



## Country guide for new EPIET/EUPHEM fellows

Folkhälsomyndigheten, Stockholm

### Sweden

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Based on previous guidance by

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- Alin Gherasim in April 2011
- Pete Kinross
- Michael Edelstein

Source:

<http://epietalumni.net/activities/countries-guide/>

*Please note: This is a living document. If you find any information to be incorrect or out of date, or there is anything you wish to add, please amend the guide (and date it accordingly) and send the new version to your cohort representative for uploading onto the EAN country guides website. Thank you.*

*Dear Fellow,*

*If you remember nothing else from this document, remember these two things: 1. Start looking for a place to live from 3 months before moving, visiting Stockholm in July/August to see apartments pays off 2. Get a personal number as soon as possible after you arrive.*

*Good luck!*

Soledad Colombe (EPIET) and Maximilian Riess (EUPHEM)  
Cohort 2018

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## EARLY ON AND GETTING STARTED

### 1. Registration in Sweden

#### a) If you are NOT an EU/EEA citizen:

If you are not an EU/EEA citizen, you first need to get a residence permit. The procedure is explained at the following website:

<http://www.yourlivingcity.com/stockholm/essentials/personal-number-sweden/>

Then you can follow the procedure explained in **b)**

#### b) If you ARE an EU/EEA citizen:

*As an EU-citizen, you have the right to live in any EU country if you work there. During the first 3 months of your stay, your host country cannot require you to register your residence. You can do so if you wish. After 3 months, your host country may require you to register your residence with local authorities, to show that you're working there and obtain a document confirming your right to stay.*

*Source: [https://europa.eu/youreurope/citizens/residence/residence-rights/index\\_en.htm](https://europa.eu/youreurope/citizens/residence/residence-rights/index_en.htm)*

**However, for Sweden, we do advise you to register with the local authorities as soon as possible.**

Here are the steps to get registered in Sweden (this is the obligatory order):

#### Step 1. Register to get your personal number (personnummer in Swedish)

Your personal number will be the most important thing to acquire in Sweden. It allows you to do everything: get paid, access healthcare, get sick leave, get a phone, a bank account etc etc... Even a loyalty card at the supermarket. Until you have the personnummer, you will feel like an illegal immigrant. Make the application for the personnummer your absolute priority when you arrive in Sweden (literally – go to Skatteverket the the first or second day you arrive).

To get your personnummer, you need to go to the tax Agency (Skatteverket) with the right documentation to get your personal number. The procedure is explained here:

<http://www.skatteverket.se/servicelankar/otherlanguages/inenglish/individualemployees/movingtosweden.4.2b543913a42158acf800027235.html>

Note that you will need your contract, your passport and the paperwork filled in when you go there. You do not need to book an appointment for this, but if you want to save some time, click here:

<https://ventus.enalog.se/Booking/Booking/Index/flyttningtillsverige?language=en-GB>

Once you have been to Skatterverket to register, it will take them 2 to 8 weeks to send you your personnummer by postmail. However, in rare circumstances it can take up to 4 months, so it's best to check by email if you wait for longer than 8 weeks to find out the reason for the delay. Beware of registering your Swedish address correctly with Skatterverket. If you rent an apartment from someone, you might have to add "c/o First name Last name of the apartment owner" on the address.

#### Step 2. Getting a national ID card

This is another essential step in getting settled in Sweden. You absolutely need this card, as it is the proof that your personnummer is linked to your identity. You will need it at the doctor's office and to open a bank account for example (beware that it is difficult to open a bank account in Sweden if you have a personnummer but no Swedish ID card).

To get your ID card, you need to book an appointment with the Kungsholmen office of Skatterverket (Careful, people will tell you to go to the police station to get your ID card, but it is not possible for non-Swedish citizens!). To apply for the ID card you have to bring your passport and personnummer.

The website of the Kungsholmen office:

<https://skatteverket.se/omoss/kontaktaoss/besok/besokservicekontor/kontor/stockholmkungsholmen.5.46ae6b26141980f1e2d3cf1.html>

Book a time for ID card application:

<https://ventus.enalog.se/Booking/Booking/Index/ID-kort>

Two weeks later you will receive a text or email telling you that your ID card is ready. You can then just go and pick it up at Skatterverket Kungsholmen without an appointment. It is very fast.

