



WELCOME



# MSLS Student Arrival Guide

Information to support the journey that lies ahead...



Prepared by Students of:

Master's in  
Strategic Leadership  
towards Sustainability

2005-2011



## 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.<sup>[1]</sup>

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## 1: BEFORE YOU GET TO KARLSKRONA

Have you applied for your Residence Permit?

## Residence Permit

### General Information

Non-EU citizens must apply for a temporary residence permit. Please do this at 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 a financial statement, proof of payment for the first term of studies for students required to pay, and proof of medical insurance. Unlike previous years where MSLS students had to acquire medical insurance in their home countries, BTH will be providing a collective health insurance starting autumn 2011. The International Office has already sent this to admitted students. More information on the applications for residence permits can be found on Migration Board website: ([http://www.migrationsverket.se/info/151\\_en.html](http://www.migrationsverket.se/info/151_en.html))

### Timing: IMMEDIATELY

The Swedish Migration Board makes all 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 permit or are concerned about its arrival, you can call or email your consulate's office to check the status. It is highly recommended that you do this if you have not received your residence permit by the beginning of August.

Depending on your citizenship, it is possible to arrive in Sweden without your permit (so don't arrive late just because you're waiting for this). You can arrange to pick it up in Stockholm, Copenhagen or Växjö (closest to Karlskrona). 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.

## Types of Residence Permit

**EU Citizens:** If you have an EU passport you don't need a permit, but have to register three months after arrival once you have an address. Citizens of Switzerland must apply for a residence permit.

**Citizens of Countries outside of the EU:** There are two types of permits available for students. The first is for a one year (12 month) permit, 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 for 10 months and does not qualify you for a Swedish personal number. Please note that a 12-month permit may be unlikely based on the experience of previous MSLSers. Although having a Swedish personal number may make living in Sweden less complicated, many 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 permit, you could request a stay for more than 365 days (for example, August 1 2011 to August 1 2011 as opposed to August 1st to July 31<sup>st</sup>). 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 residence permit.

## Insurance

### General Information

Students studying for a period of less than 12 months must have valid medical insurance for the whole study period as part of the requirements for a residence permit. BTH will be providing a collective health insurance to admitted students at no cost. The International Office has sent the insurance certificate to accepted students. If you'll be living in Sweden with a family member, please obtain insurance from your country as the BTH insurance does not cover family members. The BTH nurse also has information about very reasonable medical insurance available in Sweden. You can contact the nurse and find out more information via the BTH Website.

## Additional Information

**EU Citizens:** As an EU citizen, you should be able to be provided with your European medical 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. This doesn't replace the need for health insurance, but may make it cheaper for health costs you won't be reimbursed for by your insurance company.

## Budget

### General Information

In order to get your residence permit, you must demonstrate that you have at least 7,300 SEK per month for living expenses (73,000 SEK for 10 months) *as of 2011*. Please note that you will be required to provide a bank statement in your name showing a minimum of this amount in order to apply for your residence permit. The consulate may also request that you supply a letter from your bank in English. Many of the websites of the Swedish embassies provide exchange rates on the website. You may also visit: <http://www.oanda.com/currency/converter/>

**Timing: IMMEDIATELY.** This is required to process the residence permit.

### Living Budget

If you are living reasonably, with a little pocket cash to go out dancing every once in a while 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 weekend 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 (\$ 14,260– 23,760 USD – Based on currency rate April 2011). This is more than the minimum sum required to obtain your residence permit.

### MSLS Expenses

There are three costs to be aware of related to the program, the field trip and the program course materials. The class field trip will probably cost around 2 500 SEK and is a key one-time expense to know about ahead of time. Student union fees are optional although payment

provides discounts at the student pub. There is a one-time fee to the program for course materials and the MSLS textbook (approximately 600 SEK) that must be paid in September.

## Housing

Students are strongly encouraged to arrange housing ahead of time or immediately once you arrive in Karlskrona. Two of the three BTH campuses merged in the fall of 2010 leading to increased demand on accommodation, especially for those that are conveniently located. The earlier you start looking for accommodation, the better your chances will be of meeting your personal housing needs or preferences. If you have not arranged accommodation prior to arriving you should make this your #1 priority when you do get here, as there are many international students arriving at this time of year in Karlskrona.

Detailed information on how to find living accommodations can be found in Chapter 3 – Getting Set Up.

## Getting to Karlskrona

### By Plane

The closest major international airports to fly to are:

1. **Copenhagen-Lufthaven (CPH)**

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 as the train station is located inside the airport and it's a direct train ride.

2. **Stockholm (ARN)**

From Stockholm you can take a train (approx 5.5 hours) or 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).

**Other Flights:** 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 from the main square, or 'Stortorget', 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 Växjö-Smaland Airport (VXO), Nyköping with airlines such

as Ryanair and SAS. Note that there are no flights between Copenhagen and Ronneby.

## By Train

**TIP: Train Tickets.** Please note that booking your train tickets in advance is advised as trains and buses can also sell out at airports with the influx of students.

