



Stockholm

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HISTORY

HISTORY



The history of Stockholm, capital of Sweden, for many centuries coincided with the development of what is today known as Gamla stan, the Stockholm Old Town. Stockholm's *raison d'être* always was to be the Swedish capital and by far the largest city in the country. Stockholm is the most populous urban area in the Nordic countries; 965,232 people live in the municipality, approximately 1.6-million in the urban area, and 2.4-million in the metropolitan area. The city stretches across fourteen islands where Lake Mälaren flows into the Baltic Sea. Outside the city to the east, and along the coast, is the island chain of the Stockholm archipelago. The area has been settled since the Stone Age, in the 6th millennium BC, and was founded as a city in 1252 by Swedish statesman Birger Jarl. It is also the capital of Stockholm County.

In the Beginning

According to Eric Chronicles the city is said to have been founded by Birger Jarl to protect Sweden from sea invasions made by Karelians after the pillage of Sigtuna on Lake Mälaren in the summer of 1187.[31] Stockholm's core, the present Old Town (Gamla Stan) was built on the central island next to Helgeandsholmen from the mid-13th century onward. The city originally rose to prominence as a result of the Baltic trade of the Hanseatic League. Stockholm developed strong economic and cultural linkages with Lübeck, Hamburg, Gdańsk, Visby, Reval, and Riga during this time.[32] Between 1296 and 1478 Stockholm's City Council was made up of 24 members, half of whom were selected from the town's German-speaking burghers.

Birger Jarl

Birger Jarl Birger Magnusson, was a Swedish statesman, Jarl of Sweden and a member of the House of Bjelbo, who played a pivotal role in the consolidation of Sweden. Birger also led the Second Swedish Crusade, which established Swedish rule in Finland. Additionally, he is traditionally attributed to have founded the Swedish capital, Stockholm around 1250. Birger used the Latin title of Dux Sweorum which in English equals Duke of Sweden, and the design of his coronet combined those used by continental European and English dukes.

Great Power Era

Following the Thirty Years' War (1618–1648), Sweden was determined never to repeat the embarrassment experienced following the death of Gustavus II Adolphus (1594–1632) when Stockholm, still medieval in character, caused hesitation on whether to invite foreign statesmen for fear the lamentable appearance might undermine the nation's authority.

Therefore, Stockholm saw many ambitious cities plans during the era, of which those for the ridges surrounding today's old town still stands. In accordance to the mercantilism of the era, trade and industry was concentrated to cities where it was easier to control, and Stockholm was of central importance.

In a letter in 1636, Chancellor Axel Oxenstierna (1583–1654) wrote that evolving the Swedish capital was a prerequisite for the nation's power and strength and that this would bring all the other cities on their feet. Increased state intervention on city level was not unique to Sweden at this time, but it was probably more prominent in the case of Stockholm than anywhere else in Europe. To this end, the government of the city was reformed, and the former volunteered magistrates gradually replaced by professionals with a theoretical education.



El upp

↑ Ropsten · Norsborg
Mörby centrum · Fruängen

Åkershov · Skarpnäck
Alvik · Farsta strand
Hässelby strand · Hagsätra

Upp

MONEY

MONEY



The currency used in Stockholm is the Swedish Kron (SEK), which comes in denominations of 20, 50, 100, 200 and 500 Krona. There are also SEK banknotes larger 1,000 SEK notes in circulation but they aren't commonly used and may not be universally accepted.

Coins come in 1, 5, and 10.

Credit Cards

Sweden is a nearly cashless country - bring your debit/credit card. Many Swedes prefer to use plastic over cash - some cafes and kiosks in Stockholm even refuse cash payments and accept cards only. So, you're not likely to need a great deal of hard currency for your trip if you prefer to rely on credit and debit cards.

Sweden accepts most cards, although you may find restrictions on Amex. Sweden is recognized as one of the most cashless societies in the world. All major cards are widely accepted, with retailers, hotels, and even taxis and ticket kiosks taking cards. Occasionally, you'll come across restrictions on American Express, as with elsewhere in Europe. If this is your main card provider, then it's worth asking in advance of making a payment.

Let your bank know in advance that you'll be travelling. Whatever your preferred card, it's still a good idea to let your bank know you're travelling in case their anti-fraud software blocks your account. Sweden, depending on where you're from, can be pretty expensive. It's best not to be caught without any way to pay for your trip. Always choose to be charged in the local (SEK) currency when using your card. The other thing to watch out for if you rely on card is something called Dynamic Currency Conversion (DCC).

