Life in Sweden

Practical information
for
Postgraduate Dentists and Physicians

SAHLGRENSKA I.C.
Advanced care at hand
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1. Welcome to the Region of Västra Götaland,

It is an honour for us that you have chosen the Region of Västra Götaland for your professional training.

Region Västra Götaland consists of 49 western Swedish municipalities with more than 1.5 million inhabitants. Gothenburg is the biggest city in the region and Vänersborg is the county seat. Region Västra Götaland is responsible for health and medical care and for regional development and is the second largest employer in Sweden with approximately 50,000 employees. Region Västra Götaland has 17 hospitals, more than 200 primary health care centres and 170 public dental clinics.

Sahlgrenska I.C. is a part of Region Västra Götaland dedicated to the task of working actively to export western Swedish care quality to the international market.

This binder is a guide aiming to help you to find information on the formalities required to settle quickly and comfortably into our region and to find your way easily in the Swedish society.

We wish you a challenging, developing and pleasant time both professionally and personally.

We will do our best to help you fulfil your aims. Don’t hesitate to contact us.

Kind regards,

Marika Qvist
CEO
Sahlgrenska I.C.
2. THINGS TO DO AND VISIT IN AND AROUND GOTHENBURG

Slottsskogen
A grand park with walking, biking and jogging paths, cafés, playgrounds, animals and green space. Outdoor concerts, theatre and events. Located at Linnéplatsen.

Botaniska Trädgården
Sweden’s most beautiful botanic garden with more than 4 000 different plants from all over the world. Located in Änggården.

Liseberg
Scandinavia’s greatest amusement park with lots of fun for the whole family. Located at Korsvägen.

Gothenburg Symphony Orchestra
Sweden’s National Orchestra and one of Europe’s leading symphony orchestras, led by the renowned conductor Gustavo Dudamel. The concert hall “Konserthuset” is located at Götaplatsen and is famous for its architecture and fine acoustics.

Universeum
Fascinating and exciting Science Center where you can discover the space, a rain forest, the ocean and much more. Located at Korsvägen.

Älvsborgs Fästning
Sweden’s best preserved seventeenth century fortress with an interesting history in a beautiful setting. Boats leave daily during the summer months from Lilla Bommen.

Gunnebo Slott
The castle has one of the finest neoclassical architecture and its garden area is a cultural national park. Located in Mölndal, bus no 753.

Saltholmen
Saltholmen is the hub for the ferry service to the southern archipelago with its beautiful and charming islands. The tram ticket includes the boat trip as well. Tram no 11 to Saltholmen.

Konstmuséet
Gothenburg Museum of Art presents fine arts with a Nordic profile from the fifteenth century to our days. Located at Götaplatsen.

GöteborgsOperan
The modern opera house with its interesting architecture and fantastic opera, ballet and musical performances. Located at the guest harbour Lilla Bommen.

Trädgärdsföreningen
The Garden Society is a lovely 19th century park with all kinds of trees, roses, exotic plants, cafés. Located close to the central station.

Göteborgshjulet
The Gothenburg wheel at the waterfront (guest harbour) offers a splendid view of the town. One ride is 85 SEK.

Heden
Recreational area in the centre. Outdoor football, basketball etc. Wintertime this is the place to go ice-skating. Södra vägen.

Marstrand
Pittoresque costal village founded in the 13th century with beautiful houses, an impressive fortress, cafés, restaurants and bathing. Located outside Kungälv. Bus 312 takes 50 min.

Delsjöns Friluftsområde
Nature reserve consisting of a vast forest around two great lakes. Hiking trails, fishing, canoeing/kayaking, bathing, Tram no 5 to Welandergatan.
3. EMERGENCY NUMBERS

**Official national emergency number**  
Dial **112**

The operator will put you in contact with the relevant emergency service; Ambulance, Police, Rescue service, Fire brigade, Life boat.  
For more information  
[www.sosalarm.se](http://www.sosalarm.se)

**In case of poisoning (Giftinformationscentralen)**

[www.giftinformationscentralen.se](http://www.giftinformationscentralen.se)  
Telephone nr 08-33 12 31

**Medical information (Sjukvårdsupplysningen)**

[www.1177.se](http://www.1177.se)  
Telephone nr 1177

The information is available 24-7. Specially trained nurses give advice by phone or refer you to the appropriate authority

**Upon serious illness or accident, contact or go to one of the Emergency care units at Sahlgrenska University Hospital:**

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Akuten Sahlgrenska</td>
<td>031-342 10 00</td>
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<tr>
<td>Akuten Östra</td>
<td>031-343 40 00</td>
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<tr>
<td>Akuten Mölndal (Orthopaedics)</td>
<td>031-343 17 01</td>
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<tr>
<td>Akuten Östra (Psychiatry)</td>
<td>031-343 69 00</td>
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<td>Delivery (Mölndal)</td>
<td>031-343 12 86</td>
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<tr>
<td>Delivery (Östra)</td>
<td>031-343 41 48</td>
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<td>Women’s clinic (Sahlgrenska)</td>
<td>031-342 10 00</td>
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<tr>
<td>Barnakuten Östra</td>
<td>031-343 40 00</td>
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<tr>
<td>(Children’s Emergency Care unit)</td>
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**Dental Care Emergency**

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<tr>
<td>Akut tandvården</td>
<td>031-80 78 00</td>
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<td>Odinsgatan 10</td>
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**Private Emergency Care**

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<tr>
<td>Axess Akuten</td>
<td>031-725 00 00</td>
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<tr>
<td>City Akuten</td>
<td>031-10 00 00</td>
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**Taxi**

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<th>Service</th>
<th>Phone Number</th>
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<tr>
<td>Taxi Göteborg</td>
<td>031-650 000</td>
</tr>
<tr>
<td>Taxi Kurir</td>
<td>0771-86 00 00</td>
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<tr>
<td>Taxi 020</td>
<td>020-20 20 20</td>
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**Towing service**

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<th>Service</th>
<th>Phone Number</th>
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<tr>
<td>Assistancekåren</td>
<td>020-912 912</td>
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<tr>
<td>Ais Bilbärgning</td>
<td>073-87 87 876</td>
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**Directory assistance**

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<th>Service</th>
<th>Phone Number</th>
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<tr>
<td>Nummeruppslysningen</td>
<td>118 118</td>
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4. RESIDENCE PERMIT / RIGHT OF RESIDENCE

Citizens from a member country of the EU/EES
Once in Sweden you should apply for a Right of Residence within three months of your arrival. The Right of Residence is valid for the entire stay in Sweden.