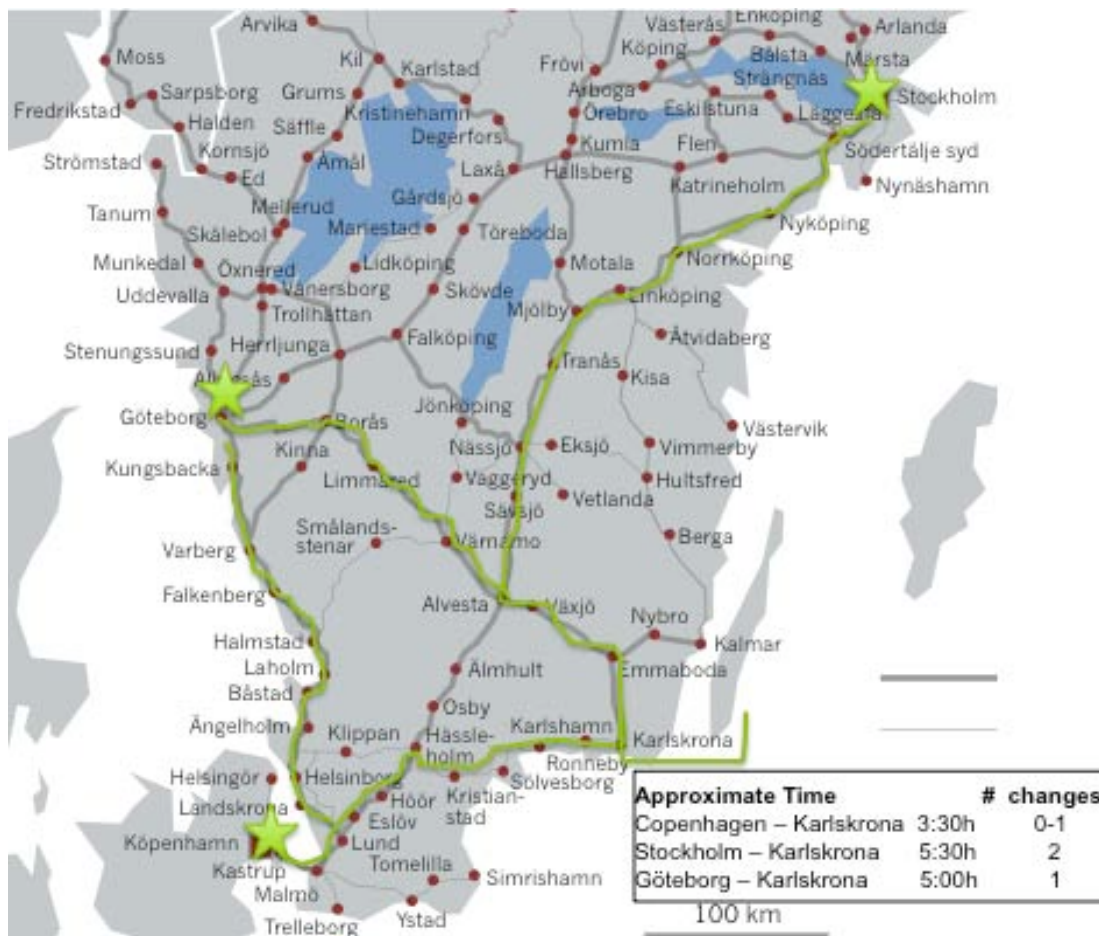
If you land in Copenhagen, the Copenhagen Lufthaven (airport) is connected to the Kastrup train station. Train is the best way to travel from Copenhagen to Karlskrona, and a good way to travel from Stockholm to Karlskrona (if you don't want to fly). From Copenhagen it is 4 hours, sometimes 3.5 hours. From Stockholm, it is about 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 (<http://www.sj.se>), then there is a ticket counter in the airport as well as vending machines. 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. 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 they are bought in advance, 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 during the summer students have to pay. Please note that Spring semester ends 3<sup>rd</sup> June 2011 and Autumn semester starts 29<sup>th</sup> August 2011).



## Train Routes to Karlskrona

### By Bus

Bus information can be found at <http://www.swebus.se/> or <http://www.svenskabuss.se/>). This is the cheapest way to get from Stockholm to Karlskrona although the trip is much longer (7 hours and 40 min). 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 they 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, and fairly expensive. 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. From the train station to BTH (just to have an idea) a taxi costs around 115 SEK). You shouldn't need a taxi on your arrival though. There are usually buses at Centrum where you would usually get off.

### Contact info:

- Karlskrona Taxi: Phone +46 455 19100
- Zon Taxi Karlskrona: Phone +46 455 23050

For more on TRAVEL please see Chapter 9.

## What to bring

### Passport with residence permit

**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.) [as of April 2011, this is unclear, so please look to the MSLS website for an update later]

**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 300-500 SEK (with the SIM card).

**Prescription drugs** to last the year. You cannot mail this from home throughout the year, as the Swedish government will not allow prescription drugs to pass through Customs if they open your package. Depending on your health insurance you may not be able to get prescriptions filled here if not deemed an "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. Some students have found that it may be cheaper to withdraw money from the ATM rather than conversion of foreign currency to SEK at banks.

