



MSLS Student Arrival Information Guide



Prepared by Students of:
**Masters in Strategic Leadership
Towards Sustainability**
Classes of 2005, 2006, 2007, 2008 & 2009

*Clockwise from bottom left: MSLS Class of 2005,
2006, 2007, 2008 and 2009*



Table of Contents

1 INTRODUCTION	3
1 INTRODUCTION	4
2 BEFORE YOU GET TO KARLSKRONA	4
2.1 Visa	4
2.2 Insurance	5
2.3 Budget	6
2.5 Housing	6
2.6 GETTING TO KARLSKRONA.....	7
By Plane	7
By Train	8
By Bus.....	9
By Car	9
Local Taxi	10
2.6 What to bring	10
2.6 Where can I ship stuff?	11
2.7 What else should I start looking into?	11
2.8 Checklist & Timeline: Before you arrive.....	11
4 WHEN YOU GET TO KARLSKRONA	12
4.1 What do I do when I get to Karlskrona?.....	12
4.2 Where can I stay when I first arrive? (Refer to map for locations)	13
4.3 Making contact with other people in the MSLS program	13
5 GETTING SET UP	14
5.2 Furnishing your housing	18
5.3 Banking	19
5.4 Internet Service	19
5.5 Telephones and Mobile Phones.....	20
5.6 Electricity.....	22
6 BTH STUDENT BASICS	22
6.1 Administration.....	23
6.2 BTH Culture.....	24
6.3 Student Life	24
Checklist & Timeline: Once you Arrive.....	25
7 LIVING IN KARLSKRONA	26
7.1 The City of Karlskrona	26

7.2 Weather.....	26
7.3 Swedish Language.....	26
8 GETTING AROUND	27
8.1 Acquiring a bike	27
8.2 Local Bus:.....	27
8.3 Taxis	28
9 SHOPPING IN KARLSKRONA	28
9.1 Groceries and supermarkets	28
9.2 Farmer's Market.....	29
9.3 Skärva EcoButik	29
9.4 Grönsakerdirekt	29
9.5 Alcohol.....	30
9.6 Pharmacies.....	30
9.7 Postal System	30
10 RESTAURANTS AND BARS	30
10.1 Restaurants	30
10.2 Cafés and Bars.....	31
11 GYMS AND FITNESS.....	32
12 GETTING OUT OF TOWN.....	32
12.1 Buying your train tickets.....	33
12.2 Things to know about trains.....	34
12.3 Flying.....	34
12.4 FREE Accommodation While Traveling (or waiting for an apartment)	34
13 QUESTIONS? – (Contact info for past students)	35
Appendix 1: Maps of Karlskrona.....	Error! Bookmark not defined.
Appendix 2: List of Private Landlords.....	Error! Bookmark not defined.

1 INTRODUCTION

Students from the MSLS program wrote this guide to help incoming students navigate the transition to life and studies in Karlskrona. We have volunteered our time to share our knowledge and experience and it is our hope that students from each year will contribute to improving this 'living' document. Besides this guide, the [BTH web site \(International office section\)](#) has a preparation checklist to help you get started.¹

2 BEFORE YOU GET TO KARLSKRONA

2.1 Visa

General Information:

You must apply for a student visa with the Swedish embassy or consulate in your home country **immediately after receiving the letter of acceptance**. This can take a long time, so **apply as soon as possible**. The application procedure requires proof of health insurance and a financial statement, please refer to the Housing Section below for additional information. You will be required to supply this information in order to complete your application, so **proceed with the visa, health insurance, and financial documentation immediately after acceptance**. More information about this can be found on the BTH web site in the International Office section (<http://www.bth.se/exr/intoffen.nsf/>)

Timing: **IMMEDIATELY.**

The Swedish Migration Board makes all visa decisions and it is important to note that their **offices are closed for much of August**, making it especially important to submit your application early.

Additional Information:

If you do not receive your visa, or are concerned about its arrival, you can call or email your consulate's office to check the visa's status. This is recommended based on previous experience, and if you have not received your visa by the beginning of August, it is highly recommended to follow up with your Consulate.

Depending on your citizenship, it is possible to arrive in Sweden *without your visa* (so don't arrive late just because you're waiting for this). You can arrange to pick it up in Stockholm or Copenhagen. If you have questions that are country specific, please contact the Swedish embassy in your region or the students listed below that have volunteered for your region.

¹ If you cannot link directly from the hyperlink, the website address is:
<http://www.bth.se/exr/intoffen.nsf/Sidor/2a7b9043503dfb01c1256f8d005715bb!OpenDocument>

Types of Visas

EU Citizens: If you have an EU passport you don't need a visa, but have to register 3 months after arrival once you have an address.

Citizens of Countries outside of the EU: There are two types of visas available for students. The first is a one-year (12 month) visa which would allow the student to obtain a Swedish personal number (qualifying you for Swedish health care, bank accounts, internet, and phones – more information available below). The second is a 10-month visa that does not qualify you for a Swedish personal number. Please note that a 12-month visa is highly unlikely based on the experience of previous MSLSers. Although having a Swedish personal number may make living in Sweden less complicated, most students did not have these numbers in the past and have not experienced any significant problems. The International Office is working to resolve this issue, but at present no solution has been reached.

If you would like to try to get a one year (12 month) visa, you should request a stay for more than 365 days (for example, August 1 2009 to August 1 2010 as opposed to August 1st to July 31st). A Swedish personal number (personnummer) is composed of your birth date (yyyy/mm/dd) + 4 digits. You apply for a Swedish Personal Number through the Tax Office and you can only get it if you will be staying in Sweden for longer than a 12-month period and have a minimum one-year visa.

2.2 Insurance

General Information:

From February 1st 2007 students that have a study period of less than 12 months must have valid health insurance for the whole study period or they will not be granted a visa/residence permit. BTH will not be able to provide their own insurance anymore so students must be insured by a company in their home country. Since medical treatment without insurance is VERY expensive in Sweden, this is a MUST. A Google search will turn up plenty of travel and international insurance options – choose carefully! Please note that there is additional information regarding Health Insurance under the student contacts section.

Timing: IMMEDIATELY. This is required to process the Visa.

EU Citizens: As an EU citizen, you should be able to be provided with your European health insurance card. This card is giving you the health insurance rights of your country while you are traveling in EU. This does not mean you will have free health care in Sweden. You might have to pay in advance and be refunded by the health care system of your country.

Citizens of Countries outside of the EU: Other countries, for example Australia, have reciprocal health care arrangements with Sweden, so it is worthwhile checking this too.

2.3 Budget

General Information:

In order to get your student visa, you must demonstrate that you have at least 6 300 SEK per month for living expenses (63,000 SEK for 10 months) *as of 2009*. Please note that you will be required to provide a bank statement in your name for the visa process of a minimum of this amount.

For exchange rates visit: www.xe.com

Timing: IMMEDIATELY. This is required to process the visa.

General Living Budget:

If you are living reasonably, with a little pocket cash to go out dancing every once in awhile and perhaps take the odd weekend excursion, **we suggest a comfortable amount of money to be prepared to spend is around 10 000 SEK per month.** (Not including any week end trips or travel you'll want to reserve \$ for). **Many students have found that their total expenses for their 10-month stay have totaled between 90,000 and 150,000 SEK (\$ 15,000 – 25,000 USD).** Be advised that this is well more than the minimum sum required to obtain your visa.

MSLS Expenses:

There are three costs to be aware of related to the program, the field trip, the student union fee, and the program course materials. The class field trip will probably cost around 2 500 SEK for the week (depending on where you decide to go and what you do!), which is a key one-time expense to know about ahead of time. Also, though the BTH web site quotes the student fees as a per month expense, these must be paid in a lump sum at the beginning of each semester. There is a one-time fee to the program for course materials that is approximately 600 SEK that must be paid in September.

2.4 Housing

(More detailed housing information can be found under the “Once you Arrive” section)

General Information:

Housing is guaranteed to all students through Karlskronahem (a local landlord), but it should be noted that it is also possible to find housing upon arrival through both Karlskronahem and other private landlords.

Timing:

Flexible, recommended early. Housing can be arranged ahead of time or once you arrive in Karlskrona. Please note that many other BTH students arrive at this time as well, so housing may be difficult upon arrival. Note, all MSLS students were able to find housing, and the timing depends on your preferences. Some found it easier to arrange before hand, sight unseen, while others were happy to visit landlords in Karlskrona. It can be difficult to find housing once you arrive as many other BTH students arrive at this time as well. However, being flexible can pay off as those who waited for housing

were exceptionally happy with the locations that they found and staying at hotels, such as Hotel Siesta are always nice for when you are looking.

