

Welcome to Södertörn University

Guide for incoming guests



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Welcome to Stockholm, the capital of Sweden – and welcome to Södertörn University. The following pages contain useful information about getting around Stockholm and the university.

We look forward to seeing you soon!



Welcome to Stockholm and Södertörn University

We hope that you had a safe journey, no matter whether you arrived by air, road or rail.

Stockholm is spread across fourteen islands on the edge of the Baltic Sea and Lake Mälaren, the third biggest lake in Sweden. It is one of the fastest growing cities in Europe, with one of Europe's largest and best-preserved mediaeval city centres, and plenty of opportunities for leisure, shopping, sightseeing, etc.

Södertörn University is located less than 20 minutes by train from the city centre.

Due to the ongoing coronavirus pandemic, please follow these safety measures during your stay in Sweden and at Södertörn University:

- Keep your distance and take personal responsibility
- Stay home if you feel unwell
- Watch for symptoms of COVID-19
- Wash your hands often
- Cough and sneeze into your elbow
- Avoid touching your eyes, nose and mouth

Please stay updated with information from your airline and your embassy in Sweden regarding your arrival and any restrictions linked to your arrival, stay and departure.

For more information, please visit [Public Health agency of Sweden \(Folkhälsomindigheten\)](#)



Södertörn University Campus seen from the commuter train station

Travel card for the Stockholm Local Transport System (SL)



Image: sl.se

Stockholm's public transport system is well developed and easy to use, and a range of tickets and travel cards are available.

Nearly all tickets are loaded on an SL (Access) card (its colour might vary), which is an electronic smart card. You need to pay a fee of SEK 20 for the card itself, but you can re-use your card on future visits to Stockholm. It is a good idea to buy an SL card loaded with tickets as soon as possible if you will be using public transport to get to and from the university. There are single use travelcards with tickets valid for 75 minutes (SEK 39), 24 or 72 hours. You can also download an [SL-app](#) to your smartphone and buy your tickets in the app.

Currently (April 2022), the standard (and *discounted*) prices are as follows:

1 day (24 hours)	SEK 165 (110)
3 days (72 hours)	SEK 330 (220)
7 days	SEK 430 (290)
30 days	SEK 970 (650)
90 days	SEK 2 810 (1 880)

It is possible to buy an SL card at Arlanda airport. You will need one if you want to travel from the airport by commuter train (*pendeltåg* in Swedish) or by local bus. The cards can also be bought and loaded with tickets at "Pressbyrån" (a chain of newsagents) or at [the information desk in Sky City](#) (between Terminals 4 and 5 at Arlanda) – it opens in the morning before the first train departure and closes at midnight.



Pressbyrån logo

You can also buy SL cards/tickets in the SL Center on the lower level of the main hall of Stockholm Central Station and at Stockholm City Station. Travel cards/tickets can also be bought in most *Pressbyrån* shops, which are often

close to the commuter or metro stations. You can also buy all kinds of tickets and cards at the stations.

Purchasing single tickets is much more expensive in the long run, as it costs from SEK 37 to travel from Stockholm Central Station to Flemingsberg station, one-way, depending on ticket you choose. For more information about SL, check the following link: <http://sl.se/en/fares--tickets/>

NB: You **cannot purchase tickets on buses**, so you must have an SL travel card with a ticket or a prepaid coupon before entering the bus.

How to get to Stockholm Central Station

➤ **From Stockholm Arlanda airport (north of Stockholm):**

Construction work at Arlanda airport is also affecting traffic outside Terminal 5.

1. **Coach:** Take the airport coach, “Flygbussarna”, which leaves from outside the arrival hall, to Stockholm City and “Cityterminalen”. The normal fare is SEK 119. When you arrive at Cityterminalen, follow the signs to Central Station and from there to Stockholm City Station.

Follow the link for more information: <http://flygbussarna.se/en> (coach tickets can be bought at a discount from the website).