**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, including memory sticks and an external hard drive. Your laptop will be very helpful in studying and writing your assignments during the MSLS program.

**Books/magazines.** The BTH Library has limited access to magazines, dictionaries and other reference materials in foreign languages, (even in English) but is pretty good at ordering course reference materials if you ask them to (no charge). Students may want to bring the necessary books or may purchase through Amazon.co.uk. **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 Learning Lab (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! The public library also has a fairly good collection of English language novels on the lower floor.

**Adapters for your electricity-dependent gadgets.** See section 5.7.

### **USB memory stick**

**Bike accessories** that are small enough to pack (lights, locks, etc) - they are expensive here. If you have to buy them here, we suggest that you do so in Lyckeby as they are considerably cheaper. There are a few accessories and bikes that have been kept by the bike co-op and will be available for your class.

**Rain/wind jackets** – this is a rainy, windy city!

**Winter clothes** Winter clothes may include: a hat that covers your ears, scarf, mittens/gloves, an insulated jacket and warm footwear. Note that wool is hard to come by and expensive, so we recommend bringing warm inner layers and socks with you. You can buy them cheaply at the Red Cross or at an outlet located in the E22 road near Lyckeby.

**Running or athletic shoes** – they may be expensive here.

**Toiletries are also expensive**, especially natural toothpastes and shampoos.

**One (at least) professional suit or set of clothes and shoes.-** for meetings with companies you may work with during you're the program.

## Where to 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 (Red Cross and Human Bridge) and some cheaper house outfitting stores in Lyckeby (a 10 minute bus ride). 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.

## Summer reading

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 Peter 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.**

## Checklist & timeline: Before you arrive

Item	April	May	June	July	Aug	Sept
Health Insurance	Green					
Proof of finances	Green					
Budgeting	Yellow					
Residence permit	Green					
Housing		Red				
Getting to Karlskrona		Red				
Packing				Yellow		
Reading		Yellow				
Shipping						Yellow

Red = Urgent, Orange = Important, Yellow = Flexible

## What to do when you get to Karlskrona



## 2: WHEN YOU FIRST ARRIVE

You made it here!  
Now what?

### Explore!

Please see <http://www.karlskrona.se/tourism>. The Tourist office is in the main square in the centre of the city, and is helpful in providing maps and answering questions. Some students suggest that you arrive a little sooner than required to experience Karlskrona and enjoy the activities geared for the tourist season.

### 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 Learning Lab (common room). This is in Building G, Floor 3.

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- Getting Set Up' Section 3.

Karlskronahem's Address: Norra Smedjegatan 12 Phone: +46 455 304900 email:

[info@karlskronahem.se](mailto:info@karlskronahem.se) website: <http://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. This year’s students will leave several bikes for your class to be divided up as you please. There are also two bike stores in Trossö (one is called Sportkompaniet and also sells second hand bikes) and one in Lyckeby where you can purchase or seasonally rent bikes. You may find used bikes on <http://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”. Given you can travel on the train to Ronneby and Karlshamn for free when you have your student card, some students travel to these towns to pick up bikes advertised on Blocket.

## Where to stay when you first arrive (Refer to map for locations)

STF Hostel Karlskrona- Vandrarhem  
Drottningatan 39 (few minutes walk from the  
train station)  
+46 455-100 20  
[trosso.vandrarhem@telia.se](mailto:trosso.vandrarhem@telia.se)  
<http://www.stfturist.se/>

Gullberna Park Logi  
Kolonivägen (Bus #6)  
+46 455-103 30  
<http://www.cajam.se>  
[info@cajam.se](mailto:info@cajam.se)

First Camp Dragsö, Karlskrona  
Dragsövägen  
+46 455-153 54  
<http://www.dragsocamping.se>  
[dragso@firstcamp.se](mailto:dragso@firstcamp.se)

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

Hotell Siesta  
Borgmästaregatan 5  
+46 455 80180  
[Siesta.hotell@telia.com](mailto:Siesta.hotell@telia.com)  
<http://www.hotellsiesta.com>

First Hotel Ja  
Borgmästaregatan 13  
+46 455 55560  
[Karlskrona.express@firsthotels.se](mailto:Karlskrona.express@firsthotels.se)  
<http://www.firsthotels.com>

First Hotel Statt  
Ronnebygatan 37-39  
+46 455 55550  
[Karlskrona.statt@firsthotels.se](mailto:Karlskrona.statt@firsthotels.se)  
<http://www.firsthotels.com>

Hotel Conrad  
Västra Köpmansgatan 12  
+46 455 363200  
[info@hotelconrad.se](mailto:info@hotelconrad.se)  
<http://www.hotelconrad.se>

Hotell Aston  
Landbrogatan 1  
+46 455-194 70  
[info@hotellaston.se](mailto:info@hotellaston.se)  
<http://www.hotellaston.se>

Stay Hotel Karlskrona  
Nya Skeppsbrokajen 1  
+46 455 82820  
[info@stay.se](mailto:info@stay.se)  
<http://www.stay.se>

Park Inn Karlskrona  
Skeppsbrokajen  
+46 455 361500  
[Info.karlskrona@rezidorparkinn.com](mailto:Info.karlskrona@rezidorparkinn.com)  
<http://www.parkinn.com>

## Making contact with other people in the MSLS program

Hopefully by now you've all joined the 21st century and have a Facebook account (groan!). This will prove to be a helpful online platform for future everything, and there has already been a 'MSLS 2012' group set up for you to communicate with future classmates and get to know each other before you arrive. It really made a difference for us to have seen each other's faces and read more about each other before we met person in Karlskrona in 2010.