Additional Information:

You can try to arrange your housing through the student housing (Karlskronahem) service or work to find a private landlord once you arrive. The link to Karlskronahem's website be found at the International Office website. See the attached map for the general locations of different student housing areas

The earlier you start the more certain you will be of securing accommodation before you arrive. If not, you should make this your #1 priority once arriving as there are many international students arriving at this time of year in Karlskrona. There is housing available through other sources. There is a list of private landlords at the end of this document. Many students found this way of securing housing more convenient in the end, as you can visit the location before committing to it. It's a good idea to contact these landlords before you arrive to set up viewings and to get more information on what's available. There is also a website the locals use (www.blocket.se) that has local listings, but of course it's in Swedish so you'll need to translate to navigate through the site. The practice of putting "for rent" signs in available apartments is NOT done here – you have to find a source of information.

Try to help each other out with letting those that do not have places stay with those that do while they sort it out since staying in the hostel can get expensive. It is also possible to arrange long term stays at some hotels (e.g. Hotel Siesta, Hotel Conrad- which has apartments to rent on a monthly basis) for student pricing if you can't find an apartment right away.

2.5 GETTING TO KARLSKRONA

By Plane

The closest major international airports to fly through are Copenhagen-Lufthaven (CPH) and Stockholm (ARN). Most students fly to/from Copenhagen, as it is the shortest distance to Karlskrona (approx. 4 hours by train), the cheapest trip (via train) and the easiest to navigate (the train station is located inside the airport and it's a direct train ride—no transfers). Another option is to fly into Stockholm. From Stockholm you can take a train (approx 5.5 hours), bus (approx 7 hours) to Karlskrona. With this option note that you will have to get to the train or bus station from the airport (by public transit or taxi) and there are 2 changes along the way. A map of the routes has been attached for your reference (Section 3.2).

From Stockholm or Goteborg you can fly to the airport closest to Karlskrona, the regional airport in Ronneby (30 minutes to Karlskrona). If you choose to arrive to Ronneby, there is a bus (['flygbuss'](#)) that runs regularly between Ronneby airport and Karlskrona (located in the main square, or 'Stortorget'), which is located outside the airport building. You can also take the train from the town center to Karlskrona.

There are flights, between Stockholm and Ronneby on SAS and Blekingeflyg. For Inter-European flights, you can fly the low-cost airlines to Gothenburg (GSE), Malmö-Sturup (MMX), Ronneby (RBY) or Vaxjo-Smaland Airport (VXO), Nyköping with airlines such as Ryanair and SAS. Note that there are no flights between Copenhagen and Ronneby.

By Train

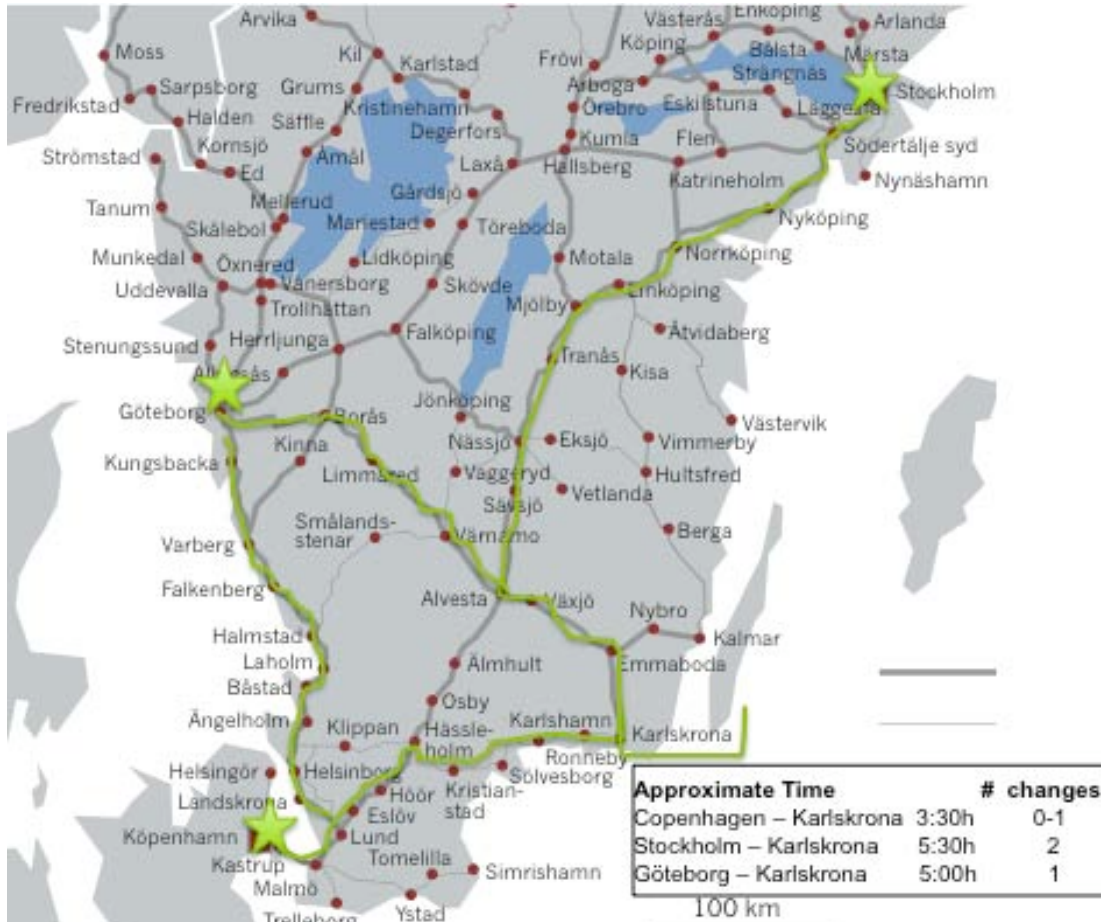
If you land in Copenhagen, the Copenhagen Lufthaven (airport) is connected to the Kastrup train station. Train is the best way to travel from Copenhagen to Karlskrona, and a good way to travel from Stockholm to Karlskrona (if you don't want to fly). From Copenhagen it is 4 hours, sometimes 3.5 hours. From Stockholm, its around 5 hours but you have to factor in additional transit time from the airport to Stockholm, and there are two train changes along the route.

If you don't book your tickets on-line (www.sj.se), then there is a ticket counter in the airport. You can purchase your ticket there with credit card or cash (Euros, SEK, DKK). Note that some students had a difficult time paying with credit card, and that when you pay in cash you will receive Danish currency in return. Be sure to ask for a ticket to 'Karlskrona Centrum', as this will put you in the center of Karlskrona.

Train schedules can be found at: <http://www.sj.se>, (to locate Copenhagen on this website, you will also see it spelled 'Kopenhagen') or at <http://www.resplus.se/>.

Sista Minuten ('Last Minute', which must be booked within 24 hours of travel) and student fares are often, but not always, offered. Fares are cheaper the further in advance of your travel date you purchase tickets, except for the last 24 hours (Sista Minuten). If you can manage to get an International Student Card (ISIC) before you come (use your acceptance letter) then you can get a student fare to get here when you first come. Alternatively you could try your luck with your BTH acceptance letter, so have it handy. Also, there's more of a discount on the train with an ISIC card than with a regular student card.

Recommendation: It is also worth knowing that as a BTH student, you have free travel part of the way to Copenhagen (on the Tågbussen and bus nr 300 from Karlskrona to Karlshamn. You would then only pay for Karlshamn to Copenhagen). This agreement is only valid during the semesters and in summer students have to pay (Spring semester ends the 10th of June 2007 and Autumn semester start the 27th of August 2007).



Train Routes to Karlskrona

By Bus

Bus information can be found at <http://www.swebusexpress.se> or <http://www.svenskabuss.se/>. This is the cheapest way to get from Stockholm to Karlskrona (250 SEK), although the trip is much longer (7 hours). As with the train, it is cheaper to buy 24 hours before.

By Car

Sometimes it is easier and/or cheaper to rent a car (if there is a group of people). Hertz and Europcar offer one-way rentals to/from Karlskrona. Hertz has some ethanol-fueled cars in Sweden. Some 'OK Q8' and 'Stat Oil' gas stations also rent cars. Check for the student discounts that most of them have. Age restrictions sometimes apply and/or there will be extra fees for those under 25 or 26. Rentals typically include all insurance options and unlimited mileage, but make sure the confirm at the time of booking. On top of the rental purchase you are responsible for gas and have to leave the car with a full tank when it is returned.