You can choose to do so in three ways:
- at the Swedish Migration Board's website [www.migrationsverket.se](http://www.migrationsverket.se)
- by post to the Swedish Migration Board by completing the form Registration of right of residence
- at one of the Swedish Migration Board's Permit Units by completing the form Registration of right of residence. In Gothenburg you find the Migration Board’s office at Vestagatan 2A.

Enclose the following documents to your application:
- Passport
- Letter of acceptance
- Financial proof (bank statement or certificate of sponsorship)
- Documented proof that you have comprehensive health insurance that is valid in Sweden.

Citizens from outside the EU/EES
Before coming to / moving to Sweden, you must apply for a residence permit for studies. It is the Swedish Migration Board who is the responsible authority and who handles and approves / refuses applications from the embassies.

Follow the instructions from your country’s Swedish embassy. Enclose the following documents to your application:
- Passport
- Letter of acceptance
- Financial proof (bank statement or certificate of sponsorship)
- Photo
- Marriage certificate (if applicable)
- Birth Certificate for your children
- Health insurance valid in Sweden

Your residence permit will only be valid for one year at a time. According to Swedish law it is not possible to get a residence permit valid for a longer period, even though you may have been accepted for a program that exceeds one year.

We recommend you to apply for renewal at least four months before the permit expires, due to long handling times at the Migration Board.
Contact Sahlgrenska I.C. to get a certificate for renewal.

The cost for applying or renewing a residence permit, is 1000 SEK for grown-ups and 500 SEK for children (2011).
(Citizens from Japan and Switzerland do not have to pay the application fee.)

More information and application form can be found at
[www.migrationsverket.se](http://www.migrationsverket.se)  Tel: 0771-235 235

Send your application of renewal to: Migrationsverket
Tillståndsenheten
601 70 Norrköping
CIVIL REGISTRATION

In Sweden, the civil registration is administered by the Swedish Tax Agency. When you intend to live in Sweden for a period exceeding one year, you should be registered as a resident in Sweden. To get registered, you must pay a personal visit to Skatteverket (Swedish Tax Agency) at the following address:

Skatteverkets Servicekontor
Östra Hamngatan 16 (Nordstan)

You will be asked to fill in a form “Moving to Sweden”. You turn in the form along with the following documents:

- Passport
- Residence permit (not necessary for EU-citizens)
- Address in Sweden
- Letter of Acceptance
- Marriage certificate (original and an authorized translation in English) to prove your marital status if your husband/wife intend to register.
- Birth certificate (original and an authorized translation in English) if you intend to register your children.
- Bank statement and/or other proof showing that you have sufficient funds to support yourself and your family during your stay. We refer to the information at www.migrationsverket.se
- Health Insurance Card or other documented proof that you have comprehensive health insurance that is valid in Sweden.

Please note that everyone (including children) who is to be registered needs to visit Skatteverket in person.

Three to four weeks after the registration you will receive your own unique national registration number (personnummer). The number consists of 10 digits; your date of birth Year-Month-Day + 4 extra digits. (For example 650317-1188)

More information can be found at www.skatteverket.se

National Insurance Office (Försäkringskassan)
You should not register at the National Insurance Office in Sweden, but still belong to your National Insurance Office in your home country.
This means that with your Civil Registration and personal number in Sweden you are entitled to subsidized medical care but not to allowances such as child allowances, accommodation allowances etc.
IDENTITY CARD

If you are registered for population purposes in Sweden, it is possible to apply for an ID card from the Swedish Tax Agency (Skatteverket).

You will soon experience that there are many occasions when you need to prove your identity in Sweden. In order to avoid to bring your passport everywhere, you can use your ID card to prove who you are, for example when you fetch medicine from the pharmacy, pay with a bank card without code, go to the bank or to the hospital.

Start a few days ahead by paying the application fee of 400 SEK to:

Bankgiro number: 389-0100     or     Plusgiro number: 50 40 62-1

Make sure that you give your Swedish personal number as a payment reference when paying.

Visit the Tax Agency’s service office in Nordstan. Bring the receipt of your payment and your passport. At the counter you will be asked to fill out the application form for ID-card. They will check your height and take a photograph.

It takes about one month to process the application. The card is valid for five years.

Contact Sahlgrenska I.C. if you need any help to apply.
5. CALENDAR

It is very common to refer to the week number instead of the date, for example “I will be on holiday during week 29.”

Days:  Months:
Monday  Måndag  Januari  Juli
Tuesday  Tisdag  Februari  Augusti
Wednesday Onsdag  Mars  September
Thursday  Torsdag  April  Oktober
Friday  Fredag  Maj  November
Saturday  Lördag  Juni  December
Sunday  Söndag

Public holidays (2012)  (Public holidays are often called “red days”.)

