

Welcome to Stockholm



Practical Information

Arrival Day

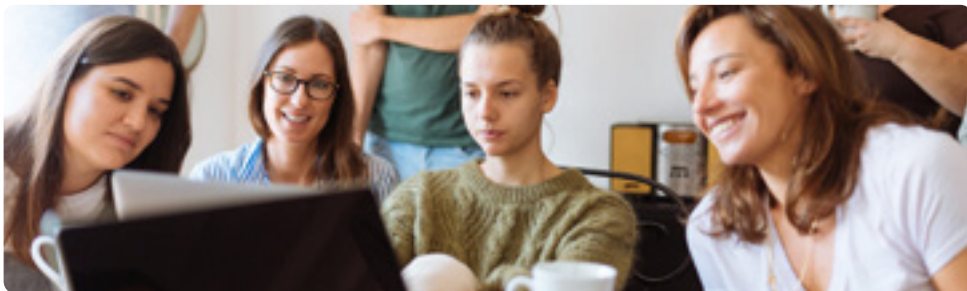
If you arrive on one of the earmarked arrival days, you can spot the KTH student union, THS at the airport and they would guide you in the whole process. You can get on to the free buses organised for you from Arlanda airport to the KTH campus where you collect your accommodation keys, activated your KTH IT accounts, collected the arrival day bedding kit- a pillow and a duvet, a free Sim card at KTH *Entre*. You could also register with the THS for the international activities and leave for your respective accommodations.

You could travel by

SL pass through Marsta by bus 583 and catch the Pendeltag towards Stockholm City (T-Centrallen).

Arlanda Express Arlanda Express – 20 minutes long, it is the fastest travel option between the city and the airport that will cost you 280 SEK for an adult and 165 SEK for a student.

Flygbussarna – 40 minutes long, the bus is definitely a cheaper alternative that will cost you 119 SEK.



Accommodation

A webinar was held for international students with housing guarantee (fee – paying and joint master students) on April 29th. See the full [Q&A](#), [presentation on KTH's youtube channel](#) and further information [here](#).

Apart from the guaranteed KTH housing, SSSB or second – hand, few other places to look for an apartment would be [Sökstudent bostad](#), [Akademisk kvart](#).

Local Language

There are classes in the first semester held in the KTH campus itself but student can also join separate free course called [Swedish for Immigrants \(SFI\)](#).

Utilities

Electricity and internet bills

Most of the student accommodation have the electricity and internet bills embedded in the accommodation prices. You need to buy good WiFi Dual Band Modem though for connection and Travel adapters.

Mobiles phones

You might be given free sim cards in the intro week. Most students pay an average of 100 SEK per month for pre-paid services for their phones. There are various telecommunication providers (Hallon, Comviq, Telia, Telenor, Lycamobile) and they all have student packages.



Transportation

The student price for the SL transport for a month is 590 SEK. Students who use the public transportation regularly buy the card and recharge it monthly. You can buy SL card at any metro station (even at the airport) or at a Pressbyrå, you will have to pay 30 SEK for a new card and then load it with any ticket (Day pass, 72 hour, weekly, monthly, three months).

If you don't travel much you could just load any amount in multiples of 100 SEK, and you'll pay 30 SEK for every journey (valid for 75 minutes).

Further information on getting around in Stockholm and Sweden can be found [here](#).





Banking

During the initial weeks you can apply for a [Personnummer](#) at the registration event organised by KTH at *Entre*.

A Swedish ID is required if you would like to open a bank account (except for ICA banken) work part-time and are staying for longer than a year in Sweden. Register with the Swedish Tax Agency - Skatterverket for a Swedish ID. A Swedish ID is a photo ID with your personal number linked to it. Cost: 400 SEK.

A Swedish bank account is not necessary but it makes your transactions easier. The banks mostly do not charge for their services to students who are under 25 years of age. If not, they have a regular monthly service charge of about 35 SEK. Make sure to collect your Digi Pass and install / activate the following services from your bank: International transfers, Internet Banking, Mobile Banking, Bank ID, [Swish](#) (a mobile-based money transfer app). More Information on banking can be found [here](#).

Health

Tuition fee-paying students admitted to a KTH Master's or Bachelor's programme and students holding a KTH Scholarship (former KTH Tuition fee waiver) are covered by the comprehensive insurance FAS+ during their studies at KTH. In brief, FAS+ includes medical costs (except planned care), limited dental cover, liability cover, property cover, legal expenses etc.

The emergency number in Sweden is 112. To find the health centre yourself, you can call 117 or book an appointment online through www.1177.se. Also, you can go to KTH *Entre* and you'll be guided appropriately.

The best thing is to pay all necessary medical expenses immediately as you incur them. Ensure you keep all receipts. Next, [download the claim form](#) and fill appropriately. Submit the form and receipts to KTH *Entre*. You can read more about [Health Care](#) and [Insurance](#) in the embedded links.