Local Taxi

Taxis are available in Karlskrona, though not as readily available as in major cities. You must pre-book a taxi to meet you at the airport or train station in advance, or call (or have one of the other drivers call) and wait for one when you arrive. If you're arriving late at night its best to pre-arrange your taxi since the dispatch is not always open.

Contact Tel:

Karlskrona Taxi: Phone +46 455 19100

Zon Taxi Karlskrona: Phone +46 455 23050

2.6 What to bring

- Passport with student visa
- Photo identification with birth date (for use in purchasing alcohol, using credit cards, so that you do not need to carry your passport everywhere)
- BTH acceptance letter (required for check-in)
- Other school documents (diplomas, etc.)
- Unlocked GSM mobile phone. Some students have found it cheaper to bring a phone from home rather than purchasing on arrival. To give you an idea of costs, the price of an unlocked GSM phone in Sweden starts at 500SEK
- Prescription drugs to last the year if possible you cannot mail this from home throughout the year as the Swedish government won't accept it if they open your package (depending on your health insurance you may not be able to get prescriptions filled here if not deemed and "emergency"-see your health insurance policy). Even favorite and common cold medicines can be hard to come by – you may want to stock up on items that you use at home.
- Sleeping bag, towel, flashlight (if staying at hostel)
- A small amount of Swedish Kronor (SEK) in cash for taxi, food, etc. once you get here. This will also be necessary if you are purchasing a train ticket from Copenhagen airport without a credit card.
- Laptop computer, if you can. Using the computer labs is becoming more of a hassle as the number of students with laptops grows. However they are there to use if you do not have your own. BTH computer labs only have access to Swedish and English installed languages. Students wishing to type in their own national languages other than English should be prepared for that. Electronics and computer equipment are generally very expensive here – it's advisable to bring the gadgets you think you need with you.
- Books/magazines - you don't need to bring a lot. The BTH Library has limited access to, magazines, dictionaries and other reference materials in foreign languages, (even in English), though it is pretty good at ordering course reference materials if you ask them to (no charge). Therefore students may want to bring the necessary books etc. It is hard to come by English language books to purchase here, though Amazon.co.uk sends things pretty fast. **However, you might also want to remember that you will acquire many things during your stay in Sweden and that the weight of your luggage will only increase.** In

addition, past students have built up quite a library of books in the Common Room and we hope this will continue to grow each year. This library includes sustainability-themed resources, as well as novels and other reading material for when your brain needs a break from sustainability! There are also MANY travel guides for Sweden and other European destinations that previous students have left, so you don't need to bring one if you can manage for your first few days!

- Adapters for your electricity-dependant gadgets. See section 5.7.
- USB memory stick
- Bike accessories that are small enough to pack (lights, locks, etc) - they are expensive here
- Rain/wind jackets – this is a rainy windy city!
- Winter clothes, (can also buy cheaply at red cross). Winter clothes may include: a hat that covers your ears, scarf, mittens/gloves, an insulated jacket and warm footwear.
- Running or athletic shoes – they are very, very expensive here.
- One (at least) professional suit/set of clothes

2.7 Where can I ship stuff?

Shipping can be expensive, so it is recommended that you bring as much stuff with you as possible. There are also great second hand stores and some cheaper house outfitting stores (in Lykaby). If there are still items that you would like shipped to you, the best option is to have friends or family ship you those items once you have housing arranged and a more permanent address. Consider insurance and/or tracking information on larger packages with items of value.

2. 8 What else should I start looking into?

As soon as you apply it's a good idea to start reading! Read up on anything sustainability related: different tools and concepts, any of The Natural Step books, books from the Senge and Society of Organizational Learning crowd. **There will not be whole lot of time for easy reading once you arrive, and having a base will help you keep up, especially if English is not your native language. Read according to your interest, the more background you have before arriving, the more you'll get out of the courses.**

2.9 Checklist & Timeline: Before you arrive

Item	April	May	June	July	Aug	Sept
Health Insurance						
Proof of finances						
Budgeting						

Visa						
Housing						
Getting to Karlskrona						
Packing						
Reading						
Shipping						

Red = Urgent, Orange = Important, Yellow = Flexible

3 WHEN YOU GET TO KARLSKRONA

3.1 What do I do when I get to Karlskrona?

Explore!

Enjoy your new home-away-from-home with a stroll around this historic little city to get acquainted. There is a free ferry boat to Aspo island where you can walk or bike around and visit a castle for free. Otherwise, the MarinMuseum has free maps of sites to see throughout Karlskrona. Spend time outside when it is beautiful out!

Check In at School:

- Check in at the International Office reception desk in the Länken building (the red one that 'links' the two big yellow buildings on Campus Grasvik).
- Check in at the MSLS common room, Room 2215, which is the big yellow building closest to the water. If no one is there, just leave a note on the door!
- There are several cafés listed at the end of the guide for you to meet up at, use the internet to search for housing or call home from. Please see the part of the guide regarding Restaurants and Cafes for more information.

Get Set Up:

- Housing – Landlords, such as Karlskronahem, require you to visit the office to pick up your keys and sign the lease. Their address as well as other rental agencies can be found in the 'Housing' section.
Karlskronahem's Address:
Norra Smedjegatan 12
+46 455 304900
info@karlskronahem.se
www.karlskronahem.se/index?site=2
- Phone – There are two major phone agencies in town, Telenor and Telia. You will find more information about this under the 'Phones' section.
- Bike – This will most likely be your primary form of transportation in Karlskrona. The Common Room will house several bikes that the class can decide how to divide up. Otherwise, there may be abandoned bikes around town. If neither of those options work, there are two bike stores in Trosso and one in Lyckeby to

purchase or seasonally rent bikes. You may also find used bikes on www.Blocket.se, a Swedish form of Craigslist from locals, please note that it is in Swedish, so you will need to use Google Translate to understand the listings. Bike is "Cycklar"

3.2 Where can I stay when I first arrive? (Refer to map for locations)

STF Hostel Karlskrona- Vandrarhem
Drottningatan 39
+46 455-100 20
trosso.vandrarhem@telia.se
<http://www.stfturist.se/>

First Hotel Ja
Borgmästaregatan 13
+46 455 55560
Karlskrona.express@firsthotels.se
www.firsthotels.com

Gullberna Park Logi
Kolonivägen (Bus #6)
+46 455-103 30
www.cajam.se
info@cajam.se

First Hotel Statt
Ronnebygatan 37-39
+46 455 55550
Karlskrona.statt@firsthotels.se
www.firsthotels.com

First Camp Dragsö, Karlskrona
Dragsövägen
0455-153 54
www.dragsocamping.se
dragso@firstcamp.se

Hotel Conrad
Västra Köpmansgatan 12
+46 455 363200
info@hotelconrad.se
www.hotelconrad.se

A-Hotel Bed & Breakfast
Alamedan 10
+46 (0)455-300 250
www.ahotel.se

Stay Hotel Karlskrona
Nya Skeppsbrokajen 1
+46 455 82820
info@stay.se
www.stay.se

Hotell Siesta
Borgmästaregatan 5
+46 455 80180
Siesta.hotell@telia.com
www.hotellsiesta.com

Park Inn Karlskrona
Skeppsbrokajen
+46 455 361500
Info.karlskrona@rezidorparkinn.com
www.parkinn.com

3.3 Making contact with other people in the MSLS program

There will be an online group made for your class to interact with one another. When arriving, check in at the MSLS common room in Room 2215. Leave a note on the door if no one is around at that time.

4 GETTING SET UP

5.1 Housing

You have a few options – you can either secure student housing, or search online for apartments before you arrive or you can search for private housing when you arrive in Karlskrona. For listings of landlords for housing, please see the information below.

It can be stressful at first to not have a place when arriving, but it can also pay off to be flexible. Some advantages of waiting until you arrive to find housing is that you will be able to walk through several apartments and have the option of moving into a place based on your preferences. You will also have a better idea of where you want to live once you arrive. Some students prefer to live near campus while other students prefer to live in downtown Trosso, which is a 15-minute bike ride to campus.

Most students arriving without housing met at the youth hostel last year and everyone had moved into a place within a month. The students that found apartments right away were kind enough to let others ‘couch surf’ (stay with them) until everyone had a place. Some students preferred to rent a hotel for a month or two in order to search for housing more leisurely. If you do decide to look for housing upon arrival **START EARLY!** BTH is becoming more of an international school so there will be many students looking for housing in August. We suggest you arrive early, no later than orientation week, for a better prospect of finding a place. The orientation week events are not extensive and are quite flexible so you will have time to make appointments to view houses during that week.