When arriving check in at the MSLS Learning Lab (common room). The Learning Lab is currently located in Building G Floor 3. The door is in the stairwell area on the side of the building nearest the red Länken building. Leave a note on the door if no one is around at that time. Wayne's Coffee in the city is also a good meeting place, with free wireless and outdoor tables.



## 3: GETTING SET UP

Housing, furniture, phone service, internet, and electric

# Housing

## General Information

As mentioned earlier, it is important to start looking for accommodation as early as you can. BTH has moved two of its campuses to Karlskrona so the demand on the most convenient places may be high. In this section we outline general tips for house hunting as well as describe/include tips on how to proceed with the following scenarios:

1. Secure student housing,
2. Search online for apartments before you arrive,
3. Search for private housing when you arrive in Karlskrona.

It can be stressful to not have a place when you arrive, 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 may also have a better idea of where and who you want to live with once you arrive. Some students prefer to live near campus while other students prefer to live in downtown Trossö, which is a 15-minute bike ride to campus.

Many students arriving without housing meet at the youth hostel or first social events last year and everyone had moved into a place within a month or so. The students that found apartments right away were kind enough to let others 'couch surf' (stay with them) until everyone had a place. Staying with classmates and contributing to their household is often less expensive than staying in a hotel even with student rates. Some students preferred to

rent a hotel for a month or two at a monthly student rate 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.

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 can be time consuming to set up internet and in past years some students struggled to do this without a Swedish personal number.

See the attached map for the general locations of different student housing areas: [Google Map of Karlskrona](#)

## Finding a home

For assistance in helping future MSLS classes in finding accommodation, a Google spreadsheet has been shared (via Facebook) outlining many of the places where current students live. Given the anticipated crunch for housing this fall this spreadsheet has been prepared with the intention to share:

- landlord's contact information
- housing opportunities
- what worked well/didn't work so well

This spreadsheet can be found here:

<https://spreadsheets.google.com/ccc?key=0AkPELj9a09JZdFVPQTEtTnFpbHBXNGIITzVoNmY3V3c&hl=en>

There is no guarantee that these spaces are still /will be available. If you contact somebody and the place is rented, please write this in the first column of the document so the landlord doesn't receive too many phone calls. Feel free to add to it as you go to assist your other classmates find accommodation.

## Connecting with other Students

If you know you want to live with roommates, connecting with classmates via email or the MSLS 2012 Facebook group is a good idea so you can start your house hunt early.

Unlike other countries, at the time of arrival there are very few student postings on campus for people "seeking a roommate". It is common among Swedes to live on their own and finding a Swede to room with has proved very challenging for past students.

## Early bird gets the worm. ... flexible worm gets away

All MSLS students were able to find housing in 2010. Some found it easier to arrange beforehand, sight unseen, while others were happy to visit landlords in Karlskrona. Being flexible may pay off as you get to choose your location when you arrive.

## Temporary/long term Accommodation

While waiting to finalize housing some students stayed at hostels or hotels, such as Hotel Siesta, with a one-month student deal. 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.

If you intend on booking a hostel or hotel upon arrival while house hunting, make sure you give yourself a comfortable amount of time to find a place (4-5 days) since the hostels will most likely be completely booked up in the few days before school since all the BTH students are arriving at the same time).

## Private Landlords

Finding a private landlord once you arrive is another way to find a place to live. 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. The practice of putting "for rent" signs in available apartments is NOT done here – you have to find a source of information.

Blocket.se - A great online resource for housing is <http://www.blocket.se> (kind of a Swedish Craigslist/eBay). The website is in Swedish so Google Translate or a Swedish classmate may be helpful. 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. From the Blocket homepage, click on the region of 'Blekinge'. Then, under the 'Annonser' link, look for 'Bostad' (housing) in the drop down menu and click 'Lägenheter' (apartments). This should give you a list of available apartments in Karlskrona

## Student Housing Karlskronahem

You can try to arrange your housing through the student housing Karlskronahem service. Housing is guaranteed to all students through Karlskronahem but it should be noted that you may be left with locations that are farther from campus/town. If you go through a company for housing (e.g. Karlskronahem, PBA, Hamsteidan, etc.) note that summer office hours end between 1 and 3 so it's good to visit their offices in the morning.