Food

For grocery shopping, there are options such as Lidl, Willy's, Hemkop, ICA, Öob, COOP and Pulsen. The Weekend Farmers markets in Skärholmen is also advisable. Lidl and Willy's are the cheapest. Pulsen near Flemingsberg sometimes has some very good offers. In a month, if most of your shopping is done in Lidl (and you cook all that you eat), you can budget 800 SEK to 1000 SEK.

To minimize alcohol-related problems and selling it in a responsible way, all alcohol in Sweden can only be purchased at especially designated shop, System Bolaget.

[Shopgun](#) is a really good app to see all the ads for the shops surrounding your area and you can also expand the radius of the search.

Below is a breakdown of student-priced meals that most students buy generally

- Restaurants at Uni: 60 SEK to 90 SEK
- Baguette sandwich: 25 SEK to 30 SEK
- Cinnamon bun and a cup of coffee: 15 SEK



Shopping

The temperature from October to April can go up to -20°C. As they say "There's no such thing as bad weather, only bad clothes". It's recommended to bring a thermal wear, couple of jackets, wind cheater, muffler, caps and snow boots. You could also buy them at discounted prices for black Friday or at stores like Decathlon or other second-hand stores that open up for winter sale.

Some other shopping stores for electronic items and home furniture etc., IKEA, Öob, Webhallen, Kjell & Company, Teknikmagasinet. You could compare prices online at [Prisjakt](#) or [Pricerunner](#).

Movies

If you are a big movie buff like me. Participate in many research surveys conducted by the KTH, KI, Stockholm University's PhD / other research groups and earn free movie tickets.

Stationary

You get 200 SEK worth of free prints every semester from KTH. That is 200 Coloured or 400 B/W Prints. A scientific calculator, stapler, gum, binder clips, marker may come in handy.

Industry in the region

Part-time jobs

The resident visa for student doesn't have any restriction on part-time jobs as such. The InnoEnergy Masters courses involve travelling to other European cities and are quite demanding. Hence do not fall chase money in exhausting part-time jobs which robs your energy and concentration from your main goal. However, I have tried to list down some of the part time jobs other than the few openings which might pop up at the InnoEnergy Office on campus.



RA and TA are not very common here but the most convenient one for sure. Ask the professors and PhD researchers in the department to know of existing opportunities and apply.

Being a student blogger, a student ambassador, Instagram and Facebook page curator are few of the many jobs that one can be offered by the International Relations Office.

Apart from the jobs on the campus, there are other jobs that one can do in their spare-time and make more money than the campus jobs actually. Most of these jobs can be managed with English or very basic Swedish. Some of my friends work for Foodora, a food delivery job.

Glue Home is an expanding start-up in Stockholm. They have flexible hours and is a good opportunity to travel around Stockholm while installing smart locks. Drop them an email and check for openings in Fall Semester.

If you are good at software programming, getting a part-time job can be quite easy as a freelancer.

There are also other tutoring jobs like studybuddy, where you tutor Mathematics, Physics, Chemistry to school kids one-on-one at their homes.

Additional information can be found [here](#).

Career

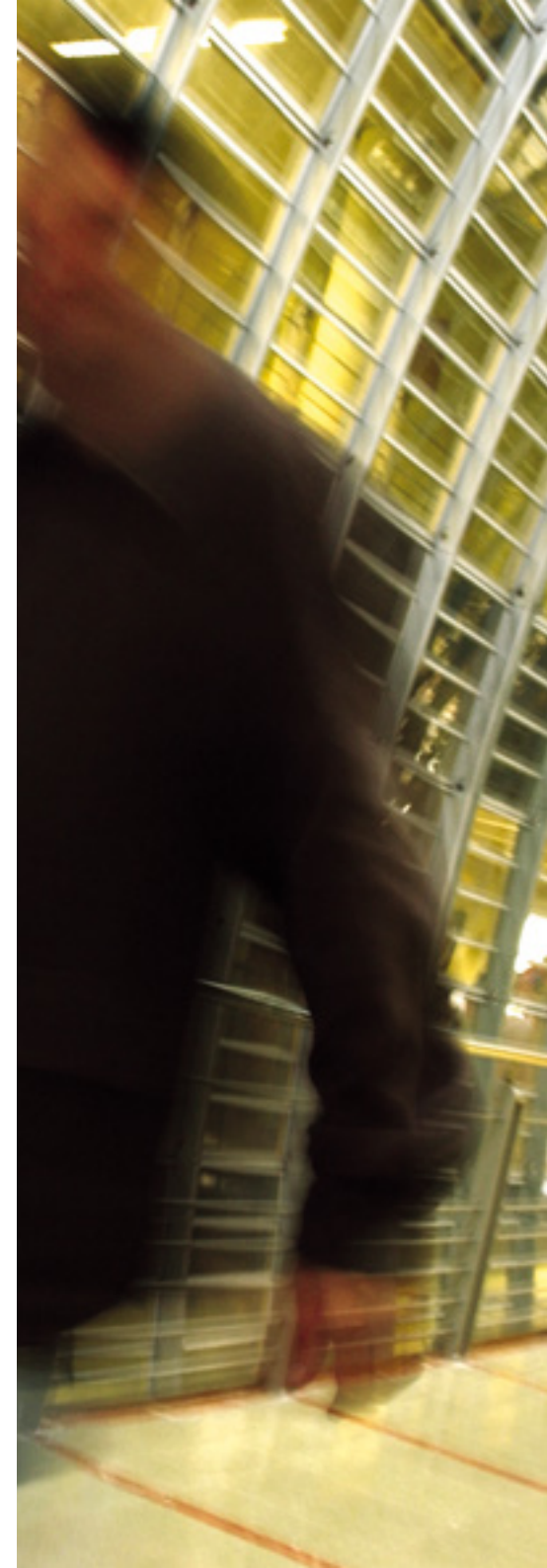
The Nordic countries are leading the way towards energy transition to cleaner fuels. Sweden has a rich supply of moving water and biomass, which contributes to the country's high share of renewable energy. Networking is the key to find career opportunities in Stockholm.

