Newcomer’s guide to East Sweden.
Welcome to East Sweden!

This is a guide for those of you who have taken advantage of a great long-term or short-term job opportunity and are planning to move to Linköping-Norrköping or the surrounding municipalities. This guide answers all your everyday questions regarding accommodation, education, work, health care and living in Sweden.

Fast facts:
- A dynamic region with world class skills across many areas of research, development and manufacturing
- Population of nearly half a million
- 300 R&D-intensive companies at two science parks.
- 30 000 students and world-class research at Linköping University
- 170,000 jobs within a 45-minute commute
- High quality housing in attractive environments, ranging from city centre and suburban locations to small towns and nearby countryside.

www.eastsweden.com

More information:
For more information about housing, schools, preschools, etc, see the websites of the municipalities in the East Sweden region.

Boxholm: www.boxholm.se
Finspång: www.finspang.se
Kinda: www.kinda.se
Linköping: www.linkoping.se
Mjölby: www.mjolby.se
Motala: www.motala.se
Norrköping: www.norrkoping.se
Söderköping: www.soderkoping.se
Vadstena: www.vadstena.se
Valdemarsvik: www.valdemarsvik.se
Ydre: www.ydre.se
Åtvidaberg: www.atvidaberg.se
Ödeshög: www.odeshog.se
EU/EEA CITIZENS
An EU/EEA citizen who is either an employee, self-employed person, a provider or recipient of services, a student or a person who has enough funds to support himself/herself, has a “right to reside” in Sweden and should register with the Migration Board (Migrationsverket). “Right to reside” means that the EU/EEA citizen and his/her family members are allowed to stay in Sweden for more than 90 days without a residence permit. Family members of such an EU/EEA citizen can also get a right of residence. If they wish to stay in Sweden for more than three months, they are required to apply for a residence card.

Citizens of EU/EEA countries do not need a permit in order to work in Sweden and can start working the day they enter the country.

NON EU/EEA CITIZENS
Non EU/EEA citizens who plan to work in Sweden need a work permit before entering the country. A residence permit is needed in addition to the work permit if the person is going to work for a period of more than three months. Citizens of certain countries must also have a visa to work for periods of less than three months and you will find a list of these nationalities at www.ud.se. Work permits should be applied for at the Swedish embassy or consulate in the applicant’s country of origin or residence. The application is then sent by the consulate or embassy to the Swedish Migration Board which makes the decision of whether or not to grant the application. A residence permit of longer than 12 months gives the foreign citizen the same social and welfare benefits as a Swedish citizen and subjects the person to the same taxes.

If a person has held a residence and work permit for at least six months, family members (i.e. spouse/cohabitant and children under 18) can obtain residence and work permits for the same time period. A person who has worked as well as held a residence permit in Sweden for four years may be granted permanent residence.

PERSONAL ID NUMBERS & CIVIL REGISTRATION
Anyone who plans to live and work in Sweden for more than 12 months needs to apply for tax and civil registration at a local office for the Swedish Tax Agency (Skatteverket). Please note that a visit to the Skatteverket in person is required together with a passport, residence permit, documents relating to civil status and birth certificates for children younger than 18 years. After registration the applicant is given a personal identity number (personnummer). This number is unique and is needed to open bank accounts and to obtain a phone number, etc.

More information is available at: www.skatteverket.se, www.forsakringskassan.se
Source: Skatteverket, Business Sweden
SWEDISH BUSINESS CULTURE

Swedish management is based on the idea that the individual is both willing and able to do a good job. A Swedish manager tends to think of himself/herself as a coach rather than a commander, and he/she often delegates tasks and authority to his/her staff. As an employee you are expected to take responsibility and initiatives and not wait for direct instructions.

Swedish companies usually have a flat and team-oriented structure with few management levels. As a result, the decision making process is simple and direct, even though decisions are made with great consideration. The feeling of agreement and compromise is very important throughout the workplace and in the decision making process, as it is in every aspect of Swedish society. The flat structure and low levels of hierarchy in Swedish companies create a relatively informal business culture where people greet each other with a handshake and use first name-terms in every situation. The dress code is often informal but smart.