2. **Arlanda Express train:** From the arrival hall, follow the signs to the *Arlanda Express*. This train to Stockholm Central Station departs every 15 minutes it is a 20-minute journey. The standard adult fare is SEK 280. <https://www.arlandaexpress.com/>
3. **Commuter train:** It is possible to take commuter train **40** from Arlanda airport to Flemingsberg, where the university is located, although it may be necessary to change at Stockholm City Station. Trains leave every 30 minutes from Sky City (located between Terminals 4 and 5). if you already have an SL ticket of any sort, you will have to pay SEK 120 extra fee for passing to and from the trains and the airport terminal at Arlanda. Single journey SL ticket including passage supplement fee costs SEK 159 (adult) or SEK 146 (discounted fare).

For the connections please consult [this link](#).

4. **Local bus:** Alternatively, you can take the **583** bus from terminals 2, 3 or 5 to Märsta train station, where you change
 - a. to the commuter train **41** towards Tumba or

- b. to the commuter train **42X** towards Nynäshamn and then change at Stockholm Odenplan for the commuter train **40** towards Södertälje centrum

In both cases is your final station *Flemingsberg*, where the university is located.

As long as you have an SL ticket you won't have to pay anything extra - which makes this the cheapest option. The only downside is that the journey from the airport to Flemingsberg may take up to 90 minutes.

For finding the connection please consult [this link](#).

Due to construction work outside Terminal 5 at Arlanda airport, please use the “**Sky City/Terminal 5**” bus stop instead of the one called “Terminal 5”, as it is currently the closest stop for Terminal 5.

➤ **From Stockholm Skavsta airport (south of Stockholm):**

Take the airport coach to Stockholm's Cityterminalen. The standard adult fare is SEK 139 and the journey takes 80 minutes. When you arrive at Cityterminalen, follow the signs to Central Station and from there to Stockholm City Station.

For more information see <http://flygbussarna.se/en> (coach tickets can be bought at a discount from the website).

➤ **From Bromma Airport:**

Take the airport coach to Stockholm City and Cityterminalen. The journey takes about 20 minutes and the ticket is SEK 119.

For more information see <http://flygbussarna.se/en> (coach tickets can be bought at a discount from the website).

➤ **From Västerås Airport:**

Take the airport coach to Stockholm City and Cityterminalen. The journey takes about 75 minutes and the ticket is SEK 239.

For more information see <http://flygbussarna.se/en> (coach tickets can be bought at a discount from the website).

How to get from Stockholm Central Station/Stockholm City to Södertörn University

Take the commuter train (pendeltåg) **40** or **41/41X** towards Södertälje C respective Tumba from the underground train station Stockholm City. It

is located under the metro station T-Centralen and is connected both with the Stockholm Central (train) and Stockholm Cityterminalen (bus). Please note that there are no commuter trains going from Stockholm Central station, only from Stockholm City.

Get off at Flemingsberg station (about a 20-minute journey). Follow the signs for Södertörns högskola to our campus. When you arrive on the commuter train from Stockholm Central Station, walk in the same direction as the train's direction of travel and take the escalator/stairs up from the platform. Exit the station building, turn right on the bridge and then take the next escalator up.

Södertörn University is the first building on the right. The main entrance is in the middle of the building (see map on the last page). If you come up on the escalators, you will arrive on the same level as the main entrance, i.e. level 5.

More information: <http://sl.se/en>

➤ **Arriving by boat in Nynäshamn:**

1. Find your way to the train station in Nynäshamn (only a 5-minute walk).
2. Take the local commuter train (pendeltåg) towards Stockholm. Please note that you must purchase a train ticket before entering the train.
3. Get off the train at **Alvsjö** and then take a train towards Södertälje C or Tumba.

More information: <http://sl.se/en>

➤ **Arriving by car**

Feel free to contact us for more information. Please be aware that majority of parking places around the campus are subjected to a fee and for some you will also need a permission ticket provided by the University.