#### Recommendations/Suggestions:

There are several offices of Skatterverket in Stockholm, the one on Kungsholmen is usually very busy and you should look for appointments online at least two weeks before. The one at Odenplan is far less busy, here you can also do the application for a person number. The actual ID card, is only issued in the Kungsholmen office! Your HR department can help you with getting it if you are struggling. If you can fill in forms to get the personal number during your first or second day at work, the number can arrive within a week or two of the end of the initial training, i.e. it takes something like 3-4 weeks.

## **2. Finding accommodation**

Finding accommodation to rent in Stockholm is notoriously difficult. According to a staff survey at ECDC in 2011 half the expats at ECDC had bought a place because the housing situation is so difficult here. Of those who rented, at least a third had moved 2-4 times in the past year

**Be aware that you can register your new living address here: that ensures that the post-system knows where to find you: [www.adressandring.se](http://www.adressandring.se)**

#### Areas to live

Keep in mind that everything is close by public transportation in Stockholm. The bus transport system works really well and in fact the subways don't go to the Institute, you will switch to a bus at some point or take a bike. We highly recommend that you come visit Stockholm during the summer before starting, to see the different neighbourhoods, and to give you more credibility to renters (so they are more likely to rent the place to you). We recommend looking for a place as central as possible (public transport radiates from T-centralen), especially for your first year, to be able to discover the city more easily (but clearly that means spending more on housing). Look for a place preferably not facing a main road (there's little traffic noise in Stockholm, all limited to main roads), preferably close to the subway or train station. Ask about shops around if you cannot visit in person! Most people travel half an hour to the Karolinska

campus, where Folkhälsomyndigheten is based. You can estimate travel times very accurately using this website: <https://sl.se/>

### Type of housing

A flat that has [2 bedrooms with a separate living room and kitchen and bathroom and decent sized hallway and even a largish balcony] = a 3 room flat or '3:a', read 'tre-a'. A common type of flat, that has a separate kitchen etc, but the bedroom as part of the living room, usually in a small recessed area, is called a 1.5 room flat. In general a .5 indicates a somewhat larger room that is not entirely two rooms. It is common for apartments to have large storage areas for each flat in the room or basement, e.g. 2x3m. If renting a flat for short time, the owner might be using this to store stuff away though, so don't count on it being available. It is also very common for apartments to have communal laundry areas in the basement, where you book an appointment using a very simple system. Swedes respect this and each other's space, and laundry 😊.

Also, note that you will most likely rent "Second hand", ie sublet (rent from someone already renting rather than the flat owner). While this is illegal in most countries, it is perfectly legal in Sweden.

You should take great care that on all delivery addresses include a c/o landlord's name as spelled on your door OR put your name on the door, too. You should not remove the landlord's name though.

### Costs for an apartment:

There are only few rental agencies, as most people rent directly from owners. One of them is samtrygg.se (it could be a good option for non-Swedes who have no personnummer or ID card, but expect to pay a deposit to the agency as a way of compensating the lack of ID card or Mobile-ID). You can also register with bostaddirekt.com, then I think the fee is SEK 400/month. Regarding rent, Pete (Cohort 17, 2013) paid 8000SEK for a 40sqm apartment with a balcony by St Eriksplan, with almost all bills included. Michael paid 13000 SEK for 80sqm in a brand new luxury block bang on in the centre, with all bills and internet included (2014). In 2018 Max and Soledad paid 24,000 SEK for a 86sqm three room fully furnished all-included apartment on the center of Kungsholmen but shared that by two people (EUPHEM and EPIET fellow). Hubert from cohort 2020 paid 18,400 for a 4a of 82sqm in Bromma in Stockholm (all media and internet plus a parking place included, rented through Samtrygg). On the whole, rent is not cheap but cheaper than London.

### Terms – when looking for a flat

#### **Do:**

- Ask everyone you know if they know someone in Stockholm who has an apartment. Not just friends, ask everyone.
- Look on <http://www.blocket.se/>, [www.qasa.se](http://www.qasa.se) and on <http://www.bostaddirekt.com/> for available apartments. Bostaddirekt has a fee to join but it is worth it (better quality flats). Other pages exist as well, be aware that paid sites may offer something like a 2day subscription, which looks nice to ty the site, but you have to actively quit it otherwise they might automatically switch you from a 2 day-subscription to weekly subscriptions and you pay loads of money.