Office hours are mostly between 8 and 5, but working hours are flexible. It is very important in the Swedish culture to be on time as it is regarded not only as a sign of respect but also of efficiency. This is especially true at the workplace. Most employees are provided 5 weeks vacation per year. It is customary to take at least one or two coffee breaks during the workday, also known as “fika”. These coffee breaks often take place at a given time every day so that everyone in the office can gather together. This is an ideal opportunity to talk to your Swedish colleagues and to get to know them on a more informal basis.

PERSONAL INCOME TAX

Income tax has two components: local income tax, and state income tax. Local income tax rates vary between regions from about 29 to 35 per cent. In 2009, the average local income tax rate in Sweden is 31.5 per cent. In addition to local income tax, the employee pays a state income tax of 20 percent on annual income of more than SEK 380,200. For incomes above SEK 538,800 the employee pays a state income tax of 25 percent. These rates apply for the 2009 financial year.

More information is available at www.skatteverket.se.

TAX REDUCTIONS FOR FOREIGN EMPLOYEES

Key foreign employees – executives, experts, researchers plus those with special skills that are not available in Sweden – may qualify for a special 25 percent tax break when working in Sweden. The individual is only taxed on 75 percent of his or her income for the first three years of employment. This tax relief applies to all salaries and “perks,” such as employer contributions to housing and living costs. It also applies to stock options and other special compensation offered by the employer.

More information is available at www.shatteverket.se.

ESTABLISHING A BUSINESS

If planning to start a business, the Swedish Companies Registration Office (Bolagsverket) can help with more information.

More information is available at www.bolagsverket.se www.verksam.se

Sources: Business Sweden, Skatteverket, Bolagsverket
The region offers plenty of residential options varying from city centers and suburban locations to small towns and nearby countryside. The standard of housing is generally very high. Please note that kitchen appliances such as dishwashers, refrigerators and freezers always are included in the purchase price or rent.

There are two alternative ways of renting an apartment. “First hand contract” (förstahandskontrakt), which means renting directly from a property owner (unfurnished) and “second hand contract” (andrahandskontrakt), which means renting the apartment from somebody who in turn rents directly from a property owner (furnished or unfurnished). If looking to buy an apartment, a capital investment is required and a monthly fee is paid to the housing association (bostadsrättsförening) for reparations and maintenance.

In some cases it is possible to rent a furnished house directly from a Swedish family and some property owners also offer temporary furnished apartments for companies. See ads in the local newspapers.

CAMPUS APARTMENTS
Apartments reserved especially for students can be found at:
- Studentbo i Norrköping AB
  www.studentbo.se, 011-21 16 70
- HSB Östra Östergötland AB
  www.hsb.se, 011-21 51 00
- Studentbostäder i Linköping
  www.studentbostader.se, 013-20 86 60
- Byggvesta
  www.byggvesta.se, 013-25 45 60

BUYING A HOUSE/APARTMENT
Prices for housing and apartments in the region are highly competitive in international terms. Real estate agents, housing companies, and building owners from all over Sweden advertise their available properties online. Properties currently for sale can be found at: www.hemnet.se and www.bovision.se.

FURNISHED APARTMENTS
Furnished apartments, mainly for companies, can be found at:
- Linköping:
  Shy Hotel Apartments
  www.shyhotalapartments.se, 013-20 86 00
  Apartments Sweden Homes
  www.apartmentswedenhomes.se, 013-45 50
- Norrköping:
  Hyresbostäder
  www.hyresbostader.se, 011-21 16 00
  Graftund
  www.graftund.se, 013-473 55 00
- Linköping and Norrköping:
  BoTrygg Bygg AB
  www.botrygg.se, 010-516 30 00

HOME INSURANCE
In Sweden it is important to have home insurance in order to protect yourself, your home and your belongings. Home insurance often includes a third party liability insurance, legal protection and travel insurance as well. These are some major insurance companies in Sweden:
- Länsförsäkringar Östgöta
  www.lansforsakringar.se, 013-29 00 00
- Trygg Hansa
  www.trygghansa.se, 0771-11 11 10
- Folksam
  www.folksam.se, 0771-950 950

