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Frequently Asked Questions

Malmö is the third largest town in Sweden and very easy to travel to. If you are able to book your plane or train ticket in advance the prices from Europe can be very favourable. When travelling from Europe to Sweden, we would recommend you to look at domestic flights such as Scandinavian Airlines who often have very good deals between both Malmö Airport and Copenhagen airport. <https://www.flysas.com> Malmö towns official visitor site (<http://www.malmotown.com/en/>) presents everything you need to know for your travelling, just follow the link below. At the site you can also download a travel guide and chat with the tourist information bureau if you have special interests while you are here. Shopping, eating, drinking, maps and so on are available on this very informative site. <http://www.malmotown.com/en/#travel-to-malmo>

What to do and finances

Some things are considered expensive in Sweden, particularly in comparison with some of the other European countries. You will however find good quality food, a lot of food and a wide variety of food ranging in reasonable price from 50 Swedish Crowns (about 5 – 6 €) up to the sky is the limit prices. However, taking a beer or a nice glass of wine are considered as expensive and would set you back about 8–10€. Walking a bit away from the most central parts of Malmö, to the labour quarters around Möllevångs torget will reduce the price of your beer with about 3–4 € and you will also find food from all the corners of the world in this area.

If you do like your beer and are on a small budget our advice is to locate the nearest systembolaget (Malmborgsgatan 6, Hansa). This is where the Swedes go between 10.00 – 19.00 to buy their wine, beer and so on as alcohol cannot be bought elsewhere outside pubs, bars, and restaurants.

The locations of your accommodation is at the best positions you can get in Malmö. Five minutes from the party square of Malmö 'Lilla torg' and the central parts of Malmö, ten minutes from the West Harbour and a further five minutes from there to white sandy beaches and the cold bath house. The latter is an experience you not want to miss. We would recommend you to bring your swimming gear. At the West Harbour you can also take a dip but here you will have to jump from the rocks. At Ribban (the beach) you will find fire pits and if they are not already taken you may start a barbecue. Barbecues are also allowed in the city's larger green parks as long as you bring your disposable grill and clean up after you. You are entitled to bring your own drinks for your barbecue as long as you not are disturbing the public order as the police would express if you have had a bit too much and are causing a commotion. We advise you to go through the official visit Malmö site to optimize your stay during the summer school.

Renting a bike

With our rental bikes it's easy to get around Malmö, all year, around the clock. You have the option of buying an annual ticket or a ticket for one or three days. Do what the residents of Malmö do - cycle! It's a fantastic way of experiencing Malmö. Follow this link <https://www.malmobybike.se/en> and you will find where to pick up and park a bike and maps of the bicycle lanes. You can rent a bike for 3 days (165 SEK) or for one day (80SEK).

A word of caution

Malmö is a reasonable safe and tranquil town. However normal big city cautions are warranted. Summer time pick-pocketing is not uncommon. Please don't have your wallet in your trousers' back pocket. Don't carry too much money or your passport. If you travel on the train between Copenhagen and Malmö, please be extra cautious as periodically gangs are known to steal unattended luggage and pick-pocket during the short train journey (about 17 minutes between the airport and central station). If you are out and about and not in a larger group avoid dark back alleys and the parks in the town centre. Do not drink too much so you lose your vigilance. Please do not swim after having been drinking late at night. A general good rule for all travelling is to copy the two important pages of your passport and the front and back and always keep these copies outside your handbag and backpack in case you should lose your passport. These copies could actually take you home. At the moment it is very hard to get into Sweden through boarder control so passports are highly valuable pick-pocket targets.

Important numbers

In Sweden emergency numbers for the police, the ambulances and the fire service are united in the unique **112** emergency number. You should only use this number for real emergencies. For any other query contact your local hospital or health centre. For 24h non-emergency health advice and care, dial **1177**. At the latter number they will help you to book an appointment. For non-emergency police matters phone 114 14 or visit the nearest police station.

In case of illness, you should go to your local health centre (*Vårdcentralen*), which provides doctors, nurses and other specialists. Primary care used to be relatively low in Sweden. However, primary care physicians (equivalent of a GP) are now the norm. You will have no problem finding a doctor in Sweden as all municipalities have a health centre.

Consultations at a primary care physician or specialist are not free in Sweden. Every patient has to pay an out-of-pocket fee. However, this fee is very low, most of the cost being subsidised by the State. The cost will vary between SEK 100 and 150, depending on your county. The amount you have to pay directly for healthcare is limited by a SEK 900 ceiling during each 12-month period. If you are a citizen of the EU/EEA and have a European healthcare card (which certifies you contribute in your home country) you will be covered in the same way as a Swedish citizen. If you are not from the EU/EEA and that your country has no agreement with Sweden, you should take a private travel insurance covering your stay in the country as you will have to cover the costs of medication and treatment. A normal GP visit will cost around SEK 1,700-2,000 if not covered by insurance.

Pharmacies

Apoteket (the pharmacy) are open during usual shop hours and you will be required to pay out of pocket for medicines. Pharmacies are present all around the country and are open during usual shop opening hours (10:00-18:00 on weekdays and 10:00-14:00 on Saturdays, this can vary locally). In every major city you will be able to find a 24h pharmacy. Most medicines, except benign one such as aspirins, need a prescription from your doctor. You will need to pay your medicines in Sweden. If you are a Swedish resident, the amount you pay will be topped at a ceiling of SEK 1,800 during each twelve-month period (does not apply to European health card holders). You can pick up head ache pills, congestive, stomach pills and so in the majorities of food shops too.

Dentist

For acute dental care in Malmö you can phone 00 46 40 623 02 42 on workdays between 07.30 – 14.00