Note that the custom of putting ‘For Rent’ signs in the window IS NOT followed here. You have to go directly to the rental offices to find out what is available at that time. Also, apartments are listed by number of rooms – not bedrooms. For example, a 3 room apartment has 2 bedrooms and 1 living room. Keep in mind that most websites are in Swedish so it is best to visit the rental offices where people speak English. All the rental offices are located in Trosso, which is convenient if you are staying at the youth hostel.

When searching for housing make sure to verify that Internet is already hooked up. This should not be an issue at most places but it is something not to be overlooked. It is very very difficult to set up Internet service without a Swedish personal number.

Apartment Rental Offices

The rental offices and apartment search engines in town include:

- Karlskronahem - The largest landlord in town and a good place to start your search (<http://www.karlskronahem.se/index?site=2>). All Karlskronahem buildings have laundry, drying racks, storage and bike areas. (See below for a brief explanation of the housing options [available](#) through Karlskronahem).
- PBA - The website is in Swedish, but you can always contact them by mail or phone <http://www.pba.se/>

- Bostad - A more general website on housing in the Blekinge Region, it will direct you to the landlords above when you search for places in Karlskrona www.bostad.bssab.se
- Akelius - Their website is in Swedish but they speak English at the office. (<http://www.akelius.se/websida/english.asp>)
- Blocket.se - A great online resource for housing is www.blocket.se (kind of a Swedish craigslist/ebay). The website is in Swedish so it may be to your benefit to find a Swedish classmate to help you translate. A couple of classmates were able to arrange housing through blocket before arrival by email and phone correspondence with the private landlords that post here. Also keep in mind that a lot of renters only speak Swedish, so again, it would be valuable to have a Swedish classmate around when you make calls to help you set up appointments. Or to use "Google Translate" online.

Karlskronahem Apartments

Minerva (listed as Gräsvik on Bostad site)

Location: On campus

Furnished or Unfurnished: Furnished (bed, table + 2 chairs, desk + chair, armchair and bookshelf plus plenty of closet space)

Description: Studio apartments with your own bathroom, washing machine, kitchenette (small refrigerator, two burner stove and sink). Mostly quiet. There is also a common room to use with a TV, bigger kitchen and couches. May get loud and rooms may get cold during the winter time, but you may purchase a space heater.

Cost: 3500 SEK/month (including utilities)

Additional Info: Minerva is very popular so apply early if you want to stay here

Galgamarken (via bostad)

Location: Near campus

Furnished or Unfurnished: Depends. Check with landlord.

Description: 2 bedroom apartments with a living room that can be made into a third bedroom to split the rent costs. Also, has a kitchen and a bathroom. There is internet access, and easy access to all bus lines.

Cost: 2500 SEK/month, 3500/month SEK for furnished (plus maybe 500 SEK/month for utilities), but can really vary. Check website for updates.



Polhemsgatan (via bostad)

Location: Near campus

Furnished or Unfurnished: Furnished

Description: 2- 3 bedroom apartment with a small hallway for a couch or chairs. Kitchen, bathroom, and internet service included. You may not know who you are living with before you arrive.

Cost: 1500 -2000 SEK including utilities (going up to ~2800 SEK/mo for 2007-08)

Additional Info: Popular so apply early if you want to stay here

Kungsmarken (via bostad)

Location: This is located North of campus and it is recommended to have a bike or bus pass to commute to and from school every day. It is about a 15-20 minute bike ride from campus and 30 minutes into town. The bus goes to and from the location, but does not run at later hours of the night.

Furnished or Unfurnished: Unknown. Check with landlord.

Description: Apartments have a range of bedrooms and include a kitchen and bathroom. Not all apartments come with internet. The complex is very large and has been considered a bit impersonal. Although there may be a set number of bedrooms, in some cultures it is common to have several people share one room.

Cost: Cost varies depending on room size and apartment size, but can be cheaper if you arrange early (around 2000 SEK)

Bredgatan (listed as Trossö on bostad website)

Location: Downtown Trossö (very convenient). It is close to everything, and about 10-15 minutes by bicycle to BTH.

Furnished or Unfurnished: Furnished (bed, desk, chair, shelves, drawers, fridge)

Description: 1 bedroom apartments including a bathroom and kitchenette (2 hotplates, a small sink, and a mini-fridge) as well as high-speed internet. There are also 2 communal kitchens with couches and TVs.

Cost: Prices depend on floor of the building. Range from 3400 – 3800 SEK per month

Additional Info: Bredgatan is very popular and many people are on a waiting list.



Gamla Infartsvägen (Annebo)

Location: 12 minute walk from campus, about 5-8 minute bike ride.

Furnished or Unfurnished: Unfurnished.

Description: A complex of apartment buildings with a mix of student and non-student apartments. The apartments range from bachelor apartments to ones with several bedrooms. Each apartment has a bathroom with a BATHTUB (this is not usual here), a kitchenette or kitchen with 2 burners or full stove, bar fridge or big fridge. The main room is all windows on the west side, with a balcony. There is also a storage room and ample closet space. Electricity & heat are included, but internet is NOT - it costs around 300 SEK/month for high speed.

Cost: 3200-3800 SEK/month (+internet) for a bachelor, 4700 SEK for a 2-bedroom (meaning bedroom + living room), but then the last 2 months of the year are free as the landlord (PBA) forces you to pay the 10-month rent option.



Trossö- Downtown (Centrum) of Karlskrona.

Additional Info:

Those apartments are popular and are mostly rented through private landlords. You should be persistent, as August is a hard time in the year to find available apartments (but there are- so try all of the landlords). It does loosen up and many apartments will be available October on. The rent could be a bit higher and not in all the apartments you will have internet. Some are furnished, some not. The location is the biggest pro- as the town is small and you will be close to everything in minutes. The apartments are big and have all the utilities necessary. The rent won't be raised at the middle of the year. Private landlords are more flexible. You pay directly to your landlord, therefore you don't have to go through the paying service (another advantage).

Björkholmen

Location: close to Trossö (1min bike from downtown, 12min bike or 40min walk from school)

Additional Info:

Small heritage cottages (and regular apartments). This neighborhood is a tourist attraction in Karlskrona and even are on some postcards. The cottages are very popular during summer. They can be rented for Sept. – June on a monthly contract. Available through private landlords, (one of them also runs the campground-to inquire email dragso@firstcamp.se) these cottages have one bedroom, bathroom, small kitchen and living room. Everyone who lived there really liked it. We recommend this neighborhood but not for the cottages if you're tall! The cottages are better for couples or people willing to live in close quarters together.



4.2 Furnishing your housing

Most student flats are furnished, but the extent of this varies – wait until you arrive to see what you need.

There are a number of second-hand shops in Karlskrona, particularly the Red Cross (Röda Croset) and Fundhörnet (across the street from red cross - odd opening hours), which have great stuff for great prices, although beds are in short supply.

The Class of 2009 will be leaving a number of household items for you to purchase in the common room. Proceeds will go to the Scholarship Fund. You probably want to check these items out before going on a shopping spree.

To get a new mattress the cheapest option might be Jysk, in Lyckeby. Just remember that you would have to carry it yourself, as they charge a fee of 700SEK to delivery. Some students from the class of 2008 carried a sofa in a bus, so it can happen.

The closest IKEA is in Kalmar, 90km north of Karlskrona. You can get there using the bus 500, and a city bus in Kalmar to IKEA store.

4.3 Banking

You need a Swedish Personal Number to open a bank account (along with your acceptance letter, passport and Swedish address). Because you must have a one-year visa to get a personal number, and because the MSLS program is a 10-month program, you'll likely not have one. SEB, Nordea and Handelsbanken sometimes let some international students open accounts without Swedish Personal Numbers, but not usually. Be prepared in case you can't open an account-figure out the best banking options from home as back up. **(This banking problem seems to be unique to Karlskrona though so you can always try opening an account in another town.)**

All the banks have similar fees and services, and the one big advantage to having an account is that you can pay your bills online, saving you the 30 SEK fee at the Sveskassaservice bill-paying kiosk – a central place where many people pay all their bills.

The banks in Karlskrona are:

- FöreningsSparbanken, Borgmästareg. 13, +46(0)455-585 00
- Handelsbanken, Ronnebygatan 47, +46(0)455-575 10
- Nordea, Ronnebygatan 44, +46(0)455-33 67 30
- SEB, Ronnebygatan 43, +46(0)455-788 00

Banks are open from 10:00-3:00pm M-F and are not open Saturday and Sunday.