ELECTRICITY
There are more than 100 electricity providers to choose from in Sweden. These are some major electricity providers in the region:
- Bilia
  www.bilia.se
- Vattenfall
  www.vattenfall.se, 020-82 00 00
- E.ON
  www.eon.se, 020-22 24 24

TV
City apartments are often provided with cable/Television, but there are also companies offering Television broadcasts through internet broadband. In locations outside of the city centre or suburban area, it may be necessary to purchase a satellite dish or a digital box in order to be able to watch Television. These are some major providers of digital/cable/broadband/Tv:
- Comhem
  www.comhem.se, 0771-55 00 00
- Telia
  www.telia.se, 08000
- Tele2
  www.tele2.se, 0200-25 25 25
- Viasat
  www.viasat.se, 0200-210 219
- Canal Digital
  www.canaldigital.se, 0770-33 22 11
- Boxer
  www.boxer.se, 0771-21 10 00
LICENSE FEE
If you have a television receiver in your home you have to pay a license fee to Radiotjänst i Kiruna AB. This fee is set by the Swedish government and you are required to pay it by law.

More information is available at: Radiotjänst i Kiruna AB, www.radiotjanst.se phone: 0771-91 00 04

TELEPHONE
Some commonly used fixed telephone line providers are:

Telia www.telia.se, 90200
Tele2 www.tele2.se, 0200-25 25 25
Glocalnet www.glocalnet.se, 0775-75 75 75

MOBILE PHONES
Some commonly used mobile telephone service providers are:

Telia www.telia.se, 90 200
Tele2 www.tele2.se, 0200-25 25 25
Telenor www.telenor.se, 020-22 22 22

INTERNET PROVIDERS
Some commonly used internet and broadband providers are:

Bredbandsbolaget www.bredbandsbolaget.se 0770-77 10 00

HOUSING
HOUSING
HOUSING
WATER
It is safe to drink tap water in all of Sweden and the cost for water supply in your home is often included in the rent. Fresh water from most lakes, rivers, streams and springs can also be used for drinking without previously preparing it in any way, unless signs state otherwise.

REFUSE COLLECTION/ RECYCLING
A refuse collection service operates on a regular basis covered by a fee that is included in your rent. Houses are required to pay this fee directly to the refuse collection service operator. Recycling is common practice in Sweden and large bins or canisters for recycling are located in apartment areas where you can dispose of paper, glass, cans and batteries. There can also be found outside of larger supermarkets or at special waste disposal sites. Most supermarkets provide machines at the entrance of the shop for returning bottles such as aluminium soda cans, and certain, but not all, plastic soda and glass bottles. After having disposed of the return bottles, the machine provides a receipt which can be exchanged for money at the register.

LAUNDRY
Apartments which are not equipped with a washing machine are provided with a shared laundry room. In most apartment complexes the laundry room is shared by all tenants and you will be required to reserve a washing time. It is very important not to use the laundry room for longer than the time reserved and it is also courteous to clean the room after each wash. There are not many Laundromats in Sweden but the dry cleaners (kemtvätt) often provide wet-wash as well as dry cleaning.

RENTING AN APARTMENT
There are a lot of different housing companies in the region that offer rental apartments. For a complete list of housing companies, see each city’s website.

LINKHÖPING AB STÅNGÅSTADEN
www.stangastaden.se phone: 013-20 85 00
HSB ÖSTERSGOLDFJÄLL
www.hsb.se/ostergotland phone: 013-24 02 00
Riksbyggen www.riksbyggen.se phone: 0771-86 08 60

Norrköping
Hyresbostäder i Norrköping www.hyresbostad.se phone: 011-21 16 00
Henry Ståhl Fastigheter AB www.stahl.se phone: 011-23 30 00
Lundbergs www.lundbergs.se phone: 011-21 65 00