## Apartment Rental Offices

You have to go directly to the rental offices to find out what is available at that time. Note that 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 Trossö, which is convenient if you are staying at the youth hostel. Also, it is typical to let your landlord know 3 months in advance if you are leaving an apartment. 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. The housing options are briefly explained below.

The Karlskronahem application process works as an electronic queuing system where applicants are offered housing on a 'first click first served' basis. So if you don't get accommodation the first few times, try and try again ☺.

PBA - The website is in Swedish, but you can always contact them by mail or phone <http://www.pba.se/> They respond to emails efficiently

Akelius - Their website is in Swedish but they speak English at the office. (<http://www.akelius.se/websida/index.asp>). Registering to be considered by them involves an involved online application in Swedish (use Google Translate), so this could be worth doing before you arrive.

Utklipplan - <http://www.utklippanfastigheter.se/> The website is also in Swedish but English is also spoken. Many students in the last class got accommodation from them.

## Karlskronahem Apartments

### Minervavägen

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 (it really depends on how much the neighbors like to party. 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 wintertime, but you may purchase a space heater. BTH undergrad students also use the common yard four times a year to welcome new students

Estimated Cost: 3910 SEK/month (including utilities and internet access)

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

## **Galgamarken**

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, have a kitchen and a bathroom. There is internet access, and easy access to all bus lines.

Estimated Cost: 2500 SEK/month, 3500/month SEK for furnished (plus maybe 500 SEK/month for utilities), but may vary.

## **Polhemsgatan**

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 whom you are living with before you arrive.

Estimated Cost: 3013 SEK including utilities

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

## **Kungsmarken and Kungsmarksvägen**

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: Depends. 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, several people have been known to share one room.

Estimated Cost: This varies depending on room size and apartment size, but can be cheaper if

you arrange early (2500 – 4000 SEK)

## **Bredgatan, Trossö**

Location: Downtown Trossö. 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 3800 – 4000 SEK per month

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

## **Gamla Infartsvägen**

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. Heat and hot water are included, but electricity and internet are NOT - it costs around 300 SEK/month for Internet, and 400-500 SEK/month for electricity.

Cost: 3200-3800 SEK/month (+internet) for a bachelor, 4700 SEK for a 2-bedroom (meaning bedroom + living room), 7500 SEK for a very roomy 3-bedroom. Note that a 5000 SEK deposit is required for each person when you sign the contract, which is returned after the inspection of your apartment. 3 months' notice is required when you want to leave the apartment.

## **Other Neighbourhoods**

### **Trossö- Downtown (Centrum) of Karlskrona.**

Apartments in Trossö are popular and are mostly rented through private landlords and it pays to be persistent. Although there are places to rent in August there tends to be more availability/vacancies in October.

The costs of apartments in Trossö varies and some students pay much less in rent in Trossö than in student housing, although in some cases large rooms were divided and shared. Note

in most apartments you will have internet. Some are furnished, some not. The location is the biggest pro as the town is small and everything is within walking distance. 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). The private landlords are typically very trusting, no security deposit is typically required downtown, but you do need to give 3 months' notice when you leave an apartment.

## 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 is even pictured 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](mailto: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.

## Furnishing your home

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

There are a number of secondhand shops in Karlskrona, particularly the Red Cross (Röda Croset) and Fyndhörnet. While they have odd opening hours they also have great stuff at great prices, although beds are in short supply during September. There is also the Human Bridge (on the way to Lyckeby) with a great range of stuff and the Pingstkyrkan at Bergåsa. Both the Red Cross and Human Bridge deliver (per truck load) for 150 SEK.

The Class of 2011 will be leaving a number of household items for you to purchase. 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 700 SEK to deliver. Some students from the class of 2008 and 2011 carried a sofa in a bus, so it can happen.

The closest IKEA is in Kalmar, 90km north of Karlskrona. You can get there via a city bus in Kalmar and a mattress can roll up and fit under the bus. Ikea also delivers and this cost could be split if many in the class are ordering items together.

## Banking

Generally, you will need a Swedish Personal Number to open a bank account (along with your acceptance letter, passport and Swedish address). Since the MSLS program is a 10-month program, you may not get a one-year permit so as to apply for a personal number. However the International Office has worked with Nordea Bank to help international students open accounts without Swedish Personal Numbers. Details will be provided by the International Office during registration.

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 fee at the Sveskassaservice bill-paying kiosk– a central place where many people pay all their bills. The other location where people pay their bills is at the TIME convenience store on the corner of Smedjegatan and Ronnebygatan.

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. Be prepared to wait once you have your line queue ticket! There are however a number of ATMs in town so you don't actually have to go to the bank to withdraw money.

Some students have found that it may be cheaper to withdraw money from the ATM rather than conversion of foreign currency to SEK at banks. If you can set up a bank account at home that will not charge you fees for using an ATM in a foreign country this is a great option. Although that means you still have to pay the fees at the Kassaservice. 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 here. Check <http://www.us.hsbc.com/1/2/3/personal> for more info.

Credit cards are accepted everywhere, even at supermarkets. The railroad (SJ.se) accepts a number of credit card types on their website. 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.