The Library

Accommodation

Hotels in central Stockholm

Price of accommodation at hotels in the centre of Stockholm can vary a lot, especially during the peak season. Check in advance to make sure there are rooms available. Here are some examples of hotels close vicinity Södertörn University:

- [Scandic Talk Älvsjö](#) (****)
- [Hotel Älvsjö](#) (***)
- [Connect Hotel Stockholm](#) (***)
- [Attendo Park Hotell](#) (Close to Södertörn University)
- [Forenom Aparthotel Flemingsberg](#) (Close to Södertörn University)
- [Hotell Årstaberq](#) (****)

Where can I find...

Cash machines in Flemingsberg?

There is one cash machine close to the university. This is located in the foyer of Karolinska hospital (a 5-minute walk from Södertörn University).

Hospital?

The nearest hospital is Karolinska hospital, next to Södertörn University, across the pedestrian bridge that is on the far side of the campus square, on the “outside” of the Moa Building. The hospital reception will provide further information about the right department.

Newsagent?

The Presbyrån newsagent is inside Flemingsberg train station, and sells tickets, snacks, tobacco and coffee. There is also a Pressbyrån in the foyer of Karolinska hospital.

Train station?

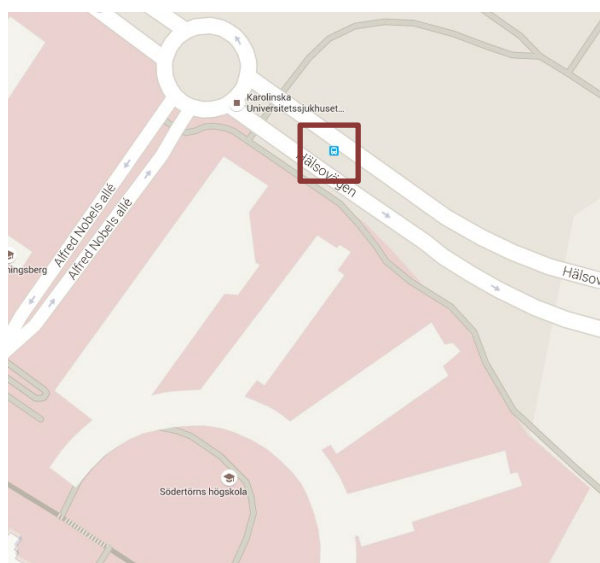
From the main entrance of Södertörn University, turn left and then down the escalators – this will bring you to the train station. The train station has separate platforms for SL’s local commuter trains and SJ’s national and regional trains. See displays inside the station for more information and departure times.

Pharmacy

The nearest pharmacy (Apoteket) is in the train station Flemingsberg. There is another pharmacy within walking distance, by the main entrance to Karolinska Hospital.

