, in Swedish) in your town. For a list of medical centres or clinics, please reference the yellow telephone book, in the blue section titled 'primärvård' (primary care) and check the listing under your municipality. There are also several private doctors, if you prefer to always see the same doctor. Some of these doctors are recognized by the regional health board, meaning that you will pay the same co-payment per visit as you would if you visited a doctor at a local medical centre. Those private doctors, who are not apart of the regional health system, will charge much higher co-payments per visit as all of their costs are privately funded. A written referral from a primary care doctor at the local medical centre is required before you can see a specialist. For more information, please visit the homepage 'Your doctor', located at www.dinlakare.nu, clicking the category 'English', located at the bottom of the start page.

In the case of a life threatening emergency, dial 112, Sweden's emergency number or phone an ambulance at telephone: +46 31 703 13 00.

In case of an accident or serious illness, go directly to one of the hospital emergency rooms. It is preferred that you contact them before hand if the situation/time permits. Telephone numbers to emergency wards (akutmottagning, in Swedish) at nearby hospitals are as follows:

Sahlgrenska Sjukhuset Tel: +46 31-342 10 00

Östra Sjukhuset Tel: +46 31-343 40 00

Mölnåls Sjukhus Tel: +46 31-343 10 00

Frölunda Sjukhus Tel: +46 31-342 50 00

Carlanderska Sjukhuset (a private hospital) Tel: +46 31-81 80 00.

Costs

A visit to the emergency room of a hospital will cost considerably more than a visit to the doctor at a health care centre.

If the doctor belongs to the social security system, your visit will cost less than if the doctor does not belong to the system (a private doctor). Children are exempted from this co-payment fee until 18 years of age.

Pharmacies and Medicine

The larger pharmacies ('Apotek') are opened Monday to Saturday, generally from 9 am to 6 pm, with the pharmacy, Apoteket Vasen, located in the Nordstan shopping mall; being opened extended hours. This pharmacy is opened 8 am to 10 pm, seven days a week. For a list of pharmacies, please consult the pink pages (pages 20-21) of Göteborg's yellow telephone book, under the heading 'Apotek'. All residents of Sweden (those with a Swedish personal number) pay a discount for prescription drugs and the full cost of non-prescription drugs.

Dental Care

Dental care (tandvård) is free for children/teenagers up to and including 19 years of age, for those residents holding a Swedish personal number. Those who are 20 years of age or older, pay a partial cost for dental care, assuming that the dentist is affiliated with the social insurance system. Dentists are listed in Göteborg's yellow telephone book, in the blue section, under the heading 'Folktandvård' or 'tandvård' (dental care). The list is divided according to town or municipality so that you can easily locate a dentist nearest to your home or workplace. In the case of dental emergency or acute pain, you may seek help at telephone: +46 31 80 78 00.

* For a list of daily exchange rates, please visit www.exchangerate.com.

Support for Families with Children

Sweden offers generous support for families with children in comparison to many other countries. If you are a Swedish resident, holding a Swedish personal number, you will qualify for such benefits as parental allowances, childcare allowances, maintenance support, disability allowances as well as adoption allowances, if applicable. You must intend to reside in Sweden for at least 12 months, to qualify for such benefits. For those families who are not EU/EEA citizens and will be studying or working in Sweden for shorter intervals, 3 months, for example, it is necessary to take out a comprehensive health plan in your country of permanent residence so that you have coverage in the case of illness or an accident during your stay in Sweden.

The Swedish National Pension System

In the autumn of 2000, Sweden implemented a new national pension system. This new system is divided into three parts: an income pension, a premium pension, and a guaranteed pension for those with low income or no income. The amount paid into the new pension system is 18.5 % of your pensionable income with special ceilings for high-income salaries. Your pensionable income is predominantly comprised of your salary but also includes other taxable benefits such as sick pay, maternity/paternity leave, unemployment insurance, etc. 16% of this 18.5% is paid into the income pension, a national or federal pension that everyone is entitled to when they reach 61 years of age. The money paid into this income pension; however, is used today to pay those who are retired. To compliment this income pension, you pay also 2.5% into a premium pension, a pension plan where you invest and distribute your money in different funds (a maximum of 5 funds). At the beginning of each year, you will receive a notice informing you about the status of your chosen funds. If you are not satisfied with their progress, you may choose other funds and may do so as often as you wish, without paying a penalty.

This national pension system is applicable to foreign citizens working in Sweden, just as it is for Swedish citizens. Your pension entitlement, as a foreign citizen, depends on how long you have worked in Sweden, your income, as well as the development of your chosen funds in the premium pension. You also have the choice not to choose premium pension funds. In this case, all of your money will be transferred to the Premiesparfonden, which is managed by a national fund, Sjunde AP-fonden.

For more information concerning the income pension or guaranteed pension for low-

income families, please contact your local Social Insurance Office (Försäkringskassan) at telephone: +46 771 114 114 or visit www.fk.se.

For additional information regarding the premium pension, please visit the home page of the Premium Pension Authority, located at www.ppm.nu or by contacting their customer service number at telephone: +46 771 776 801.

Important to Note for EU/EEA Citizens

As an EU/EEA citizen you have the right to social benefits from the Swedish social insurance system from the first day of entry into Sweden, even if you will be residing in Sweden for less than one year. In order to qualify for benefits from the Swedish social insurance system, a health care certificate must be shown, proving EU/EEA citizenship and that you are entitled to social insurance benefits in your home country.

Practical Issues

Practical Information

Housing

Sweden has a very good standard of housing with homes being nicely furnished and well equipped with modern appliances. When you rent or buy an apartment or house, the household appliances (refrigerator, stove, oven, dishwasher, etc.), are generally included in the rent or the purchase price. When renting an apartment you will either have a washer and dryer within the confines of your own home or within the apartment complex whereby you will share these facilities with other tenants. A Laundromat or launderette is very uncommon in Sweden. Practical work areas for housekeeping chores, such as drying and ironing clothes, are important in the Swedish household.

Renting an Apartment

In Sweden, each property or apartment building is owned entirely by one company or private individual. In contrast to many other European countries, it is unusual for one apartment complex to have several different, independent, private owners. Rents will vary in accordance to the building's costs (how old or new the complex is) and where it is located.

There are two types of rental contracts available in Sweden, both of which can include heating costs in the rent. You can have a 'first hand contract' (förstahandskontrakt) where you rent directly from the building's owner or you can have a 'second hand contract' (andrahandskontrakt) where you sublet from the individual who rents directly from the owner. A 'first hand contract' is often quite difficult to obtain in central Göteborg unless you are willing to pay a very high rent. While a 'second hand rental' is much easier to find, the disadvantage is that the rental period is usually for a short period of time. Given its short rental period, a 'second hand' rental is sometimes furnished, which is uncommon for a 'first hand' rental. Generally, you must give your landlord three months notice before you intend to move out. It is recommended that you submit your notice in writing, keeping a copy for yourself, in order to avoid any misunderstanding.

Göteborg's Housing Association (BoPlats Göteborg) can assist you in finding a 'first hand' rental. You can visit www.boplatsgbg.se or contact them directly at telephone: +46 31-10 02 50. To find a 'second hand' rental you can contact the following companies: Apartment tel: +46 31-87 01 05, fax: +46 31-87 01 06, Bostads Bolaget tel: +46 731 5000, fax: +46 731 5150, SGS Veckobostäder tel: +46 31-708 13 30, fax: +46 31-81 24 97, Företagsbostäder tel: +46 31- 17 00 25, fax: +46 31-711 24 60, IT Bostad Scandinavia AB tel: +46 31 711 73 72, fax: +46 31 711 73 12.

Företagsbostäder (meaning business apartments, in English) specialise in renting out furnished apartments, on a short-term basis, as an alternative to subletting an apartment or staying in a hotel. Företagsbostäder rent out approximately 200 apartments with rental guests staying anywhere from one week to four months. For more information regarding Företagsbostäder, please visit www.foretagsbostader.se, or contact them directly as per the numbers listed above.

IT Bostad Scandinavia AB specialises in renting out both furnished and unfurnished apartments. They particularly assist companies in finding short-term and longer-term rentals for employees. For more information, please visit www.itbostad.se, (available only in Swedish) or contact them directly as per the numbers listed above.

Design Apartments is an apartment-hotel, centrally located in Göteborg. They rent tastefully furnished apartments with kitchen facilities, which can be rented from one night to several months or more. For more information regarding Design Apartments, please visit www.designapartments.se or by contacting them directly at telephone: +46 31- 80 22 40.

In addition to these companies, please refer to the 'yellow pages' in the telephone book under the heading 'Bostads företag' for a complete listing of all rental agencies.

Buying an Apartment

You can buy an apartment or condominium whereby you pay an inset fee and then a lower monthly rent than those who rent an apartment. This lower monthly rent is paid to the housing association for such things as reparations. The inset fee or purchase price

can vary substantially depending on the apartment's size and location. The average buying price for an apartment in the Göteborg area is approximately 12,000 SEK per square metre. For a list of companies selling apartments and condominiums, please visit Göteborg's Housing Association www.boplatsgbg.se, or contact them directly at telephone: +46 31 10 0250, email: info@boplats.se. Similar information is also available in Swedish at www.hemnet.se.

Renting a House or Town House

Sweden does not have a strong tradition of renting houses so the housing rental market is very limited with very few real estate agents specialising in this area. The real estate agents focus primarily on assisting clients with buying and selling transactions only. It is; however, possible to rent a house from a Swedish family, for example, that will work abroad for a short period of time or from a family who want to sell their house but will rent it out during the interim while waiting for the market price to go up. Generally, the best times to rent a house are in January or during the months of June and July.

Bostruktur

As its Swedish name suggests this new company implements a structure in rental housing, making life easier for the tenant and the landlord. A key aspect is freeing up the second hand contract houses, which all too often people are reluctant to let. Located in Göteborg right now, but set to start up in Stockholm and Malmö as well. However this neutral company acts as a filter between the tenant and the landlord, and protects both by applying contacts with specific rules. Tel +4631 7 480 480 Fax +4631 7 480 680 www.bostruktur.se Email: fredrik@bostruktur.se

Buying a House or Town House

Given that Sweden does not have an established real estate market that focuses on renting houses, it is much more common to buy a house and then sell it when you move. The average purchase price for a villa or house in the Göteborg area is approximately 17,000 SEK per square metre.

For a list of real estate agents, please visit the homepage of Göteborg's Housing Association, located at www.boplatsgbg.se.

For additional assistance with respect to relocation or housing questions or concerns, you can contact the following companies:

Key Relocation Centre AB, located at www.keyrelocation.se or contact them directly by phone: +46 31 40 59 59 or fax: +46 31 40 59 40.

DFS Relocation provides Expats with solutions for housing, schools and all other practical issues that may arise when moving to a new country. With over 13 years of experience in helping companies take care of personnel relocating to the Göteborg region. A task that includes finding solutions for housing, schools and all other practical issues that may arise when moving to a new country. Our goal is to help the Expats settle in their new environment. www.dfsrelocation.se Info@dfsrelocation.se Tel +46 (0) 31 711 27 80 Fax +46 (0) 31 711 27 85

Electricity and Energy

To install electricity in your home or apartment, you must contact Göteborg Energy - the company that owns the networks in Sweden, after which time, you have the freedom to choose among numerous energy companies for different electricity prices and services. For more information regarding Göteborg Energy, please visit at www.goteborgenergi.se or by contacting them directly at telephone: +46 31-62 60 00, fax: +46 31-15 25 01, email: kundservice@goteborgenergi.se. For a list of energy companies in the Göteborg Region, please refer to Göteborg's yellow telephone book, in the yellow section, under the heading 'Energiförsäljning' (energy sales). This list will include such companies as: Plusenergi AB www.plusenergi.se tel: +46 20-55 00 60, Shell www.shell.se tel: +46 20-45 08 00, Sydkraft www.sydkraft.se tel: +46 20-22 24 24.

