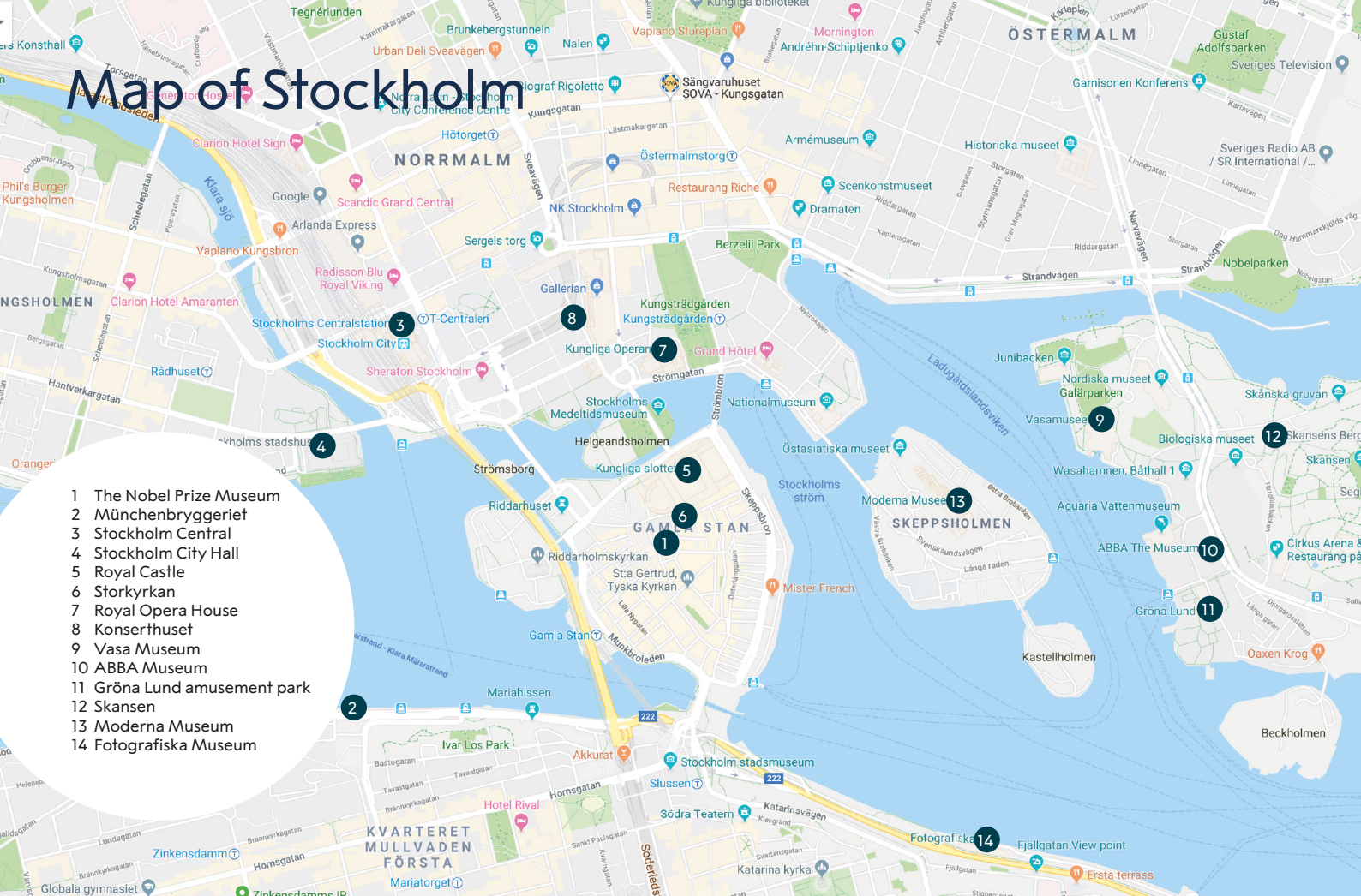


THE
NOBEL
PRIZE

Welcome to Stockholm and the Nobel Prize Teacher Summit!

Here are some handy tips!

Map of Stockholm



The Extended Program for international guests

Wednesday, 9 October

2.00 pm at Nobel Prize Museum:
Welcome! An introduction to the Nobel Prize Teacher Summit and the Extended Program.

2.30 pm at Nobel Prize Museum:
For the greatest benefit to humankind – A customized guided tour of the new exhibition. (also available on Saturday 12 October 11.00)

3.30 pm at Nobel Prize Museum:
Coffee/Tea available in the Bistro Nobel.

Thursday, 10 October

8.30 am – 4.00 pm:
The democracy mission in the Swedish schools. An insight in how the democracy mission in the Swedish curriculum is formulated and how it is being interpreted in daily life in schools. Introduction, school visits and workshop.

6.00 pm – 8.00 pm at Stockholm City Hall:
Reception with a welcoming by the Mayor of Stockholm, dinner and a guided tour.

