

## Sweden 2025

Week	Sunday	Monday	Tuesday, June 10	Wednesday, June 11	Thursday June 12	Friday, June 13	Saturday, June 14
1			<b>Day 1: Welcome Välkomna</b>	<b>Day 2: Uppsala</b>	<b>Day 3: Uppsala</b>	<b>Day 4: to Stockholm</b>	<b>Day 5: Stockholm</b>
			<p><b>Afternoon:</b> check in @ Home Hotel, Uppsala</p> <p>walk around town, <a href="#">things to see/do</a></p> <p>"light" <b>dinner</b> at the hotel available or <a href="#">find a restaurant</a></p>	<p><b>b-fast</b> @ hotel</p> <p><b>Morning:</b> "on your own" <a href="#">explore town:</a> cathedral, castle, garden, river,</p> <p><b>11:00 a.m.</b> meet at <a href="#">Gustavianum museum</a> (30 minute English tour at 11:15)</p> <p><b>12:30 lunch</b> @ <a href="#">Trattorian Soraliina</a></p> <p><b>2:00 p.m.</b> <a href="#">"Gamla Uppsala"</a> via bus (option to walk 6k back to town afterwards)</p> <p>"light" <b>dinner</b> at the hotel</p>	<p><b>b-fast</b> @ hotel</p> <p><b>Morning:</b> Sigtuna (<a href="#">link to city map</a> and things to see/do)</p> <p><b>lunch</b> @ in Sigtuna</p> <p><b>Afternoon:</b> more Sigtuna, relax, , walk in the park</p> <p>"light" <b>dinner</b> at the hotel</p> <p>LindyHop at the Dance Pavilion</p>	<p><b>b-fast</b> @ hotel</p> <p><b>Morning:</b> check out @ 11, train to Stockholm</p> <p><b>lunch</b> @ something near hotel/train station</p> <p><b>Afternoon:</b> check-in @ 3 SkyHotel. Walk, buy groceries, alcohol for party, get metro cards; orientation :)</p> <p><b>dinner &amp; play bocce</b> @ 16:30 <a href="#">Boulebar</a> reservation</p>	<p><b>b-fast</b> on own</p> <p><b>Morning:</b> 9:30 a.m. tour &amp; orientation of Stockholm's "Old Town" w/ Vera</p> <p><b>lunch</b> @ smoked salmon or meatballs in Gamla Stan</p> <p><b>Afternoon:</b> 2 p.m. "midsummer" themed party @ Swedish home on Lidingö (via Uber)</p> <p><b>dinner</b> @ party</p>

Week	Sunday, June 15	Monday, June 16	Tuesday, June 17	Wednesday, June 18	Thursday June 19	Friday, June 20	Saturday, June 21
2	<b>Day 6: Stockholm</b>	<b>Day 7: Stockholm</b>	<b>Day 8: Stockholm</b>	<b>Day 9: Stockholm</b>	<b>Stockholm</b>		
	<p><b>b-fast</b> on own</p> <p><b>Morning:</b> 10:30 a.m. boat through the archipelago to <a href="#">Artipelag</a></p> <p><b>lunch</b> @ Artipelag café</p> <p><b>Afternoon:</b> 3:15 p.m. bus back, (if nice weather: rent kayaks at Långholmen or, swim), or do more museums/shop</p> <p><b>dinner</b> @ try take out <a href="#">Östermalm food hall</a></p> <p>{FYI: Alanis Morrisette @ Gröna Lund}</p>	<p><b>b-fast</b> on own</p> <p><b>Morning:</b> <a href="#">Hellesgården</a> nature area to swim, lake, walk trails, sauna, kayak</p> <p><b>lunch</b> @ cafe at Hellesgården's</p> <p><b>Afternoon:</b> ABBA Museum (it's open until 8) or other museums</p> <p><b>dinner</b> @ TBD maybe cheesy Viking themed Aifur? (good-bye dinner with Joan and Carol)</p>	<p><b>b-fast</b> on own</p> <p><b>Morning:</b> visit Vasa (as early as possible free <a href="#">audio guide here</a>), and/or <a href="#">rent bikes</a></p> <p><b>lunch</b> @Nordiska, Rosendals or Modern Museum</p> <p><b>Afternoon:</b> go to the Historic museum and/or <a href="#">botanical gardens</a> (w/ very pretty outdoor café)</p> <p>{FYI: the Corrs @ Gröna Lund}</p>	<p><b>b-fast</b> on own</p> <p><b>All day:</b> Do what you have not had time for or maybe check out:</p> <p>Visit Södermalm's via <a href="#">self-guided tour</a>, and <a href="#">my map</a></p> <p><a href="#">Drottningholm palace</a></p> <p>Sculpture art: <a href="#">Millesgården</a> or <a href="#">Waldemarsudde</a></p> <p><a href="#">World Heritage sites</a></p> <p>Central Spa</p> <p>Rosendahls café</p>	Depart		

## Budget

I'll keep track of expenses that I pay for the group here (those activities that are highlighted on the itinerary), costs are estimates for now:

	Ken & Ellen	Joan & Carol	Leslie & Mike	Joan & Frank	Sue & Jan
Hotel + Kim's Fee	2200	1800	2200	2200	2200
Stockholm Tour Guide (\$25 pp)	25	25	25	25	25
Artipelag Boat & Bus (\$35 pp)	35	35	35	35	35
Boule (\$15 pp)	15	15	15	15	15
Midsummer Party (\$TBV)					
Paid	-2200	-1800	-2200	-2200	-2200

## Helpful Information

Hotels:

Dates	Hotel Name	Room Type and Amenities
June 10 to 13	<a href="#">Home Hotel Uppsala (formerly Clarion Signature)</a> , Storgatan 30, Uppsala 5 minutes from Central Station	Standard Twin (2 X 105 cm beds) a gym, wellness area, lovely lobby bar, cosy setting, breakfast (6-9 a.m.), afternoon coffee/tea, and light dinner (6-8 p.m.) included
June 13 to 19	<a href="#">SkyHotel Apartments</a> , Lindhagensgatan 90, Stockholm (Kungsholmen district) 300 meters from metro: green/blue lines	One-Bedroom Apartment (1 queen bed, 1 sofa bed) full kitchen, exercise room, cafe on-site, <b>no meals included but grocery stores in walking distance</b>

## Verified Tour Guide

I booked a tour/orientation to the Old Town area in Stockholm with a verified tour guide named Vera Songer (we used her last year with the students). If you want to book any private tours of sights like the Vasa Museum etc with her on your own, here is her email address: vera@verifiedstockholm.se

## Phone and electronics

- Wi-fi is good all over Sweden
- T-Mobile has free international data, and it works well in Europe. Others offer “international plan”; check w/your provider
- Consider using wifi-only calling with apps like WhatsApp, facetime, etc.
- Don’t forget that your charging devices will need **converters**



## Money

- Don’t bother getting cash out in advance: [Sweden is VERY “cashless.”](#) so ensure you have chipped credit/debit cards (preferably with a “tap” option)
- I highly recommend setting up Apple Pay if you can; it’s the easiest way to pay in Europe
- Alert your banks and credit cards that you are traveling
- When asked if you want to pay in *kronor* or dollars, **choose “kronor”** (choose local currency; let bank do conversion)
- If you feel like you want cash, just wait until you’re in Sweden and take it out at an ATM. The only people I can think of that you might pay in cash would be street vendors; there is a thing called SWISH in Sweden (it’s like Venmo or Zelle) but we can’t get that as U.S. citizens
- [Tipping is pretty rare](#) and uncommon. The only place I ever tip is at a sit-down restaurant with very nice service, and even then, the max would be 10%, mostly you just “round-up” so like 280 crowns to 300 crowns.

## Eating

- There are SO many choices to eat in Stockholm and Uppsala.

- Nice restaurants will require dinner reservations. There are some very popular spots for foodies, so if you want to try them, make sure you plan.
- For food “on the go”, the “Saluhall” or food halls are great for variety, chain cafes like Bröd & Salt have easy sandwiches/salads, and almost all museums have quite nice and reasonably priced cafes (I love the views from the Modern Museum and Fotografiska, for example). Look for daily lunch deals, called “dagens”.
- Grocery stores also have fresh, prepared foods everywhere especially near metro stations
- (ICA, Hemköp, and Coop are the 3 biggest chains),
- Note that you can only buy alcohol, including wine/beer at the “Systembolaget”

## Stockholm transportation

- I highly recommend buying a 5- or 7-day pass for the Stockholm Metro. It will be worth it. I will help you buy it on our first day in the city. The pass works on busses, subways, and the small boats
- Google Maps works great for finding your way around Stockholm
- The Stockholm metro is called the “T-Bana”.
- Here is a map of the [Stockholm Subway “T-Bana”](#) system, our hotel is near the Thorildsplan station (green line) and the Stadshagen station (blue line)
- For fun, you can see if you can follow these directions to find our hotel.

### Green line

1. Take the Green Line towards Alvik, Åkeshov or Hässelby Strand.
2. Get off at the station **Thorildsplan** and follow the signs to Thorildsplans Gymnasium.
3. When you pass through the subway turnstiles, take the exit on the left, to Thorildsplans Gymnasium.
4. Walk along the street Thorildsvägen to Lindhagensgatan, then turn left. Walk for about 100 metres and then cross Lindhagensgatan.
5. You have arrived!

### Blue Line

1. Take the Blue Line towards Hjulsta or Akalla.
  2. Get off at the station **Stadshagen** and take the exit towards St. Görans Sjukhus.
  3. When you exit the metro, walk onto St. Göransplan (Electrolux) and take the stairs down to Lindhagensgatan.
  4. Pass the Friskis & Svettis gym and walk under the portal (under the Sky Hotel Apartments sign).
- You have arrived!

## Medical and Emergencies

Emergency numbers in Sweden:

- 112 for emergencies
- 114 14 or visit a police station for non-emergency police-related situations
- 1177 for medical advice or recommendations for what hospital to go to

Doctors: If you need a doctor, non-emergency, Sartwell Creek clinic is helpful: [www.doctoreriksson.as.me](http://www.doctoreriksson.as.me); Dr Eriksson at Sartwell Creek is originally from the U.S. (daria@sartwellcreekwellness.com) and is familiar with U.S. insurance; you'll probably have to pay out-of-pocket still and submit clai