The electrical voltage in Sweden is 230 volts / 50 Hz so smaller household appliances that you may be taking with you such as an iron, hair dryer, toaster, blender, etc. may require an adapter depending upon which country you are moving from. You may also ask an electrician or hardware store if it is possible for them to change the appliance's plug so that an adapter is not needed, noting; however, that a transformer may still be needed to convert the voltage.

TV Channels and Cable Television

The Swedish Broadcasting Corporation is state-owned being financed through license fees. The company is divided into four subsidiaries: television, nationwide radio, local radio, and educational radio and television. Swedish television has four national channels; two of which are state controlled and have a strong emphasis on cultural and educational programs, as well as showing current debates and the news. These national channels are experiencing intense competition from a growing number of cable and satellite channels, which offer more light entertainment and channels from all over Europe. CNN International, BBC World and British SKY NEWS, for example, have become important news channels in Sweden. Some of the larger cable television providers are Com Hem, www.comhem.se, customer service telephone +46 771 55 00 00 and Kabelvision (a part of Tele 2) located at www.tele2.se, customer service telephone +46 200 22 55 00.

Daily Newspapers in the Göteborg Region

www.thelocal.se (online only Sweden's news in English)

Göteborgs-Posten(written in Swedish)

Dagens Industri (has a small section in English)

IDAG (written in Swedish)

International newspapers can be purchased throughout Göteborg.

Banking

There are four major banks in Sweden,

SE-banken* www.seb.se, telephone: +46 31 62 10 00, offers international client services (ICS),

Nordea Banken* www.nordea.se, telephone: +46 771 22 4488,

Föreningssparbanken* www.fsb.se, telephone: +46 771 22 11 22

Svenska Handelsbanken www.handelsbanken.se, telephone: +46 31-774 82 30.

*One of the world's top ten Internet banks, in terms of accessibility, navigation features, customer service, content and technology.

The most common banking hours are 10 am to 3 pm, Monday to Friday, with some banks staying open later on Thursdays. The banks are not open on Saturday. It is advised that you go to one of the banks in your neighbourhood and arrange a meeting time to open your account. You must have already received your personal number (please reference the section Civil Registration and Personal ID Numbers, for more information), to open the bank account. During this visit, ask your bank adviser to inform you about the alternative procedures in paying your monthly bills (rent, electricity, etc.). The Swedish process can differ substantially from the system of your home country. Cheques, for example, are not as frequently used in Sweden as in other countries. There is a fairly high bank fee levied on their use.

There are also a number of foreign banks with branches in Sweden. For a list of these banks, please visit Invest in Sweden Agency www.isa.se, clicking on the category 'links', located at the top of their home page, and then on the heading 'Branches of Foreign Banks in Sweden'.

Telephone Installation

To install a phone in your home, you must contact Telia; the company that owns and operates the telephone lines and networks in Sweden. It is recommended that you contact Telia at one of the following numbers or visit a Telia store at one of the following locations (since their home page, www.telia.se, can only be viewed in Swedish):

Arkaden (central Göteborg) Tel: +46 31-80 25 50, Frölunda Torg (west Göteborg) Tel:

+46 31-770 89 20, Brogatan 12 (Mölndal) Tel: +46 31- 770 80 85, Backavägen Tel:

+46 31-770 84 60, Götgatan 15, Nordstan Tel: +46 31 770 15 66.

Telia will ask for your personal number and a letter verifying who you are (a 'personbevis,' which you can request from the local tax authority office (Skattemyndigheten), at the same time you apply for your personal number). Once Telia have installed your telephone, you can choose from among many different operators with varying phone plans. There are numerous companies, some of which include: TDC Song www.tdcsong.se Tel: +46 20 140 12 12, Tele 2 www.tele2.se Tel: +46 8-56 26 40 00), Glocalnet www.glocalnet.se Tel: +46 775 75 75 75)

Internet Subscription

To subscribe for Internet, there are numerous companies that you can choose among, offering various types of broadband services (ADSL, cable or satellite) Some of these companies include: Bredbandsbolaget at www.bredbandsbolaget.se Tel: +46 8 506 983 00); Rix Telecom www.rixtelecom.se Tel: +46 200 580 580); Tele2 www.tele2.se Tel: +46 8-56 26 40 00); Glocalnet at www.glocalnet.se Tel: +46 775 75 75, Telia (see telephone numbers listed above); and Com Hem www.comhem.se +46 771 55 00 00. The prices and service packages vary, of course, from company to company.

Telephone Directory

The Swedish telephone directory consists of two separate books: a white book and a yellow book. The white book lists all private and family telephone numbers from A to Ö (a Swedish vowel that comes after the letter Z). The yellow book has numerous coloured sections, listing various kinds of information. The purple pages list information concerning different types of telephone services, the green pages list social and municipal information, the blue pages list health care and hospital information, the pink pages list all companies in the Göteborg region from A to Ö, the yellow pages list companies by category, and the red (fuchsia) pages provide you with different area maps. You can also access the yellow pages at www.gulasidorna.se.

Cellular (Mobile) Telephones

Europe has a GSM 900/1800 system, meaning that the North American cellular telephones will not work in Sweden unless the telephone is a 'triple-band' model. In cases in which the phone is not a triple-band model, it may be best to purchase a mobile phone in Sweden. You have two options when purchasing a mobile phone:

1. You can buy a mobile phone outright and then buy a 'money card' or 'pay-as-you-go card' similar to a prepaid phone card to reload your phone when necessary or,
2. You can pay a minimal price for the phone and then are committed to a telephone plan and monthly bill, for the next 12 to 48 months. Below are the some of the larger mobile service providers:

Telia www.telia.se Tel: +46 31-90 200, Comviq www.tele2.se Tel: +46 200 22 20 40
Vodafone www.vodafone.se. Tel: +46 31 701 82 60,

Post Offices

The Swedish Post Office (Posten, in Swedish) has recently changed its role somewhat and has become more efficient as a result. Presently, the Swedish Post Office is made up of three parts:

Post centers: Here you can send and receive mail and packages or parcels (including express service, insured, certified or registered post), buy stamps, envelopes and other packaging materials. These offices are most commonly located in business districts and cater mainly to, but are not limited to, serving companies. Their opening hours are 7:00 a.m. to 7:00 p.m.

Serviceställe: Here you can access all the above services, the main difference being that these 'service locations' are found in grocery or food stores, gas stations, train stations and other service centres in order to offer customers better access to postal services in terms of both location and opening hours - most of the Post Office's service locations have the same opening hours as the location in which they are housed and are, therefore, open later than the Post centers.

Svensk Kassaservice: This is the Swedish Post's 'cashier' service. Here, you can pay bills, open a money account ('Postgirot' - similar to a bank account), send money domestically and make international wire transfers, as well as order and collect Swedish ID cards. Those who bank with Förenings-sparbanken, Länsförsäkringar Bank and Nordea can bank with the Svensk Kassaservice as they have a working agreement between them. Opening hours are 7:00 a.m. to 7:00 p.m.

Posten www.posten.se and they can be reached by phone at +46 20-23 22 20 for business customers or at +46 20-23 22 21 for household customers.

Public Transportation

You can commute in the Göteborg Region via tram, train, bus or boat depending where you reside. A map and time schedule of Göteborg's traffic system, Västtrafik (which includes GL and Bohus Traffic), is available at one of the following public transportation offices (Tidpunkten), located at: Nils Ericssons Terminalen (near the central station), open Monday -Friday 7 am - 10 pm, Saturday 9 am - 10 pm, and Sunday 9 am - 7pm, Brunnsparken (near Nordstan shopping mall), open Monday -Friday 7 am - 7 pm, Saturday 9 am - 6 pm, and Sunday closed, Drottningstorget (across the canal from the Radisson SAS Hotel), open Monday - Friday 6 am - 8 pm, and Saturday & Sunday 8 am - 8 pm.

You can also contact 'Tidpunkten' directly at the following central (local) number 0771 41 43 00 or visit www.vasttrafik.se, www.goteborgs.trafikinformation.nu, www.trafik.nu, and/or www.resplus.se all of which can provide you with information regarding hourly train and bus departures as well as information about traffic delays, etc. Please note that most of these homepages are presently only available in Swedish.

In addition to the city's tram and bus system, there are, of course, many taxi companies that you can travel with. For a complete list of the city's taxies, please refer to Göteborg's yellow pages, in the yellow section, under the heading 'Taxi'. The list will include such companies as: Taxi Göteborg, tel: +46 31-65 00 00; Taxikurir (offer a fixed price to and from the airport), tel: +46 31-27 27 27; VIP Taxi, tel: +46 31-27 16 11; Mini Taxi (smaller taxies, at a cheaper rate), tel: +46 31-14 01 40. Note only use official Taxis and avoid "Black Taxis".

Landvetter - Göteborg's International Airport

Landvetter Airport is located 25 kilometres from Göteborg's city centre and is easily accessible via bus, taxi or rental car. Landvetter Airport offers, on a daily basis, 6 9 non-stop, international flights and 190 international flights with a minimum of one stopover. For general information regarding flight arrivals, departures, etc., contact the airport's central number at telephone +46 31 94 10 00 or view www.lfv.se. Such information is also displayed on text TV.

Göteborg City Airport

In addition to Landvetter there is another international Göteborg City Airport, in Säve, also near to the city centre. The City Airport is small in comparison to Landvetter Airport, but is popular among low-cost airlines such as Ryanair. For general information regarding flight arrivals, departures, etc., contact the airport's central number at +46 31-92 60 60 or view www.goteborgcityairport.se. information is also displayed on text TV.

For more information regarding Landvetter Airport and other airports in Sweden, please visit the homepage of the Swedish Civil Aviation Administration (Luftfartsverket, in Swedish), located at www.lfv.se.

The Port of Göteborg

The Port of Göteborg is the largest port in the Nordic sea region. 50% of Scandinavia's industrial base is located within a 300-kilometre radius of the Port, which offers frequent direct deep-sea, feeder, and short-sea liner services as well as providing special services for the transportation of oil, passenger cars, fresh fruit, etc.

Nearly three million passengers pass through the Port each year. The majority of the passengers travel via ferries between Göteborg and Frederikshavn (Denmark), a route crossed seven to ten times daily by Stena Line and SeaCat ferries. Stena Line also operates a daily route between Göteborg and Kiel (Germany). In addition, DFDS Seaways operates a passenger/car/cargo service between Göteborg and Newcastle (Great Britain). This service is offered twice a week, and is routed via Kristiansand (Norway). For further information regarding shipping routes, pertaining to cargo service, please visit the Port of Göteborg, www.portgot.se. Here, you can search for shipping lines by country, destination, and agent or directly by shipping line.

Driving Licenses

To operate a car, truck or motorcycle in Sweden, you must be at least 18 years of age and hold a driver's license valid in your home country or country of residence. To drive a class 1 moped, the minimum driving age is 16 and to drive a bus, the minimum age is 21. A foreign license that is not from an EU/EEA country is valid, in Sweden, for one year, after which time you must change it to a Swedish license. This process involves

undergoing theoretical tests (which are offered in several languages) and practical driving tests, all of which can be both costly and timely. This requirement applies irrespective of how long you have held a driver's license. It may be helpful to speak to an instructor at a driving school, as some of the driving rules in Sweden may be different from those in your home country. For a list of driving schools, please reference the yellow pages in the telephone book, under the category 'Trafikskolor'. For more information on how to obtain a Swedish driver's license, please contact the Department of Highways www.vv.se (Vägverket, in Swedish) Göteborg office at telephone: +46 31-63 53 33.

If you do not come from an EU/EEA country, and will be residing in Sweden, for a limited period of time, as an expatriate, for example, it is possible to apply for an exemption from the County Administration Board (Lännsstyrelsen, Swedish) so that you can continue to drive with your foreign driver's license for longer than one year.

If you hold a driver's license from an EU/EEA country, Japan or Switzerland, your driver's license is valid in Sweden under the same conditions as in your home country or country of residence. However, if you become a permanent resident of Sweden, then, you must exchange your EU, Japanese or Swiss driver's license to a Swedish driver's license. This exchange can be completed without undergoing the Swedish theoretical and practical driving tests.