Motala
Bostadsförmedlingen www.bostadsformedlingen.se phone: 0141-22 89 00

Mjölby
Bostadsbolaget www.mjolbybolaget.se phone: 0142-894 94

Boxholm
AB Boxholmshus www.boxholmshus.se phone: 0142-896 00

Finspång
Vallonbygden www.vallonbygden.se phone: 0122 - 249 50

Kinda
Kindahus www.kindahus.se phone: 0494-792 50

Söderköping
Ramunderstaden www.ramunderstaden.se phone: 0121-196 00

Vadstena
Vadstena Fastigheter AB www.vfad.se phone: 0123-31 32 00

Vademarshult
Fogelilv Estate AB www.fogelilv.se phone: 0123-510 90

Ydre
Ydrebostäder www.ydrebostader.se phone: 0381-66 12 01

Åtvidaberg
Åtvidabergs Bostads AB www.bostads.se phone: 0120-295 50

Ödeshög
Ödeshögsbostäder www.odeshog.se phone: 0344-390 37
Education in Sweden is free throughout compulsory school system (7-16 years old), upper secondary school and throughout university and college. For more information about the Swedish School System please visit: www.skolverket.se.

Listed below are schools with an international curriculum.

**Preschool Tiny Tots**
- Website: www.tinytots-preschool.se
- Phone: 013-21 18 66

**Atlasskolan (grade 6-9)**
- Website: www.linkoping.se/isatlas
- Phone: 013-20 73 62

**Engelska skolan (grade 6-9)**
- Website: www.engelska.se
- Phone: 013-35 56 80

**Katedralskolan (upper secondary school, international baccalaurate)**
- Website: www.edu.linkoping.se/katedral
- Phone: 013-20 75 00

For complete lists of preschools, see each city’s website.

**PRESCHOOL**

Child care in Sweden is in international comparisons of a high standard. All families, with parents who are employed or in education, are entitled to daycare for children aged 1 to 5, either at preschools or in family daycare. From the age of four all children, even if their parents are not working or studying, are entitled to three hours per day of preschool activity. Daycare fees are 3 percent of the parents’ combined salaries. There is however a maximum fee of SEK 1,260 per month. Daycare fees reduce with each additional child to the family.

For complete lists of preschools, see each city’s website.

**LINKÖPING UNIVERSITY**

Linköping University is one of the largest in the country with nearly 30,000 students on three campuses in Linköping and Norrköping. It is an acknowledged leader in civil engineering, especially in areas such as computer technology, medical technology and industrial economics, and it is also highly regarded in medicine, educational science, social science and arts.

More information is available at: www.liu.se

**DISTANCE EDUCATIONS**

Distance educations are given over the internet, meaning that you will not have to be physically present at the university in question.

Click for more information.

More information is available at:
- www.studera.ru
- www.distansutbildningar.se
- www.allastudier.se

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There are several education centres that offer Swedish language courses. “Swedish for Immigrants” (SFI) is a course arranged by the municipality/city and is free of charge.

- Linköping
  - Folkuniversitetet
    - Website: www.folkuniversitetet.se
    - Phone: 013-10 20 80
  - Komvux (SFI)
    - Website: www.linkoping.se/komvux
    - Phone: 013-20 78 00

- Norrköping
  - Folkuniversitetet
    - Phone: 011-474 12 00
  - Komvux (SFI)
    - Website: www.komvux.norrkoping.se
    - Phone: 011-15 39 00

- Motala
  - Komvux (SFI)
    - Website: www.motala.se
    - Phone: 011-14 22 50 00

- Mjölby
  - Vuxenutbildning (SFI)
    - Website: www.mjolby.se
    - Phone: 0142-853 85

- Finspång
  - Vuxenutbildningscentrum
    - Website: www.finspong.se
    - Phone: 0122-855 20

- Other organisers (courses are organised on demand)
  - SCC-Öst
    - Website: www.scccost.se
    - Phone: 0122-868 00
  - Centre for English Language Teaching
    - Phone: 013-23 33 49
  - AMT Communication
    - Website: www.amtcommunication.se
    - Phone: 011-13 68 13
Social insurance is an important part of the Swedish social security system. The Swedish social insurance covers everyone that lives or works in Sweden and includes benefits such as pension, medical care and health insurance. More information is available at www.forsakringskassan.se (the Swedish Social Insurance Office).