- Find Facebook groups for people looking for apartments (e.g. <https://www.facebook.com/groups/lagenheteristockholm> or <https://www.facebook.com/groups/253412438391587> and apply for invitation – there are many ads from owners there).
- Place an ad on <http://www.blocket.se/> in parallel to all your other efforts. This is really worth doing, as many people do not advertise their flats but rather screen people who are looking and contact them directly. I had at least 4-5 people contacting me and offering me flats to rent this way. I strongly suggest you place the ad in Swedish (ask someone to write it for you), put a picture of yourself and clearly mention in the ad that you are professional (if you are a Dr, mention that), that you have a fixed salary for a fixed contract of 2 years that will not be renewed. If you come with a family, put a family picture with your kids. Swedes love kids and families as you will soon find out.
- Come to Stockholm for a few days to visit apartments in person
- Here is a little suggestion for a blocket annons, you could use the text also to introduce yourself in response to an ad you find interesting:

Tjena!

This is XY, your (hopefully) new tenant! I am moving to Stockholm for my job and will be working at Folkhälsomyndigheten for the next 2 years from September 20XY on.  
1-2 sentences on your background, make clear you are highly educated.

A bit about myself:  
Say something about your character, at best you are reliable and responsible and of course you will take great care of the flat. If you don't smoke: say it. If you don't have pets: say it. If your financial situation is stable with not payment defaults: say it. Any personal links to the country or culture maybe? Something about hobbies doesn't hurt, the people should get the feeling to know you a little.

What I am looking for:  
State your best starting date and indicate you are somewhat flexible if you are.  
State how big the flat should be or how many rooms it should have.

Best regards, XY

### Don't

- Pay an agency to find you a place. It's common to waste your money.
- Don't be discouraged. Short term lets, of 3-6 months are common as rules within each apartment building can limit the time someone can sublet to under a year. I hear that the rationale of maximizing owners vs renters is that owners treat the building and co-occupants better, and community spirit is improved. Of course this is debatable. Therefore if you clearly mention that your contract is limited to 2 years and is non-renewable will help you.
- Don't believe the hype on the internet. Horror stories prevail. I have not heard of most of them coming true for the 200 ECDC expats. The main problem is that it can take ages to find somewhere central enough, and then it's only for 3 months.

### Necessary documents to get accommodation – contract

Landlords like to know that you are employed and have a stable income. For a 'visning', that is showing the flat to lots of potential tenants, it could be beneficial to already bring the working contract if available

(you probably won't have it before September, but the proof that you got accepted in the program should suffice).

Amenities: Internet, Telephone, Television, Gas, Electricity, Water, Heating

If you are renting second hand these are most of the time all included in the rent.

*Internet and Telephone (Internet info from previous cohorts, we had internet included in our rent)*

Initially: Buy a 3G or 4G USB stick. Yes, Stockholm is one of the first cities to have a 4G network. I got 3G, and it was 1-2MB/s in by 1<sup>st</sup> floor apartment, which faced the inner courtyard, at the bottom of a hill. If you are on the top floor at the top of the hill, you can get 3MB/s with 3G, and up to perhaps 10G with 4G. Go into any phonehouse shop, or electrical store, or even a 7-11. They will sell you this.

Broadband: A pain in the butt to get, but when you do life is all sweet. Sweden has the third fastest broadband internet in the world. I chose to get a ferociously fast max 100MB/s for 400SEK/month rather than the unspeakably fast 200MB/s. Broadband requires a personal number, and a phone line. If your phone line is not great, or the wall attachment is wrong the company will come put it in for free. Call 'ComHem'. Trust me, don't muck about, go to them. They will sell/give you a modem and wifibox all in one. There is the option to have TV with this too. Internet companies have territories. So either they can do your building or if they can't, there's perhaps one other decent company, which they'll recommend, or ask your co-workers. Anyway, this is all nice to know, but irrelevant if you don't have a personal number. So, early on, get a 3G/4G USB. I bought myself an extension cord for this too, I could hang the USB high up over the curtain rail. (this info could save you hours from your life..!).