For more information, please contact the Department of Highways www.vv.se (Vägverket, in Swedish) at telephone: +46 31-63 53 33 or contact the County Administrative Board (Lännsstyrelsen, in Swedish) at tel: +46 31-60 50 00.

Registering a New Car

After purchasing a car, you must report to the Registry of Motor Vehicles. If you buy a car from a dealer, the dealer will usually help you with the registration. Once the car is registered, you will receive a registration certificate, verifying that you are the owner. Everyone who owns a registered vehicle must pay a motor vehicle tax. Once you have paid this tax, you will receive a tax number that you must display on your license plate.

Car Insurance

All motor vehicles, including mopeds, must be insured by third party liability insurance. For a list of insurance companies, please reference the yellow pages in the Göteborg's yellow telephone book, under the category, 'Försäkring'.

Inspections

Motor vehicles that are more than three years old must be inspected, ensuring that the vehicle meets both safety standards as well as environmental standards. The inspections are carried out by the Swedish Motor Vehicle Inspection Co. (Bilprovningen, in Swedish). You may contact them at telephone: +46 771 600 800, or visit www.bilprovningen.se.

Speed Limits

There are speed limits on all Swedish roads. The speed limit in a town/city area is generally 50 km per hour. The speed limits on larger roads and highways are 70 km, 90, or 110 km per hour.

Drinking and Driving

Sweden has very strict legislation regarding drinking and driving, with the permitted blood alcohol concentration being much lower than that which is lawful in other countries. A police officer can ask you to take a breathalyser test without reason to suspect that you are driving under the influence. If driving and your blood alcohol level exceeds 0.02% or the concentration of alcohol in your expiratory air is 0.10 mg/l or more, you will be fined a penalty or even sentenced to jail, depending on the circumstances at hand. It is also prohibited to drive after using drugs or taking certain medications. Such medications that can affect your ability to operate a car, are indicated by a red triangle on the medicine box or bottle.

Dimmed Head Lights and Seatbelts

The Swedish Law states that all cars must have their lights on, even during the day. The Law also requires that everyone travelling in a car must wear a seatbelt and that children, under the age of 7, are securely buckled in a child's car seat.

Pedestrian Crossings

Drivers are required to stop at pedestrian crossings, giving pedestrians the right-of-way.

Parking

There are several parking garages (marked with a "P") in central Göteborg, offering over 3 500 parking places in the city. Such parking garages include: P-Hus Nordstan www.nordstan.se tel: +46 31-700 86 85, Kungsgaraget www.perpetum.se tel: +46 31-711 28 77, P-Hus City www.kompassen.se tel: +46 31-13 90 05, P- Hus Aveny www.europark.se tel: +46 31-18 65 55. As another alternative, you may park on the streets or in various parking areas or lots around town, there tickets are bought at a nearby parking automat (marked with a "P"). Parking fees (taxa, in Swedish) vary for these areas and it is good to understand the taxa system. Meters are marked with taxa levels between 1 and 8, 1 being the highest taxa and 8 being the lowest. Before parking, be sure to read all signage for applicable times, days, areas, etc.

It is also possible to buy a monthly residential parking permit, which allows you to park on the street or in a parking lot within the vicinity of your home but it does not guarantee you a designated parking place of your own. To apply for a residential parking permit, you must be civilly registered (folkbokförd, in Swedish) in the town in which you live, and have a license plate number. To apply for such a permit, please contact the Local Traffic Authorities (Trafiknämnden, in Swedish) at telephone: +46 31-61 37 00 or fax: +46 31-711 98 33.

Idle Engines

In most cities, drivers are not permitted to leave their engines idling for more than a few minutes.

Interpreters

When speaking with Swedish authorities such as a police officer, a lawyer and other municipal departments, you are entitled to request the services of an interpreter. When scheduling a visit to such an office, you should state that an interpreter is required. It is then the authority's responsibility to engage and pay for an interpreter.

Support Systems

There are various support programs offered in the Göteborg Region that can assist you and your family in adapting to your new life in Sweden.

Right Management Consultants, for example, offer a 'Spouse Employment Support Program'. This program is targeted at the spouses, who has accompanied their husband or wife to Sweden and may not have work themselves. The goal is to assist them in successfully entering the Swedish labour market. The program is 3 months in duration and aims to strengthen competence in such areas as: labour market orientation, job searching tactics, personal knowledge and skills, personal networking or marketing, etc. For more information please contact Cecilia Kaber at Right Management Consultants www.right.com Vasagatan 45, 411 37, Göteborg, telephone: +46 31-708 6793, email: cecilia.kaber@right.com.

Additionally, the West Sweden Chamber of Commerce and Industry offers a support program, called WIN, to facilitate successful assignments for international employees and their families. This program specialises in service areas such as: networking, public lobbying, and liaison with service providers, individual relocation packages, human resource advisory services and consulting services. For further information regarding WIN, please contact Hanne Westvik at the West Sweden Chamber of Commerce and Industry www.handelskammaren.net/win PO Box 5253, S-402 25, Göteborg, telephone: +46 31 83 59 03, email: hanne.westvik@handelskammaren.net.

Emergencies

Ring 112, in the case of emergencies such as the need for ambulance, fire patrol, police, poison control, etc.

Business & Taxes

Swedish Work Ethic and Culture

Safety, security and quality are fundamental values for Swedes. These values are not only reflected in their lifestyle, but are also prevalent in the Swedish business culture; this is evident, predominantly, in the manufacturing process of Swedish made products.

The typical Swedish company has a 'flat organization' in which hierarchy and dictatorship are not characteristic. The communication flow in a Swedish organization is extremely flexible, as it is not dictated by a rank structure. Cooperation, consensus and teamwork are key dimensions in the Swedish workplace. The dress code is informal and variable so a Swedish businessman may not always be as easily recognized as in Japan or the US. In some companies, jeans or casual wear for example, may be worn instead of a suit. In many organisations, the work hours are flexible, meaning that an employee can start his working day earlier or later in the day to suit his or her needs. Five weeks vacation is common in Sweden, with many Swedes taking a one-week vacation during the winter months and saving the other 4 weeks for the summer.

Salaries and Trade Unions

Swedish salaries are influenced by the country's industry wide unions, which are a part of a central organisation. The largest and most notable of these central organisations include: LO, the Swedish Trade Union Confederation, which represents blue-collar workers, TCO, the Swedish Confederation of Professional Employees, which represents white-collar workers, and SACO, the Swedish Confederation of Professional Associations, which represents graduate level, white-collar workers. These central organisations have historically established the guidelines for wage contracts instead of the bargaining process being completed at the company level. These centralised guidelines, together with a remarkably high, unionised workforce (approximately 85% of Sweden's blue-collar workers and 75 % of Sweden's white-collar workers), have resulted in very few strikes, lockouts, wildcats, etc. The risk for industrial action at the company level is; therefore, very minimal in Sweden. In addition, even companies, themselves, are generally members of various employer organisations, covering specific industries, and these organisations are in turn members of the Swedish Confederation of Enterprises.

Today, however, there is evidence of a shift in Sweden's labour-management structure. There is a trend towards bargaining systems that give a greater role to wage contracts being negotiated at the company level.

The Swedish Tax Structure

The Swedish tax system is regarded as being a structure that embraces efficiency, clarity and accessibility, especially for foreign investors and business people. The system is one of the world's most automated with the early application of on-line tax returns via internet filing. This automated system provides the Swedish National Tax Board with the capability of producing a completed tax return proposal for you, which you can accept or revise according to additional deductions. The National Tax Board (Riksskatteverket, in Swedish) has overall responsibility for the Swedish tax system with each of Sweden's eight tax regions having local tax authority. Tax specialists are available at these local offices to help you with such issues as double-taxation treaties, special taxation clauses for expatriates and other unique situations that you might encounter as an international employee working in Sweden.

Corporate Tax and Dividends

Sweden has a corporate tax rate of 28%; one of the lowest corporate tax rates in Europe. Companies are granted the right to make pre-tax allocations so that certain reserves or assets are taxed only when utilised. This flexibility can lower the Swedish corporate tax rate to approximately 26%.

Capital gains are taxed as regular corporate profit. Capital losses are generally deductible against profit and can usually be carried forward indefinitely. Accepted international auditing standards are applied to calculate taxable income.

Unlike many other countries, Sweden has no 'thin capitalisation' rules. Therefore, branch companies that have borrowed money from their mother company, to start-up a

business in Sweden, do not pay a tax, in Sweden, on this interest. Dividends paid by a foreign-owned subsidiary (located in Sweden) to their parent company in another country, are not subject to Swedish taxation. To apply for this tax exemption, 25% of the subsidiary's ownership must be foreign. In the case of dividends paid to other foreign shareholders, a 15-30% withholding tax is levied, depending upon double-taxation agreements.

The profits of a foreign-owned company with a branch office or subsidiary in Sweden, may be remitted abroad, without being subject to any other tax than the standard corporate income tax.

Personal Income Tax

Sweden's personal income tax is a municipal tax that ranges from 28.9 to 34.0% depending upon your income category and the municipality in which you reside. Those with an annual gross income of 291,800 SEK* or more, pay an additional 20% state tax, on the income exceeding the 291,800 SEK* threshold. Those with an annual gross income of 441,300 SEK* or more, pay a 5% state tax, in addition to the 20% state tax and their applicable municipal income tax, on the income exceeding the 441,300 SEK* threshold.

In addition, a 1% pension fee must be paid on earned income below 342,168 SEK.

Income from capital such as interest, dividends, capital gains, etc. is taxed at a rate of 30%. Personal wealth (ex. stocks, real estate, cars, boats, etc.) with a value above 1.5 million SEK* for single people and 2 million SEK for married or common law couples, is taxed at a rate of 1.5%.

* For a list of daily exchange rates, please visit www.exchangerate.com.

Value Added Tax (VAT)

The Swedish Value Added Tax (VAT) is harmonized with the VAT directives of the European Commission. The Swedish VAT, known as 'Moms,' varies according to the type of goods and services purchased. The Moms is 25% for clothes and household appliances, 12% for food and hotel charges, and 6% for personal transportation, books, magazines, daily journals, newspapers, and entrance fees to sports and cultural events, etc. Certain services are exempt from VAT, including medical and dental care, social services, banking and financial services, etc.

Special VAT rules apply for the trading of goods and services within the European Community. VAT is applicable on goods imported from outside the European Community. However, goods and services exported to countries outside the European Community are exempt from VAT.

Special Taxation for Expats

On January 1, 2001, the Swedish Parliament enacted a new law, granting tax relief to expatriates (experts, executives, scientists, researchers, etc.) working in Sweden for a limited period of time. This legislation entitles an expatriate to a 25% reduction on taxable income during the first three years of employment in Sweden, granted that the total employment term in Sweden does not exceed five years. In other words, only 75 % of an expat's income will be taxed during the first three years of employment in Sweden. Perks such as housing allowances, living costs, and stock options are also applicable for such tax relief. Relocation costs such as moving to and from Sweden, school entrance fees for children, etc. are also exempt from tax. All other forms of taxation are the same for the expatriate as they are for a Swedish citizen meaning, for example, that the extra cost of maintaining two homes – one in the home country and one in Sweden – is tax deductible for the expatriates just as it is for a Swedish citizen.

To apply for such tax relief, the following must be demonstrated:

- a.) You are a specialist, scientist or expert with competencies that are not available or are difficult to recruit in Sweden, or that you are a senior executive or a part of a company's management, holding a key position in the company or operation.
- b.) You are employed by a Swedish company or a foreign company with a permanent establishment in Sweden.
- c.) You have not been a resident in Sweden during a 5-year period prior to your

assignment in Sweden.

d.) Your stay in Sweden is not expected to exceed more than 5 years.