<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
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<tbody>
<tr>
<td>1 January</td>
<td>New Year’s Day Nyårdsdagen</td>
</tr>
<tr>
<td>6 January</td>
<td>Epiphany Trettonedag jul</td>
</tr>
<tr>
<td>6 April</td>
<td>Good Friday Långfredagen</td>
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<tr>
<td>7 April</td>
<td>Easter Päskafoten</td>
</tr>
<tr>
<td>8 April</td>
<td>Easter Day Päskdagen</td>
</tr>
<tr>
<td>9 April</td>
<td>Easter Monday Annandag Päsk</td>
</tr>
<tr>
<td>30 April</td>
<td>Walpurgis Night Valborgsmässoafton</td>
</tr>
<tr>
<td>1 May</td>
<td>Labour Day Första maj</td>
</tr>
<tr>
<td>17 May</td>
<td>Ascension Day Kristi Himmelsfärsdag</td>
</tr>
<tr>
<td>26 May</td>
<td>Whit Sunday Pingstafoton</td>
</tr>
<tr>
<td>27 May</td>
<td>Whit Sunday Pingstafoten</td>
</tr>
<tr>
<td>6 June</td>
<td>National Day Sveriges Nationaldag</td>
</tr>
<tr>
<td>22 June</td>
<td>Midsummer Eve Midsammarafon</td>
</tr>
<tr>
<td>23 June</td>
<td>Midsummer Day Midsommardagen</td>
</tr>
<tr>
<td>3 November</td>
<td>All Saints Day Alla helgons dag</td>
</tr>
<tr>
<td>13 December</td>
<td>Saint Lucia Day Lucia</td>
</tr>
<tr>
<td>24 December</td>
<td>Christmas Eve Julafton</td>
</tr>
<tr>
<td>25 December</td>
<td>Christmas Day Juldagen</td>
</tr>
<tr>
<td>26 December</td>
<td>Boxing Day Annandag Jul</td>
</tr>
<tr>
<td>31 December</td>
<td>New Year’s Eve Nyårsafton</td>
</tr>
</tbody>
</table>

Other traditional days of general interest:

Tjugondedag jul (Knut)  13 January  Celebration that Christmas is over by throwing out the Christmas tree.
Fettisdagen  6 March  Celebration that Lent is over by eating “Semla”.
Våffeldagen  25 March  Eating waffles with cream and jam.
Advent  December  1st, 2nd, 3rd and 4th Sunday before Christmas.
6. ACCOMMODATION

There is a housing shortage in Gothenburg, which implies that it is very difficult to find accommodation. If you wish our assistance, please specify your requirements and needs regarding accommodation well ahead before moving to Gothenburg. Thereafter, we will do our best to find an accommodation according to your requirements.

Hence, we can help you to get settled in Gothenburg. Sometimes housing contracts (private market) can only be valid for one year. If thereafter you have to or wish to change apartments we must ask that you arrange for a new accommodation by yourself.

Remember that it’s your responsibility to take out insurance for your home and your property.

To rent a flat
Some good websites for searching for an apartment:

www.bloket.se
www.bopunkten.se
www.boplats.se
www.andrahand.se
www.itbostad.se
www.sgsstudentbostader.se
www.gp.se

Or buy the newspaper Göteborgs-Posten, specific guide on accommodations on Mondays.

To buy a place to live
To buy a house, contact a real estate agent or look at the excellent website www.hemnet.se where all houses for sale are advertised.

If you would like to buy a co-operative apartment or house (bostadsrätt), you pay the house price as well as a monthly rent. The monthly rent covers the costs for the use of common areas, maintenance of the property etc.

Student housing accommodation (SGS)
There is a student housing organisation, called SGS Studentbostäder, in Gothenburg.
The standard of the flats and equipment is not very fancy, but the cost is reasonable. Unfortunately there is a long waiting list for these accommodations and therefore not easy to get hold of one. These flats can only be rented by students or researchers at the University of Gothenburg.

Equipment
The standard of housing in Sweden is high with central heating, good insulation and modern plumbing. Most homes will include a fridge, freezer, stove, oven and sometimes a dishwasher. In Sweden, washing machines and tumble-drier are often located in a common laundry room in the basement of the building. The laundry room has to be booked in advance. Electricity is 220 volts and plugs usually have two round prongs.

Household furniture
Ikea, Mio, EM and Aḥlēns are good shops for furniture and household items. Claes Ohlson, Rusta and Jysk are low price chains with a broad assortment for your home. For second hand market, “Blocket” is an excellent website from where you can by anything from bikes to beds. www.bloket.se
Home service
It has become more common for Swedes to have a cleaning service at home. The cost is usually around 400 SEK per hour. To find a suitable person/company in your neighbourhood, look for “Städservice” or “Hemstädning” at www.eniro.se

Same procedure applies for finding a handyman. Here is a useful vocabulary:

Plummer       Rörläggare
Carpenter      Snickare
Painter           Målare
Electrician     Elektriker
Locksmith      Låssmed
Gardener        Trädgårdsmästare

MOVING

There are a few things to take into consideration before moving in or out or changing your accommodation. Check your rental agreement since expectations might vary on procedures. Feel free to ask for our help!

Moving in
The rent is paid on a monthly basis in advance before the end of the month. Take into account that the money transfer might take a few days. Make sure you have the accurate account number of your landlord. We recommend you to keep a receipt of the payment.

There might also be a deposit of one - three months rent before moving in. This deposit will be reimbursed to you when moving out, as long as you return the apartment in a good and clean condition.

Checklist when moving in:
• Sign up for an insurance.
• Sign up for an electricity subscription.
• Put your name on the door for your post delivery.
• Check that all electric equipment is working.
• Check that the flat was cleaned properly upon moving in. If you are not pleased notify your landlord/-lady and/or Sahlgrenska I.C. as soon as possible.

Moving out
If you decide to move from an apartment, please observe that there is usually a two or three months period of notice. Please check your own contract and give notice to your landlord/-lady.

You must also remember to close down your subscriptions for electricity, telephone etc.

