



PRACTICAL INFORMATION
Education International Conference
Stockholm, 21-22 November 2016

ARRIVAL IN STOCKHOLM

By Air - STOCKHOLM ARLANDA INTERNATIONAL AIRPORT

Stockholm's Arlanda International Airport, 42 km (26 miles) from the city centre, is Sweden's air hub. The main regional carrier SAS flies from several North American cities.

Website: <http://www.swedavia.com/arlanda>

By Rail

The Arlanda Express connects the airport with Stockholm's Central Station every 15 minutes. The trip takes just 20 minutes and tickets may be purchased at the counter or from the self-service machines (SEK 280 one way and SEK 530 round trip for adults, SEK 150 each way for seniors. A supplement of SEK 50 is charged for tickets purchased aboard the trains.

By Airport Bus

Flygbussarna (airport buses) run between the airport and central Stockholm leave every 10 to 15 minutes from 6:30 am to 11 pm and terminate at Klarabergsviadukten, next to the central railway station. These buses make intermediate stops and the trip to the city centre takes about 45 minutes.

The adult fare is SEK 119 one way and SEK 215 round trip (SEK 99 each way when purchased online).

<http://www.flygbussarna.se/en/arlanda>

Taxi

Taxis are available at the ranks outside the terminals. The **maximum price** for one to four passengers going to the same address in central Stockholm is SEK 675.

Please use the taxi company with the sign **Taxi Stockholm** – these are the only unionized taxi company in Stockholm. Watch out for unregistered cabs, which charge high rates and won't provide the same service.



If you wish to arrange to be picked up at the airport, you can contact **Taxi Stockholm** either by telephone or by ordering a taxi online. Please follow the link: <https://www.taxistockholm.se/en/>

By Air - BROMMA AIRPORT

The most central of all Stockholm's airports, Bromma handles mainly internal flights (plus Brussels and Denmark). You can get more information at the official airport website: <http://www.brommaflygplats.se>

By Airport Bus

You can travel with the Flygbussarna airport coaches between Cityterminalen in Stockholm and Bromma Stockholm Airport. The journey takes about 20 minutes and they run in line with flight arrivals and departures. Tickets are sold at the airport Pressbyrå newsagents, at the self-service payment machine at the bus stop, and on board the coach. Only payment by credit card is accepted in the self-service machine and on board. You can also purchase tickets in advance on Flygbussarna's website.

<http://www.flygbussarna.se/en/Bromma>

Taxi

Same information as above, however Bromma Airport is much closer to the hotel and will take approximately 15 minutes by taxi.

HOTEL INFORMATION

Scandic Alvik Hotel

Gustavslundsvägen 153

167 51 Bromma

Tel: +46 8 517 661 00

Email: alvik@scandichotels.com

Website: <https://www.scandichotels.se/hotell/sverige/stockholm/scandic-alvik>

Travel to the Conference Centre from the hotel

To get to the conference venue you can take “Tvärbanan” from the station Alvik, a few minutes’ walk from the Scandic Alvik Hotel. You can get on any train travelling towards the station Stora Essingen which stops just outside the entrance of the Essinge Conference Centre. Your departure from **Alvik** with the “Tvärbanan”, the train passes the stop **Alvik strand** and then arrives to **Stora Essingen**, which is your destination.

We have arranged for 4 train tickets to be given to all guests staying at the Scandic Alvik Hotel at check-in, you will receive an envelope from the reception staff. You must have a valid ticket when entering the train, tickets cannot be bought on the train.

There are plenty of travel assistance applications for smartphones that can improve your stay in Stockholm. The best application is named **STHLM Traveling – SL Planner** and is available in Swedish, English, Spanish, Russian, Arabic, German, French, Italian, Hebrew and Chinese translations. You enter the station you want to travel from and your destination and the application will provide the most efficient route.

Google play: <https://play.google.com/store/apps/details?id=com.markupartist.sthlmtraveling&hl=sv>

Apple: <https://itunes.apple.com/se/app/sthlm-travel/id974938755?mt=8>

CONFERENCE VENUE

Teachers’ House

Essinge Conference Centre

Segelbåtsvägen 15,

Stockholm, Sweden

Registration

Registration will open on Monday 21st November at 8.00 am in the Essingefojen.

Internet

Wireless internet is available in the conference centre.

Name of network: Essingekonferens

Username: essinge

Password: 1essinge23

Interpretation and Equipment

During the Plenary Sessions, there will be simultaneous interpretation in English and Arabic. Breakout sessions will be in English, but participants requiring help with interpretation will be assisted at the table discussions.

Catering

During the conference coffee, tea and soft drinks will be provided once in the morning and once in the afternoon at the designated breaks in Marmorgången.

A light lunch will be served on both days in the room Skutan.

A networking reception and 'walking dinner' will be held on Monday 21st November directly after the last session from 6.15 pm in the in the rooms Mälarterassen and Mälargången.

GENERAL INFORMATON

Language

English is also widely spoken. Most restaurants will have English menus available. You can practice some useful phrases by following the link:

http://wikitravel.org/en/Swedish_phrasebook

Currency

The Swedish Krona is the official currency of Sweden. Please use the currency converter below to check the exchange rate for the day.

<http://www.xe.com>

All credit cards are widely accepted throughout Stockholm. You can also withdraw cash at the airport from the ATM as you exit the arrivals lounge. There is also a currency exchange in the arrivals terminal.

Credit cards and cash machines

Major credit cards (some restriction may apply to American Express) are widely accepted throughout Sweden at banks, hotels, stores, restaurants, taxis, car rental companies, and for air, ship and rail tickets.

Please note! In order to pay or withdraw cash with your credit card it requires that you have a card with chip and PIN (Personal Identification Number). The older magnetic-stripe cards won't work.