CARE CENTRES (VÅRDCENTRALER) The public health care systems in the region is run by the County Council (Landstinget i Östergötland). Each city has at least one care center (vårdcentral), which provides for health care. If needed a district medical doctor at the care centre will then issue a referral to a hospital and a specialist. To make an appointment, call the care centre located closest to your home. All care centers are listed at www.lio.se.

ANTENATAL CLINICS (BARNMORSKEMOTTAGNING) If you are pregnant or if you need consultation regarding birth control you can contact an antenatal clinic. During a normal pregnancy you will be appointed a midwife and you will only meet a doctor if necessary. The antenatal clinics are listed at www.lio.se

CHILD HEALTH CLINIC (BARNAVÅRDCENTRAL) If you have a child under the age of 7, contact the child health clinic so that you can join the vaccination program and have your child examined. The child health clinic is normally located next to the health centre.

MEDICAL CONSULTATION For medical advice call Sjukvårdsrådgivningen at 1177.

FEES AND PRIVATE CLINICS A visit at the care center or the hospital is covered by a fee. The fee for a visit at the care centre is 150 SEK and the fee for a visit at the hospital is 300 SEK. Health care for children under the age of 20 years is free. For a visit to a private clinic or a private doctor the fee is often higher but differs from clinic to clinic. Some private doctors are paid by the County Council and their fees are the same as in public healthcare. For more information about private clinics and doctors, see the yellow pages under "läkarer" (doctors).

SOCIAL ADVICE AND GUIDANCE CENTRE FOR YOUNG PEOPLE (UNGDOMSMOTTAGNING) AGE 13-25 Linköping Ungdomsmottagningen, 010-103 31 18 Norrköping Ungdomsmottagningen, 010-105 93 50 Motala Ungdomsmottagningen, 010-104 76 90 Möjöby Ungdomsmottagningen, 010-105 98 70 Finspång Ungdomsmottagningen, 010-104 24 28 More information available at: www.lio.se

HOSPITALS (SJUKHUS) WITH EMERGENCY WARDS, OPEN 24 HOURS Linköping Universitetssjukhuset Norrköping Vrinnevisjukhuset Motala Möjöby Lasaretet More information available at: www.lio.se

DENTAL CARE You can either choose to visit a dentist at “Folk tandvården” (Sweden’s National Dental Service) or a dentist at a private clinic. Dental care is free for children under the age of 19. For adults the insurance cover only a part of the costs for treatment. For more information, please visit www.lio.se/folk tandvarden. For emergency dental care during weekends, call 112 to get the contact information of the nearest open clinic.

IN CASE OF EMERGENCY, CALL 112 The emergency number in Sweden is 112. The operator will connect the call and can also assist at all times with emergencies relating to ambulance, rescue and fire brigade, police, doctor, poison, dentist and priest.

PHARMACIES (APOTEK) Prescription medication in Sweden is sold at pharmacies, while over-the-counter medication is also sold at supermarkets and other shops. Listed below are pharmacies with prolonged opening hours.

In case of emergency, call 112.
POST OFFICE
The Post Office has 3,000 service outlets in super- markets and petrol stations all over Sweden for posting letters and packaging. Stamps can be bought in a variety of shops and there are yellow mailboxes spread out all over the cities.

CASH DISPENSER
There are two types of ATM machines for you to use to withdraw money; the blue “Bankomat” and the silver and white “Minuten”. VISA, Mastercard, Eurocard and other similar cards can be used in either one.

BANKS
Listed below are some of the biggest Swedish banks. Foreign exchange, cash to cash and traveler’s cheques can be administered at any post office, bank or at the exchange office (Forex, www.forex.se). Most people in Sweden pay their bills using internet services offered by a bank but it is also possible to pay the bills at the bank.

SWEDISH MONETARY UNIT
The Swedish monetary unit is the Swedish Krona, abbreviated to SEK. One Swedish Krona is 100 öre. Circulating in the Swedish economy are coins and bills with a value of 1 krona, 5 kronor and 10 kronor, 100 kronor, 500 kronor and 1,000 kronor.