When moving within Sweden, you have to notify Skatteverket about your new address. When leaving Sweden for your home country it is also mandatory to notify Skatteverket. Please see the enclosed forms.

To facilitate your post delivery, you can also use a change of address service offered by “Adressändring”. This service costs 410 SEK. www.adressandring.se
Cleaning
A thorough cleaning has to take place. This means that your accommodation has to be cleaned from the floor up to the ceiling according to the following checklist:

**Kitchen**  Clean stove, oven and fan, defrost freezer and refrigerator, wipe all cupboards.

**Bathroom**  Clean drains/pipes, behind and under bathtub/shower, toilet, basin and cabinets.

**Rooms**  Clean walls, floors and boards, closets, drawers, cupboards, radiators. Windows need to be cleaned in- and outside and between.

It’s important to do a thorough job. If not you might risk not having your deposit reimbursed!
For student housing we refer to the information from SGS that you received when moving in.
If you did not receive this please notify Sahlgrenska I.C.

If you consider using a cleaning company, ask for a fixed price for “flyttstädning”. An approximate cost for cleaning an apartment of 40 m2 is 3 000 SEK.

For moving/packing companies, always ask for a quotation. Some worldwide movers are:

**Kungsholms Express och Spedition AB**
Lergodsg 6
031-653600

**Alfa Quality Moving AB**
Sven Källfelts Gata 206
031-807580
7. CHILD CARE / SCHOOLS / PLAYGROUPS

Child care / Preschool
Since the vast majority of Swedish parents work (both men and women), few children stay at home
during daytime. The most common child day care is preschool “förskola”, but there is also an
alternative called “day-mother” (dagmamma). Preschools are available for families where both parents
work, study or are actively looking for a job.

The preschools are open for children at the age from 1 - 6 years. This applies both for public and
private preschools in the whole country. The waiting times can be quite long so we recommend you to
apply for a position at the preschool well ahead of time.

Childcare costs are heavily subsidised by the Swedish Government.

English speaking preschools:
ABC All About Children  www.allaboutchildren.com
Värmlandsgatan 19

The International Preschool  www.theinternationalpreschool.com
Majora, Guldheden, Biskopsgården

Happy Kids  www.happykids.se
Ekenleden 11 A, Källered

Schools
From the age of 6, children can join a pre-school year “Förskoleklass” at the school. This is not
compulsory, but a good preparation for the real school.

From the age of 7, all children are in compulsory full time schooling. There are many public local
schools, but also private schools “Friskola” with different profiles.

International schools:
ISGR - The International School of the Gothenburg Region – Guldhedsgatan 6  www.isgr.se

Engelska skolan - The International English School  www.engelska.se
Ebbecke Lieberathsgatan 19

Playgroups for children
English Speaking Playgroup in Opalkyrkan in Tynnered  www.englishspeakingplaygroup.com  (Tram
no 1 or 7, stop Opaltorget)

Website to get in contact with other English-speaking mothers and their children.
www.mumsinsweden.com

There are also public open preschools “Öppen förskola” for children 0-6 years in every district of
Gothenburg. These meeting points are free and you don’t have to apply in advance. Here you can meet
other parents over a cup of coffee while your child is playing with other children.
8. LANGUAGE

Learning the Swedish language is mandatory for physicians, optional yet recommended for dentists.

Learning the language is the most important advice to settle in. We strongly recommend you to put a lot of work and effort in learning the language properly. Learning a foreign language is best done in the country where it is spoken, so you have a good chance of succeeding.

Region Västra Götaland and Sahlgrenska I.C. have a close collaboration with Folkuniversitetet:

**Folkuniversitetet**
Allégatan 6 (closest tram stop is Järntorget).
Tel: 031-10 65 00 [www.folkuniversitetet.se](http://www.folkuniversitetet.se)

Folkuniversitetet is an adult educational association that offers a wide range of education, mainly within languages and arts. It is an association of five foundations: the extra-mural departments attached to the Universities of Stockholm, Uppsala, Gothenburg, Lund and Umeå.

By studying Swedish at Folkuniversitetet you will benefit from their long experience of teaching Swedish which dates back to the late 1960’s. The teachers are highly qualified native speakers with experience in teaching Swedish as a foreign language. The courses are designed for adults who place high demands on quality and professionalism. The main emphasis is on spoken communication.

All courses are divided into levels according to the Council of Europe scale. (See attached fact sheets.)

A good command of the Swedish language is essential for people with an international medical degree aiming to work in the Swedish health care sector. It is an absolute condition to know the language in order to fully practice your professional skills, to communicate with colleagues at all levels, patients and their relatives.

Folkuniversitetet has much experience in teaching Swedish to doctors, nurses and other medical staff. The courses in medical Swedish will give you a broad linguistic base and the technical medical terms you need to function professionally. The aim is for you to advance within all four language skills - speaking, listening, reading and writing - with focus on the language which is used within the health care system.

The focus of the course is oral communication in the health care sector. With help from different communicative practices, like role plays and other exercises in pairs or groups, you will train patient conversation for different illnesses and follow up investigations and dictating.

The pronunciation training contains Swedish accent and intonation and aims to improve and to make your Swedish accent more distinct, so that the communication with colleagues and patients will run neatly and easily. You will be aware of your strong and weak sides and how you can improve.

You will practice all parts of Swedish intonation such as vowel- and consonant sounds, language melody and rhythm. The training is performed in health care situations such as patient interviews and examination conversation. The pronunciation training program *Lingus* gives you the opportunity to work with individual accent difficulties.
Språkcafet
Esperantoplatsen 7-9    (located at the end of Kungsgatan, behind Järntorget)
Open Monday-Thursday 8-20  Friday 8-17.30  Saturday 10-17.30  www.sprakcafeet.com

This nice café arranges language theme nights. At the language theme nights you can drop-in and practice your conversational skills in various languages. While having a light meal or fika you will be able to meet new friends and practice a foreign language. The drop-in conversation training is always led by a language co-ordinator from the country which is on the menu for the evening. The language evening is a chance to practice the language in a relaxed and stimulating environment.