Mobile phone: There are a lot of possibilities, and they are all expensive. If you want to be able to call or send texts to foreign numbers (even European ones), you actually have to buy a special plan). I have used Comcast, the "amigos" plan for that. You can go to the newspaper stand and ask to refill your sim, they will then give you a receipt with a number to call to refill your plan. Note that you will get a work and until now, they allowed fellows to use it as their personal phone too (but check with your supervisor). Note that the "European no roaming policy", is valid only up to 6 months, after 6 months abroad, the companies can charge roaming fees again.

Furniture and household goods

Many apartments come fully furnished. There are IKEA buses going to IKEA for free ;)

Useful websites

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

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

[www.bostaddirekt.com/](http://www.bostaddirekt.com/)

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

### **3. Reimbursement of expenses**

Application for reimbursement like the relocation costs are all done online in the Primula tool. Use original receipts where possible. Your supervisor can explain all this to you. It is a tricky system where you have to send your original receipts in-house.



A so-called friskvård is given to all employees, which is a budget to keep you healthy. You can spend it on activities, such as a gym or yoga class. It is 2000 SEK/year, receipts for reimbursement have to be handed in by end November each year.

Since every visit to a doctor costs you something (like 200SEK) make sure to collect the receipts and get 95 SEK reimbursed for every visit from FOHM.

You may also be entitled to get support for a pair of work shoes and glasses.

## **4. Finances**

You will receive salary, therefore you should ask your HR department. Note that tax is taken at source, so the salary you receive every month is net of tax. You still need to fill in a tax return every year. It's quite straightforward if your only income in Sweden is your salary. However, if you have any other source of income, e.g. from renting your apartment in your country of origin, write to Skatteverket to clarify if you need to pay tax on it in Sweden or if it is exempt because of bilateral agreements.

### Bank account

You normally need a personnummer to open a bank account, but Handelsbanken in Solna recognises the particularities of expatriate clients, and previous cohorts managed to open a bank account there before getting a personnummer. Elsewhere it might be more difficult. Handelsbanken is fine. All banks are really the same for day-to-day banking purposes.

For all banks, if you already have a personnummer, then you HAVE to show your swedish ID card.

A purely online Bank is Skandia, which works quite well but requires identification at the post office.

### Taxes

Tax in Stockholm is about 30%

<http://www.stockholm.se/OmStockholm/Budget/Kommunalskatten-/>

## **5. Administration**

### Contract

Contracts are ready quite late and you may be lucky to get it 1 month before starting to work (very unlikely as everyone is on holidays over the summer). Interestingly, the contracts at public authority don't require your signature, the only signees are your supervisor and the HR. It also is just 1 page and even if it may look preliminary it contains all essential information.

### Salary corrections (2016)

You can check your salary correction with the ECDC Fellowship Office. As an indication, check the 2016 correction factor here, around page 16:

[https://ec.europa.eu/eurostat/documents/6939681/7070380/5189298\\_annual\\_report.pdf](https://ec.europa.eu/eurostat/documents/6939681/7070380/5189298_annual_report.pdf)

The net monthly salary for cohort 2020 fellows was approximately 29,000 SEK.

Pension (public/private)

## 6. Insurance

Unemployment insurance

In Sweden you would hardly get anything as unemployment insurance. Everyone has an additional insurance through a so called "Kassan". It most times costs about 100 SEK per month and entitles you after one year of paying membership fees to receive about 80% of your previous salary while you are unemployed. For A-kassan is probably the most suited one for academic people. Again: Be aware that one has to pay for one year before being entitled to receive support. <https://www.aea.se/>

Travel insurance

*Information about ECDC Travel Insurance*

*ECDC travel insurance is provided by Cigna International Health Services. All staff and sponsored meeting delegates travelling on behalf of ECDC are covered by this insurance. The insurance takes effect as from the time one leaves their home/office for the meeting/mission and ends upon return to home/office. Times outside this period, including durations with private deviations, are not covered.*

*Coverage includes, among others, medical expenses as well as costs for repatriation in case of personal accident and/or serious illness, theft, riots etc. For medical expenses, the travel insurance is a complimentary insurance. Any costs or damages that are not covered by the primary insurance (private, national or corporate) will be supplemented by the travel insurance upon a written declaration that such expense had not been covered.*

*Please note that the ECDC Travel Insurance is only a "top-up" insurance and everyone are expected to have a travel insurance (professional or private) already.*

*It is recommended to always bring your European Health Insurance Card when travelling in Europe.*

*Source: ECDC EVA*

## 7. Health insurance and health care

**In emergencies, call 112.** (113 is police, 114 is fire). For medical non-emergencies call 1177 (there will be an option to talk to English speaking person).