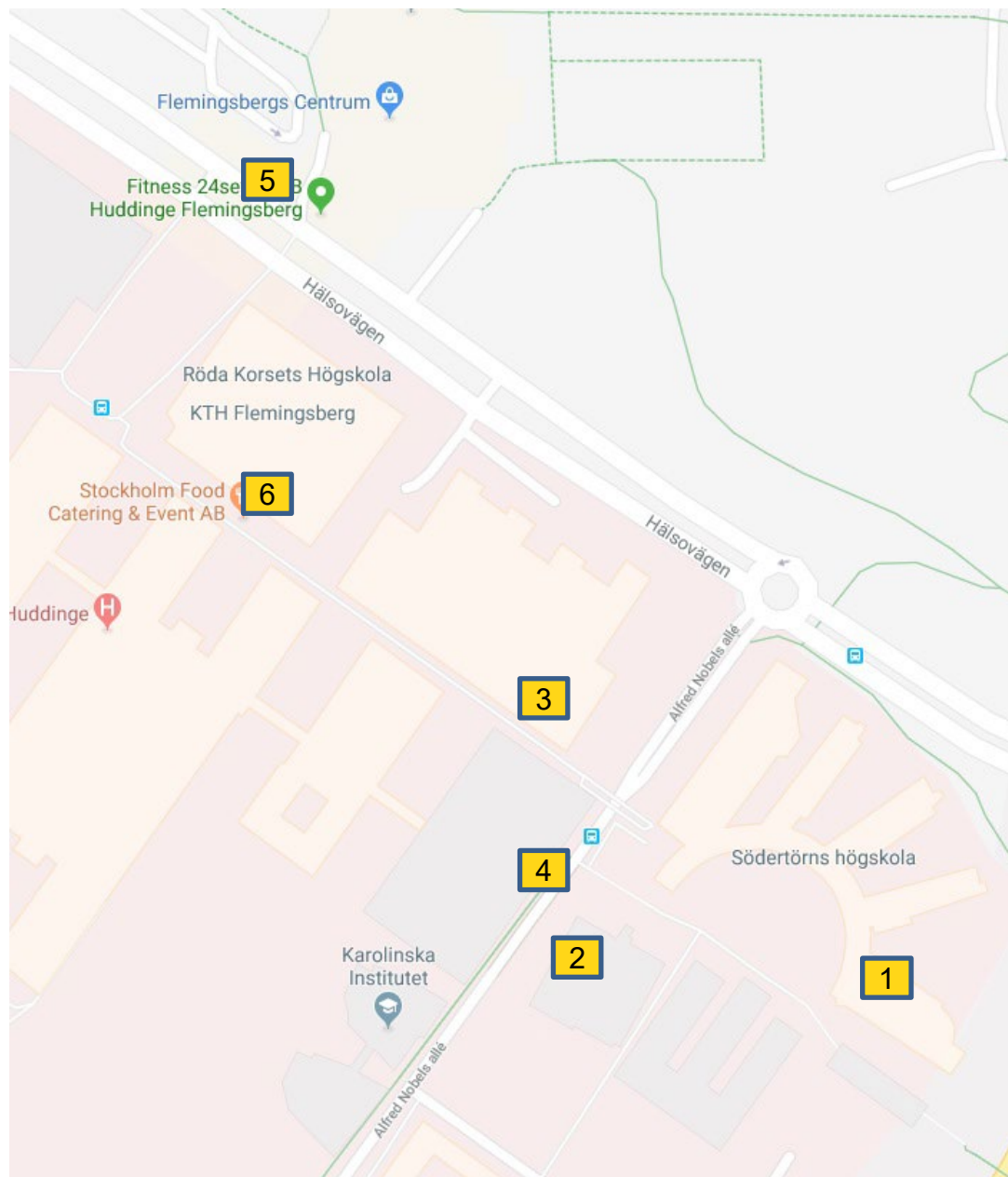
Bus stop?

The closest bus stop is called “Södertörn University” and is about a 3-minute walk from the main entrance.



Restaurant?

There are multiple local food outlets:



- 1) Café Arom
- 2) Allé Elva Restaurant
- 3) Restaurant Tango
- 4) Café Alfreds
- 5) Food court Metropolen
- 6) Stockholm Food

Internet?

It is possible to get online from the beginning of your stay. There are two available options:

- a) Eduroam is a worldwide Wi-Fi network that covers many universities and public spaces. If your home university or company already uses this network, all you need to do is to turn on your Wi-Fi and connect to the Eduroam network.