City library – Stadsbiblioteket

Götaplatsen 3
Tel: 031-368 33 00
www.goteborg.se/wps/portal/bibliotek

Opening hours:
Monday-Friday 10-20  Saturday-Sunday 11-17

Gothenburg City Library is the city’s most visited cultural institution with over one million visitors every year. Here you are welcome to visit exhibitions, events, courses and to read and borrow music, films, books, newspapers and magazines in many different languages.
9. HEALTH CARE

In case of emergency call 112.
Upon serious illness or accident contact or go to one of the Emergency Care Units of Sahlgrenska University Hospital.
For contact information see topic 3 “Emergency numbers”.

Hospitals
The largest hospital in Gothenburg, Sahlgrenska University Hospital, was founded in 1997 when three hospitals merged; Sahlgrenska hospital, Mölndal hospital and Östra hospital.

Everyone residing in Sweden (with national registration number) comes under the national health insurance scheme and is therefore entitled to subsidised medical and health care.
Before receiving your national registration number, you need your health insurance certificate from your home country (European Health Insurance Card, if you are an EU citizen) if you need medical care at a hospital or health center.

If you need to see a specialist physician at the public hospital you will need a referral from a physician in general medicine (GP), at the District Health Centre.

District Health Centre (Vårdcentral, VC)
You can register at the District Health Centre (Vårdcentral) of your choice.

For further information visit www.vard.vgregion.se
- go to "Vilken typ av vård", search for "Vårdcentral” in combination with ”välj kommun: Göteborg”.

You can search for other clinics/specialists at www.eniro.se
(search for "Privata mottagningar med avtal" in combination with "Västra Götalandsregionen Göteborg").

Pregnancy/Midwives
For registration/consultation in early state of the pregnancy contact the primary health care center in your area.

For further information see www.vard.vgregion.se
For searching for a midwife at the primary health care center: go to ”Vilken typ av vård”, search for “Barnmorskemottagning” in combination with ”välj kommun: Göteborg”.

There are also private clinics:
Barnmorskegruppen www.barnmorskegruppen.se
Mamamia www.mamamia.se
**Child care**
For registration/consultation of your child contact the children’s health care center (Barnavårdscentral, BVC) in your area.

For further information see [www.vard.vgregion.se](http://www.vard.vgregion.se)
- go to ”Vilken typ av vård”, search for ”Barnavårdscentral” in combination with ”välj kommun: Göteborg”.

**Dental Care**
When you need to see a dentist you can always contact a dental clinic belonging to the Public Dental Service *(Folktandvården)*.

Upon urgent need for dental care contact the Emergency Dental Care Centre:
Akuttandvården
Tel: 80 78 00
Address: Odinsgatan 10

For further information, and information regarding specialist clinics, visit [www.vgregion.se](http://www.vgregion.se)
(choose links “Vård och hälsa”, ”Tandvård”, ”Folktandvården”)
There are also private clinics to be found at [www.eniro.se](http://www.eniro.se), see information above.

**Pharmacies (Apotek)**
A deregulation of the Swedish pharmacy system was initiated in 2008, and, from 1 July 2009, the consumer market is open to several pharmacy chains.

Pharmacies can offer private individuals prescription and non-prescription drugs, health-care products, counselling and other services. Painkillers, nose spray etc can also be found at your local food shop.

You can find one pharmacy in connection to each hospital.
The largest pharmacy chains are: Apotek Hjärtat, Apoteket AB, Kronans Droghandel and Medstop.
10. WORKING IN THE HEALTH CARE SECTOR

Hygiene
Health care related infections cause great suffering for patients and consume a lot of resources in the medical service. The hospital has put a lot of effort to prevent the spread of MRSA / VRE and other health care related infections. The most important measure to decrease the risk for health care related infections and to prevent the spread of contagion is to work according to the basic rules of hygiene.

Clothes
The hospital supplies the staff with necessary working clothes that shall only be carried at work.

All categories of staff must use short-sleeved working clothes in all patient-related health care work. Patient related work means examination, treatment or nursing of patients. Head scarf can be ordered at the region’s Laundry.

When using a long-sleeved coat or jacket, it must be taken off before every patient related work situation.

You can use your own private underwear, socks, short-sleeved undershirt, shoes and head scarf.

The working clothes are to be washed by the region’s private laundry.

Jewellery and watches
Rings, bracelets and watches may not be used since they prevent an effective hand disinfection. You can wear earrings, necklace as long as they don’t fall into the working area.

Long hair should be put up and head scarf must be put under the working dress.

Disinfection
With the right clothes, you can more easily do the disinfection of your hands. Disinfection of the hands should be done both before and after every examination or treatment.

Patient Insurance
We refer to the information on patient insurance, issued by Landstingens Ömsesidiga Försäkringsbolag (LOF, The County Council’s Mutual Insurance Company) saying that a patient suffering an injury in connection with medical or dental care in Sweden is in certain cases entitled to compensation under the patient injury insurance scheme.
For further information please see:

www.patientforsakring.se

Personal Injury Insurance
The postgraduate dentist/physician is responsible for taking out a personal injury insurance covering the period of the specialist training and/or research project.
Before starting the training you will be asked to sign an agreement in this regard.
11. THE NATIONAL BOARD OF HEALTH AND WELFARE

The National Board of Health and Welfare (Socialstyrelsen) is a government agency in Sweden under the Ministry of Health and Social Affairs. The board has a very wide range of activities and many different duties within the fields of social services, health and medical services.