Essentially, DCC is billed as a 'service' in which you can choose to see the amount listed in your home currency rather than the local. While it may feel more comfortable and familiar to see figures in your own currency, it's also, unfortunately, not a great idea. DCC means authorizing the foreign bank to make the conversion for you - normally at a much poorer exchange rate than your home bank would have, and often this even comes with extra fees. So if you see the option come up on an ATM or your waiter or store assistant asks if you want to be



Visitors from the USA

If you are traveling to Stockholm, you will need to exchange your US dollars to Swedish Krona. You may exchange your money for the Swedish Krona at most Stockholm banks or at specialized stores called Foreign Exchange Bureaus. You'll find plenty of reputable exchange offices when you get to Sweden - if you need currency when you get there, you can exchange a small amount at the airport.

However, it's good to take note that the exchange rates at airports and hotels are generally poorer than in other parts of town where there's more competition. It's usually best to exchange only a small amount, and then seek a better deal elsewhere. Otherwise, consider using an ATM to withdraw SEK directly at a reasonable rate. Traveller's Cheques can be exchanged in Sweden - try the Forex Bank exchange service. However, the rates given are not very great. While some travellers still prefer this route for security reasons, you should take into account the poor exchange rates. Many prefer to ditch the paper cheques these days, and, instead, rely on their plastic.

ATM

ATMs are fairly plentiful in Sweden and are often called 'Bankomats'. You should spot them easily as most of them are blue. You can get cash with your Visa, MasterCard, Maestro or Cirrus card at any "Bankomat" or "Utagsautomat" ATM. A small fee can be added for your withdrawal, it's all depending on your bank's terms. There is often ATM's available directly at the airport, for example on Arlanda, Landvetter, Skavsta, Malmö, and Luleå.

You can also go to a money exchange office like Forex/X-change, Tavex, Change Group, Money Exchange, Ria or another currency exchange office. At their respective sites you can see their rates for different currencies and can compare for example the rates for dollar (USD), Euro (EUR) or maybe Pound (GBP) to the Swedish krona (SEK).

HELPFUL INFO

Climate

The climate in Stockholm is Baltic, that is, moderately continental, with freezing winters and mild or pleasantly warm summers. Given the high latitude, the city is exposed to cold air outbreaks of Arctic or Siberian origin, but it can also receive mild Atlantic currents. Winter is cold: the average temperature drops below freezing (0°C or 32°F) from December to February, and typically exceeds the freezing point, with the melting of snow, in late March.

In the short spring, in April and May, the weather is variable, and there can be the first mild days, but also the return of cold weather. Summer, from June to August, is a mild season, with highs around $20/23^{\circ}\text{C}$ ($68/73^{\circ}\text{F}$) and very long days. Autumn, from September to November, is cool and quite rainy as early as in September, and then gradually becomes colder and grayer; also, the days shorten rapidly. In November, the temperature is just above freezing, and in this month typically the first snowfalls occur.

Electricity

Sweden uses the Europlug (Type C and F) for electricity, which has two round prongs and outputs 230-volts of power.



Technology & Communication

Sweden is among the world's leaders in information technology, computer hardware, software, and services. It has the highest number of phone lines (combined fixed and mobile) per-capita, as well as the highest percentage of Internet users in the world. Some 74% of Swedish companies and 45% of households had Internet access in early 2000. In 2000, the phone infrastructure had 68 fixed lines per 100 inhabitants, and mobile phone penetration was approximately 48%. Sweden is also a leader in the implementation of new wireless phone and Internet technology. In 1993, the Swedish telecommunications market was one of the first in Europe to deregulate, and telecom investments in 2000 amounted to more than 6% of GDP. Virtually no restrictions protect domestic interests or restrict foreign operations from establishing themselves locally.

There are plenty of free WiFi spots around the city. Instabridge is a Stockholm-based company that can help you find free WiFi, the app is available for iOS and Android. Free WiFi for guests is very common in cafes and hotels in Stockholm. For example, coffee chains like Waynes Coffee, Espresso House and Pressbyrån and hotels like the Radisson Blu, Scandic Hotels, First Hotels, and Nordic Choice Hotels, to mention a few.

Infrastructure & Transport

Stockholm is experiencing one of its most intensive building periods since the big urbanization of the 1960s. This means increased demand for construction companies, together with new markets for suppliers of green products and services, sustainable construction and new building methods. The largest investment share is in housing, with an investment volume of €60,7-billion, followed by infrastructure investments in railway, subway and light rail, with an investment volume of €9,6-billion. Public transport on land is run by the County of Stockholm, under the name "Storstockholms Lokaltrafik (SL)", Stockholm Public Transport.



In Case Of An Emergency

Local telephone numbers you may need while visiting Sweden:

112: Emergency services.

11313: Information during emergency events and large accidents.

11414: Police (non-emergency)

Language

Swedish is the official language of Sweden and is held in high regard in the country. Nearly the entire population of Sweden speak Swedish with most speaking it as a first language and the rest as a second language. The Swedish language is a North Germanic language that closely resembles Norwegian and Danish.