CREDIT CARDS
Most shops, hairdressers, hotels, restaurants, cafés, taxis and night-clubs will accept credit cards. Credit card machines are easy to identify as they are often placed on the tables between the food displays with the words “Kortnära”.

DRIVING OFFICE
Driving licenses from the EU/EEA are valid in Sweden. An EEA member state driving licence if the holder permanently lives in Sweden. An EEA member state driving licence that is valid in Sweden may be exchanged for an equivalent Swedish driving licence. Driving licences from countries outside EUEEA are valid one year after the person has been registered in Sweden.

Buses and commuter trains in Östergötland: www.openticket.se, 0771-210 10
Long-distance trains: www.sj.se, 0771-75 75 75
International airports in the region: www.norrkopingairport.se www.danskebank.se, 013-480 00 00
Danske Bank
Swedbank
Handelsbanken
Danske Bank
SEB
www.seb.se, 0771-365 365
Handelsbanken
www.handelsbanken.se, 0771-88 88 88
Danske Bank
www.danskebank.se, 031-480 00 00

For more information about your nearest service outlet and other mail-related questions, see: www.posten.se or call: 020-23 22 21

More information is available at: www.kortportalen.se or the Country Administrative Board www.lantstyrelsen.se/ostergotland.

For weather forecasts, see the website of the Swedish Meteorological and Hydrological Institute www.smhi.se

Systembolaget
In Sweden the sale of alcoholic beverages is limited to the government owned State liquor store (Systembolaget), with the exception of beer and cider which you can buy at any grocery store. “Systembolaget” provides many varieties of beer, liquor, wine, champagne and liqueur. The minimum age to buy alcohol at “Systembolaget” is 20 years old and it is illegal to buy alcohol on behalf of a minor. Please note that even though the drinking age in Sweden is 18 years old, this strict- ly includes drinking at home or at clubs. Anyone under the age of 20 is considered a minor when buying alcohol from Systembolaget.

PUBLIC TRANSPORTATION
The Linköping-Norrköping region is linked to the rest of Sweden, Scandinavia and the entire Baltic Sea region through an extensive road and rail network, three international airports and an ultramodern port. The use of public transportation is very common in Sweden and buses, trains and cablecars run according to schedule. People often use public transportation to commute to work and school and there are a lot of bus stops spread across the cities. In Linköping, Norrköping and Motala you can no longer buy your ticket on the bus. Instead you have to either buy your ticket at special ticket-machines, at a ticket agent’s or through a text message. For more information about public transportation and how to buy your ticket, see:

The Right of Public Access
The Right of Public Access (Allmänheten) gives you the right to enjoy the Swedish nature and coun- tryside, whether walking your dog in the woods, sailing or camping in the forest. There are however rules that you will have to follow whilst carrying out activities in order to take care of the nature and wildlife and show consideration for landowners and other people enjoying the countryside.

When driving in Sweden there are some basic rules to remember, always keep to the right, wear your seatbelt, have dipped head lights on at all times and do not drink and drive. Sweden has very strict laws regarding drinking and driving. The permit- ted blood alcohol concentration is 20 milligrams per litre which is considerably lower than in most other countries. The use of snow tires is manda- tory between December 1 and March 31. Due to the country’s northerly climate, experience in driving on ice and snow is recommended before driving during the winter.

CLIMATE AND WEATHER
The climate in Sweden is very mild compared to other places at similar latitudes thanks to the Gulf Stream. Sweden has four distinct seasons. Temperatures in winter vary greatly between the north and the south. During winter, temperatures in the region range between -15 to 0°C with moderate snowfall. Spring-season temperatures range be- tween 0 to +10°C and the weather is unpredictable, shifting between sun, rain and snow. Summer is mostly sunny with occasional showers and with temperatures ranging from +10 to +25°C. Autumn is often windy and rainy with temperatures from 0 to +10°C. It might be reassuring to know that even though the temperature may fall outdoors, Swedish buildings are well insulated and will keep you warm indoors.