Application forms and more information regarding special tax relief for expats can be located at the National Tax Board (Riksskatteverket, RSV) www.rsv.se/english, or by contacting them directly at, telephone: +46 771 778 778, fax: +46 31 743 6800, email: goteborg@skatteverket.se.

Special tax relief for expats, must be sought within three months of the start of employment in Sweden. Employers must report all tax exemptions for expatriates when filing their income tax return.

For expertise regarding international tax issues, you may wish to contact PricewaterhouseCoopers' Human Resource Consulting Group. They can also assist you with other issues such as international assignment management, and organisational effectiveness and development. For more information, please contact Anders Assarson at telephone: +46 31 793 14 23, fax: +46 31 793 14 01, email: anders.assarson@se.pwc.com.

Establishing a Business, Patents and Registrations

The Swedish Patent and Registration Office (PRV) can assist you with such issues as:

- Starting up a Business
- Registering a New Business
- Applying for a Patent
- Registering a Trademark
- Providing Competitor Information

As a foreign investor wanting to establish a company in Sweden, one of the first issues that must be resolved is a type of business structure, considering for example, the amount of capital you are prepared to invest, how many owners there will be in the business, what liabilities and responsibilities you are prepared to assume, etc. The basic company structures, in Sweden, include: a sole trader business (enskild näringsidkare), trading partnerships (handelsbolag), limited partnerships (kommanditbolag), and companies limited by shares (aktiebolag). Additionally, foreign companies wishing to extend their operations into Sweden without actually starting up a Swedish company can do so through a branch office (filial).

The Swedish Companies Registration Office (Bolagsverket, in Swedish) has published a brochure, entitled 'Forms of Business Enterprises', which can provide you with more detailed information regarding different business structures. This brochure is available by visiting the following website:

www.bolagsverket.se/dokument/pdf/infomtrl_eng/10e.pdf or by contacting the Companies Registration Office, at telephone: +46 60 18 40 40, fax: +46 60 12 98 40. You might also want to visit their home page: www.bolagsverket.se/in_english/index.html, clicking on the category "What is the best form of enterprise for me and my business concept?"

The Swedish Association of Ethnic Entrepreneurs (Internationella Företagarföreningen i Sverige) and Centre for New Entrepreneurs (Nyföretagarcentrum) can also assist you in starting up or expanding a business in Sweden.

The Swedish Association of Ethnic Entrepreneurs, for example, can help you in analysing your business idea, in developing a business plan, in seeking financing from banks or creditors, etc. Such assistance can often be given and discussed in your mother tongue. For more information, please visit www.ifs.a.se/vast or contact Louise Skålberg directly at telephone: +46 31 779 9505, fax: +46 31 779 9511, email: louise@ifs.a.se.

The Centre for New Entrepreneurs www.gbgnfc.se can assist those thinking about starting a business. They can provide you with a comprehensive picture of what it is like to be an entrepreneur and start a new business as well as giving you inspiration. For more information please contact them directly at telephone: +46 31 779 9500, fax: +46 31 779 9511, email: info@gbgnfc.se.

The Invest in Sweden Agency www.isa.se can provide you with information regarding the costs of establishing a business in Sweden. For more detailed information regarding establishment costs please reference their home page clicking on the category 'Facts' and then the fact sheet entitled, 'Costs for Establishing a Business.'

Once you have decided to go forward with your business plan and have chosen a business structure, you will also need to think about registering your business. The pre-requisites for registering a new business require a sound business concept, a demand for your product or service, and a definition of your business enterprise. To register a new business, you will need to complete a 'Nyregistrering' (New Registration) form. This form may be ordered by contacting the Companies Registration Office directly at telephone: +46 60 18 4040 or by downloading it from www.bolagsverket.se/in_english/forms_information/index.html

The pre-requisite for applying for a patent requires an innovative design that differs substantially from existing designs. This patent will entitle you to exclusive market rights so it is; therefore, important that your design is not made public until the actual day of filing. For more information on patents please visit www.prv.se/english/patents/start.html or contact the Swedish Patent and Registration Office at the following numbers: +46 8 782 2600, fax: +46 8 666 0286.

Registering a trademark should be completed before you market or manufacture a new product, preventing all third parties from lawful consent of using the same or similar trademark for the same or similar goods and services. For more information on trademarks, please visit www.prv.se/english/trademarks/start.html.

Advisors

Business Region Göteborg can also assist you in meeting the right contacts, networks and/or professional advisors that suit your particular business needs. Please feel free to contact either Roger Strömberg at telephone: +46 31 61 2412 or Petra Sedelius at telephone: +46 31 61 2422

Education

Daycares, Schools, Universities and Swedish Courses

In Sweden, schooling is mandatory for children between 7 and 16 years of age. Preschool, for children of 6 years of age, is offered but is not compulsory. The school year begins in August and ends in early June. The school year consists of two terms: a fall/autumn term beginning in August and ending in December and a spring term beginning in January and ending in June. Grades are not given until the child enters 8th grade and thereafter letter grades are given each term. Parent-teacher meetings are scheduled each term and teachers often send out weekly newsletters to keep the parents updated.

The Swedish school system can vary considerably from other countries, which can cause

some difficulties, especially for foreign families staying in Sweden for only a short period of time. Each school day is different, in the Swedish curriculum, so that more subjects are studied simultaneously. This type of curriculum differs from other school systems, where each day is generally the same from first to sixth grade, with the same subjects being taught at the same time of the day, every day of the week. Group-oriented work is a dominant philosophy in the Swedish school system in an effort to create stability and security, and build cooperation, conformity and consensus among group members - key words in the Swedish business culture.

In accordance with fostering stability and security, the same teacher usually stays with his/her class for a period of three consecutive years and the same class remains together for all six elementary school years. A drawback of this Swedish school structure is that groups or classes become fixed and it can become difficult for a new student or a student who has problems conforming to fit into the group. As a result, some families who will be residing in Sweden for only a short time, take with them school material from their home country and continue their children's education at home - a challenging task of strict discipline.

For more information regarding the Swedish school system, please visit the National Agency for Education, www.skolverket.se/sb/d/354 or contact them directly at telephone: +46 8 52 73 32 00, fax: +46 8 24 44 20.

Daycares

Sweden has many well-equipped daycare centers for children with working parents. Your child must be between 1 and 5 years of age and have received their personal number (see the section on Civil Registration and Personal ID Numbers, for more information) to attend a daycare. There are also numerous 'after school' child centres (fritids, in Swedish) for school-aged children, 7 to 12 years of age, and several international nursery schools for children between 1 and 6 years of age. The waiting lists are long, especially for acceptance into the international preschools. These international daycares include:

1. The International Preschool

Three locations in Göteborg: a) Majorna, Tel: +46 31-42 33 35 Contact: Lisa Ferrazzoli, b) Guldheden, Tel: +46 31-41 33 35 Contact: Anneli Brännström, and c) Hisingen, Tel: +46 31 54 65 35 Contact: Anneli Brännström

2. ABC All About Children Preschool

Tredje Långgatan 31, 413 27 Göteborg, Tel: +46 31-12 58 91, email: office@abcallaboutchildren.com

3. The English Day Care and Nursery School

Redegatan 2, 426 77, Västra Frölunda, Tel: +46 31-69 05 10, email: admin@theenglishschool.se

4. The French School

Landalagången 3, 411 30 Göteborg, Tel: +46 31-16 54 82, email: franskaskolan@telia.com

Generally, the daycares in Sweden are open from 6 am to 6 pm. Daycare costs in Sweden, are a proportional cost varying in accordance with the family's income. In some municipalities, such as Göteborg, a fee ceiling (maxtaxa, in Swedish) is in effect. This entails that the cost of childcare for each child may not exceed a specific amount regardless of how high your income is. To entitle your child or children a full-time place in a day care, both parents (or parent) must be employed or studying. If you are unemployed or on maternity leave, then your child is entitled to a day care place 15 hours a week. For a list of daycares, please refer to the pink pages in Göteborg's yellow telephone book, under the category 'Daghem'. For more information regarding the Swedish child care system, please visit the National Agency for Education, www.skolverket.se/sb/d/354/a/944 or contact them directly at telephone: +46 8 52 73 32 00.

In addition to these daycares, the Göteborg Region hosts also an English-speaking playgroup. This playgroup meets every Tuesday at the Opal Kyrka (Church) between

10:00 am and 1:00 pm. The playgroup is open to all English speaking children from newborns to pre-schoolers. The group has a wide selection of toys and crafts as well as a weekly 'song time' session. For more information, please phone +46 31- 45 18 39.

Public Schools

The majority of schools in Sweden are publicly financed so that all children have the right to equal education without paying a tuition fee. The school system, in Sweden, consists of:

1. Preschool (förskola, in Swedish) for children 6 years of age, who attend school for 3 hours a day. Preschool is offered to all children in Sweden. Although it is not mandatory, most children attend Preschool.
2. Primary (lågstadium, in Swedish), grades 1 through to 3.
3. Elementary or Middle School (mellanstadium, in Swedish) grades 4 through to 6.
4. Junior High School (högstadium, in Swedish) grades 7 through to 9.
5. High school (gymnasium), grades 10 to 12, is not compulsory; however, it is a prerequisite if a student wants to study at a university level.

The Swedish high school system offers more specialised programs than high schools in other countries. The Swedish high school structure consists of different academic and vocational programs, one of which a student must choose as his or her major by the age of sixteen. A student, already, at the high school level, must decide if they will, for example, focus on economics, science, social studies, etc. or study a trade such as mechanics, electronics, cooking, etc. For more information regarding the Swedish school system, please visit the National Agency for Education, www.skolverket.se/sb/d/354 or contact them directly at telephone: +46 8 52 73 32 00.

International Schools

In addition to Sweden's public school system, the Göteborg Region has several international schools. The student bodies of Sweden's international schools are mainly constituted of the children of foreign business people, diplomats, researchers, and also native Swedes who prefer an international education. There are tuition fees to attend such schools, which vary according to the student's residential status.

The international schools in the Göteborg Region include:

1. Deutsche Schule/ German School

Engelbrektsgratan 1, SE-411 27, Göteborg, Tel: +46 31-711 19 49, e-mail: info@tyskaskolan.nu, home page: www.tyskaskolan.nu

The Deutsche Schule, located in central Göteborg, offers education at a preschool/ kindergarten level as well as from the 1st to 9th grade levels. The school follows the Swedish curriculum, complemented with a strong German profile including German language courses beginning in 1st grade. Several German cultural events are planned throughout the year. Many of the school's teachers are of German descent.

2. The English School in Göteborg

Redegatan 2, SE-426 77, Västra Frölunda, Tel: +46 31-29 80 24, email: admin@theenglishschool.se, home page: www.theenglishschool.se

The English School in Göteborg has 300 students, offering education at a preschool/kindergarten level as well as from the 1st to 9th grade levels. The school follows the Swedish National curriculum with a strong English profile.

3. Göteborg's Högre Samskola

Consists of two schools:

Göteborg's Stora Samskola (Junior and Senior High Schools), Stampgatan 13, SE-400 60 Göteborg, Tel: +46 31-63 19 00, email: info@samskolan.se, homepage: www.samskolan.se

Göteborg's Lilla Samskola (Daycare, Elementary and Middle School), Föreningsgatan 13, SE-411 27 Göteborg, Tel: +46 31-708 23 00, email: lillasam@samskolan.se, home page: www.samskolan.se.

Göteborg's Högre Samskola, founded in 1901, is the oldest Montessori school in the region. The academy is divided into two schools: one offering education at a junior and senior high school level and the other offering education to preschool children as well as children at the elementary school level. The academy offers education in both Swedish and English with a choice of emphasis on humanities, social sciences, natural sciences or economics at the high school level.

4. Hvitfeldtska Gymnasiet

Rektorsgatan 2, SE-411 33, Göteborg, Tel: +46 31-36 706 00, Fax: +46 31-36 706 01, home page: www.hvitfeldt.educ.goteborg.se

Hvitfeldtska Gymnasiet was founded in 1647, by Queen Christina and is situated in central Göteborg. The school offers high school (grades 10-12) programs that follow the Swedish National curriculum as well as an International Baccalaureate Programme. The school faculty consists of Swedish teachers as well as teachers from abroad. Children of businessmen, guest researchers and others living in Sweden for a limited period of time, have preferred enrolment status; however, the school is also open to Swedish residents as well.