Health insurance: As soon as you have a personal number, even a temporary one, you should have health insurance, as long as you are not insured in your country of citizenship anymore. All you need to do is find a local GP and go and register. Your HR department is definitely responsible for providing you with this information.

Necessary documents to get health insurance card:

You can apply for a card from försäkringskassan, the health insurance, with the European blue back, by handing in the paper form at försäkringskassan! Make sure to attach a copy of your work contract. You

find the form online to print out or in the offices, also at least the Skatteverket office on Kungsholmen offers that service.

Therefore, after you have your person number, you can go to the Kungsholmen Skatteverket office and apply for both: your ID card and your health insurance card.

To find a medical practitioner, consult the medical guide *Vårdguiden*. You can find the guide for free in pharmacies. The information is also available (in Swedish only) on their website <http://www.1177.se/Stockholm/Hitta-varld>

For information about private practitioners, consult the medical guide *Privat Vård*. You can find the guide for free in pharmacies. You can also use their website <http://www.privatvard.info> (in Swedish).

When you call your primary health care centre (*vårdcentralen*), you usually talk to a nurse who assesses your situation and then offers you an appointment. Some medical centres use a system where you first get in touch with an answering machine. You have to leave your name and telephone number, and they call you back to make an appointment. You can also book appointments online once you are registered. You pay <200SEK for each visit to a (family) doctor, up to a maximum of something like 1500SEK in a year, then it's free.

You may also call 08-320-100 (*Vårdguiden*, available 24 h/day, 7 days/week) for general information and to talk to a nurse for advice. After you have heard the first automatic information in Swedish you press 1 to have somebody at the information desk who will be able to guide you further (also in English).

#### **Hospitals, Stockholm North:**

- [Cario St Görans sjukhus](#)

Tel: 08-587 010 00

Sankt Göransplan 1, 112 81 Stockholm

(on the blue line of the subway, stop: St.Görans sjukhus station)

<http://www.stgoran.se>

- Danderyds sjukhus

Tel: 08-655 50 00

Mörbygårdsvägen, Danderyd

<http://www.ds.se>

- Karolinska universitetssjukhuset, Solna

Tel: 08-517 700 00

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

#### **Hospitals, Stockholm South:**

- Södersjukhuset

Tel: 08-616 21 10 or 08-616 21 20

Sjukhusbacken 10, 118 83 Stockholm (in Södermalm)

<http://www.sodersjukhuset.se>

- Karolinska universitetssjukhuset, Huddinge

Tel: 08-585 800 00

Hälsövägen 141, 141 52 Huddinge

(Pendeltåg to Södertälje/Märsta; stop: Flemingsberg's station)

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

- Södertälje sjukhus

Tel: 08-550 240 00

Rosenborgsgatan 6-10, 152 40 Södertälje

<http://www.sns.sll.se>

Some **medical centers** also offer medical care for light emergency after the usual medical centers have closed for the day. You can find their information in *Vårdguiden* (Search for *Akut vård, närakut*) and on [www.1177.se](http://www.1177.se). The page is in Swedish only, but you can read their contact information easily. Enter *närakut* and your location in the first box "*Sök på Vårdguiden*" (EX: *närakut solna*). Click on "*Sök*". In the right column on the new page, you get a list of all medical centers that offer care in your area. You can click on their names to get their address, telephone number and opening hours. There is also a place at Dalagatan 9, Stockholm, that has an outpatient clinic from 17:00 – 21:00 on weekdays, and 08:00 – 22:00 on weekends. Call in advance, 0046 8672 3990.

#### Sexual health (STI testing, pregnancy testing, contraception, etc...)

The RFSU clinic is the reference in Stockholm for STI testing and all other procedures or counselling related to sexual health.

Here is a link to their website:

<https://www.rfsu.se/om-rfsu/kontakt/rfsu-kliniken/>

They have "no-appointment needed"-slots, but these are highly packed, and it is really recommended booking an appointment instead.

## **8. Leaving the country**

#### Suggested removal companies

Eurosender is great: affordable, fast and reliable. <https://www.eurosender.com/>

Once in Stockholm, If you don't have a place to live yet, you can store all your moving boxes at a Pelican storage unit: <https://pelicanselfstorage.se>

#### Places to deregister from

The embassy if you were already leaving abroad.