## Internet service

### School

BTH has campus-wide wireless internet access (with student login name and password). Given the wireless can be weak in some places, you can also use computers located at the library. You will receive your student login information when you register at BTH at the beginning of school. Some computers in the library do not require a login name and password. You may use these in the short term.

### Home

It is strongly recommended to find housing that already has internet service set-up. Past years have found that installing internet from a wireless router, a wireless card, or a hard wire has been time consuming. Let each other know what options you're using to make this process easier.

If you would like to set-up personal internet service 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. For some of 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, a one year package, or buy a plug in Wireless card or a cell phone package. 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.

While you're waiting to set up your own internet service, you can use the network at school or go to local cafés to work. Please see the list of cafes and restaurants offering wireless access in Chapter 7.

## 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 (<http://www.skype.com>) 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. You may also consider a paid subscription to a voice-IP service for cheap calls to mobiles and cell phones.

### 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 Bergåsa 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 may not work in Sweden! You must purchase an access card and prepaid Swedish phone card, or use your credit. You can buy phone cards at the kiosk next to Frukthuset (corner shop at Bergåsa, near the hospital, a 5 minute walk from campus).. 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, Comviq, the Phone House, or Telia. Your phone will require a pre-paid SIM card that can only be purchased in Sweden. Telenor may set up a “friends network” if you ask so that calls between your classmates are almost free. They will also set up ‘EuroVoice’ voicemail in English for you, upon request. Comviq/Tele2 Amigos pre-pay option also allows you to call all other Comviq/Tele 2 users for free, which most of the 2011 class purchased.

## 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 (Borgmästaregatan) 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 try to use the same phone network so that you can either get free calls to each other or set up a friends’ network.

## 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.



## 4: BTH STUDENT BASICS

Finding your way around, registration, and student activities

### Orientation

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 center.

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.

### Food On or Near Campus

There are cafés on campus in the J and Länken buildings. 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. Café Bistro in J Building also offers vegetarian dishes.

Close to campus are also Galgamarken Pizza (and Indian Food), Falafel at Frukthuset, Thai place near Frukthuset, Coffee Wilhelm across from Frukthuset, Pasta Wagon in Gräsvik business park on the hill, and Bergåsa Pizza as well as Oscar Villa which hosts a large buffet (all you can eat) or hot lunch -79 SEK or 45 SEK for take away pasta. The Thai place by Frukthuset has ready-made 52 SEK lunch specials for students. You can also make a quick run to one of the grocery stores nearby such as Frukthuset or Willy's.

# 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.

## Student ID Card (for BTH buildings and some rooms)

Once you are registered in the student records system (LADOK), you will be able to apply for your student ID. The student ID gives you access to BTH buildings, and to the computer rooms and common room.

## Student Union and Student Union Card

Membership of the Student Union is voluntary though it provides access to some discount stores. BTH's Student Union building is located next to the Rotundan and the pub. You must have your membership card (and ID) to enter the student pub, 'Kåren.' The Student Union is working at getting a 'Mecenat card' to non-members. This card may be used to get cheaper student tickets when you fly by SAS.

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.

# 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. Note that student offices (and offices in Sweden in general) usually have frustratingly limited hours, so it pays to make a note of when the office you're after will be open and head there with time to spare.

# Student life

## Student Bar

**The Rotundan:** Drinks are cheap at the student bar and sold to members of the student union. 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 and workshops. It is also available for parties although there are considerable restrictions about serving alcohol and hosting non-student guests. To book the Rotundan, fill in the form here: <https://karen.bthstudent.se/khg/bokning>

## 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 rock climbing.

## MSLS activities

In addition to school organized events MSLS students have shared their past experiences to create an array of weekly or bi-weekly activities including: dancing classes, Pilates' classes, yoga, extreme outdoor fitness, Judo, to a varying degree of commitment etc. It's fun to put your heads together, be creative and appreciate the talents of your classmates!

## 'Open Mind'

One example of an opportunity to get to know more about each other through sharing min-workshops/presentation/in formal gatherings on everything from meaningful travel experiences, how to workshops on thatched roofs, mediation or language learning.

## TelecomCity Clubben

TelecomCity is an association of telecom-related companies on campus. It often organizes events to which all students can go on its site at <http://www.telecomcity.org/Default.aspx?PagId=224>

## 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. 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		

Red = Urgent, Orange = Important, Yellow = Flexible



## 5: LIVING IN KARLSKRONA

Weather,  
language, and  
getting around  
town

### 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'll be cozy inside. Typically the winters are damp and rainy but in 2009-2010 Karlskrona had massive amounts of snow for 4 months, so come prepared for everything (rubber rain or snow boots are a great resource for winter!). Fit-for-purpose shoes can be purchased at shoe stores in town. 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. Especially in the winter, do your best to get out and enjoy the sun - a half hour walk on the trails over lunch can go a long way!

### 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.

There are also a variety of online dictionaries. Most Swedes speak English with varying levels of proficiency. Generally, younger Swedes speak better English. If you are interested in learning Swedish, BTH offers free language classes. The Beginner Intensive course starts the week before class, during Orientation. If you are interested, search for information as soon as you get to Karlskrona since they have a limited number of classes and few days for registration. 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.