THS Armada is the biggest career fair in Scandinavia organized by KTH student union, Tekniska Högskolan Studentkår. This 2-day career festival brings together over 150+ businesses in one location and draws over 10,000+ students from all over Sweden every year. You get to meet companies and explore opportunities for summer job, Thesis and prospective jobs (and collect lot of goodies too).

Lunch Lectures, EWB Events (Engineers Without Borders), Green Week: Register for lunch lectures hosted by KTH / THS to explore opportunities and meet companies / researchers. Not all the students who signed up show up for these events; So, if it's a topic / company you are really interested in and the registrations are closed, you can turn up to the event and try.

Consultation and support to write your CV, cover letter are offered by [KTH](#) and InnoEnergy Career Centre. Besides that, with the help of InnoEnergy career centre you could explore opportunities to work at InnoEnergy supported start-ups.

Have a look at the supported start-ups [here](#).



Fun

Fun Suggestions

You'll probably figure this part out by yourself but still, you might find some useful tips here.

In the opening weeks THS, Buddy groups and Chapters organise many events. Look out for them on their FB groups. Here is one such FB group, where you could discuss on KTH events.

There are cheap travel options through Ships and Busses. Specially Viking line, Silja line and Flexi Bus offer affordable cheap packages to Helsinki, Estonia, Latvia, Norway and Denmark.

Sports. If you live near the main campus, then KTH-Hallen, the KTH Sports club is the best place for you, they offer free access to all the fee-paying new students for a year just pay the registration fee of 100 SEK.

You could book courts or register for free training sessions at [KTH-hallen](#). You could read about other sports facilities in [here](#).

Nightlife ends early in Sweden. Bars close around 01:00, clubs later. Have fun in the winter break, go for Ice Skating at Kungsträdgården, enjoy the fireworks for New Year. You could go hiking, kayaking or camping around Stockholm's Archipelagos. Tyresta National Park, Skansen, Vasa Museum, Midsummer day celebration, Aurora Borealis trips to the north in search of Northern lights, Stockholm Cultural Night, Nobel week dialogue, Music Tech Fest-Fireworks Orchestra, KTH Lab Tours and many more things to look forward to in Stockholm!

Few usefull Links & Apps

Links

- Use [this link](#) to find lecture halls in KTH
- InnoEnergy platform incoming Students 2019/20
- Download the IECommunity app
- KTH International Student Blog
- KTH-THS official FB group

Apps



SL App



Shopgun



Shpock



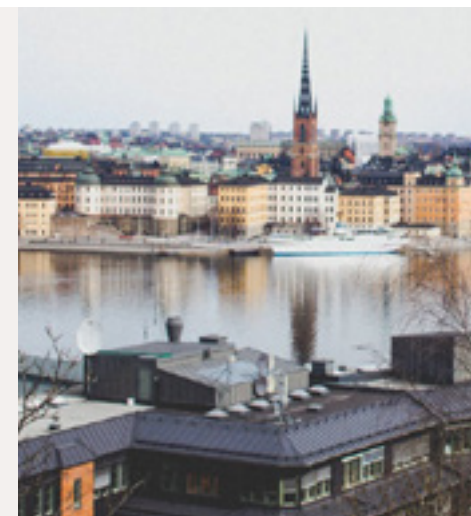
Karma



Flixbus



Mecenat



Harsha Pallerlamudi

This City Guide has been written by Harsha Pallerlamudi, a MSc SELECT student who spent a year studying in Stockholm.