## **AT WORK**

## **9. The institute Folkhälsomyndigheten**

#### **Learning about SMI and SmiNet (the national surveillance system):**

Useful paper describing how SmiNet works: (remark: new edition of SmiNet is rolled out 2020)  
<http://www.eurosurveillance.org/ViewArticle.aspx?ArticleId=626&Languageld=2>

#### Getting to & from the City/Institute

#### Your office space

Part by part the work spaces are transformed to a flexible hot seat system. You will be able to store your things in a locker and find a new table every day.

### Access card

An access card will be handed out to you on the first day, you need card and pin to open many doors. After four month the card can be unlocked to also be functional after 18:00. Especially when working in the microbiology parts you would need a card to open the doors to exit as well!

### Laptop and mobile

You will receive a laptop and a smartphone for work. Be sure that IT understands you are there for 2 years and not a funny intern for only 3 month!! Otherwise you get the old stuff.

### Remote Access

Remote access is possible, and IT will install the relevant solutions on your workphone and work laptop. On the laptop you will need to first connect to GlobalProtect from within the network to have it running remotely as well.

### Holidays

The total number of holidays depend on your age:

until and including the year that your turn 29 years old: 28 days

from 30 on: 31 days

from 40 on: 35 days

Holidays that you could not take during your stay will get paid out. Better to check with that ahead of time, maybe you have to request to take them and it has to be declined, maybe it is also not applicable as we are funded through a grant from ECDC.

### Public Holidays 2020

See <https://www.officeholidays.com/countries/sweden/2020>, the daily work time before the day before some public holidays are shortened, look at <http://intranet.folkhalsomyndigheten.se/min-anstallning/arbetstid/arbetstidsforkortning/> to see which ones.

\_\_\_\_\_

### Working Time

Daily work time is 7.95 hours not including breaks. Normal working hours are from 8.00 to 16.30 but it is flexible as long as you work your hours. You are expected to be in place between 9 and 15 (when meetings can be scheduled) unless you have other agreements with you head of unit. In the first month you may be required to leave the building by 18:00 latest until HR can unlock your card so that you can leave the building also at later time.

### Lunch

There are social rooms and kitchens everywhere. You can bring your own lunch and store it in the fridges or purchase in one of the nearby restaurants. In the Folkhälsomyndigheten restaurant 'Folkan' (full lunch costs 95 SEK) you can both buy food and bring your own.

## **LIVING IN SWEDEN**

### **10.Culture (dos and don'ts)**

Things to see and do in Stockholm:

<http://beta.stockholmtown.com/sv/>  
<http://www.alltomstockholm.se/>  
<http://www.stockholmsmuseer.se/>  
<http://www.spottedbylocals.com/stockholm/>  
[www.skansen.se](http://www.skansen.se)

## 11. Public transport

If cycling is not your thing, then a monthly card is around 930 SEK and gets you unlimited travel on all public transport in Stockholm and the surroundings. Buying a 3-month travel card is an excellent investment if your course(s)/mission(s) schedule(s) permit.

You need to get a travel card, either from the SL shop in the central station or from a convenience store (7-eleven or Pressbyrå). This gives you a 20SEK credit card-sized pass. You charge it like a credit card, and just touch it on the blue pads you see at the barriers in train/metro stations, and on buses. Once you have a Mobile Bank-ID you can download SL app (SL journey planner) on your phone and buy tickets this way (the app will generate QR code which you can scan at the gate in the underground or the ticket reader at the bus door). Buses work well in the city!

## 12. Cycling in the city

Michael (and Hubert from c2020) have found cycling to be the most effective mode of transport in Stockholm. It's free, they have good cycling paths everywhere and you can get special winter tyres for the winter.