In the Swedish health care sector there are 21 regulated professions (for example doctor, dentist, nurse) in which individuals practising these professions must have a professional recognition (licence) or a special authorisation in order to be able to work in the profession.

The National Board of Health and Welfare is the authority responsible for issuing the licences/recognitions for the regulated professions.

**Medical doctors**

Medical doctors with an EU-licence can apply for a Swedish medical licence.

Medical doctors trained outside EU are not entitled to apply for a Swedish medical licence. To be able to work independently as a medical doctor in Sweden, you have to have a special authorisation. “Särskilt förordnande att utöva läkaryrket för icke legitimerade läkare”.

The department at the hospital will apply for this authorisation for you. The authorisation also gives you the right to prescribe medicine. The authorisation is valid for one year at a time and has to be renewed every year.

**Certificate**

When the requirements for the medical specialty concerned are fulfilled, The National Board of Health and Welfare issues certificates of Qualification as a Specialist. Formal certificates for doctors with Swedish medical licence and informal certificates for doctors without Swedish medical licence.

**Dentists**

Dentists with an EU-licence can apply for a Swedish dental licence.

We ask you to apply well ahead in order to receive the licence before the specialist training starts.

Dentists from outside EU are not entitled to apply for a Swedish dental licence. You will instead get a special authorisation from the Public Dental Service. The authorisation is valid for the three years of your specialist training.

**Certificate**

For EU-dentists, when the requirements for the dental specialty concerned are fulfilled, you can contact the National Board of Health and Welfare with your application for a certificate of Qualification as a Specialist (in Swedish “Bevis om Specialistkompetens”). You have to be a holder of a Swedish dental licence (hence only possible for dentists from a member state of the EU, and meet the requirements stated at the website of the National Board of Health and Welfare in Sweden, see below)

Dentists having achieved the specialist training will receive a Certificate of Completion from the Public Dental Service and the Institute of Odontology. Specific certificates will also be issued from each clinic.
Contact
Socialstyrelsen
106 30 Stockholm
Tel: 075-247 30 00
Fax: 075-247 32 52
Application forms can be downloaded at www.socialstyrelsen.se

APOSTILLE/LEGALISATION

In some countries a certification of your documents (Qualification as a Specialist, Certificate of Completion, etc) is required. Please check with your home country.

This certification could be an Apostille from a Notary Public (Notarius Publicus), or a legalization (Legalisering) from the Foreign Ministry.

Apostille from Notarius Publicus

For countries included in the Hague Legalization Convention.

The content should be the same for all these countries.

There are two kinds of Apostille:

- **on Original**

  (The document must have been issued by a Swedish Authority.)
  The Apostille confirms the signature and the position of the undersigned at the Authority (for instance at the Swedish Board of Health and Welfare).

  Fee about 450 kr (2010)

- **on True Copies**

  The Notarius Publicus confirms that the copy corresponds to the original, and in turn the Apostille confirms that the Notarius Publicus is the person who signed the copy.

  Fee about 450 kr for the Apostille and 150 kr for each copy (2010)

The address to Notarius Publicus in Gothenburg is:

Drottninggatan 38 (close to NK)

Office hours: Mon-Fri 10-15.30 (closed 12-13)

Telephone: 031-799 10 90
Legalization from the Foreign Ministry (Legalisering)

This legalization proves that the document is valid as an official document in Sweden and it certifies the signature and profession of the person who issued the document.

The document should be in original.

The Foreign Ministry can also certify copies if they have a new signature in original or if it is stamped by Notarius Publicus (as a true copy).

The fee is 160 SEK (2010)

The document should be sent to the following address:

Utrikesdepartementet
Juridiska expeditionen
103 39 Stockholm

Thereafter, in general the Legalisering should be certified by the Embassy in Stockholm of the country in question.

You should write that you want it to be in English, specify the country in question and enclose the payment in cash (cost of one stamp: 160 kr 2010).

For further information:
www.sweden.gov.se
12. SOCIAL SCENE

Gothenburg offers a variety of leisure, sports and cultural activities. The population is multicultural and there are many societies and clubs to join for any field of interest.

**Intercultural societies**

<table>
<thead>
<tr>
<th>Country</th>
<th>Society</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greece</td>
<td>Greek society</td>
<td><a href="http://www.grekskaforeningen.se">www.grekskaforeningen.se</a></td>
</tr>
<tr>
<td>Japan</td>
<td>Swedish-Japanese Society</td>
<td><a href="http://www.svenskjapanska.org">www.svenskjapanska.org</a></td>
</tr>
<tr>
<td>Netherlands</td>
<td>Swedish-Dutch society</td>
<td><a href="http://www.svenedfor.se">www.svenedfor.se</a></td>
</tr>
<tr>
<td>Spain</td>
<td>Centro Espanol, Esperantoplatsern 8, 031-423419</td>
<td></td>
</tr>
<tr>
<td>Iceland</td>
<td>Swedish Icelandic Society, Linnég 21, 031-120018 <a href="mailto:bima@islendingefelag.com">bima@islendingefelag.com</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rotary International</td>
<td><a href="http://www.rotary.se">www.rotary.se</a></td>
</tr>
</tbody>
</table>

**Språkaféet**

Esperantoplatsern 7-9 (located at the end of Kungsgatan, behind Järntorget)

Open Monday-Thursday 8-20   Friday 8-17.30   Saturday 10-17.30  [www.sprakcafeet.com](http://www.sprakcafeet.com)

This nice café arranges language theme nights. At the language theme nights you can drop-in and practice your conversational skills in various languages. While having a light meal or fika you will be able to meet new friends and practice a foreign language or socialize with Swedes willing to learn your mother tongue. The drop-in conversation training is always led by a language co-ordinator from the country which is on the menu for the evening.