5. International School of the Göteborg Region

The International School of the Gothenburg Region (ISGR) offers education from primary (kindergarten) to grade 12.

ISGR occupies two campuses, both centrally located: Götabergsskolan, the north campus, (grades 7-12) and Guldheden, the south campus, (primary- grade 6). Address information for the north campus, Götabergsskolan, is as follows: PO Box 2267, 403 14 Göteborg, Tel: +46 31 36 72 900, email: tage@isgr.se, home page: www.ihgr.se. Address information for the south campus, Guldheden, is as follows: Molinsgatan 6, 411 33 Göteborg, Tel: +46 31 36 72 900, email: tage@isgr.se, home page: www.isgr.se.

The school offers two curriculums: the International Section with all subjects being taught in English, following the curriculum from the International Baccalaureate Organisation and the Swedish/English Section, with subjects being taught in both Swedish and English, following the Swedish national curriculum.

The school also offers a PAL-program, the Pre and After School Learning Program, for younger students, engaging them in different kinds of activities before and after school hours.

6. Göteborg's Burgårdens Education Centre

Skånegatan 20, Box 5440, 402 29 Göteborg Tel: +46 31-367 02 00, ragnar.ljungberg@educ.goteborg.se, home page: www.burgarden.educ.goteborg.se

The Burgården Education Centre is Göteborg's largest school, offering education at a high school level as well as vocational training and educational programs for mature students. The school offers two high school programs in English to accommodate the increasing number of international families in the Göteborg Region. These programs include a social science major (history, religion, social studies, etc.) and a natural science major (chemistry, physics, biology, math, etc.), all of which are completely taught in English.

7. The French School

Landalagången 3, SE-411 30 Göteborg, Tel: +46 31-16 5482, Contact: Inga Hybbinette-Krook. The French School, located in central Göteborg, offers daycare and education from 1-12 years of age. The elementary school follows the Swedish curriculum but with a strong French profile, while the nursery/preschool is taught primarily in French. The after school childcare program (fritids, in Swedish) and sports activities are also in French.

8. The Japanese School

Landalagången 2, SE-411 30 Göteborg, Tel: +46 31 18 80 01, Contact: Su Lindstedt
The Japanese School, located in central Göteborg, offers education from the 1st to 6th

grade levels as well as functioning as a part-time preschool. Its students attend a Swedish or international school during the day, studying at the Japanese school in the evenings, 2 hours a week, for extra help in mathematics and the Japanese language. This educational structure demands independent study at home with the expectation that extra courses may need to be completed upon return to Japan and integration back into the Japanese school system. The preschool is run one day, every third week, when children and parents meet to participate in different planned activities.

9. The Swedish-Finnish School

Blackevägen 1, SE-417 16 Göteborg, Tel: +46 31 23 38 60, email:

rektor@sverigefinskaskolan.org, home page: www.sverigefinskaskolan.org.

The Swedish-Finnish school is a bilingual school offering education from grades 1-9, as well as functioning as a preschool and daycare. The school follows the Swedish curriculum with instruction in both Swedish and Finnish and also provides its students with knowledge about Finnish history, culture, and religion.

10. The Aranäs High School

Gymnasiegatan 434 42 Kungälv, Tel: +46 300 83 44 92, email:

aransgymnasiet@kungalva.se, home page: www.aransgymnasiet.kungalva.se

This high school offers 10 national programs, in Swedish but also an IB International Baccalaureate program taught in English.

National Boarding Schools in Sweden

Sweden has three national boarding schools. All offer Swedish National curriculums and International Baccalaureate (IB) Diploma Programs, at the junior and senior high school level. These boarding schools are privately funded so there are tuition fees to attend these schools.

The **Sigtuna School** (Sigtunaskolan Humanistiska Läroverket, in Swedish) is the largest of the three boarding schools. This school is situated just outside of Stockholm, overlooking the waters of Lake Mälaren. For more information about the Sigtuna School, please visit www.sshl.se or contact them directly at telephone: +46 8-592 571 00, email: info@sshl.se.

The **Grennaskolan**, is situated in the town of Gränna overlooking the eastern shore of Lake Vättern. For more information about Grennaskolan, please reference www.grennaskolan.se or contact them directly at telephone: +46 390 561 50, email: kansli@grennaskolan.se.

The **Lundsberg School** is located in Storfors, approximately 300 km from both Göteborg and Stockholm. For more information about the Lundsberg School, please visit www.lundsbergsskola.se or contact them directly at telephone: +46 550 740 500, email: info@lundsbergsskola.se.

Universities

Sweden has approximately 61 universities, colleges, and independent programme providers. The Göteborg Region has 7 higher education institutions with Göteborg University and Chalmers University of Technology being the most well known. These universities are state-run, solely financed by national funds, meaning that there is no tuition fee to attend these schools.

Göteborg University

Göteborg University is, today, the second largest university in Sweden, with approximately 41,500 students and 2,500 teachers/researchers and professors. The University has numerous faculties such as medicine, dentistry, science, social science, education, arts, fine arts, etc. Courses are mostly taught in Swedish although English textbooks are commonly used and certain courses are conducted completely in English. For further information regarding Göteborg University, please visit www.gu.se/english or contact the school directly at telephone: +46 31-773 1000 or fax: +46 31-773 4473.

School of Economics and Commercial Law

The School of Economics and Commercial Law is affiliated with Göteborg's University, offering programs such as economic history, business economics, national economics, and law. The school has approximately 7,000 students and 250 teachers/researchers and professors. For further information, please visit www.handels.gu.se or contact the

school directly at telephone: +46 31 773- 10 00, fax: +46 31- 773 49 70, email: info@handels.gu.se

Chalmers University of Technology

Chalmers University of Technology has approximately 10,400 students with a teaching and research staff of approximately 1,600. The University is renowned for its engineering programs offering education at a Bachelor, Masters and PhD level as well as professional development programs for those with work experience. In particular, Chalmers offers specially designed international Masters' programs, taught entirely in English, which are open to applicants from all around the world. Chalmers has also a smaller campus located at Lindholmen, once an old shipyard in Göteborg, where you can study different nautical programs such as nautical engineering or train to be a ship officer. For further information regarding Chalmers University, please visit www.chalmers.se or contact the school directly at telephone: +46 31-772 1000, fax: +46 31-772 3872.

IT University of Göteborg

Chalmers University of Technology and Göteborg University, together, through a joint venture project, have established the IT University of Göteborg on the Lindholmen premises. The institute's focus is on education and research in the field of Applied Information Technology and programs are offered at the Bachelors and Masters level. For further information, please visit www.ituniv.se or contact the school at telephone: +46 31 772 4895, fax: +46 31 772 4899

Translating University Transcripts

For expatriate families with university children, it should be noted that it is possible to translate current university transcripts into a grade system that is compatible with the Swedish university system. This process can make it easier for your child or children to be accepted into a Swedish university and can also ease a Swedish employer's understanding of the level of education completed abroad. The International Department of the National Agency for Higher Education (Högskoleverket) can assist you with such translations. Please contact them directly at telephone: +46 8-563 085 00, fax: +46 8-563 085 50, email: hsv@hsv.se or visit www.hsv.se.

Swedish Language Courses

For those interested in learning Swedish, there are several schools or educational centers that offer language courses, which follow: ABF, telephone: +46 31-774 31 00; EF Corporate Language Training, telephone: +46 31-750 97 00; Folkuniversitetet, telephone: +46 31-10 65 27; Göteborgs Vuxenutbildningscentrum, telephone: +46 31-61 39 00; Interverbium, telephone: +46 31-10 55 70; Medborgarskolan, telephone: +46 31-755 14 00.

Introductory Swedish courses entitled 'Swedish for Immigrants (SFI)' are offered by some of these institutions. The municipalities subsidize these courses and, therefore, the waiting list for placement can be long. In order to qualify you must have applied for civil registration and have a Swedish personal ID number (personnummer, in Swedish). For more information please visit the Göteborg City Adult Education (Vuxenutbildningen) www.vux.goteborg.se.

In addition, there are also intensive Swedish courses, offered by different organisations. Communic@te, www.communicate.se for example, offer such language courses with situational training for meetings, social settings and telephone conversations, as well as lectures on cultural differences. For more information please contact Anki Kock Ernevi at Communic@te, tel: +46 31-27 22 05, fax: +46 31-87 57 01, email: anki@communicate.se.

Berlitz Languages Services www.berlitz.se also offers cross-cultural training as well as total immersion programs, private language lessons and semi-private language lessons. For more information, please contact Nicole Joël-Roswall at Berlitz Language Services, tel: +46 31-60 62 40, fax: +46 31-711 09 60, email: mail@berlitz.se.

Culture and Leisure

Culture and the Arts

The Göteborg region has many theatres, cinemas, museums as well as an elegant opera house and a large concert (symphony) house.

Göteborg's Opera House

This world-class opera house, with a unique, ship-like architectural structure, is located directly on the waterfront by Göteborg's Port. Its octagon shaped auditorium seats 1,300 people and exhibits the most advanced stage effect techniques in the world as well as presenting unique acoustics that have been internationally acclaimed. For more information regarding Göteborg's Opera, please visit www.opera.se or contact them directly at the following telephone number: +46 31-10 80 00 or fax: +46 31-10 80 30.

Göteborg's Concert House

Göteborg's Concert House is one of Sweden's most beautiful buildings with its well-preserved architecture from the 1930's and its renowned acoustics. The House has three halls, which together can seat an audience of approximately 1,700. Göteborg's Concert House offers a combination of both classical and modern music as well as hosting numerous concerts for children, so that the entire family can enjoy Göteborg's Symphony (an orchestra that has been nominated Sweden's Official National Orchestra). For more information regarding Göteborg's Concert House, please visit www.gso.se or contact them directly at telephone: +46 31 726 53 00 or fax: +46 31 726 53 70, email: info@gso.se.

Göteborg Museum of Art

Located at Götaplatsen, at the top of the Avenyn, is the Göteborg Museum of Art, a major national art museum exhibiting classical works of art dating back to the 17th Century, as well as a sculpture hall and a Drawings and Graphic Arts collection. The museum prides itself on being the leading museum of modern Nordic art. The Art Book Shop and the Museum Café have the same opening hours as the museum. Visit the Göteborg Art Museum's website at www.konstmuseum.goteborg.se or phone them at +46 31-61 29 80 for more information.

The Röhsska Museum

The Röhsska Museet (in Swedish) is a museum of applied art and design. It has a permanent collection of European and Chinese arts and crafts dating from 2000 BC to the 1900's as well as several temporary exhibits throughout the year. Located within the museum is a lecture hall, a library, the Design Shop and a cafe, Röhsska Kök. For more information, please visit www.designmuseum.se or phone at +46 31-61 38 50.

Göteborg City Museum

Göteborgs Stadsmuseum (in Swedish), housed in the 18th Century East India Company's former office and warehouse building, offers a cultural and historical journey of Göteborg tracing back to the 17th Century, when Göteborg was founded. It houses a collection of quality handicrafts as well as porcelain and other luxury goods brought back from the sea voyages to the Far East. For more information, visit www.stadsmuseum.goteborg.se or phone +46 31-61 27 70.

The Museum of World Culture

The Museum interprets the concept of world culture through a dynamic program of local musicians, international dance performances, lectures as well as short lunchtime seminars. For more information visit www.varldskulturmuseet.se or phone: +46 31 63 27 30.

The Maritime Museum

The Maritime Museum (Sjöfartsmuseet, in Swedish) is the world's largest floating ship museum and is dedicated, largely, to the history of shipping. For more information, please visit www.sjofartsmuseum.goteborg.se or phone +46 31-61 29 00.