## 13. Language schools

It's embarrassing how far English will get you in Sweden. But you still need to master at least basic Swedish, as all meetings and communication in Folkhälsomyndigheten is in Swedish. You can conduct one to one meetings in English, but team meetings and regular communication will be in Swedish and you will be expected to contribute. Especially at the beginning your supervisor will allow you to do classes during working hours e.g. morning from 9-11. So, Swedish courses, there are a lot of options (including SFI that is free, Duolingo and [www.rosettastone.eu](http://www.rosettastone.eu)), but so that you don't waste time, here is what worked for us:

- A. Folkuniversitet classes are really good. You can either take the intensive option (4 weeks, 2h a day every day + homework), or regular with 2 classes a week. <http://www.folkuniversitetet.se/In-English/Swedish-courses/Swedish-Courses-in-Stockholm/>

Note that if you have to go for trainings, they allow you to skip a week of class as long as you are doing your homework during that week. You will not pay for this week that you are skipping.

- B. Private lessons. Max and Soledad did intensive private lessons before starting the classes at Folkuniversitet. Previous cohorts started with folkuniversitet and then switched to private classes. Some of your days can be long, sometime courses or missions can remove weeks. This flexible option was useful, even though more expensive. Expect to pay 150-400 SEK an hour. Search online.

## **14.Recreational Activities, sports, worth visiting, meeting people**

Swedes love sports. Or at least they say. But you can find a variety of gyms in the city, mostly two big chains are SATS and friskis&svettis. But you can become a member also at various other clubs like a climbing hall.

The friskvård, a sum your employer grants you for improving health, can be spent on activities only, so you can get up to 2000 SEK of you gym or other membership reimbursed per year.

A visit in national park Tyresta is always worth it, be it for mushroom picking or just spending the day hiking. Stockholm is surrounded by green and in the city you will find a lot of parks as well, if nature is your thing you will feel very satisfied. Of course, a capital has many cultural things to offer, too, and bars and clubs await you.

## **15.Supermarkets**

Cheapest supermarkets are Lidl and Willys. Then ICA and COOP are next. Then Hemköp is more upmarket. But the prices are not so different. Food is expensive in Sweden compared to other EU countries. As soon as you have a personnummer you can also become member in the various supermarkets and all shops to benefit from special offers.

## **SPECIAL CONSIDERATIONS**

### **16.Moving in with a family**

If you move in with a child, make sure to apply for a nursery as soon as you arrive. Do it through the local council website (if you live in Stockholm city then it would be here:

<https://start.stockholm/forskola-skola/>). To apply you need to have a personnummer for the child, but you can email Stockholm City to explain your situation and ask for guidance. In theory, a child needs to have a personnummer first and only after they get it the city is obliged to find a place in a nursery within 3 months from application date (if both parents have employment, actively look for job or are in education – a free Swedish language course at SFI also counts). However, we found the council officers to be very accommodating ..... The nursery cost depends on household income but is capped at around 1500 SEK. As parent(s) you are also entitled to child benefit which in 2022 is 1250 SEK per child per month (each parent get its half separately). If your child is sick, you can apply for VAB (through Primula on FOHM intranet and then Forsakringskassan.se website to get 80% of your regular salary per each day you VAB). As a parent you have 120 of VAB days per year and your employer is legally bound to allow you to use VAB days to care for your sick child. Children have free dentist care in Sweden. If you travel by bus in Stockholm and have a child in a pushchair or a pram, the child and one parent travel for free (the other parent has to pay. This does not apply to other modes of public transport where both parents have to pay for their tickets). Playgrounds are around every corner in Stockholm and a lot of apartment blocks have their own small playgrounds.

## CONTACT

### 17.Key contacts at your institute

Key contacts can be easily found in the intranet

<http://intranet.folkhalsomyndigheten.se/min-anstallning/>

Secretariat

HR

Finance

### 18.Contact information of current and previous fellows

Feel free to contact the current fellows. They have lots of additional information that they are happy to share with you.

Name	Cohort	Email	Nationality, moved from→to	Moved with partner/family
Michael Edelstein	Cohort 18 (2013-2014)	Michael.edelstein@doctors.org.uk		
Maximilian Riess	Cohort2018	Maximilian.riess@gmail.com	German, From Germany to Sweden	No
Soledad Colombe	Cohort 2018	Soledad.colombe@gmail.com	French, From Tanzania to Sweden	No
Jessica Beser	Cohort 2019	jessica.beser@folkhalsomyndigheten.se	Swedish	
Marie Jansson Mörk	Cohort 2019	marie.jansson.mork@folkhalsomyndigheten.se	Swedish	
Hubert Buczkowski	Cohort 2020	hbuczkow@gmail.com	Polish, From UK to Sweden	Yes