One effect of Sweden’s northerly latitude is the differing lengths of the days and nights. In southern Sweden, the summer months are char- acterized by long, light days and short nights. In the winter months, the sun sets reasonably early and the days are short.

For more information about the Right of Public Access, see: www.naturbruksverket.se

For practical information, see: www.handelsbanken.se, 0771-22 11 22
Danske Bank
Swedbank
Länsförsäkringar Östgöta
www.seb.se, 0771-365 365
Handelsbanken
www.handelsbanken.se, 0771-88 88 88
Danske Bank
www.danskebank.se, 031-480 00 00

TAXIS
In Sweden it is very common to take a taxi. Yellow taxis can be found everywhere in the cities and are very reliable. When you see a yellow taxi out on the street you can just raise your hand and the driver will stop. To call a taxi in Stockholm you can either call a taxi company or you can call a number that is posted on the streets (e.g. 08-788 88 88). When you call a taxi you will need to give your name, the name of the place you are going and what time you want the taxi to arrive. You can expect to pay about 18-20 kronor (about €2) per kilometre and the minimum charge is about 180 kronor. It is also possible to book a taxi in advance through many of the companies.

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The region offers a wealth of culture including theatres, museums, art galleries and a diverse range of music with concerts ranging from classical music to rock and a variety of local bands, music clubs and choral groups. Markets and festivals are arranged throughout the region on a yearly basis, including popular jazz and film festivals. Those interested in architecture and history will find much interest in Old Linköping (Gamla Linköping) and the region’s numerous manor houses, abbeys and churches. The medieval towns of Vadstena and Söderköping and the famous Göta Canal are popular tourist spots, whilst Norrköping has one of Europe’s best preserved industrial landscapes.

COUNTRYSIDE, SPORTS AND RECREATION

The countryside varies greatly from coastal landscapes and open fields to rivers, lakes and islands. There are many locations which provide fishing, sailing, canoeing and hunting. Fishing is allowed in most lakes and rivers provided that you have a fishing licence. Sites which are particularly worth visiting include Lake Tåkern, an internationally recognised area for birds; Omberg, with its diverse plant life and panoramic views; and Kolmården, one of Europe’s largest safari parks. There are also plenty of facilities for those who are interested in playing or watching football, ice hockey, basketball and golf, and the region is home to leading teams in several sports. Fishing is excellent and is even possible in central Norrköping.

More information about attractions and events in the region is available at:
www.ostergotland.info
www.pagang.info

Sights and attractions

The Norrköping Symphony Orchestra
www.symphoni.nu

Visualiseringscenter
www.visualiseringscenter.se

Östgötateatern
www.ostgoteatatern.se

Norrköping Art Museum
www.norrkoping.se/kultur-fritid/museer/konstmuseum/

Östergötland County Museum
www.ostergotlandsmuseum.se

Swedish Air Force Museum
www.flygvapenmuseum.se

Old Linköping
www.gamal Linkoping.info

Museum of Work
www.arbetetsmuseum.se

Reijmyre Glasbruk
www.reijmyre.se

Kolmården (wildlife park)
www.kolmarden.se

Göta Canal
www.gotakanal.se

Cloetta Center (events and concerts)
www.cloettacenter.se

Louis de Geer (events and concerts)
www.louisedegeer.se
Advent
Advent is the period of four weeks leading up to Christmas. On each Sunday during this period, a new candle is lit on a special Advent candlestick. This means that, on the fourth Sunday, there are four candles burning, and Christmas is about to begin.

Christmas (Jul)
Christmas is the most important Swedish holiday and is celebrated on Christmas Eve, December 24th. Most Swedes celebrate Christmas with their families and eat a traditional Christmas dinner with several different dishes such as Christmas ham and traditional bread. It is also common to attend church services during the weeks leading up to Christmas, as well as on Christmas Eve or Christmas Day. "Julbomen" is the Swedish version of St Nicholas or Santa Claus, and he brings all the children Christmas presents on Christmas Eve.