If you can set up a bank account at home that will not charge you fees for using an ATM in a foreign country that works too and is a safer bet than hoping for one of the banks here to have accounts left. Although that means you still have to pay the fees at the Kassaservice. You can also try Netbank (netbank.com), an internet bank, which will let you set up an account from most countries and doesn't charge you to withdraw. Start setting up the account early, since the administrative stuff takes a while. HSBC is available all over the world and charges \$1 per ATM withdraw and is accepted everywhere. Check <http://www.us.hsbc.com/1/2/3/personal> for more info.

Credit cards are accepted everywhere, even at supermarkets. The railroad (SJ) accepts a number of credit card types on their website, so get a free one to save you trips to the station and order tickets from home. If your credit card does not have a PIN code then you should set this up!! Almost everywhere you go they will require it. (and you can't use some automatic payment machines without one). Some credit card companies (Capital One) offer cards with no currency translation fee. This can also be helpful for making cash advances, then paying the bill from your bank account at home. Debit cards with the Maestro logo (e.g. from the Bank of Montreal) are accepted everywhere credit cards are accepted.

4.4 Internet Service

School

BTH has campus-wide wireless Internet access (with student login name and password). You can also use computers located at the library, or attach your computer's cable to a wall socket in one of the "quiet rooms" at the library to gain access to the internet, if you don't have a wireless card. You will receive your student login information when you register at BTH at the beginning of school.

Home:

It is strongly recommended to find housing that already has internet service set-up. Past years have found that installing the internet from a wireless router, a wireless card, or a hard wire has been very difficult without a P-Number.

If you would like to set-up personal internet there are four options in Karlskrona: Comhem at the electronics shop on Ronnebygatan, Telia across from the Wachtmeister Mall, a company named Velocity, or Telenor. The problem is that for the cheapest deals you need a personal number. However, if someone from the class has this number, he could sign up for you. If you can't get anyone with a number- you will have to hook to a more expensive one, or buy a package through a cell phone. Make sure, while signing that they tell you all the rules. Be specific as for the time you wish to end the contract (as we found usually you can only end the contract at the end of the month). Check for student deals.

Town

There are a few cafes around town that offer free internet. Cafe Porsilinan, across from the Aspo Ferry in downtown Trosso, Cafe Vilhelm near the Bergosa train station, and Wayne's Coffee may still offer internet. There is also the local library off of the main square in downtown and the Marin Museum (which is free for the majority of your time in Karlskrona) that are nice and quiet places to work and relax.

4.5 Telephones and Mobile Phones

As in most countries, landlines are cheaper than cell phones, but you need a Swedish personal number to open an account. This is also true for cell phones if you don't choose the prepaid cards option. For calling other countries, we strongly recommend using Skype or a similar program from your country to make phone calls over the internet. If both users have the program, then it is free to talk.

Public Phones:

Note that public phones are rather hard to find, a little bit complicated, and expensive in Karlskrona. There are a few public phones available. One on Ronnebygatan in downtown, one at the Bergosa train station (near Frukthuset and the hospital), one on Polhemsgatan between campus and downtown near the Red Cross store, and one near the public pool and bus station in downtown. There may be other scattered throughout the city, but those are the easiest to find. Please note that your prepaid phone card will not work in Sweden! You must purchase an access card and prepaid Swedish phone card, or use your credit card (such as Visa). You can buy phone cards

at the kiosk next to Frukthuset. You need to get two cards: 1) a Telia prepaid card (to use the payphone); and 2) a card that will let you dial to your respective country. These cards are not very expensive depending on the country (some cards give you 8-12 hours of talking time for 150 SEK).

Personal Phone:

The best option is a mobile (cellular) phone. You may either bring an unlocked GSM phone from home or purchase a phone once you arrive from Telenor, the Phone House, or Telia. Your phone will require a pre-paid SIM card that can only be purchased in Sweden. Please note that **Telenor offered these for free when checking in at BTH and also set up a “friends network” so that calls between your classmates are almost free.** They will also set up ‘EuroVoice’ voicemail in English for you, upon request.

Purchasing a Phone in Karlskrona

The Phone House is across the street from Wayne’s Coffee (Ronnebygatan meets Borgmästaregatan) and has affordable unlocked mobile phones (Nokia and Ericsson phones from 399 SEK and up). Telenor is on Ronnebygatan (Nokia for 699 SEK) and Telia is across from the Wachtmeister mall also offers phones. You should add SEK to your SIM card when you purchase your phone (get the SIM card from BTH upon check-in). Then you may recharge your phone at supermarkets, corner stores, or by calling 211 and doing it over the phone. One of the above companies can change the phone to read-speak other languages and provide you with the calling rates for domestic and international calls.

Recommended Phone Plan

It is recommended that your class tries to use the same phone network so that you can set up a friends in-network that will allow you to call one another for free as long as you have 100SEK on your phone/month. You can also rejoin the Friends Network even if it has been more than a month since you recharged simply by adding 100 SEK to your account. The advantage of Telenor is that they have a store downtown so if something goes wrong, they can help you there and they provided a free SIM card at school.

Internet Phones – Calling other Countries

We **highly recommend** adding a Computer-Aided Calling (VOIP) system to your computer, such as **Skype** (www.skype.com) or other similar programs from your country. This allows you to talk over the internet for free if you are both using the program, and is an excellent option for calling home or individuals in other countries as the rates are typically cheaper than normal international rates. **Skype** (www.skype.com) allows you to chat with and call other Skype users for free, and to call landline or cell phones (SkypeOut) anywhere in the world with a good quality sound and low prices. You can add money to your Skype account for the SkypeOut calls by credit card on their website. For a fee, you can also get a SkypeIn number in some countries, and your friends can call that number like a regular telephone number, and it calls you on your computer. It also has voicemail.

You can also get a VOIP phone: a box you plug in to the Internet and allows you to use a regular phone, usually with unlimited long distance to where the account resides. In the US, www.sunrocket.com (reasonable at \$199 per year incl. long distance and cheap prices to other countries including Sweden) or www.vonage.com are options.

4.6 Electricity

The electricity in Sweden is 220V, and the plug is a standard European-style outlet.

Adaptors

You should bring adaptors with you from your home country. It is much easier to buy one at home (airports often sell them at a pinch) to go abroad, than to find one here that caters to a limited market of lost tourists who forgot their adaptors. This will save you a lot of hassle. Another option if you have a lot of plugs, is to bring a power bar from your home country and then use one adaptor to plug it in. Just make sure the tiny writing on the back says it's compatible with 120V~220V.



Transformers

Some appliances need a transformer (a device that changes the voltage from 220 to 110 or less), but a general rule of thumb: if the appliance doesn't run on 220 power, and you can live without it, don't bring it. Transformers are not available in Sweden. The woman at the electricity store says it is illegal to sell them due to some coding requirement that most transformers on the market do not adhere to. That being said, you can order one over the internet from another country, but you may want to bring one with you if you are bringing an electrical appliance you plan to use (such as a

hair dryer, speakers for your computer, electric shaver, or a kettle...etc.). It may be easier to buy these appliances here.

5 BTH STUDENT BASICS

Campus Gräsvik is the Karlskrona campus, where classes for the Master's in Strategic Leadership towards Sustainability program are held. The campus consists of 5 main buildings, all clustered around the green space in the centre.

During arrival week, the International Reception is located in the Länken, the red building between the two bigger yellow buildings. The reception is open from 9am (0900) to 4pm (1600) Monday- through Friday, and closed for a lunch break from 12pm (1200) until 1pm (1300). When you check in there, they will provide you with your school documents, maps, information on housing, and general tips on life in Karlskrona. You will need to bring your acceptance letter, passport, and any other documentation that may be helpful to identify you.

Room Numbers

Finding your way around campus is easy once you learn how to decipher room numbers. Room numbers are generally four digits.

The first number denotes the building. 2 – 2nd building in the North

The second number denotes the floor. 2 – 2nd floor of that building

The last two numbers denote the room. 15 – 15th room

= Room 2215 (the MSLS Common Room)

Similarly, Room 3345 would be in the 3rd building (the “West” building), on the third floor, in room 3345. (Room numbers that start with a 5 are in the Bibliotek (library) building).

Food On or Near Campus

There is a café on campus in the Länken building on the upper floor. They sell muffins, sandwiches, coffee and other drinks, ice cream, some fruit, etc. At lunch they do a few pasta and paj (quiche) daily features.

Close to campus are also Galgamarken Pizza, Falafel at Frukhuset, Thai Place near Frukhuset, Pasta Wagon in Gräsvik business park on the hill, and Bergåsa Pizza.

You can also make a quick run to one of the grocery store nearby such as Frukhuset or Willys.

5.1 Administration

Logon ID for BTH computer network. The international office will supply you with a logon ID and password when you check in and receive your school documents. It is not possible to change your given password, even though it will be a ridiculous combination of punctuation, symbols, and letters, so save your breath and don't argue with the International Office staff!