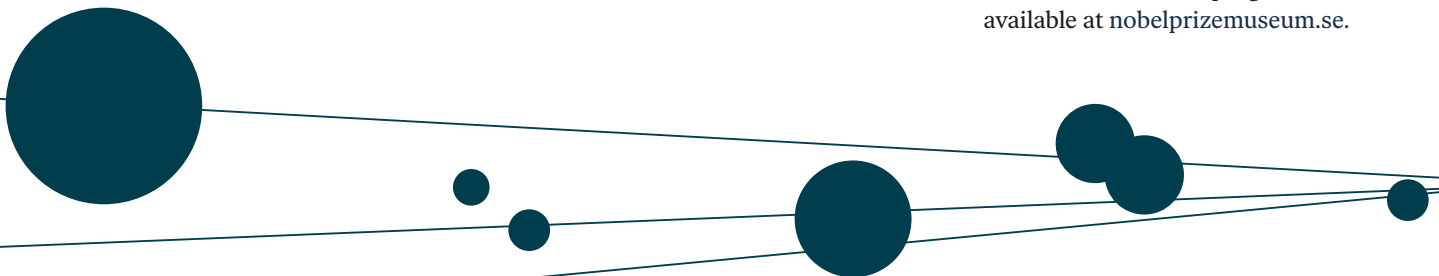
Friday, 11 October

8.30 am – 4.30 pm:
Nobel Prize Teacher Summit 2019 at Münchenbryggeriet, Torkel Knutssongatan 2, Stockholm.

Saturday, 12 October

11.00 am at Nobel Prize Museum entrance:
Choice between a guided tour of the city of Stockholm or a customized guided tour of the new exhibition: For the greatest benefit to humankind at the Nobel Prize Museum.

Optional
2.00 pm Program with Nobel Laureates:
– not included in the program, tickets available at nobelprizemuseum.se.



Practical Information

Transfer to/from the airport

There are buses and / or trains regularly going in to the City. Transfer tickets are available at the terminal upon arrival at your Stockholm Airport.

Please find detailed information via the links below:

Stockholm Arlanda Airport
www.swedavia.com/arlanda/

Bromma Stockholm Airport
www.swedavia.com/bromma/

Stockholm Skavsta Airport
www.skavsta.se/en/

Getting around

Public transportation is excellent in Stockholm. SL, the Stockholm Public Transport, is the convenient way to travel when exploring the capital of Sweden. The Nobel Prize Museum has not arranged for any additional transports for this conference.

Please visit this link to find information on how to travel with SL
www.sl.se/en/getting-around/

Sweden weather in October

In central/southern Sweden, where Stockholm is situated the winters are short and quite cold, and summer temperatures are similar to those in southern England, but with a lot more hours of sunshine and daylight.

The October weather can be sunny and mild with a temperature around 10° C or more. OR it can be windy and rainy with a temperature around 5° C or less. So bring a jacket and covered shoes. Just in case.

Cash & Credit cards

Sweden is one of the most cashless societies on the planet. Most of the bank branches have stopped handling cash; many shops, museums and restaurants now only accept plastic or mobile payments.

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.

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

Most credit cards will charge you for using a cash machine abroad, but since it varies between companies, contact your card-provider to know the rate for sure.

The monetary unit in Sweden is the krona SEK. Bank notes are printed in values of 20, 50, 100, 200, 500 and 1,000 kronor. The coin is available as 1, 2, 5 and 10 kronor. Euro (€) bills or coins are not valid in Sweden.

Please note:

Many of Sweden's older notes and coins became invalid in 2017. Learn more about valid banknotes and coins here:
www.riksbank.se

Is the food & water safe?

The food

Swedish restaurants and takeaway shops have to meet strict health and safety criteria in order to serve food, and even then they're subject to regular checks. Getting sick from food in a restaurant is very unusual.

The tap water

With thousands of lakes and plenty of rain and snow, clean drinking water is something Sweden has by the bucket load. The cold water that comes out of the tap is safe to drink, and Swedes rarely buy still bottled water.

Shopping

Regular shopping hours

Monday–Friday 9.30 am – 6.00 pm
Saturday 9.30 am – 2.00/4.00 pm

In Stockholm, department stores remain open until 7.00 pm or longer. Some are also open on Sundays between 12 noon and 4.00 pm. Shops generally close early the day before a public holiday.

Bargain hunting

Look for the special signs indicating sales. "REA" indicates a sale; "Extrapris", used along with red price labels, indicates discounts of at least 10%; and "Fynd" indicates special offers.

Is Sweden safe?

Sweden is a safe country to travel around in. Violent crime is uncommon and muggings (although not unheard of) are thankfully very rare.

That said, there is always a small risk that you could be a victim of crime. Keep an eye on your personal belongings – there are frequent reports of pickpocketing and bag snatching, particularly in busy areas like Gamla Stan (Stockholm's old town). Thefts from hostel and hotel rooms are rare but you should always keep valuables like laptops and passports locked away.

SOS numbers

If you need help from the emergency services, call 112. This number is always free to call. Staff speak English and Swedish and will be able to send help to you wherever you are.

For non-urgent crimes the best option is to report directly to a police station. Or, you can contact the police on their non-urgent number, 11414.

Do I need travel insurance?

The simple answer is yes. Hospital bills and doctors' fees can quickly get out of control and if you have something stolen in Sweden, or miss a flight, or even just leave your phone on the bus, a good travel insurance policy will help you.



THE NOBEL PRIZE

Eating out in the Södermalm area

Nice Price

Falafelbaren, Hornsgatan 39 B
Vapiano, Munkbrogatan 8 / Götgatan 78
Koh Phangan, Skånegatan 57
Bra Mat, Ringvägen 8

Pay a little more

Pelikan, Blekingegatan 40
Meatballs, Nytorosgatan 30
La Colline, Götgatan 29