LGBT Travel

Sweden is one of the most gay-friendly countries in the world. During the annual Stockholm Pride week, people celebrate and party on the streets. The Stockholm Pride parade usually attracts around 45,000 participants and 400,000 spectators, one of several signs that the LGBTQ (lesbian, gay, bisexual, transgender and queer) community is a welcomed part of Swedish society.

We all know that laws and regulations have a big impact on everyday life. Over the last decades Sweden has taken important steps to ensure that the LGBTQ community enjoys the same rights and opportunities as everyone else. Most recently, gender-neutral wedding laws (2009), adoption rights for gay and lesbian couples (2003), insemination rights for lesbians (2005), and a prohibition of discrimination based on sexual orientation added to the

Religion

The Church of Sweden (Swedish: Svenska kyrkan) is the largest Christian church in Sweden, and also the largest religious body. The church professes the Lutheran faith and is a member of the Porvoo Communion.



Getting There

There are four airports in Stockholm: Stockholm Arlanda Airport, Stockholm-Bromma Airport, Stockholm-Skavsta Airport, and Stockholm Västerås Airport. All four of Stockholm's airports are connected to downtown by airport coaches as well as municipal alternatives. From Stockholm Arlanda- Airport you can also choose the high-speed train service Arlanda Express.

Driving

If you come by car or rent a car in Stockholm you may park at Park-and-Ride facilities, in parking garages or on designated street parking. If your car is registered in Sweden, you are obliged to pay a congestion charge in the Stockholm inner city. It's easy to rent a car in Stockholm. Most major international car rental companies have offices and rental locations at all of Stockholm's airports. It's possible to book ahead of time or at the airport. To rent a car you will need a national driving license and a valid passport. Stockholm's inner city has road tolls for Swedish-registered vehicles, so be sure to ask if tolls are included in the price. Just outside the inner city are more than 34 Park-and-Ride facilities close to public transport connections. Leaving your car at one of these will contribute to a better environment; it's cheaper and often a lot simpler than trying to find parking in the inner city. To take advantage of the low day price, you must park at a Park-and-Ride between 05:00 and 09:00. You'll find a Park-and-Ride map to the right (in Swedish only). There are plenty of parking garages in the inner city, especially in Norrmalm. Some parking garages charge for the time you have parked as you are leaving. The price is often between SEK 85 and 120 per-hour on weekdays. A daily fee (24h) at a garage in the city is usually somewhere in the vicinity of SEK 300. If you park in designated street parking, pay attention to the signs. Most places where you are allowed to park on the street have signs at the entrance to each neighborhood. Street parking meters charge by the hour; most take VISA and MasterCard.

THE EXPERIENCE

Culture

Stockholm offers an impressive range of top-class cultural activities, everything from concerts, art galleries and exhibitions to plays and musicals. The city is also famous for its vibrant and busy nightlife and large selection of top-end restaurants, bars and cafes.

You will find around 70 museums in Stockholm, 57 theatres, two dance theatres, the Royal Opera and Ballet, 96 movie theatres, a number of concert halls, 66 churches, and 129 art galleries. You will even find art in their subway system, also known as “the world’s longest art gallery”.

Bucket List

Stroll through Gamla Stan

Visit the Vasa Museum

Walk through Skansen Open-Air Take a Walk on the water’s edge

Visit Fotografiska Museum

Walk the Bridge over to Sodermalm

Discover the Subway

Visit the Nobel Musuem

Walk through the Golden Hall

Walk the halls of Drottningham Palace

Family Travel Highlights

Stroll through Gamla Stan

Visit the Vasa Museum

Walk through Skansen Open-Air Take a Walk on the water's edge

Visit Fotografiska Museum

Walk the Bridge over to Sodermalm

Discover the Subway

Visit the Nobel Musuem

Walk through the Golden Hall

Walk the halls of Drottningham Palace

Tourist Authority

Regional tourist boards are divided per region in Sweden.

City of Stockholm

Box 16282, 103 25 Stockholm, Sweden

Website: <https://www.visitstockholm.com/>

Visiting address:

Stockholm Visitor Center, Sergels Torg 5

Phone: +46 (0)8-508 285 08 (Stockholm Visitor Center)

+46 (0)8-508 28 500 (Operator)

Email: touristinfo@stockholm.se

KANELBULLE
25:-

KARDEMMUNNA-
BULLE
25:-



Foods To Try

Swedish Meatballs or Kjøttballer

Crayfish

Jansson's Temptation Casserole

Toast Skager

Raggmunk

Herring

Lingonberry

Cinnamon Buns

Princess Cake

Drinks To Try

Glogg

Punsch

Vodka

Aquavit



Photography Hot Spots

Monteliusvagen

Fafangan

Stadshuset

Katarinahissen

Djurgardbron and paths around Djurgarden

Skeppsholmen

Fjallgatar

Souvenirs To Buy

Silver Crafts

Swedish Handmade Clogs

Carved wooden utensils

Dalecarlian Horse

Sani Traditional Crafts – “Duodji”

Quality Crystalware

