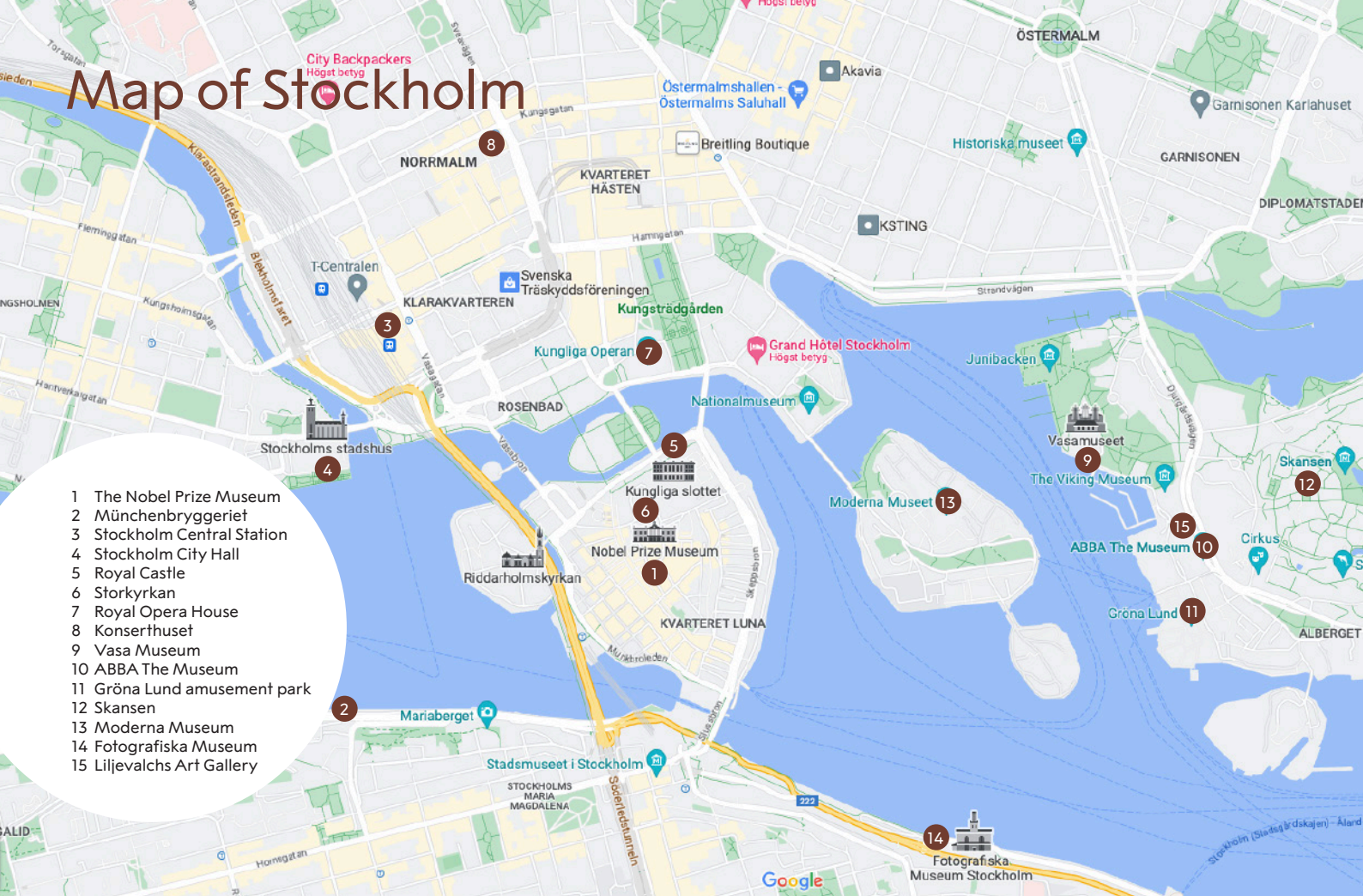


THE
NOBEL
PRIZE

Welcome
to Stockholm
and the Nobel Prize
Teacher Summit

Here are some handy tips!



Map of Stockholm

- 1 The Nobel Prize Museum
- 2 Münchenbryggeriet
- 3 Stockholm Central Station
- 4 Stockholm City Hall
- 5 Royal Castle
- 6 Storkyrkan
- 7 Royal Opera House
- 8 Konserthuset
- 9 Vasa Museum
- 10 ABBA The Museum
- 11 Gröna Lund amusement park
- 12 Skansen
- 13 Moderna Museum
- 14 Fotografiska Museum
- 15 Liljevalchs Art Gallery

The extended programme 2023 for international guests

Tuesday, 26 September

From 14:00 at the Nobel Prize Museum: Drop-in with coffee/tea available in the Bistro Nobel.

14:30 Introduction and a customized guided tour at the Nobel Prize museum.

15:00 A welcome address and an introduction to the Nobel Prize Teacher Summit and the extended programme at the Nobel Prize Museum.

Wednesday, 27 September

8:30–17:00 The democracy mission in the Swedish schools. Introduction, school visits and workshop at the Nobel Prize Museum. This day will give you an insight in how the democracy mission in the Swedish curriculum is formulated and how it is being interpreted in daily life in schools.

16:20 We walk from the museum to the Stockholm City Hall (20 min walk).

17:00–18:30 Reception at Stockholm City Hall with a welcoming by the City of Stockholm, a drink and a guided tour. Free of charge for all international participants to the Nobel Prize Teacher Summit.

Thursday, 28 September

8:30–16:30 Nobel Prize Teacher Summit 2023 at Münchenbryggeriet, Torkel Knutssongatan 2, Stockholm. A general programme will be published on our website.

Friday, 29 September

9:00–12:00 at Nobel Prize Museum: Nobel Prize Teacher Summit Hubs – an introduction followed by an exclusive sneak-peek at our brand new exhibition, Fungi.



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

<https://www.skavsta.se/en/getting-to-and-from/bus-train-taxi/>

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/in-english/getting-around/

Sweden autumn weather

The autumn weather can be sunny and mild with a temperature around 10°C or more. Or it can be windy and rainy with a temperatures around 5°C or less. So bring a jacket and covered shoes.

Cash & credit cards

Sweden is a very cashless society. Most of the bank branches have stopped handling cash; many shops, museums and restaurants only accept credit cards or mobile payments.

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

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 without a chip 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 are subject to regular checks. Getting sick from food in a restaurant is rather unusual.

The tap water

Clean drinking water is not a problem in Sweden. 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 9:30–18:00

Saturday 9:30–14:00/16:00

In Stockholm, department stores remain open until 19:00 or longer. Some are also open on Sundays between 12:00 and 16:00. Shops generally close early the day before a public holiday.

Is Sweden safe?

Sweden is a safe country to travel around in. 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 pick-pocketing and bag snatchings, 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, such as laptops and passports, locked away.

SOS numbers

If you need help from the emergency services, call 112. This number is always free to call. The staff answering at 112 speaks 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.

Information in regards to Covid-19

As this kind of information may change, you need to check what applies with relevant authorities before travelling to Sweden.

Please use this link to find up-to-date information

www.visitsweden.com/about-sweden/information-for-travellers-corona-virus/

Eating out in the Södermalm area

Stockholm's southernmost inner-city district ("söder" literally meaning "south") is often described as young and creative with a unique personality. This is also reflected in the local restaurant scene with many places opting for a real homey feeling, decorated with an artistic sense, as well as exciting lifestyle concepts.

Go to this link for some examples of Södermalm's great restaurants

www.visitstockholm.com/eat-drink/restaurants/eateries-in-sodermalm/