Student Access Card (for BTH buildings and some rooms). You will receive your access card, which provides access to the BTH buildings and to the computer rooms and the common room, when you check in with the international office. There is a 50 SEK deposit fee.

Student Union and Student Union Card. By Swedish law, every student must belong to their student union. Students must pay 310 kronor the first semester, 280 each subsequent semester to belong. BTH's Student Union is located directly above Reception in the Länken building. It has limited hours (that seem to vary considerably), so check the hours listed on the door.

Students should present themselves at the Student Union upon arrival to pay the required fees. Bills and correspondence for subsequent semesters will be sent to you by mail to your place of residence. Once the fees are paid, you will receive a notice of

membership. This notice will function as a student card for several weeks until a permanent card is mailed to you.

Your student card will grant you special discounts at numerous stores in Karlskrona, and makes you eligible for general student discounts (for instance at Kino, a dance club). The Student Union has a list of all the stores in Karlskrona, which honor the student discounts. Don't forget to use your card for discounted bus passes!

You must have your membership card (and ID) to enter the student pub, 'Kåren.'

The membership card and another card that gets mailed to you called a 'Mecenat card' can be used to get cheaper student tickets when you fly or travel by train or bus (not all busses) in Sweden. Instructions come with the card in the mail, and you access these discounts, and student flight booking for SAS, etc. online. You must have the password that is sent with the card to use the online service.

What you need to get for your student card:

- Your acceptance letter
- Photographic proof of identification (e.g. passport or driver's license)
- BTH personal identification number
- Address in Sweden

The Student Union Office is also where you can do the following:

- Printing – put money onto your student printing account to be able to use the on-campus printers - you can also do this online.
- Photocopy cards – you will need a photocopy card, only available at this office, if you plan to do any photocopying
- BTH gear – they sell t-shirts, mugs, pencils, etc. with the BTH logo there
- Stationery – they also sell paper, binders, etc. there
- The Student Union runs an intramural sports group called KIDS. A list of sports (including floor hockey, basketball, and football (soccer)) can be found directly across from the International Reception area.

5.2 BTH Culture

There are a lot of international students, but this is a new phenomenon for BTH. The school is still getting used to dealing with the unique issues of students from far-away places, and it helps to be patient, understand that things do take time here, and go with the flow.

5.3 Student Life

Student Bar – The Rotundan : Drinks are cheap and many fun nights have been had by MSLS students at the student bar. The music is rather mixed, sometimes repetitive and caters mainly

for Swedish student tastes – making it quite a cultural experience. The Rotundan is located by the water on campus and is open 9pm till 2am on Thursdays. The Rotundan is also a great venue available for class events, parties, and workshops so start planning!

Student Clubs - The Student Union can provide information on the range of student clubs it is possible to join throughout the year. KIDS arranges a number of sporting activities including bandy and rock climbing.

TelecomCity Clubben: TelecomCity is an association of telecom-related companies on campus. Lina Berglind is their social coordinator and she organises events to which all students can go, even the events posted in Swedish only on their site at <http://www.telecomcity.org/se/clubCo/>. Events targeted at students are often laughably cheap and well put together. Here is a sample of what happened in 2009 :

Tour of the archipelago, Trips to Poland, Trip to Estonia, Crayfish party

Student Environmental Group (MASK): Students from the MSLS 2005/06 class were instrumental in reviving the student environment group MASK, and the group is now one of the most active on campus with a core committee of 10-15 students (MSLS and Sweden students). Some of the activities the group undertook involved expanding the recycling scheme on campus, undertaking a student survey of attitudes towards sustainability, working with IT department to substantially cut paper usage, creating a sculpture to raise environmental awareness, meeting with the Vice Chancellor to discuss BTH's Environmental Management System and holding a very successful Sustainability Fair. The 2008 class made a presentation to the BTH board of directors on ways the school can be a leader in Sustainable Development. It is hoped that the incoming MSLS students will become involved and continue with efforts towards making BTH a more sustainable campus. More information on MASK is available (in English) on <http://www.bsk.bth.se/~mask/>.

Note: in late 2006, BTH announced plans to consolidate its operations around 1 campus in Karlskrona (instead of in Karlskrona, Ronneby and Karlshamn) and this is a vital time for planning a sustainable campus from 2009/10. In 2007 the MASK group and class of 2007 were vocal in sharing their views in campus visioning and it is hoped that the MSLS classes will play a leading role by sharing their sustainability expertise and spear-heading the sustainability drive amongst students at BTH.

Checklist & Timeline: Once you Arrive

Item	Orientation Week	First week of School
Housing		
Furniture		
Phone		
Bike		
Check in At BTH (access card, password, etc.		
Check in at International Office		
Student Union Fee		

Red = Urgent, Orange = Important, Yellow = Flexible

6 LIVING IN KARLSKRONA

6.1 *The City of Karlskrona*

The town bustles with tourists in the summer months but is much quieter during winter. Outdoor activities are numerous, and studying and living close to nature is a great situation for a group studying sustainability. Information can also be found on Karlskrona's website <http://www.karlskrona.se> or at <http://www.karlskrona.se/en/Experience-Karlskrona/>

6.2 *Weather*

Sweden is a country that has distinct seasons and is known for its harsh winter climate. However, Karlskrona is located in the south where conditions are milder. Whether the sun is out, the leaves change, or it snows, the city is extremely pretty. Wind is a constant weather condition as the city is located right on the sea. Winters are dark, but the temperature usually doesn't go below -5 Celsius during the day and buildings are well adapted to these conditions so you won't freeze. There aren't many weeks of snow, perhaps less and less due to climate change, but there can be quite a bit of rain. In the summer time on the other hand, you will have the opportunity to enjoy bright days with many hours of light and warm weather for swimming, boating and summer activities. Tip: do as the Swedes do and drop everything to enjoy the good weather when it comes.

6.3 *Swedish Language*

The essence of Swedish culture is contained in the Swedish word 'lagom,' which can be loosely translated as 'not too much and not too little, just enough.'

Swedish is a hard language to master, but getting the basics is not too difficult. Here are some words to get you started:

Hej:	(pronounced 'hey')	Hello
Hej då:	(pronounced 'hey doh')	Good-bye
Tack:		Thank you
Ursäkta:	(pronounced 'ur-sheckta')	Excuse me
Kaffe:		Coffee
Öl:		Beer
Förlåt:	(pronounced 'fore-loat')	I'm sorry
Återvinning		Recycling

Krav, Ekologisk and Bio are food labels that indicate a product is organic.

For an online dictionary, try: <http://www.freedict.com/oldict/swe.html>

Most Swedes speak English with varying levels of proficiency. Generally, younger

Swedes speak better English than the older generations. If you are interested in learning Swedish, BTH offers free language classes. The Beginner Intensive course starts the week before class, during Orientation. For more information, go to <http://www.bth.se/tks/aks>.

While learning Swedish is not absolutely necessary to live in Karlskrona and get through the program, hearing foreigners speak a few words of Swedish is very much appreciated by many Swedes, and can allow you to experience the local culture more fully.

7 GETTING AROUND

7.1 Acquiring a bike

A bicycle in Karlskrona is almost a must. Pleasant bike paths from campus to Centrum and from campus to the Kungsmarken and Skärva residential and recreational areas make commuting a breeze (most times quite literally as Karlskrona is notorious for being windy!). There will be more info on how to acquire a (new or used) bike once you arrive in Karlskrona. However, bikers from past years want to point out that although bikes are well supported and abundant, the components and simple replacement parts can be difficult to find and are quite expensive in Karlskrona. The Students have started a Bike Coop to help with this process-more information will be given upon arrival.

7.2 Local Bus:

Karlskrona has an excellent bus system that can take you virtually anywhere you want to go. A one-zone trip, which covers most places you would want to travel, costs 16 SEK in the local zone (most places you need to get to) 27 SEK for the next zone (which Skärva, the organic farm, is located in), and will allow you to travel for 1 hour. Refreshingly, exact change is not necessary.

If you will use the bus frequently, consider purchasing a bus pass, of which there are two types:

Monthly Pass (Trettio Dag periodkort) – for 350 SEK (which you can pay directly to the bus driver – cash only), you will receive a bus pass that is good for 30 days and allows you unlimited bus travel (within the city zone limits).

Prepaid Pass (rabattkort) – you can buy a prepaid pass, which you can recharge as you go. This saves you the trouble of carrying money around for the bus, and gives you a 15% discount, so you pay 13.60 SEK.