Universeum - Science Discovery Centre

Sweden's National Science Discovery Centre houses an aquarium with species of marine life found off the western coast of Sweden, including sharks and rays, a rainforest, a gallery with temporary exhibitions, a wide-screen cinema, a discovery center where one can explore, experiment and learn, and much more. There is a shop and a cafe, as well as a roof terrace, for a view over the city, and the Summer Cafe. The Universeum is an excellent place for families with children. It is not uncommon to see the center full of

school children. For more information please visit www.universeum.se or phone +46 31-335 64 50. The center is also a popular choice for hosting events.

Art Galleries

Art galleries are plentiful in Göteborg and worth a visit. For a list of galleries in the Göteborg region, please visit www.kulturnat.goteborg.se, and then refer to the heading titled 'Konst' (art) and then to 'Gallerier' (galleries).

Parks and Recreation

Göteborg has several parks and gardens as well as several options for recreational and fitness activities.

Slottsskogen is Göteborg's "central park". In addition to the many activities and events held there annually, it has grounds for jogging, skating, cycling, beach volleyball, and several playing fields. It also homes an animal park, a tropical house (Tropikhuset, in Swedish), flower gardens, ponds, restaurants, cafes, a sports center with a gym and swimming pool.

The **Delsjöområdet** (the Delsjö area) is made up of three lakes, Stora Delsjön, Lilla Delsjön and Härlandatjärn (the smallest lake, popular among families for its shallow swimming area, children's playground and picnic area). It is an ideal recreation area for: canoeing, beach-volleyball, golfing, fishing, even ice fishing, horseback-riding, swimming, jogging, cycling, walking, cross-country skiing or roller skiing and roller blading/skating (many of the tracks are lighted) and even just for picnicking or barbecuing. It also has a sports center, Skatås Motionscentralen. You can reserve the playing fields at telephone 031-25 48 11 or e-mail at skatas@ioff.goteborg.se.

Other noteworthy parks are **Keillers Park**, at Ramberget and **Krokängsparken**, both in Hisingen.

The largest and best known gardens in Göteborg are Trädgårdsföreningen and the Botanical Gardens. The **Trädgårdsföreningen**, located in central Göteborg, is home to a Butterfly House (with free-flying butterflies species from all over the world), a Palm House (containing tropical trees), a rosarium and flower gardens.

The **Botanical Garden** in Göteborg is Sweden's largest and regarded by many to be the leading botanical garden in Northern Europe. It features some 12,000 species in an area of 50 acres. The herb garden, the Bamboo Grove, an arboretum, rock gardens, several "themed" glasshouses, the Japanese Glade, the Rhododendron Valley and the Smith Valley. For information on the Botanical Gardens, visit www.goteborg.se/botaniska.

Another noteworthy garden is **Olssons Trädgård**, on Ruetersgatan in Guldheden.

For more information on parks and gardens, including program events, activities, etc. in the city of Göteborg and its region, please visit Göteborg's Parks and Nature Administration at www.parkochnatur.goteborg.se or phone +46 31- 365 57 00.

The Göteborg region is a cycle-friendly region. Göteborg, itself has been dubbed "cykelstaden" (the cycle city). It offers a very good cycling-trail system that is under constant improvement. It is not uncommon to see people biking to their destinations, whether it be to work or social functions.

Along the coast and throughout the archipelago and around the many lakes of the region, there are numerous cycling, jogging and hiking trails and the options for swimming or boating are limitless.

Sports and Fitness

Sports and fitness centers are plentiful. For a list of fitness centers where you can swim, attend aerobic or fitness classes, play squash, badminton etc., or even have a massage, please refer to the yellow pages or go to www.gulasidorna.se (online yellow pages) under the heading 'Gym, Motion'.

Slottsskogen (Slottsskogsvallens Gym & Motionscentral) and the Delsjöområdet (Skatås Motioncentralen) both have a 'motionscentral' or sports center. More information can be found on the website of the Administration for Sports and Associations or Idrotts- och föreningsförvaltningen (please see below).

For information regarding sports clubs and associations and sporting events in the Göteborg region, please visit the Administration for Sports and Associations in Göteborg, (Idrotts- och föreningsförvaltningen, in Swedish) located at www.ioff.goteborg.se (also, only available in Swedish) or contact them directly at telephone +46 31-61 18 00.

The greater Göteborg region also has approximately 25 golf courses with clubs and associations for both male and female golfers. For more information regarding these clubs, please visit the www.golf.se; however, it should be noted that this homepage is in Swedish only.

Arenas and Stadia

Nya Ullevi, located in central Göteborg, is Scandinavia's largest outdoor arena. This arena has hosted major sporting events such as the World Athletic Championships in 1995, as well as concerts with world music stars such as U2, The Rolling Stones, Bruce Springsteen, and Madonna. Göteborg's **Scandinavium**, is one of Northern Europe's best indoor arenas, offering a wide variety of live entertainment such as hockey games, dance shows on ice, swimming championships, horse shows, concerts, as well as international congresses. For more information regarding Göteborg's Nya Ullevi and/or the Scandinavium, please visit www.gotevent.se or contact them directly at the following numbers: Nya Ullevi and Scandinavium, telephone: +46 31-61 56 80
fax: +46 31-61 18 80.

Amusement Parks

Göteborg's **Liseberg** is the largest amusement park in Scandinavia, with over 30 different rides, 15 restaurants and cafés, and approximately 2 ½ million visitors a year. Liseberg is open from April to September and during Christmas time. Nearby hotel accommodation is available, as well as camping and cabin facilities including rooms and suites on board the Barken Viking Ship. For more information regarding Liseberg, please visit www.liseberg.se or contact them directly at telephone: +46 31-40 01 00 or fax: +46 31-73 30 419.

Restaurants and Cafés

Göteborg is a city of top-class cuisine. 'Chef-of-the-Year' has been awarded to chefs from Göteborg, 7 times in the last 10 years and three Göteborg restaurants have been awarded stars in the famous Guide Rouge (or Guide Michelin). Sweden, like Japan, has one of the highest food prices in the world so eating out at a good restaurant or café is costly; therefore, it is good to know that almost every restaurant and cafe has a special lunch offer of the day, called 'dagens' in Swedish, with prices being generally lower than they are on the standard menu. For that reason, lunchtime is a popular time to enjoy a gourmet meal at the restaurants of some of the best chefs.

Göteborg has a vast array of restaurants with foods and flavours originating from almost any country in the world. You can choose from among more traditional Swedish dishes such as 'Pytt i Panna' (diced potatoes, chopped meat, eggs, and red beets), for example, or cuisine from Africa, India, China, Thailand, Japan, France, Italy, Greece, the Middle East and so on.

Göteborg is also renowned for having the greatest concentration of cafés in Sweden, stemming from a strong tradition of taking time to 'fika', to drink coffee or tea, in the late morning or afternoon, with family and friends and even at the workplace with colleagues. As you walk the city, you will see many different types of cafés, ranging from the traditional window seat cafés to the more modern 'coffee bars'.

For a list of restaurants and cafés in the Göteborg region, please reference the yellow pages in Göteborg's yellow telephone book or www.gulasidorna.se (the online telephone directory), under the heading 'Restauranger'. You can also visit the city's homepage, www.goteborg.com, clicking on the English flag and then on the heading 'Eat'.

Pubs and Nightclubs

Along Göteborg's Avenyn, a well-known street in the city's center, you will find many pubs, bars, restaurants and nightclubs. In this area, you will also have traditional, English and Irish style pubs.

For more information on Göteborg's nightlife, please visit www.goteborg.com, clicking on the English flag and then on the heading 'Eat' and then on the link 'food and drink'.

Sale of Alcohol

The state-owned liquor store (Systembolaget, in Swedish) controls the sale of all alcoholic beverages in Sweden. Alcohol is not sold in grocery stores or in convenience stores; however, the liquor stores are open everyday with the exception of Sunday.

You must be at least 20 years of age to purchase alcohol in the liquor store and 18 years of age to buy alcoholic beverages in a restaurant or bar. There is a considerably high tax levied on the sale of alcohol with the intent to lower consumption levels. Sweden is protective in its approach towards alcohol. Swedish authorities warn against the dangers of alcohol and over-consumption. For example, only light beer (lättöl, in Swedish), beers with low alcohol level, may be advertised on Swedish TV. Advertisements for vodka and other hard liquors are not permitted.

Shopping

The main shopping areas in Göteborg are the Avenyn, Fredsgatan, Haga, Kungsgatan, Linnegatan and Nordstan.

The general shopping hours in the Göteborg Region are: Monday to Friday: 10 am to 6:30 pm; Saturday: 10 am until 2 -5 pm; Sunday: 12 pm to 4 pm. Shops in smaller, outlying towns tend to close earlier. There are, however, several shopping centres or malls outside of Göteborg city, which have extended shopping hours.

Food/grocery stores are normally open seven days a week.

Food/Grocery Stores

ICA Foodstores - The largest, ICA Focus, located in Gårda, central Göteborg. Located in city and region wide.

Coop Stores - Coop Konsum - Located on the Avenyn. Coop stores located nationwide.

Food/Grocery Stores with Competitive Prices

Billhalls - with several locations in Göteborg: Hvitfeldtsplatsen (centrally located), Frölunda Torg, Sisjön (Askim), Stigbergstorget (Majorna), and Kungsbacka.

Hemköp - with several locations: the Nordstan shopping mall (centrally located), Frölunda Torg, and in Mölndal (centrally located).

Willy's - with several locations in Göteborg such as, Wieselgrensplatsen (Hisingen), Gamlestadsvägen and Mölndalsvägen.

All Inclusive Superstores (Food, Household Appliances, Tools, Clothing, etc.)

Coop Forum - located in Backaplan (north of Göteborg, in central Hisingen) and Källared (south of Göteborg)

B&W - located in Backaplan (north of Göteborg, in central Hisingen)

OBS!- located in Bäckebo (northeast of Göteborg) and Källared (south of Göteborg)

Indoor Market Places

Saluhallen - an indoor market place offering an exotic array of fresh fruits, meats, fish, baked goods, cheese as well as speciality foods from all over the world. There are also a few restaurants, cafes and take-away stands. Saluhallen is located in central Göteborg at Kungstorget.

Saluhallen Briggen - an indoor market place, a smaller version of Salluhallen. It is located in central Göteborg, near Järntorget.

Feskekörka - a well-known fish market that resembles an old church (where it gets its name, the Fish Church) located in central Göteborg, near Järntorget. It also houses a popular restaurant, Gabriel, as well as a small cafe.

Shopping Malls

NK Nordiska Kompaniet - Located in central Göteborg, with stores selling brand names

such as: Levis, Diesel, Mexx, Peak Performance, French Connection, Armani, Hugo Boss, Calvin Klein, etc. (www.nk.se)

Arkaden - A smaller mall, also located in central Göteborg, with a variety of shops such as clothing stores (Benetton, Mango), a shoe store (Nilson), a make-up store (Face Stockholm), etc. (www.arkadengoteborg.com)

Nordstan – The largest mall, located in central Göteborg, with reasonably priced stores. Open seven days a week and houses many of the shops listed below, under the heading 'The Shops,' as well as several others (www.nordstan.se).

Freeport Designer Discount Outlet - located south of Göteborg, in Kungsbacka. Among the long list of shops are CAT, Nike, Mexx, In wear, Lego, Quicksilver, Alphabet, Martinique, Chevignon, Adidas, Acqua Limone, Reebok, Caterpillar, Björn Borg, etc. (www.freeport.se).

The Shops

Department stores for the Family: Åhléns; Kapp-Ahl; Lindex - a department store for women and children; JC - selling mostly jeans and casual wear.

Shoe Stores: Bianco, Din Sko, Wedins, Scorett, Johanssons Sko, NK, Nilson, Jerns, Sko City, among many others.

Sporting Goods: Stadium Sports, TEAM Sportia

Electronic and Household Appliance Stores: Clas Ohlson, OnOff, SIBA

Home Stores: Hemtex, Indiska - also sells clothing, Åhlens, DUKA, NK are a few examples.