You can get cash with your Visa, MasterCard, Maestro or Cirrus card at any "Bankomat" or "Utagsautomat" ATM

Time

The time in Stockholm is GMT +1 (otherwise known as CET)

<http://www.worldtimeserver.com>

Electronics

Voltage

In Sweden, the standard voltage is 220V 50Hz. If you have equipment that runs on a lower voltage, you should not connect it to the Swedish power net unless you have the correct transformer (voltage adaptor). Laptop computers that are made to work on both 110 and 220 volts can be used in Sweden with an adapter.

Outlet adapters

The Swedish power plug is the Western-European type, with two round pin-holes. Plugs from the UK, North and South America, and Asia will not fit into a Swedish electrical socket. Please bring an adaptor with you, these can be purchased at the airport.

Phone Access:

International access code + 46 + phone number without the 0 (calls to Stockholm)

Tourism - Stockholm Visitors Board (SVB)

Stockholm's official tourism promotion agency operates the Stockholm Visitor Center, where you can obtain practical information and many useful recommendations (accommodation, restaurants, public transport, festivals, cultural events, etc.).

Address: Kulturhuset, Sergels Torg 3-5, 103 27 Stockholm

Telephone: +46 (0)8 508 28 508

Website: <http://www.visitstockholm.com>

Miscellaneous information - And what about tipping?

In Stockholm, as in the rest of Sweden, a service charge is usually already included in restaurant bills and taxi fares, but you can certainly reward good service with a 10 percent tip.

Water

Water in Sweden is at least as good as the bottled variety that you must pay for. Swedish tap water is clean, tasty and free and doesn't come in a plastic bottle which is harmful to the environment!

CLIMATE AND WEATHER IN STOCKHOLM

Stockholm has a continental climate. There are stark contrasts between the seasons, with very cold winters and pleasantly warm summers. These wide variations are due in part to the difference in daylight hours between the summer solstice (about 18 hours) and the winter solstice (6 hours). At the end of November, the sun will rise at around 8 am and will set at around 3 pm.

During November, the maximum daily temperature doesn't normally go above 5°C during daylight hours and temperatures can drop below freezing point at night.

Be prepared for cold winds from the north and the possibility of light snow and rain showers.

You can check on the current weather forecast in Stockholm by following the link

<https://www.timeanddate.com/weather/sweden/stockholm>

What to Wear

Make sure you bring clothes that you can wear in layers to keep warm. You will need a warm winter coat, scarf, hat and gloves.

Shoes or boots with a thick non-slip sole and with which you can wear warm socks may be necessary and a folding umbrella that can be packed in your suitcase might also be useful.

GETTING AROUND STOCKHOLM

The Swedish capital has a public transport system and urban amenities that allow visitors to explore the city easily.

By Metro/Rail/Bus

Stockholm's Metro, the Tunnelbana (also known as the T-bana), with a network serving some 100 stations, is certainly the most convenient way to get around the city. Trains operate from 5 a.m. to 1 a.m. on weekdays and until 3 a.m. on weekends.

Fares (for the T-bana and all public transport in Stockholm)

Single ticket valid for 75 minutes: SEK 36 (full fare) / SEK 20 (reduced fare, for youths under 20 and seniors)

Single ticket purchased with a rechargeable SL Access fare card (SEK 20 card fee, SEK 100 minimum initial travel value): SEK 25 (full fare) / SEK 15 (reduced fare)

24-hour Travelcard: SEK 115 (full price) / SEK 70 (reduced price)

72-hour Travelcard: SEK 230 (full price) / SEK 140 (reduced price)

Stockholm has an efficient network of bus routes offering extensive coverage of the city. Two routes are particularly of interest for visitors: bus 47, which runs from Sergels Torg to Djurgården, and bus 69, which runs from the Central Station to the museums in Ladugårdsgärdet park. The fares listed above for the T-bana apply for the buses as well.

By Taxi

Taxis are plentiful in Stockholm. The initial charge is SEK 45, then SEK 10 to SEK 35 per kilometer.

Tipping and service fees are included in the price of the journey as shown on the meter, but a small extra gratuity is always well-received.

Please note: Certain taxi companies accept credit cards, but not all. Check with the driver whether you can pay by credit card before starting your journey.

HEALTH AND MEDICARE

Medical treatment

The general practitioner system does not apply in Sweden. Instead, you visit the nearest hospital clinic ("Närakut", "Akutmottagning" or "Vårdcentral"), taking your passport and European Health Insurance (EHIC) with you or you will be charged the full cost of the treatment. With an EHIC, you will still have to pay part of the cost, which is not refundable. You will also have to pay the full cost of dental treatment up to a fixed limit, and most of the cost above this limit. Any reductions will be made before you get your bill. Citizens from within EU/EEA countries and some other countries with which Sweden has a special agreement are entitled to the same medical services as the Swedes.

Most hotels and other accommodation in Sweden maintain contact with a nearby doctor who can be summoned quickly in case of illness. Municipal authorities supply emergency medical care, and hotel staff can direct guests to local emergency centres or hospitals.

Citizens from North America and other countries from outside the EU/EEA countries must pay for the medical treatment. Make sure that you are covered by your health insurance and bring necessary documents on your trip.

EMERGENCY CONTACT NUMBERS

Emergency phone calls **Dial 112** for emergency assistance from police, fire brigade, ambulance etc. Emergency calls from pay phones are free of charge.

If you need assistance on arrival in Stockholm, you can contact:

Petra Gwyn-Jones (Eng/NL)	-	+32 473 54 55 41
Dalila El Barhmi (Eng/Fr/Arb)	-	+32 473 53 11 18
Rocio Nieto (Eng/Sp/Fr)	-	+32 473 53 13 37
Andrew King (Eng/Fr)	-	+32 473 54 63 62