



# SWEDEN

## CHEAT SHEET

*making the difference...*



# SWEDEN

## LAND OF ABBA, IKEA, FORESTS, MEATBALLS

**CURRENCY** Swedish Krona SEK

**POPULATION** 10 million

**CAPITAL** Stockholm

**TIPPING** Tipping is not obligatory, but good service can be rewarded

**ELECTRICITY** 230 volts AC (50 Hz), type C & F sockets with two round pins

**TIME ZONE** Central European Time UTC +1

**CREDIT CARDS** Accepted in most cases

**BAGGAGE** Included 1 suitcase 23kg & 1 piece of hand luggage per person

**SAFETY** Generally a safe region to visit, for winter activities you should be familiar with elementary safety, otherwise follow the instructions carefully.

**ARRIVAL PROCEDURE** A representative from BDM will greet you at the airport and transfer to hotel.

**MUST TRY FOOD** Pickled Herring, Swedish Meatballs, Swedish Pancakes, Lingonberry jam, Surstromming herring, Cinnamon bun, Yellow pea soup, Gravad lax (Cured salmon) with mustard sauce

**NATIONAL DISH** Meatballs with mashed potatoes, brown cream sauce and lingonberry jam

**GREETING** Handshake

**GOVERNMENT** Constitutional Monarchy with Parliamentary Democracy



# SWEDEN

## DESTINATION INFO

Known for IKEA furniture, the Nobel Prize, snowy winters and detective novels.

At 450,295 square kilometers (173,860 sq mi), Sweden is **the largest country in Northern Europe**, the third-largest country in the European Union and the fifth largest country in Europe by area.

Sweden's coast is **dotted with thousands of islands** that can either be reached by car or ferry.

Sweden, like its other Scandinavian neighbors, is still a **monarchy**. The royal family does not have any political power, they only perform official engagements and ceremonial duties of state.

Swedes love their coffee so much that they have dedicated a time in the afternoon for their coffee break called **Fika**. Fika is a relaxing time to enjoy a warm cup of coffee with a sweet snack like a Kardemummabulla (sweet cardamom bun).

**Lagom** - Swedish philosophy for living a balanced, happy life. It is a huge part of the culture in Sweden. It means "Not too little. Not too much. Just right."



## HIGHLIGHTS

Vasa museum

ABBA

Royal family

Gamla Stan

Lagom

Forests

400,000 Moose

Fika

Sami

Meatballs

Cinnamonbun

IKEA

Midsummer

Pippi Longstocking



# STOCKHOLM

## DESTINATION INFO

- the unique capital of Sweden and the most populous urban area in the Nordic countries.

Stockholm is built on 14 islands, connected by 57 bridges and surrounded by one of the most beautiful archipelagos in the world, earning the Swedish capital the nickname "**Beauty on the Water**."

Stroll around in the medieval alleys of the Old Town, within a few steps from modern architecture - this gives the capital of Sweden both a small town feeling and a big city.

**Gamla Stan**, the Old Town, is one of the largest and best preserved medieval city centers in Europe, and one of the foremost attractions in Stockholm. This is where Stockholm was founded in 1252.

When in town, don't miss out on the maritime **Vasa Museum**, **ABBA Museum** and the world's first open air museum **Skansen**, both located on the island of **Royal Djurgården**.



# PRACTICAL TIPS



## WEATHER

The climate in Sweden follows the four seasons of the northern hemisphere, but temperatures can vary considerably during the year. Summers may be short, but temperatures are often a comfortable 15 degrees, with occasional peaks of up to 30 degrees. Climate is generally mild.

## CULTURE

Punctuality  
Gender & Income equality  
Lagom - "Not too little. Not too much. Just right."

## PACKING TIPS

Think in layers. Bring comfortable walking shoes, scarf, backpack, a couple of t-shirts.



## CLEAN WATER

You can drink the tap water, it is tasty and well-filtered.



## EMERGENCY

In case of an emergency while you are in Sweden, always dial 112. It is a free call which will connect you to the police, fire brigade or hospital.

# CONTACTS

## DAY TO DAY ADDRESS

Office phone: +45 70 220 286  
Reg. Business hours: 9:00-16:30

Name	Email	Phone
All reservations for Guaranteed Departures:	<a href="mailto:guaranteed.departures@bdm-info.com">guaranteed.departures@bdm-info.com</a>	Emergency tel no: +45 28 86 08 61
All FIT reservations:	<a href="mailto:fit@bdm-info.com">fit@bdm-info.com</a>	Emergency tel no: +45 28 86 08 60
All cruise related inquiries:	<a href="mailto:cruise@bdm-info.com">cruise@bdm-info.com</a>	Emergency tel no: +45 28 86 08 60
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