**Sports and outdoors**

[www.bok.goteborg.se/SearchClient.action](http://www.bok.goteborg.se/SearchClient.action)  Search site for local (public) clubs mainly for sport activities.

Private gyms:  
[www.friskissvettis.se](http://www.friskissvettis.se)  
[www.fysiken.nu](http://www.fysiken.nu)  
[www.sats.se](http://www.sats.se)  
[www.sportlife.se](http://www.sportlife.se)  
[www.worldclass.se](http://www.worldclass.se)

**Religion**

Grekisk Ortodoxa Församlingen, Vasagatan 40

Katolska Församlingen, Parkgatan 14  031-711 92 64

Islamic group at Chalmers University  [www.cif.chs.chalmers.se](http://www.cif.chs.chalmers.se)
13. FOOD & SHOPPING

Food is fairly expensive in Sweden. The selection of provisions is though very good and keeps a high level of quality and hygiene.

ICA, Coop and Hemköp supermarkets have medium prices and offer delicatessen counters for meat, cold cuts, cheese and fish.

You can apply for a membership card (ICA-kort, MedMera-kort) at these supermarkets to receive offers and get a certain discount.

Discount chains with low-price goods are Willy, Lidl and Netto.

Most retail shops in the center are open Monday-Friday 9.30-18.30, Saturdays 10-17, Sundays 11-16. Big supermarkets often have more generous opening hours, 8-22 every day.

Sweden has had a flow of immigrants during the last decades which has enriched the eating habits, the culinary art and increased the choice of foreign food and household articles at the market.

Some major shops in Gothenburg with imported food and products:

<table>
<thead>
<tr>
<th>Shop Name</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saluhallen</td>
<td>Kungstorget</td>
<td>031-19 34 19</td>
<td><a href="http://www.goteborgsorienthus.se">www.goteborgsorienthus.se</a></td>
</tr>
<tr>
<td>Orienthuset</td>
<td>Alekärrsgatan</td>
<td>031-21 69 86</td>
<td><a href="http://www.bellevuemarknad.com">www.bellevuemarknad.com</a></td>
</tr>
<tr>
<td>Moussas Orient Livs</td>
<td>Korpralsgatan</td>
<td>031-26 12 22</td>
<td><a href="http://www.hungfat.se">www.hungfat.se</a></td>
</tr>
<tr>
<td>Bellevue Market</td>
<td>Gamlestadens</td>
<td>031-13 92 83</td>
<td></td>
</tr>
<tr>
<td>Hung Fat Trading Asien Livs</td>
<td>Ö:a Hamng. 19</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Alcohol**

Wine, beer, and other alcoholic beverages can only be bought at Systembolaget, the Swedish Alcohol Retail Monopoly. Alcohol is expensive due to high taxation. The reason is to minimize alcohol-related problems by selling alcohol in a responsible way, without profit motive. Low- and medium alcohol beer and cider can be bought at the supermarket. The age limit to buy is 20 years.

**Tobacco**

Cigarettes, tobacco and Swedish moist snuff (snus), can be bought in any shop. Tobacco products are heavily taxed and the age limit to buy is 18 years. Please note that it is forbidden to smoke at cafés and restaurants.

**Restaurants**

Gothenburg offers a great variety of cuisines from practically all parts of the world.

www.restaurangguiden.com
14. DRIVING IN SWEDEN

Driving Licence
If your home country is not a member of the EU, you must apply for exemption to use your driving licence in Sweden. During your first year in Sweden, you are allowed to use your driving licence from your home country. After your first year’s stay in Sweden you need to apply for an exemption.

Sahlgrenska I.C. will help you to send an application to the public authority “Swedish Transport Agency” - Transportstyrelsen.

- Give us a copy of both front and backside of your driving licence.
- Pay the application fee of 600 SEK (2010) to Transportstyrelsen at: Bankgiro 387-4468 (State your Swedish personal number on the payment)

After a few weeks you will be granted an exemption. This is a formal letter that you have to bring with you in your car together with your driving licence from your home country.

If you are from Japan you can apply for a substitution to a Swedish driving licence. It means that you will get a Swedish driving licence but also keep your Japanese licence. The application has to be made during your first year as a resident in Sweden. Contact the Swedish Transport Agency who will send you application documents and then submit the following:

- A filled out application form
- A filled out health declaration
- Results from a vision screening
- A certificate from the Japanese Embassy verifying the authenticity of your Japanese driving licence
- Your Japanese driving licence
- A resident certificate (personbevis) from the Tax Authority (Skatteverket)

You can fill out the health declaration by yourself but the vision screening needs to be done by an optician. The Japanese Embassy will need to see the driving licence in original and the original driving licence must then be submitted in the application to Transportstyrelsen. You will then get it back along with your Swedish licence.

Driving rules and regulations
In Sweden we drive on the right hand side. Headlights shall be on at all times. Both driver and all passengers need to have seatbelts on. Children need to be in an appropriate child safety seat. Your car has to be equipped with a warning reflecting triangle. Rules for drink-driving are very strict.

From December 1 to March 31 when there is wintry conditions on the roads, you need to use winter tyres. It is not allowed to use winter tyres after April 1st.

When coming to a crossing with this sign you have to STOP for pedestrians.
Buying a car
If you choose to buy a car in Sweden you need to register it in your name, pay road tax, have a third part insurance and have the car inspected annually.

For registration and taxes contact Swedish Transport Agency
www.transportstyrelsen.se  Tel: 0771-503 503

For vehicle inspection contact Swedish Motor Vehicle Inspection Company
www.bilprovningen.se  Tel: 0771-600 800

Remember that cars are not always standard equipped and most cars are driven with a manual shift stick.

www.kvarndammen.se  deals with second hand cars.
15. TRANSPORT

Bicycle
Gothenburg is a quite walk- and bikefriendly city. Lots of Swedes go to their jobs by bike and there are lots of cycle ways in and around the city to facilitate and to make your transport more safe. Remember to use a safety helmet and bike lamps both in front (white light) and behind (red light). Be careful and mind the cars, trams and buses!