Buses no. 1 (Lyckeby) and 7 (Kungsmarken) go from centrum (the town centre, bus stop in front of the McDonald's) to the campus (Högskolan Gräsvik stop).

The main bus station is across the street from the train station. Bus 1 and 7 will drop you off across the street from the BTH campus Högskolan Gräsvik. It takes about 10 minutes to get to the campus from the town centre.

Schedule information can be found on the internet at www.blekingetrafiken.se, and in the printed schedules available on any bus, at the central train station and at the Tourist Office:

Karlskrona Tourist Office Stortorget 2
+46 455 303490
turistbyran@karlskrona.se
www.karlskrona.se/tourism

7.3 Taxis

Taxis are available (approximately - 65 SEK from town to campus, 90 SEK from Amiralen to campus, 120 SEK from town to Kungsmarken), but generally you must call one?

Contact Tels:

Karlskrona Taxi: +46 455 19100
Zon Taxi Karlskrona: +46 455 23050
Taxi Kurir +46 455 81000

Some taxi companies do not work on holidays (!) so take more than one number with you.

8 SHOPPING IN KARLSKRONA

Karlskrona has a small downtown. Most of the shops and cafes are contained within a few square blocks and you will find a combination of the major chain clothing stores (H&M, Lindex, Åhlens) mixed in with a handful of boutiques. There are two malls. In the Wachtmeister mall you can also find the Kassa Service (where you may pay your rent or other bills).

8.1 Groceries and supermarkets

There are a variety of supermarkets in Karlskrona downtown, the most popular of which are Willy's (cheapest, just outside town on the way to campus), ICA (in centrum), and Hemköp (in centrum, the most expensive). A Lidl discount store has just opened between the campus and the downtown, but this German chain suffers from a bad social and environmental reputation.

There are bigger supermarkets in Amiralen, 5 kms away from downtown, well served by buses. They have a large cooperative grocery chain, COOP, which offers a large selection of organic foods (many are marketed under its own brand, Änglamark), including relatively affordable organic cotton bedding. El Giganten and OnOff are large electronics stores that will have the battery or adapter you may need. Both also have photo processing accessible on the web at <http://www.elgiganten.se> and <http://www.onoff.com>. Next to the electronics stores are home/hardware stores that

have everything under the sun. There is a sports store located on the south/west side of Amiralen.

Frukt Huset (corner shop at Bergåsa, near the hospital, a 5 minute walk from campus) is also a good option for groceries, a small business owned by Swedes of Lebanese heritage and carrying some fun food products from around the world (like Thai curry pastes, olives.) Good prices and close to campus. Arguably the best selection of produce, although very little (none?) is organic.

Most supermarkets are open from 8 – 21 or 22 during the week

NOTE: Grocery stores charge for plastic and paper grocery bags, but you can bring your own reusable bag when grocery shopping to save money and resources.

For Muslims who are looking for Halal meat, you just have to look for the Halal sign on the packaging, sometimes a small logo of a green mosque in front or at the back of the packaging. You can find halal meat at Willy's or Frukthuset.

There is also a Chinese / Thai food van that parks near Amiralen on Saturdays, access by bus or bike.

8.2 Farmer's Market

There is a farmer's market, selling fresh produce, in the town square each Saturday morning (unless in the core of the winter). In addition, there has been one small produce stand open in the town square most mornings, selling fresh fruits and vegetables.

8.3 Skärva EcoButik

The best place to buy eco / organic food staples is the EcoButik at Skärva Farm, 45 minutes by bike from campus or 15 minutes on the bus. This is a one-person operation staffed by the jovial Henrik, who keeps a great selection of organic food, health products, and cleaning supplies. After you shop, enjoy the nature trails that crisscross the farm and nature preserve out there. Henrik has been holding volunteer days most Sundays (usually serving up a tasty vegetarian lunch for a warm thanks).

8.4 Grönsakerdirekt

Community Supported Agriculture - a local farm that will deliver fresh, organic produce to your front door all year round! Get in on this delicious, sustainable action early by contacting Kalle and Märta at kallemarta@gronsakerdirekt.se or Mobile 0733-643 433.

8.5 Alcohol

Alcohol is expensive compared to many countries. Beer, wine, and liquor can be purchased at the government store, Systembolaget, in the Wachtmeister Mall (open Mon-Fri 10-18 and Sat 10-14), or out at Amiralen. Beers are sold singly and expect to pay about SEK10 and up per beer. Liters of hard alcohol average around SEK250 and bottles of wine start from SEK 55. A wide variety of wine in boxes are available starting around SEK160. Grocery stores carry only low-alcohol beer and cider.

8.6 Pharmacies

At the time of writing, pharmacies are a state monopoly in Sweden. Apoteket Eken, Blekingesjukhuset (hospital), +46(0)455-73 66 30
Apoteket Göta Lejon, Landbrogatan 4, +46(0)455-160 30

8.7 Postal System

Stamps can be obtained from most newsstands and small grocers. There is only one post office on Blåportsgatan (near the Polhemsgatan bus stop near campus, lines 1 and 7). However, you may never need to go there, since postal services are offered in convenience stores and supermarkets (a convenience store near the red cross on Polhemsgatan, Frukthuset near the Hospital, a newsstand in the Wachtmeister mall downtown and the Hemköp supermarket on Ronnebygatan, the main street.)

9 RESTAURANTS AND BARS

9.1 Restaurants

It may be a wild guess, but you are unlikely to eat out frequently. Not only is it expensive, but also the quality is considered to be average and the value not so great. Note that many restaurants have lunch specials for about 70 SEK, often a nice hot main course that would set you back double in the evening. Some restaurants below are expensive, but if you are going to splurge once, might as well not be disappointed.

- Nya Skafferiet - see under groceries. They have a beautiful lunch buffet of salads and quiches including on Saturdays for 90 SEK.
- Casablanca - Moroccan restaurant. Not award-winning, but competent and they serve pizza for the same price as everywhere else in a 1001 nights decor.
- Två Rum och Kök. S. Smedjeg. 3 near the main square. Perhaps the best restaurant in town? Great atmosphere and service and the food is delicious – although opinions vary. Swedish influenced by French. Their regular prices are high (around 250 SEK for a main) but until October, they have dishes for less than 150 SEK.

- Michelangelo - on Ronnebygatan. Nice cosy atmosphere. Very lagom, nice service, nice food, high but fair prices.
- Nivå - the nightspot is also a restaurant. The view on the square is unbeatable, and they make great burgers (including from venison) and mains.
- Montmartre - on Ronnebygatan at Drottninggatan. Great outdoor patio in the summer. Decent pizzas, OK food. There are better choices.
- Nya Skafferiet - A gourmet store where you can find the right cheese, the right ham, the right olive oil, etc. It can be useful if you are a good cook and are looking for a special ingredient. They have a beautiful lunch buffet of salads and quiches including on Saturdays for 90 SEK. <http://www.nyaskafferiet.com/>

9.2 Cafés and Bars

Here is a brief list of some bars and cafés you'll find in Karlskrona and will no doubt get to know quite well:

- Wayne's is Karlskrona's answer to Starbucks, with free internet (except on weekend mornings) and organic-fair trade coffee.
- Café Greven is in the Blekinge museum and can't be beat for atmosphere and lunch specials. Watch out for baby strollers / prams.
- Café Tre G - has good cakes and is quite cheap and popular with Swedes.
- Marin Museum café - a great spot in the museum foyer and wireless internet
- Porslinan - youth café, across from the ferry to Aspo. A good location to visit during thesis period.
- Café Nyfiket in Bergqvistska Gården behind the Blekinge Museum. A cute café, with many hand made treats. Fair trade coffees and teas.
- Nya Skafferiet – quiche!
- Nivå (bar) – very chic for Karlskrona...on first impression. Has a restaurant and steakhouse.
- Piraten Night Club – popular with the younger crowd and Goths.
- Fox and Anchor – British-style pub, karaoke Thursday nights, free food on Friday from 4-6 pm with purchase of a drink, Schlargerbar night club attached – watch out for Cougars.
- Play Bar – the navy boy's bar. Quite an interesting mix of people, a basement dance floor, and blue neon lights are not everyone's taste.
- Pub and Mat – a bar above one of the shopping malls, not frequented often by past MSLS-ers.
- O'Leary's – sports bar, lots of TV screens for sports fans, free food on Friday from 4-6 pm with purchase of a drink.
- Mjølneholmen - from fall to spring, jazz evenings are organized in an old historic fort on Mjølneholmen island right in the city. Catch a two-minute boat

from the eastern side of Trosso by the Aspo ferry landing by raising the blue wooden flag. The decor is fantastic and the food is really delicious (although selection is limited and prices quite high.)