Easter (Påsk)
In Sweden Easter is celebrated on Easter Eve with Easter egg hunts for the children and traditional Easter food. Sweden is a protestant Lutheran country and much of current Swedish customs are imported from other countries, but the tradition of the Easter witches is entirely Swedish. On the Thursday before Easter Eve, known as Skärtorsdagen, children dress up as witches and knock on the doors of the houses in the neighbourhood in the hope of receiving homemade Easter cards for candy. Occasionally it is still traditional to light bonfires and fireworks during the Easter celebrations.

Lucia
The Swedish tradition “Lucia” is based on the legend of the Saint Lucia and an ancient Swedish custom. On the 13th of December Lucia, with Lucia processions which are led by the Lucia, a young girl, wearing a white garment and a crown of candles to guide her through the darkness. She is followed by a number of attendants including girls and boys, also dressed in white and with candles in their hands. In Sweden, the night between the 12th and 13th of December traditionally was considered to be the longest and darkest night of the year which is the reason that Lucia is celebrated on the 13th of December. Lucia and her attendants visit schools, hospitals, offices and churches and sing traditional Lucia songs.

Gustaf Vasa, considered to be the founder of the modern kingdom of Sweden, was crowned.

Midsummer (Midsommar)
Midsummer is celebrated on the weekend closest to 24th of June which is actual Midsummer Day. It is an old tradition, and was originally a way of begging the Gods for a good harvest. Today we celebrate midsummer as a big summer party. People leave the cities for the country and many join traditional celebrations during the day, which include dancing and singing around the maypole and afterwards having a barbecue with family and friends.

The Swedish Way
Be on time
Both at work and in social life, Swedes are very punctual. It is considered impolite not to be on time for a meeting or a social event.

Keep in the queue
Whenever you are waiting to buy a ticket, to pay for goods in a shop etc, you are expected to wait in a proper queue. Swedes are very strict about this and it is considered to be very rude to skip the line. Even if there is no organized line and people are just standing by the counter, you can be sure there is an automatic queue system. In these cases you will find a little white or yellow box at the entrance of the shop or by the counter, where you are supposed to take your queue number and then wait for it. You can pick your number from a machine in the bank.

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In the East Sweden Region, just about an hour’s drive from Stockholm, life is special in so many ways. Here you have most things you could wish for in your immediate vicinity - nature, the city pulse, the sea and the world. And what about business? Did we mention that we have Sweden’s highest concentration of high tech companies as well as world class visualisation, aviation technology and environmental technology? Do you want to grow and shape your future for yourself? Come to East Sweden.

Two cities. A thousand options.
East Sweden is a region driven by the principal towns of Linköping and Norrköping. The fact that two towns such as Linköping and Norrköping are building a regional powerhouse is entirely unique nation-wide and an important result of the diversity and dynamism that characterises East Sweden.

Life and business in perfect balance.
Thanks to the region’s strategic position on the east coast, our location has been of great importance for Sweden over the centuries. From epochs of medieval royalty, aristocracy and trading posts, to the industrial revolution and the rise of our knowledge-based society. Today, as a strong innovation and knowledge focused region, we provide you with the opportunity to shape your life in a climate which favours creativity, life balance and contact with the surrounding world. Magical nature, exciting places to visit and a vibrant culture scene are some of the added values which make life complete in East Sweden.

East Sweden. Powered by innovation.
With campuses in both towns, Linköping University is a strong link in terms of education, research, trade & industry, development and growth. Together with proactive science parks and towns in collaboration, Linköping University is a shining example of how curiosity and the power of innovation can move boundaries. That successful international companies like Toyota, Saab and Siemens are happy here is only to be expected. Would you also like to experience the power? Or would you also like to be part of the experience?

Welcome to eastsweden.com
East Sweden, comprising the towns of Linköping and Norrköping as power houses, is an expansive knowledge and innovations region with many international companies, leading research and high class programmes at Linköping University.

With almost half a million inhabitants and one of Sweden’s best logistics locations combined with attractive accommodation options, outstanding nature, a scintillating student life and rich culture scene, we offer unique opportunities for people and companies who want to grow and develop.