Local public transport
Public transport functions very well and the infrastructure is well developed in Sweden. Bus and tram transport is operated by the public company Västtrafik. A monthly pass for the Gothenburg area costs 500 SEK. The card is not personal. Cards can be bought at Pressbyrån. It is not possible to pay directly to the driver, but there are usually credit card terminals at the trams and buses.

You can also buy a single ticket via sms. Send the code GV to number 72450. The ticket costs 25 SEK and is valid for 90 minutes in the Gothenburg area. N.B. Travelling without a valid ticket is fined 1 200 SEK.

For time schedules, prices, bus and tram service lines, stops etc, contact:
www.vasttrafik.se Phone 0771-41 43 00
Visiting address is Drottningtorget/Nils Ericssons terminalen.

Train
The Central station is located at Drottningtorget, close to Nordstan. There is commuter train service, Intercity trains, night trains to Norrland as well as express trains (X2000) to Stockholm and Malmö.

To book train tickets contact:
www.sj.se Phone 0771-75 75 75

Bus
The grand bus station is called “Nils Ericson Terminalen” and is located in connection to the Central station. There are several bus operators serving both short and long distances.

www.swebus.se www.bus4you.se www.gobybus.se

Airports
Gothenburg has two international airports, Landvetter Airport in Landvetter and Göteborg City Airport in Säve. Both airports offer both national and international departures and arrivals.

www.swedavia.se www.goteborgcityairport.se

For transport to and from the airports there is an airport bus called “Flygbussarna”. Single ticket is 80 SEK and return ticket is 150 SEK. The trip takes 30 minutes. Tickets can not be bought with cash. For timetable and information www.flygbussarna.se

Taxi
Taxi Göteborg  031-65 00 00
Taxi Kurir       031-272 27 27
Taxi 020        020-20 20 20
16. BANK & POST

We recommend you to open a bank account in a Swedish bank. There are many different banks available:

Handelsbanken  www.handelsbanken.se
SEB  www.seb.se
Nordea  www.nordea.se
Swedbank  www.swedbank.se

To open a bank account, bring your passport together with your residence permit, Swedish personal number, Letter of Acceptance and address in Sweden. (The requirements may vary somewhat depending on which bank you go to).

All banks offer online banking service for personal customers. This is to facilitate for your money transfers, payments and accessing account information. Handelsbanken offers this service in English.

You can also have an ATM-card (Maestro) connected to your bank account.

POST

There are no longer traditional post offices in Sweden. Instead there are post agencies located close to where you live, for instance in the grocery store or at the gas station. You can send and receive parcels, send and receive registered letters and do other postal business errands. Just look for the symbol below.

For further details see:  www.posten.se

If you want to send an ordinary letter or postcard by post, stamps (frimärke) can be bought in supermarkets, book stores, gas stations, newsstands and other.

Letters can be posted in the yellow mailboxes that can be found everywhere in and around the city.
17. INSURANCE

It is important that you insure yourself, your apartment/house and your belongings during your stay in Sweden.

The major part of the population is covered by their employer, school and through private insurances.

Some of the biggest private insurance companies:

<table>
<thead>
<tr>
<th>Company</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>IF</td>
<td><a href="http://www.if.se">www.if.se</a></td>
<td>0771-655 655</td>
</tr>
<tr>
<td>Trygg-Hansa</td>
<td><a href="http://www.trygghansa.se">www.trygghansa.se</a></td>
<td>0771-111 600</td>
</tr>
<tr>
<td>Länsförsäkringar</td>
<td><a href="http://www.lansforsakringar.se">www.lansforsakringar.se</a></td>
<td>031-63 80 00</td>
</tr>
<tr>
<td>Folksam</td>
<td><a href="http://www.folksam.se">www.folksam.se</a></td>
<td>0771-950 950</td>
</tr>
</tbody>
</table>

We strongly recommend you to sign up for a household insurance "hemförsäkring" and an accident insurance “olycksfallsförsäkring”.

The insurance will also cover you when you travel abroad during the first 45 days.

We also require that you sign up for a “personskadeförsäkring” (personal injury insurance) covering your time in Sweden (see topic “Working in the health care sector”).
18. TELECOM / IT / MEDIA

Telephone
The country code for Sweden is +46. The local code for Gothenburg is 031. The code for overseas calls is 00. Overseas collect calls can be made by first dialling 02 709. Numbers starting with 020 are free numbers. Skype was co-founded by the Swede Niklas Zennström. Mobile phone cash card “kontantkort” can be bought at Telia stores, Pressbyrån and other.

IT
Some apartments have internet access included in the rent. Broadband subscription can be made by (among others):

Telia www.telia.com
ComHem www.comhem.se

TV / Radio
There are two main state-owned Swedish television channels; SVT1 and SVT2 but also Barnkanalen (children) and Kunskapskanalen (knowledge). www.svtplay.se offers many of the tv programs online.

Other TV channels are commercial, the biggest ones being TV3, TV4 and Kanal5.

If you intend to buy a television you need to pay an annual fee of 2 200 SEK in order to use public service TV and radio.

The radio and TV fee is required to be paid by law, and Radiotjänst is entrusted by the Swedish Riksdag with the task of collecting radio and TV fees nationwide and verifying payment of them.

Contact Radiotjänst for registration: www.radiotjanst.se/en

Newspapers
For Swedish news in English www.thelocal.se
For Swedish news in Swedish
www.gp.se
www.dn.se
www.aftonbladet.se
www.expressen.se

You can also subscribe to (prenumerera) a daily journal. For subscription of Göteborgs-Posten, visit www.gp.se