

# Organizing your daily life in Sweden



## Opening Hours

Shops: Monday-Friday: 10.00-19.00  
Saturday: 10.00-17.00.  
Sunday: 11.00-16.00.

Banks: Monday-Friday, 9.30-15.00, with extended hours one day per week.

## Food

Many food shops are open between 8.00 and 22.00, every day. Some examples of food shops are *ICA, Coop, konsum and Willys cash*.

When eating lunch out, look for the sign "dagens" which means *today's special*. You can usually choose between 3 - 4 courses and the prices vary from 65 - 90 Swedish crowns. Lunch is usually being served between 11.00 and 15.00.

## Swedish Radio and TV

P1, P2, P3, P4: Swedish national/local broadcasting stations. [www.sr.se](http://www.sr.se)

Rix FM: Swedish hit radio plays mostly popular music and has news every hour.  
[www.rixfm.se](http://www.rixfm.se)

Further there are many other TV channels and radio stations available in Sweden.

## Swedish newspapers

Here are some links to Swedish newspaper:

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

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

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

## Travelling in Sweden

Sweden is famous for its nature which everyone may have access to. Travelling by train or bus is a good way to get know the country but you must have the time because the distance from the northern tip to the southern is 1572 km. The largest cities are Stockholm, Gothenburg and Malmö. Information about the connections you will find on the webpage of the Swedish federal Railways. [www.sj.se](http://www.sj.se)

For students they have youth prices with up to 30% discount. Look at the webpage for more information.

## Emergency call

Fire brigade, Police, Ambulance      112

## Medical Services

If you need a doctor you have to go to the hospitals emergency ward. The hospitals require your social insurance card. If you need some medicines you only can get it at the pharmacy.

Legal restrictions for young people:

In Sweden you buy alcohol in special shops, called "Systembolaget". You need to be 20 years old to buy beer, wine and liquor. In restaurants and bars you can buy this if you are 18 years old, but most bars have an age limit where you have to be 20 years old. ID is often asked for if you don't look 'old enough'. Sweden has strict regulations about drinking and driving and the penalties can be quite high.

## Useful words and phrases

When drinking alcohol	skål	toast
Salutation when arriving	hej	hello
Salutation when leaving	hej då	good bye
When thanking someone	tack	thank you
	var så god	you are welcome, help yourself
Different drinks	öl	beer
	vin	wine
Other words	ja	yes
	nej	no