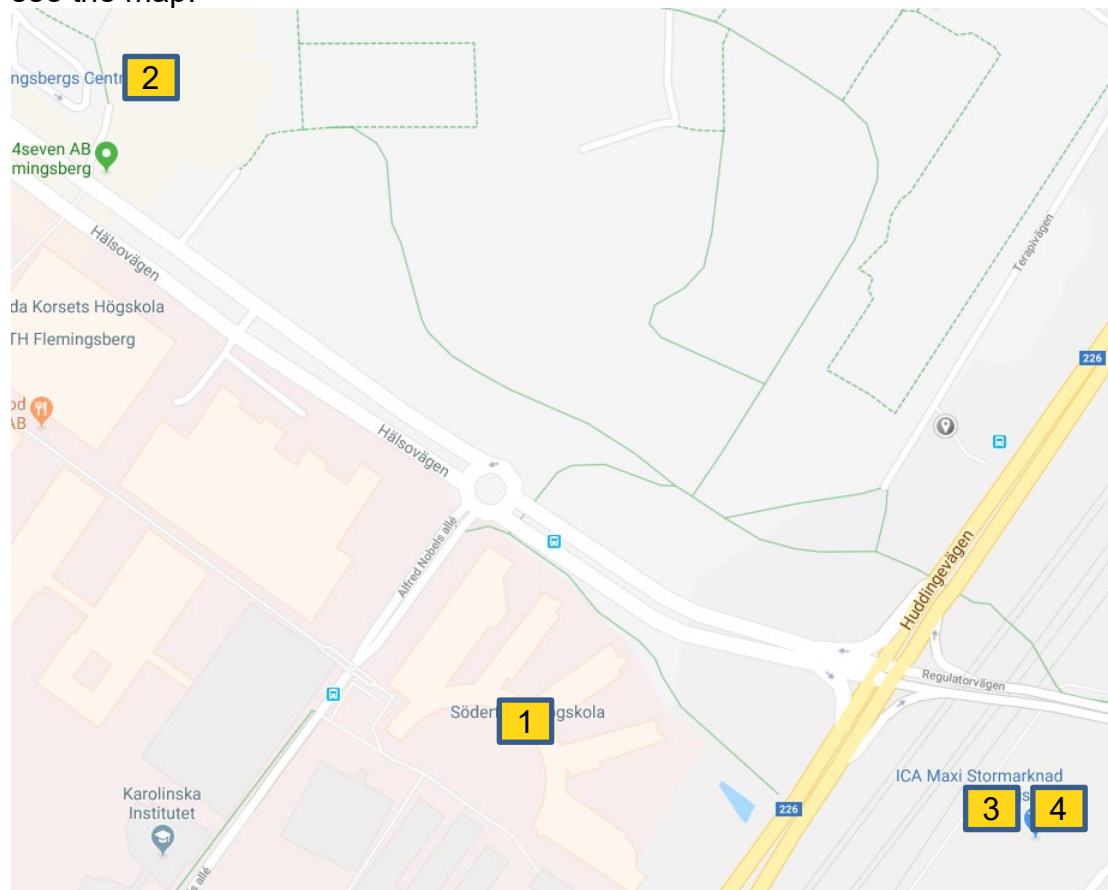
- b) Guest login: if the first option does not apply to you, you will need to go to Infocenter (open Mon-Fri: 8.00-16.30) in order to get a temporary login details for the network called SHGuest. Infocenter can be found on the map on page 13. Do not forget to take with you your ID-card or passport.

Someone from the university?

If you wish to contact someone at the university, please get in touch with Infocenter, either in person or by phone. Infocenter is in MD-wing on level 5 and is open Mon-Fri, 8.00-16.30. The phone number is +46 (0)8 608 4000, Mon-Fri 8:00-16:30.

Shopping?

There are shops and supermarkets in the area around the university. Please see the map:



- 1) Södertörn University
- 2) Pulsen – supermarket (Mon-Sun: 8.00-22.00)
- 3) Lidl (Mon-Fri: 8.00-21.00; Sat: 8.00-20.00; Sun: 9.00-19.00)
- 4) ICA Maxi (Mon-Sun: 7.00-22.00)

N.B. Opening hours during public holidays may differ.

Second hand stores?

Perhaps you are staying in Stockholm for a longer period of time, are budget-minded or just want to explore and give a second life to clothes, household

goods and furnishings. There are some alternatives to choose from in the area around the university:

- Röda korset - Tunatorget 3, Tumba
- PMU Pingstkyrkans Second Hand - Hantverkarvägen 2, Norsborg
- Hela människan - Gröndalsvägen 20 B, Tumba
- Stockholms stadsmission - Tomtbergavägen 3, Hallunda
- Erikshjälpen - Vårby allé 53, Vårby
- Flemings second hand-butik – Diagnosvägen 4F, Flemingsberg
- Södertörnkyrkans Secondhand - Patron Pehrs väg 5, Huddinge centrum
- Hela människan - Stationsvägen 25, Stuvsta
- Flemingsbergs kyrkas second hand - Diagnosvägen 14–16, Flemingsberg

IKEA?