## GETTING AROUND

### 7.1 Acquiring a bike

It is almost mandatory to have a bicycle in Karlskrona! 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!). Helmets are not compulsory, and few people wear them, as there are great bike paths separated from the road. Note that components and simple replacement parts can be difficult to find and are quite expensive in Karlskrona. Don't forget that the last class will leave some bikes and hope you will continue the coop tradition.

### 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 20 SEK in the local zone

(most places you need to get to) 30 SEK for the next zone (which Skärva, the organic farm, is located in), and will allow you to travel for 1 hour. Exact change is not necessary. If you are traveling in pairs, ask for a Duo pass, which costs 36 SEK, meaning each person will save 2 SEK.

You may wish to buy a 300 SEK Prepaid transport Pass (rabattkort) at the train station kiosk, which you can recharge as you go at ticket machines at train stations or by giving cash to a bus driver. This saves you the trouble of carrying money around for the bus, and gives you a 15% discount each time, so you pay 16 SEK. You can use the same card to purchase train tickets at a discount in Blekinge and other regions of Sweden, as well as at special machines in Copenhagen train station.

If you will use the bus frequently, consider purchasing a special bus pass in addition to the red transport card, of which there are two types:

1. Monthly Pass (Trettio Dag periodkort) – for 380 SEK (which you can pay directly to the bus driver – cash only), you will received a bus pass that is good for 30 days and allows you unlimited bus travel (within the city zone limits).
2. Monthly Evening and Weekend Pass - for 150 SEK (also paid directly to the bus driver - cash only), you can get a bus pass good for 30 days after 17:00 on weekdays and all day on Saturday and Sunday.

Buses no. 1 (Lyckeby) and 7 (Kungsmarken) go from centrum (the town centre) to the campus (Högskolan Gräsvik stop). Bus number 7 leaves from the stop in front of the McDonald's. Bus number 1 leaves from across the street from the train station, where the main bus station is. Bus 1 and 7 will drop you off across the street from the BTH campus Högskolan Gräsvik. It takes about 8 minutes to get to the campus from the town centre.

Schedule information can be found on the internet at [www.blekingetrafiken.se](http://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 ph. +46 455 303490 email. [turistbyran@karlskrona.se](mailto:turistbyran@karlskrona.se) website. [www.karlskrona.se/tourism](http://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. Some taxi companies do not work on holidays(!) so take more than one number with you.

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

## 6: SHOPPING

Groceries, supplies, and local organic options. Mailing your postcards home.

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). Other than grocery stores, most shops are closed on Sundays and usually close around 14:00 on Saturdays.

### Groceries and supermarkets

There are a variety of supermarkets in Karlskrona downtown, the most popular of which are Willy's (cheapest, two stops away from campus), ICA (in centrum), and Hemköp (in Centrum, the most expensive). There is also a Lidl discount between the campus and the downtown.

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 much larger selection of organic and whole 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.

Frukthuset (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. The produce is cheap, but can be very tired, and none is organic.

Supermarkets are usually open from 8 – 21 or 22 during the week.

**TIP:** Bring your own reusable bag when grocery shopping. Save resources! Also grocery stores charge for plastic and paper grocery bags so you're saving money.

Organic food: Once you are settled, hop on a train to Germany (you can get tickets for 39 Euros) with some empty bags. Organic food is about half the price there, and booze are less than half price. Plus Germany is pretty cool! <http://www.bahn.com/i/view/USA/en/index.shtml>

Halal meat: You can find this Willy's or Frukthuset with the Halal sign on the packaging (sometimes a small logo of a green mosque)

There is also a Chinese / Thai food van that parks next to Frukthuset on Saturdays. Tofu is available on the top shelf of the cheese section at ICA and Willy's.

## Local food and eco options

### Farmer's Market

There is a great farmer's market selling fresh produce in the town square each Saturday and Wednesday from 9:00am until about 2:00pm (apart from the core winter months). In addition, there has been one small produce stand open in the town square most mornings, selling fresh fruits and vegetables. Buy your eggs here - they're much better than at the big grocery stores.

### 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 or help out in the garden – Henrik is always keen for volunteers.

### Lotus Eco

Another great place to purchase eco/organic food and fashion. Small staffed and friendly, Ben and Christina are great resources for Green Drinks and other local activities. Downtown location at: Hantverkaregatan 11.

## 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](mailto:kallemarta@gronsakerdirekt.se) or Mobile 0733-643 433.

## Alcohol

Alcohol, particularly spirits, is expensive compared with 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 SEK5 and up per beer. Liters of hard alcohol average around SEK250 and bottles of wine start from SEK 50. A wide variety of wine in boxes are available starting around SEK160. Grocery stores carry only low-alcohol beer and cider. We definitely recommend stocking up in Duty Free if you want to drink spirits!

## 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

## Postal system

Stamps can be obtained from most newsstands and small grocers. There is only one post office at 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.)