Hardware Stores: K-Rauta (Möln Dahl), Järnia, Clas Ohlson

Furniture: Ikea, MIO, Erik Tiberger (Frölunda), EM

Toy Stores: Toys-R-Us (Backaplan, Hissingen), BR Leksaker, among several.

For more information on Göteborg shopping, please visit www.goteborg.com.

Libraries

Göteborg has several public libraries (bibliotek, in Swedish), the largest of which is the Stadsbiblioteket (the city library) which is located on the Avenyn at Götaplatsen. There you will find the largest selection of books and newspapers in foreign languages as well as a large selection of academic books. A complete list of libraries can be found in the yellow pages of Göteborg's yellow telephone book, under the heading 'Bibliotek, Arkiv, Läsrum' (Libraries, Archives and Reading Rooms). You will find a listing of university libraries here, as well.

Churches

Until January 2000, Sweden had an official state church, The Church of Sweden (Svenska Kyrkan, in Swedish), and all Swedes were members from birth. Since then, the Church of Sweden became an independent Evangelical Lutheran Church. The Svenska Kyrka has over 7 million members.

The Göteborg Region has many historical cathedrals and churches (kyrkor, in Swedish), most of which belong to the Church of Sweden; however there are several other churches of various denominations. Some of the Region's cathedrals and churches are listed here:

1. **Domkyrkan** (Church of Sweden) - The first Cathedral of Göteborg, which dated back to the 17th Century, was destroyed by fire. The present Cathedral was built in 1815, and is located in central Göteborg, on Kyrkogatan 28, tel. 031-731 61 30.

2. **Christina Church** - Built in 1648, for Göteborg's German congregation and named after Queen Christina. The church has been ruined by fire twice but has since been rebuilt. Its present ornate and elaborate style date back to 1748. The church is located on Norra Hamngatan beside the City Hall, tel. 031-731 61 92.

3. **Vasakyrkan** (Church of Sweden) - Built in 1909 of granite from Bohuslän. Albert Eldh painted the church's chancel paintings in the early 1900's and Erik Ström designed the church's mosaic in 1954. The church is located on Engelbrektsgatan in Vasakyrkoplan, tel. 031-731 86 70.

4. **Hagakyrkan** (Church of Sweden) - Built in 1859, as an annex to the Cathedral, according to an English architectural design. The church is located in the Hagapark, tel. 031-731 61 60.

5. **Masthuggestkyrkan** (Church of Sweden) - Built in 1914, by a Swedish architect, Sigfrid Ericsson. The church is a well-known landmark in Göteborg, being the city's most famous lookout point. The church is located at Storebackegatan 1, tel. 031-731 92 30.

6. **ÖrgryteKyrkan** (Church of Sweden) - The Örgryte Gamla ("old") Kyrkan, was first erected in the 11th Century and is believed to be the first church built from wood. The present church dates back to approximately 1250 with ceiling paintings from the mid 1700's. The Örgryte Nya ("new") Kyrkan was built in 1891. The Örgryte congregation offices are located at the Örgryte New Church at Herrgårdsgatan 2. Please phone 031-731 83 00 for information on both churches.

7. **Fiskebäcks Missionskyrkan** (Free Evangelical Church of Sweden) - established in 1892 and is a part of the "Svenska Missionskyrkan". Fiskebäcks Missionskyrka currently has 500 members, with a youth fellowship of around 600 members. In addition to its weekly Swedish service, Fiskebäcks Missionskyrkan also offers fellowship meetings in English every Sunday. Please see the listing below under "Fisher's Creek International Christian Fellowship". Fiskebäcks Missionskyrka is located at Citrusgatan 16. Telephone 031-29 14 83 or visit: www.fiskebacksmfs.net.

8. **Fisher's Creek International Christian Fellowship** - established in the beginning of 2004 for English speaking internationals. The fellowship meets every Sunday at 11:00 at Fiskebäcks Missionskyrka (Swedish Missionskyrka congregation, see above), Citrusgatan 16, telephone: 031-29 14 83 or visit: <http://www.fiskebacksmfs.net/pub48/publication.html>

9. **St. Andrew's English Church** (Church of England) - built during the period 1855-1857 and consecrated in 1859, the church was the third place of worship of the English congregation in Göteborg. (The first English church started in 1747, in a rented room in Nederlags House in Smedjegatan). The congregation is made up of some 30 nationalities. A service is held at 11 am every Sunday. On the first Sunday of the month, this is usually a Family Service; otherwise, Sung Eucharist. In addition, the church is open from 3 to 4.30 pm on Fridays. Visitors are always welcome. Located at Hvitfeldsplatsen 2. For details, check www.svenskakyrkan.se/goteborg/st.andrews, or contact the Chaplain, st.andrews.got@telia.com, telephone 031 711 19 15.

10. **Smyrnakyrkan** - First build in 1941, and renovated in 1982, today, it is one of the largest Pentecostal churches in Europe with a congregation of 300 and made up of 67 nationalities. An international service is offered on Sunday afternoons in English. The church is located at Haga Kyrkogatan 2, telephone: 031-17 93 90.

11. **The Tabernacle Baptist Church** - Built in 1884, and is today Göteborg's oldest Baptist church. The church is located at Götabergsgatan 4, telephone: 031-13 22 20.

12. **The Catholic Church** - Göteborg's Catholic church has masses held in English, Polish, Croatian, Slovenian, Italian, Spanish, Hungarian and Arabic languages. The church is located at Kristus Konungen Parkgatan 14, telephone: 031-711 92 64.

13. **Orthodox and Oriental Churches** - Göteborg has 16 orthodox and oriental churches, which include: Armenian, Eritrean, Estonian, Ethiopian, Finnish, Greek, Coptic, Macedonian, Rumanian, Russian, Serbian, East Assyrian, and three Syrian Orthodox Churches. Please refer to the telephone directory or the online directory at www.gulasidorna.se for individual listings.

For more information regarding the Church of Sweden in the Göteborg Region, please contact the office of the Göteborg Church Council at the following telephone number: 031-731 88 00 or visit: www.svenskakyrkan.se/goteborg. For a list of churches in Göteborg, please consult the yellow pages of the telephone directory or the online

telephone directory at www.gulasidorna.se under 'kyrkor'.

Non-Christian Places of Worship

To have information on non-Christian places of worship in the Göteborg region, it is best to consult the telephone directory or the online telephone directory at www.gulasidorna.se. A list of Swedish translations of various religious groups which have organised congregations follows:

Jewish - judiska
Muslim - muslimiska (or Islamic - islamiska)
Hindu - hinduiska
Buddhist – buddhistiska

Clubs and Associations

The Göteborg region has many clubs and associations, bringing foreigners together, for the purpose of support, companionship, and friendship. Such groups include the African Association, the Multinational Association, the Latin American Association, the Southern European Association, the Asian Association, etc. There are also numerous clubs including:

The International Women's Club welcomes English-speaking women and Swedish women married to a foreigner, or those returning after many years abroad. Present membership includes 160 women of all ages coming from all walks of life from 37 different countries. The objectives of the Club are to welcome and assist newcomers to Sweden; to further members' knowledge and understanding of Sweden and other cultures; and to give financial and material support to philanthropic projects, especially those of an international nature. The Club arranges charity events, social and cultural activities, such as theatre outings, concerts, tours, lectures and intercultural get-togethers. The **IWC** is a member of the International Open Door Organisation. For further information please contact Marie Lygonis at 031- 92 22 96; email: home@lygonis.com.

The American Women's Club welcomes all American women and/or women with a strong tie to the United States. They meet throughout the year to celebrate American holidays, as well as for seminars, craft evenings and simply to socialise. For more information, please visit: www.awcgothenburg.com or email contactus@awcgothenburg.com.

The French Club welcomes both men and women with a connection to France. For more information, please contact Erik Svensson at telephone: 031- 774 35 01, email: erik.svensson@arcelor.com.

International Friends of Gothenburg is a club for both foreigners and Swedes living in the Göteborg region with a purpose of bringing people together for friendship, fun and cultural exchange. The club meets around 7 times a month for club meetings, pub evenings, restaurant visits, movie nights, book club, dinner for six and other activities. For more information about meeting people Sweden, please visit www.ifg.nu, or email membership@ifg.nu

The Mirrabooka Club is a very informal club for Aussies and New Zealanders and their friends and fans. We send out a newsletter 3 or 4 times a year and arrange activities such as lunches, dinners, bowling afternoons, art exhibitions, Anzac Day ceremony (25th April), a summer BBQ with cricket match, etc. Anne Nyth and Sandra Nilsson have run it for over 30 years and we are looking for anyone with some new, fresh ideas to take over. Anyone who would like to join in our activities, or organise some new ones yourself, please contact Anne at anyth@volvocars.com

The British Club Gothenburg was founded in 1953 and is a social club, holding six to eight events a year. Its programme of activities is the responsibility of the Club Committee, which is elected each February by the Annual General Meeting (AGM). Regular annual events include a summer coach outing, a Club Christmas Lunch, and a Children's Christmas Party, Pub Nights' and other informal get-togethers. There are friendly links and overlapping membership with other organisations. Membership is open to citizens of the UK and other Commonwealth countries and their families, and others with a strong British connection.

Application for membership may be made to the Membership Secretary, at present Gisela Barnard (call 031 147101 or email gisela.barnard@telia.com).

The Canadian Club of West Sweden is a meeting place for Canadians of all ages, and those who wish they were Canadians, but have been temporarily drawn away to live in West Sweden. We have social gatherings throughout the year, with special family events for Canada Day –1st July and Christmas. Other events such as ice skating, curling, wine tasting are planned with our members' interests in mind. Email: enostedt@gmail.com.

Toastmasters have 6 clubs in Gothenburg, so you can visit a club almost any day of the week, in all parts of the city. It's the best way to improve your communication skills. Lose your fears of public speaking and learn skills that will help you be more successful in whatever path you've chosen in life. Five clubs have meetings in English, and one club conducts the meeting in Swedish. Deliver great presentations. Easily lead teams and conduct meetings. Give and receive constructive evaluations. Be a better listener. You are welcome to come and visit a club free of charge. Please visit www.toastmasters.se, enostedt@gmail.com or contact Elizabeth Nostedt at 031-322-1892.

Anglo Swedish Society Göteborg has been active in Gothenburg since 1920. We have currently about 400 members, about half native Swedish. Our purpose is to promote cultural and social understanding between Sweden and English Speaking countries. We meet about 8-10 times per year and our activities range from formal dinners to theatre visits and discussions about literature. Within the Society there is a *Robert Burns Club*. We have also recently merged with the *British Business Club*, which organises Business Lunches with British Themes. Some travel benefits with DFDS Seaways and Globetrotter are offered to members. Birger Ekengren, Hon. Chairman www.angloswedish.se bek@algonet.se 0739 308 339

The German Congregation Center offers an open pre-school (öppen förskola, in Swedish) where mothers, German, Austrian and Swiss, can gather with their children not only to activate their children in an organised form but also to meet friends themselves. There is also the English Speaking Play Group, located in Västra Frölunda. For more information, please phone: 031- 45 18 39

The Rotary Club network is well developed, in Sweden, with 10 districts and approximately 65 different groups within the western region. For more information, please visit www.rotary.se.

On-line discussion rooms about expat experiences may be helpful in your adjustment to life in Sweden. Such examples include **Expat Expert** and the **Escape Artist**, located respectively at www.expertexpert.com and www.escapeartist.com. The former home page is designed to inform, advise and offer 'online friendship' for relocating expatriates while the later provides information on living overseas as well as links to various expatriate magazines.