10 GYMS AND FITNESS

The school doesn't have a gym with equipment (although it does have a gymnasium where innebande (ball hockey) and badminton are played. There is also an indoor rock-climbing wall.

There are a quite a lot of gyms in town as Swedes tend to like pumping iron and staying trim. Two of the more popular gyms are SATS (located by the park in the centre of town, www.sats.se, has locations all through Scandinavia where your membership is valid) and Lok & Motion (located between campus and the centre of town, www.lokomotion.se). Prices are fairly comparable and both offer student rates (around 200-300 SEK per month, check for special deals like '2 for 1') but you may only have access to the gym during certain hours. Most gyms offer membership contracts of one year (minimum) and monthly or casual rates are much higher. Leaving the country is generally considered a good reason to break a yearly membership. Enquire about this when you sign up. It is also possible to pay just for scheduled classes, which is cheaper than full access to the gym.

Other gym options are:

- The squash courts in town have weight training equipment
- There is a new gym facility near the post office / Preem on the way to town from campus
- There is a small gym near the railway station
- The Bådhuset has weight training equipment

A suggestion: try bargaining for a group discount for the class at the beginning of the year. Its worth a try but be warned that this may not be considered 'lagom'.

11 GETTING OUT OF TOWN

Don't forget to look up from your studies now and then, and remember that you are a day or less away by rail from much of Europe. Take advantage of it! Rail transport is relatively clean, as well: most European trains (and virtually all of the high-speed trains) are electric, but even the diesel-powered trains offer less emissions and carbon dioxide per passenger-kilometer than competing forms of transportation.

Karlskrona is really 'at the end of the line' in terms of transportation. You have to go to Stockholm (5.5 hours by train), Gothenburg (4.5 hours by train), Copenhagen (3.5 hours by train), or Malmö (3 hours by train) to fly international. To get to the rest of Europe by rail, you'll need to go to Copenhagen (København), or Malmö, as well. If you are traveling out of Sweden, TAKE YOUR PASSPORT. You'll rarely be asked to

show it, but if you are asked for your passport, explaining, "I forgot it" won't work with the authorities. Also, some hotels will not let you rent a room unless you show your passport.

The Student Union organizes some short trips that are subsidized by both the Student Union and Telecom City (an industrial park adjacent to campus). During the third year of the MSLS program, many in the class took advantage of an opportunity to ride the overnight ferry to Poland and participate in a one-day tour, a 3-day bus trip to Berlin, and a 1-day ski trip -- all of which were fantastic value from a budget standpoint, and good opportunities to see more of the continent.

11.1 Buying your train tickets

You can usually (but not always) buy a set of tickets that take you all the way to your destination, even if you are passing through several countries and transferring between trains run by multiple companies.

Services at Scandinavian and European train stations are – not surprisingly – relative to the size of the surrounding communities. After hours, you can usually buy tickets at station vending machines (or even on the train). However, the machines are not always intuitive, and buying tickets on the train costs more. Unless you will be passing exclusively through major cities, plan ahead. All rail services have online reservation websites, but it is sometimes easier to go down to the Karlskrona station and have a little chat with the SJ ticket agent, or to buy tickets along the way. Keep in mind that fast trains are not as widely available on Saturday, and choices are even more limited on Sunday.

Note that the Swedish student card is not accepted in Denmark, so when you plan to get to Copenhagen and back to Karlskrona, get a return ticket. Otherwise, you can always get a full-price ticket to Malmö and then a student ticket from Malmö to Karlskrona. As well, when you buy a ticket to Copenhagen, don't forget to mention you are a BTH student, as the first part of the journey (till Karlsham) is free. You might be asked to show (when buying, and sometimes when going up the bus) your student id and a picture id card.

Ticket categories:

- Sista Minuten (last minute) - for students only - available 24 hours in advance.
- Öppet (open)

The SJ system is weird and offers different prices based on the time of day. Pick the cheapest one regardless of time. The ticket itself will not show a time. Although a specific route is indicated, you can ignore that (e.g. via Emmaboda or Kristianstad). Note that this is the best ticket to return to Karlskrona if you fly into Malmö or Copenhagen, since if you are delayed and have a restrictive ticket, it would be worthless.

- Just Nu (right now!)

The cheapest option outside of last minute, but refund rules are very restrictive.

Sweden: SJ www.sj.se
Denmark: DSB www.dsb.dk
France: SNCF www.voyages-sncf.com
Germany: DB (Deutsche Bahn) www.db.de
Italy: www.trenitalia.it
Spain: www.renfe.es
Switzerland: www.cff.ch
Norway: www.nsb.no
Inter-European travels:
<http://www.raileurope.com/us/index.htm>
<http://www.eurolines-travel.com/>

11.2 Things to know about trains

Track = Spor, Car = Vagn, Seat:= Plats

Electric trains can position a power car at either end, and split the train at a station, leaving the other behind. This often happens at Malmö (not Malmö Sud) when you are traveling from Copenhagen to Karlskrona,

Taking your laptop? Almost all Swedish and Danish trains, as well as some French and German trains, have standard European outlets at some seats (not all). Major Swedish trains such as the high-speed X2000 also offer Internet access (free in first class, along with yummy smoked salmon; fee-based in second class). Be aware, however, that if you fall asleep, you may wake up without a laptop – especially on night trains. Theft is not common in Sweden, but it does happen.

11.3 Flying

If you are planning to fly anywhere, Malmö airport and Copenhagen are the closest. You can take the train directly to the Copenhagen airport and there is a bus from Lund and Malmö to the Malmö airport. Check <http://www.flygbussarna.se/en/default.asp> for times and prices. If you are interested in cheap airlines (Although not very sustainable, traveling does sometimes keep up your social sustainability), it is best to check the airports directly.

Helpful:

http://wikitravel.org/en/Discount_airlines_in_Europe

<http://www.sleepinginairports.net/>

<http://sassnowflake.dk/> - for some reason when you book through the Danish site, you get better deals sometimes.

11.4 FREE Accommodation While Traveling (or waiting for an apartment)

Couchsurfing.com is a growing online community composed of adventurous travelers

who want to meet locals and experience the real culture of the places they visit, while learning to trust 'strangers' through accommodation on their couch or floor. You simply create a profile at couchsurfing.com, and describe what you have to offer visitors - meeting at a coffee shop, showing around your city, or accommodation for a certain number of people. Then you search the couchsurfing database for the city that you want to visit, and email interesting people that you'd like to meet and/or stay with. It's that simple, it builds community and cultural understanding, and re-instills the idea of trust in humanity. Many members of the 2006-2008 classes had many positive experiences with couchsurfing around Sweden and Europe. Give it a try!

12 QUESTIONS? – (Contact info for past students)

Please feel free to email any of the students below with questions that have not been answered in this guide. It is a good idea to email specific questions (you might think are silly-but easy for us to answer). If you have tried to email a student in your region and have received no response please email renatesitch@gmail.com and she'll track down an answer to your questions.

China

Rong Fei: rongfei95 at gmail.com

Kiri Wang: kiriywang at hotmail.com

Tips:

Some students from China have recommended that you bring some ingredients and food that you're used to. But you can buy some things here. Also there is a "Chinese CAR" that comes every 2 weeks near the Frukthuset (grocery store near the school)

Brazil

Valeria Defusco: valeriadefusco at yahoo.com

Marcos Conradt: marcosconradt at gmail.com

Tips :

Health Insurance recommendations-WordPlus, Assist Card (prices change often so researching more options is a good idea)

Visa's- They stopped sending the passport to your home, so you have to go to the embassy or consulate to get it when the visa is issued.

Mexico

Zaida: zv-bz at hotmail.com

Canada

Adrian Mohareb: akmohareb at gmail.com

Kate Murray: katemurray22 at yahoo.com

Melina Planchenault: melinaplanchenault at yahoo.com

Tips :

Book extended health insurance through a standard insurance provider. It costs \$1.15/day. Travelcuts also offers decent coverage.

USA

Mary Ostafi: ostafimary at gmail.com

Rebecca Petzel: repetzel at gmail.com

Valerie Yep: valerie.yep at gmail.com

Natalie Safra: nattysafra at hotmail.com

Khuloud Odeh: khuloud.odeh at gmail.com

Annita Seckinger: a2ndger at gmail.com

Tips :

Start your visa process as soon as possible and call often. Stay on top of them and continue being in contact until you receive your papers. A good tip is if you are having any trouble, contact your local government and they can make a call to help speed up the process. Health Insurance- STA travel insurance is extremely cheap, only \$56/month, it covers up to \$100,000 in medical expenses and even covers theft during travel. HTH Travel is also a good option.

Europe

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