## 7: BARS AND RESTAURANTS

Eating out,  
going out, and  
finding cheap  
coffee and  
internet

### Restaurants

This 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 - They have a beautiful lunch buffet of salads and quiches including on Saturdays for 90 SEK. It's 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. <http://www.nyaskafferiet.com/>
- 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 which provides excellent atmosphere. Foods been given mixed reviews form 'Decent

pizzas, OK food, there are better choices to find Great food!, good for a special occasion (as prices are slightly higher).

## 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. Cafés with Wireless Internet have asterisks.

### Cafés

- Wayne's\* is Karlskrona's answer to Starbucks, with free internet and organic-fair trade coffee.
- Café Nyfiket in Bergqvistska Gården behind the Blekinge Museum. A very cute café, with many hand made treats, Fair trade coffees and teas. Has a PIANO, a sunny courtyard for warm days and a fire place for the colder darker days. It's a favorite place to ESCAPE your computer and hang out with wonderful people while tasting delicious soup. No wireless\* Anneli and Pernilla offered great Swedish cooking classes for us in 2009/10 which were great social events. \*likely closing May 2011
- Coffee Wilhelm\* (near the Bergåsa train station)
- Art Gallery Coffee shop\* (in the main square)
- 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. Coffee here is only 7 SEK!
- Nya Skafferiet – quiche!

### Bars

- Harry's – an Irish (?) Pub opened Spring 2010

- 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 (Stars N' Stripes) – 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.)

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:

- **Aktiva/The Wellness Studio** - located by the park in the centre of town:  
<http://aktivsportsclub.se/> Aktiva has a large variety of classes which are included in your membership, including yoga, dance, extreme combat, spin classes etc. They also



## 8: GYMS AND FITNESS

In case you're into that sort of thing

have a great sauna (at least the ladies do). If you sign up for a student membership you can pay the 299 SEK fee monthly.

- **Lok & Motion** - located between campus and the centre of town: <http://www.lokomotion.se>. Lok&Motion partnered with one of the MSLS 2010 groups for a STM assignment and it would be cool to support their business and support them to move strategically toward sustainability by following our action plan.

Prices are fairly comparable and both offer student rates (about 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 with flexible monthly rates for international students. Some need a cancellation notice of three months. 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:

- A new gym facility near the post office / Preem on the way to town from campus
- A small gym near the railway station
- The Bådhuset has weight training equipment, and a lovely sauna, steam bath, and pool area for cold winter days.

- Grand Squash -The squash courts in town (on Ronneybegaten) have weight training equipment. These squash courts in Trosso offer cheap memberships, with an initial membership fee of 150:- and then 20SEK - 50SEK per court booking depending on the court time. <http://www.grandsquash.se/>  
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'.

Annual 5km, 10km, and half marathon held at the end of April or early May in Växjö (just a couple hours train ride from Karlskrona). In 2010, 5 students from BTH registered (payment accepted online). Great event and cute city, which is known as the 'Greenest City in Europe': <http://www.vaxjoloppet.nu>

### **Mind Body, Soul**

After all that working out you may just need massages (anti-stress, relaxing, energetic etc.). Check out:

HERMES MENA (Certified massage therapist, graduated in Sweden)

Tel. 070 30 62 529

[www.monserrate.se](http://www.monserrate.se)

Located in the centre of Trosso.

Special price for students:

30 minutes massage anti-stress/relaxing: 350 SEK

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.



## 9: GETTING OUT OF TOWN

Now that you're here, how do you get everywhere else?

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. Occasionally flights can be found from Ronneby Airport.

To get to the rest of Europe by rail, you'll need to go to Copenhagen (København) or Malmö. 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.

## Buying 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. During afterhours 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. 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 Karlshamn) is free. You might be asked to show (when buying, and sometimes when going up the bus) your student travel 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 <http://www.sj.se>

Denmark: DSB <http://www.dsb.dk>

France: SNCF <http://www.voyages-sncf.com>

Germany: DB (Deutsche Bahn) <http://www.db.de>

Italy: <http://www.trenitalia.it>

Spain: <http://www.renfe.es>

Switzerland: <http://www.cff.ch>

Norway: <http://www.nsb.no>

Inter-European travels: <http://www.raileurope.com/us/index.htm> and <http://www.eurolines-travel.com/>

## 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.

## Flying

If you are planning to fly anywhere, Malmo airport and Kobenhaven are the closest. You can take the train directly to the Copenhagen airport and there is a bus from Lund and Malmo to the Malmo airport. Check <http://www.flygbussarna.se/> 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 (for some reason when you book through the Danish site, you sometimes get better deals):

<http://www.skyscanner.se/>

[http://wikitravel.org/en/Discount airlines in Europe](http://wikitravel.org/en/Discount_airlines_in_Europe)

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

<http://sassnowflake.dk/>

From Malmo, Wizz Air is the least pricey: <http://www.wizzair.com/>

## 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 2006-2008-2009-2010 and 2011 classes had many positive experiences with couchsurfing around Sweden.

Please feel free to email any of the students below with questions that have not been answered



## 10: QUESTIONS?

Contact info for  
past students

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