Holidays and Traditions in Sweden

The change of seasons is very much celebrated in the Swedish culture and is intertwined with the celebration of annual, religious holidays and traditions. Seasonal foods, as well as flowers and plants are used to symbolise and celebrate various festive occasions. Such occasions include:

Easter

Easter is celebrated in April. Easter lilies fill the stores, birch branches are cut and decorated with bright coloured feathers and eggs, and ornaments of witches and chickens are displayed in homes. The day is also spent preparing food for a traditional, Swedish smorgasbord, which often includes duck or chicken and of course egg dishes during this holiday season. Superstitions have also been associated with this holiday, as it was believed, many years ago, witches flew on their brooms to a place called Blåkulla for a meeting with Satan. This tale led to the tradition of lighting bonfires and shooting firearms into the sky at night, to protect oneself from the witches. This tradition still remains today with fires being lit in the fields and fireworks are shot instead of firearms. The Swedish children dress up as witches and go around their neighbourhoods asking for candy, similar to the American Halloween tradition.

The Swedish National Day

Sweden's National Day, 6th June is observed as Flag Day. This day is in celebration of Gustav Vasa's founding of the Swedish nation in 1523. Today, it is celebrated with the flying of Swedish flags, the King's presentation of flags to different service organisations, and parade festivities.

Midsummer

Midsummer (Midsommar, in Swedish) is the celebration of a much longed for summer and is celebrated on the weekend falling nearest to the 24th of June, the longest 'light' day of the year. For many Swedes, this holiday is as important as Christmas. They decorate their homes and churches with wreaths of flowers and build maypoles of birch boughs and wild flowers, which they put up in their gardens or fields. Families and friends gather to dance and sing around the maypole. Later in the day, they eat a traditional 'midsummer' meal consisting of pickled herring (sill, in Swedish), new potatoes (boiled) with sour cream and chives, salad, and fresh strawberries. Beer and snaps (aquavit, for example) are generously consumed during this celebration. At the end of the day, the unmarried girls place flowers under their pillow, in hopes of dreaming of and meeting their future husband.

Crayfish Parties

Crayfish (kräftor) parties are held in August, when the crayfish season opens. This celebration is usually held outdoors on patios decorated with brightly coloured lanterns and the partygoers often wear party hats and special paper bibs. The crayfish are boiled in water with salt and dill and later eaten cold. Beer, snaps and drinking songs are a very popular accompaniment.

Lucia

Lucia Day is the 13th December and based on an old folk tradition. Lucia Day is believed to be the shortest day of the year and also the day that launches the beginning of the Christmas season. This day is celebrated all over Sweden with each town selecting a Lucia. The girl selected as Lucia, is dressed in a white gown with a red sash and bears a crown of candles on her head; originally an Italian tradition taken from the late 18th Century. Lucia is followed by 6 other girls, her attendants, also dressed in white gowns but with glittering garlands in their hair instead of candles. During Lucia Day and the Christmas season, Lucia and her attendants go around to schools, stores, old age homes, and churches singing the traditional Lucia song and other Christmas carol. Saffron buns (Lussekatte, in Swedish), ginger snaps (pepparkakor, in Swedish), coffee and a warm spicy wine with raisins and almonds (glögg, in Swedish) are served throughout this special day. Glögg has been served in Sweden for hundreds of years and is the perfect tonic for those chilly days.

Christmas

The highlight of the Swedish Christmas is marked by Christmas Eve (julafton, in Swedish), the day when families gather together to eat and exchange gifts. The Christmas lunch, 'dopp i grytan', stems from a tradition long ago of dipping stale bread, in left over pork broth, and eating the soft bread with mustard and pork. This tradition has carried on today; however, fresh baked bread is typical, as well as julmust (a special Christmas soda) and snaps. Later in the day, a traditional Christmas smorgasbord (julfbord, in Swedish) is served with such specialities as Christmas ham, red, green, and/or brown cabbage, pickled herring, red beet salad, meatballs, prinskorv (small sausages about the size of one's small finger), liver paté, bread and cheese. Lutfisk, a long slender, white fish (ling) is also commonly served during this holiday season with a béchamel sauce, boiled potatoes and green peas as well as rice pudding for dessert. Christmas Day is a day when many go to church early in the morning and a night when many teenagers celebrate.

Namedays

Every day in the Swedish calendar is dedicated to a first name. A person's nameday is usually celebrated with a cake and family or friends may send cards, especially to young children on their nameday.

Swedish Folk Music

Swedish folk music is thought to be more than a thousand years old. Having its roots in the peasant society, it is believed that the first instruments were wooden flutes used to accompany the folk songs. Each Swedish province, and even each parish in Dalarna, for example, has its own special folk music and dance.

Sweden's Right of Common Access: Free Access to the Countryside

Kärlek till naturen, the love of nature, is something that is inarguably characteristic of Swedes. Rich with forests, meadows, lakes and waterways, Sweden's countryside - and coastline, are a popular and important retreat for many. The Right of Common Access (Allemansrätten, in Swedish) to nature, grants you access to land and its resources regardless of who owns it. This right is an unwritten law but is very much a vital part of the Nordic Heritage. You are free, for example, to walk, hike, horseback ride, swim, cross country ski, camp, pick wild berries, flowers, mushrooms, etc., on all land in Sweden. This right is, however, with several limitations. It is forbidden, for example, to disturb a landowner from their work, to light a fire where there is danger of uncontrolled burning, to pick endangered plants, to litter, to hunt without permission on private property, and to fish in lakes other than Sweden's five largest or other than its coastline. Simply put, you have the freedom of movement on all of Sweden's land, coastlines and forests, as long as you maintain good judgement, respecting nature - a right, which is much more restricted and even nonexistent in other European countries. For more information about public access in Sweden, please visit the the Swedish Environmental Protection Agency (Naturvårdsverket), www.environ.se or contact them directly at telephone: +46 8-698 10 00, fax: +46 8-20 29 25 or email: natur@naturvardsverket.se.

The Nobel Prize and Swedish Inventions

These highly acclaimed awards are primarily associated with Sweden, a country with one of the highest number of Nobel prizes per capita awarded in the areas of physics, chemistry, physiology, medicine and economics since the 1950's. Alfred Nobel, the inventor of dynamite, founded the creation of this award. He stipulated, in his will, that the income of his estate should be divided into five equal parts and distributed in the form of prizes to those 'who during the preceding year had bestowed the greatest benefit onto mankind'. Other Swedish inventions, to name a few, include the propeller (John Ericsson), self-adjusting roller bearings (Sven Wingquist), the safety match (Gustaf Erik Pasch), tetra pak (Ruben Rausing), the respirator (Carl Gunnar Engström), Hasselblad camera (Victor Hasselblad), and the artificial kidney (Nils, Awall).

English - Swedish Word List

Greeting Someone

Hi = Hej (pronounced - 'hay')

Good Morning = God Morgon (pronounced - 'god mor' ron')

Saying Goodbye

Good-bye = Hej då/Adjö (pronounced - 'hay doh / ad-yuh')

See you later = Vi ses (pronounced - 'vee sehs')

Introducing Oneself or Someone Else

My name is ... = Jag heter ... (pronounced - 'yahg heh-ter')

What is your name ... ? = Vad heter du? (pronounced - 'vad heh-ter du')

This is ... = Det här är ... (pronounced - 'det hair air')

Thanking Someone

Thank you = Tack (pronounced - 'tak')

Thanks very much = Tack så mycket/Tack ska du ha (pronounced - 'tak soh mick-et' / 'tak ska du ha')

Nice to meet you = Trevligt att träffas (pronounced - 'trevligt at tref-fas')

Answering in the Positive and Negative

Yes = Ja, Jo, Jaha, Javisst, Ja tack (the letter 'j' in Swedish is pronounced with the 'y' sound)

No = Nej, Nejdå, Nej tack (the Swedish letter å is pronounced 'oh')

Excusing Oneself

Excuse me = Ursäkta mig (pronounced - 'u-shektah may')

Forgive me = Förlåt mig (pronounced - 'furlote may')

When Something was not Heard

What did you say? = Vad sa du? (Pronounced - 'vah sah du')

What? = Hurså? (Pronounced - 'hur soh')

Pardon me? = Ursäkta? (Pronounced - 'u-shektah')

Inviting Someone

Welcome = Välkommen (Pronounced - 'vailkom-men')

Asking for Help

I need help = Jag behöver hjälp (Pronounced - 'yahg behover yelp')

Where do I find ...? = Var hittar jag ...? *(Pronounced - 'var hittar yahg')

How do I get to ...? = Hur kommer jag till ...? (Pronounced - 'hur kommer yahg till')

Excuse me, what time is it? = Ursäkta, vad är klockan? (Pronounced - 'u-shektah, vad air

klockan')

Hospital = Sjukhuset (Pronounced - 'shook-hoose-et')

Ambulance = Ambulans

Shopping List

How much does it cost? = Hur mycket kostar det? (Pronounced - 'hewr micket kostar det')

Vegetables = grönsaker ('gruhn-sahcker')

Cucumber = gurka

Onions = lök ('luhk')

Garlic = vitlök ('veetluhk')

Cabbage = vitkål ('veetkohwl')

Carrots = morötter ('moo-rut-ter')

Potatoes = potatis ('potah-tis')

Corn = majs ('my-s')

Mushrooms = champinjoner ('shampinyone-er)

Lettuce = sallad

Spinach = spenat

Tomatoes = tomat (tomah-ter)

Sweet pepper = paprika

Eggplant = äggplanta/aubergine ('eggplanta/oh-bergeen')

Zucchini = zucchini

Squash = squash

Milk = mjölk ('myulk')

Cheese = ost ('oost')

Butter = smör ('smuhr')

Margarine = margarin

Fruit = frukt

Oranges = apelsiner ('appelseener')

Bananas = bananer

Strawberries = jordgubbar

Raspberry = hallon

Blueberry = blåbär ('blohwbear')

Apples = äpplen ('aiplen')

Pears = päron ('pair-ron')

Peaches = persikor

Pineapple = ananas

Melon = melon

Tea = te ('teh')

Coffee = kaffe ('kaf-feh')

Coffee cream = kaffegrädde ('kaf-feh greddeh')

Whipping cream = vispgrädde ('vispgreddeh')

Cake = kaka/tårta ('kah ka / tohrta')

Cookies = småkakor (småkahkor')

Crackers/wafers = kex

Pie = paj ('pie')

Sugar = socker ('sokker')

Flour = vetemjöl ('vetemyul')

Cinnamon = kanel

Baking Powder = bakpulver ('bahlpulver')

Baking soda = bikarbonat ('bikarbonaht')

Yeast = jäst ('yest')

Pork = fläskkött ('flesk-shutt')

Steak = nötkött ('nut-shutt')

Ground beef = nötfärs ('nutt-fairsh')

Ground pork = köttfärs ('shutt-fairsh')

Lamb = lamm

Ham = skinka ('shinka')

Chicken = kyckling ('shickling')

Turkey = kalkon ('kalkone')

Duck = anka

Goose = gås ('gohs')

Sausage = korv

Fish = fisk

Salmon = lax

Cod = torsk ('torshk')

Herring = sill

Tuna Fish = tonfisk ('tonefisk')

Shrimp = räkor ('reh-kor')

Mussels = musslor

Lobster = hummer

Crayfish = kräftor ('krehf-tor')

Mayo = majonäs ('myonehs')

Mustard = senap ('seh-nap')

Ketchup = ketchup

Beer = öl ('uhl')

Wine = vin ('veen')

Water = vatten

Soda = läsk ('lehsk')

Dish Soap = diskmedel

Toothpaste = tandkräm ('tandkrehm')
Detergent = tvättmedel ('tvehtmedel')

The Letters and How They Sound

The Swedish alphabet is made up of 29 letters. 26 of which are the same as in the English alphabet plus three additional letters:

Å/å - pronounced - 'oh'
Ä/ä - pronounced - 'eh'
Ö/ö - pronounced - 'uh'

These letters are placed at the end of the Swedish alphabet and in the order they are placed above.

Some of the letters in the Swedish alphabet have very different sounds than they do in the English alphabet. They are:

G pronounced - 'y' in Swedish
J pronounced - 'y' in Swedish
W pronounced - 'v' in Swedish

Updated: 2005-09-01