The nearest IKEA (said to be the biggest one in the world) is located in Skärholmen. You can take bus 865 from the Södertörns högskola bus stop. It takes 20 minutes and you get off at the IKEA bus stop.

Swedish sim-card?

There are multiple service providers to choose from depending on your needs. If you are looking for the nearest option after your arrival so you can choose from various prepaid sim-cards already at:

- Arlanda airport at [7-Eleven](#) or at [Pressbyrån](#)
- Stockholm Central Station at Phone House (lower level) or at Pressbyrån

Survival dictionary

Small Swedish Vocabulary

Hej!	Hi, hello
Hej då!	Goodbye
Tack!	Thank you!
Tack så mycket!	Thank you very much!
- Hur mår du? - Bra, tack. Och du?	- How are you? - Fine, thanks. And you?
Ursäkta	Excuse me
Vi ses!	See you!
Ha det så bra!	Have a nice time!
Lycka till!	Good Luck!

Small food vocabulary

Mjök	Milk
Filmjök	Soured milk
Grädde	Cream
Smör	Butter
Ost	Cheese
Skinka	Ham
Smörgås	Sandwich
Bröd	Bread
Fläsk	Pork
Nötkött	Beef
Fisk	Fish
Kyckling	Chicken
Mat	Food
Dryck	Drink

Map of Södertörn University and address



Visit [our website](#) for an online campus map

- MA (on level 5):
 - Main entrance
 - Infocenter
 - Student Information Centre & International Office
- Library:
 - Lecture halls
 - Restaurant
 - Café
- Primus:
 - Lecture Halls
 - Stockholms Musikpedagogiska Institut/University College of Music Education in Stockholm
- F-house (on level 5):
 - Café
 - Bookshop (Harrys Böcker)
 - Students' union, SöderS
- Logos
- Praxis

The main building on the campus is called Moas Båge (the Moa Building), but there are other buildings on the campus, including the library, Primus, the F building and other buildings on Alfred Nobels allé – Logos and Praxis. For more information about the exact location please see the map on previous page.

Finding the right room

Rooms in the Moa Building are called MA_{xyz}, MB_{xyz}, MC_{xyz}, MD_{xyz} or ME_{xyz}

Rooms in F building are F_{xyz}

Rooms in the Library are UB_{xyz}

Rooms in Primus are PA_{xyz}, PB_{xyz}, PC_{xyz} or PD_{xyz}

Rooms in the building Logos are Logos-_{xyz}

Note:

The first digit is the level on which the room is located.

All building's main entrance levels are on 5th floor apart from Logos where it is on the 2nd level

Visiting address:

Södertörn University/ Södertörns högskola

Alfred Nobels allé 7

Flemingsberg

141 89 Huddinge

GPS coordinates: Latitude: 59.220453 | Longitude: 17.943597



Moas Båge (the Moa Building)

Survival tips

Weather

Sweden is a country with four very different seasons. You need to be sure to have the right gear for each one of them. *Summer* can be quite warm and have long light days. Eye masks and/or thick curtains are recommended for a good night's sleep. *Autumn* can be still quite warm, but the evenings will be colder. You can look forward to a great display of colour, but also to rain showers and cold winds. *Winter* can be anything from very cold and snowy to rainy, but daylight decreases all the way to 6 hours of daylight at its minimum (i.e. 21 December). *Spring* is very intense and green, but you should still be prepared for snow and cold mornings.

Travel and exploration

If you have some spare time during your visit to Stockholm and would like to explore the greenery, we can recommend following areas: [Tyresta nationalparken](#) (national park), [Björnö naturreservat](#) (nature reserve by the coast of Baltic).

If you are more into exploration of the city sights, we can warmly recommend visiting two royal palaces in Stockholm:

[Royal Palace](#)

[Drottningholm Palace](#)

The combination of both worlds, plus Nordic traditions, can be seen at [Skansen](#), the world's oldest open-air museum, located in Djurgården, Stockholm. You can get there on a tram from Stockholm City station.