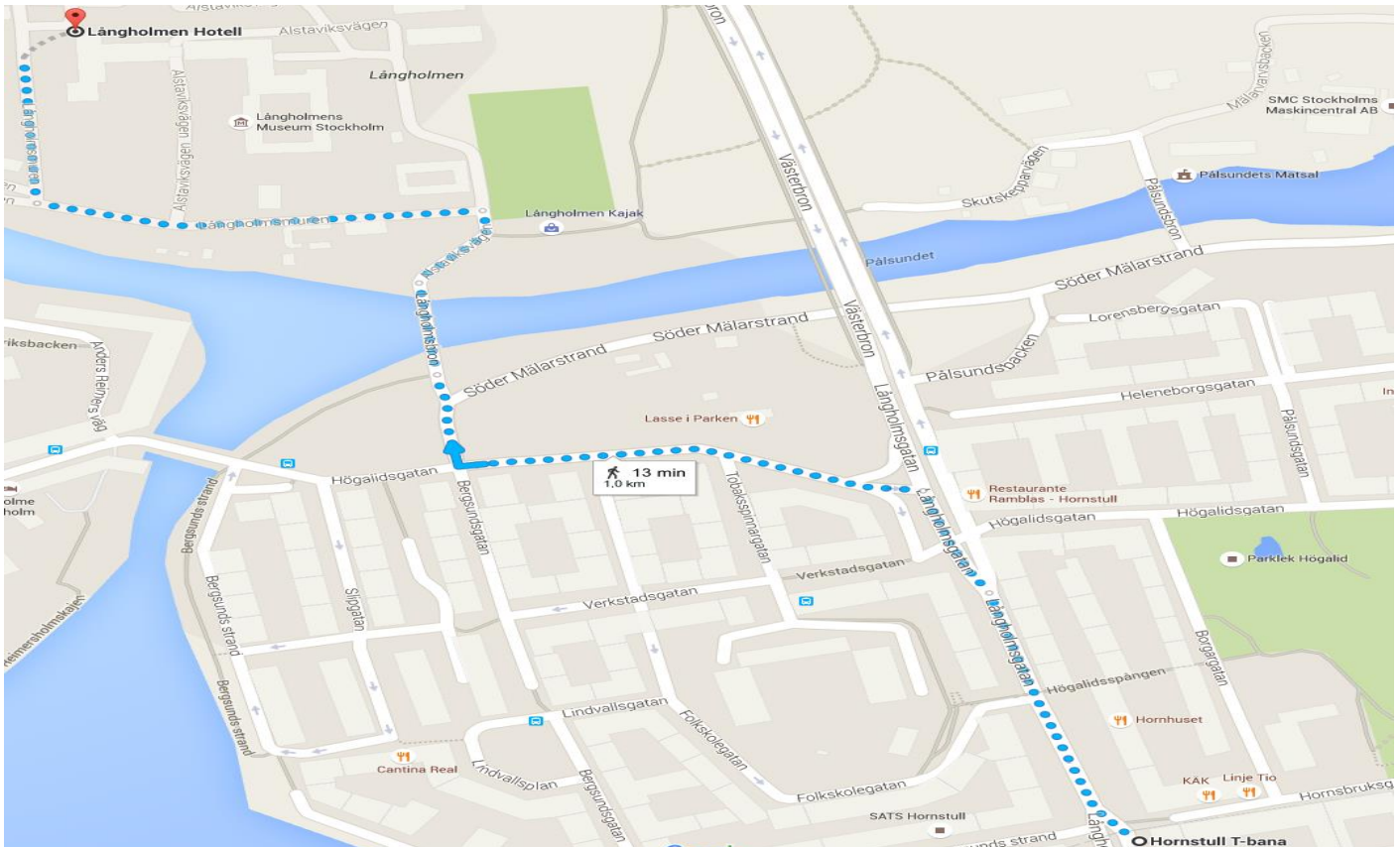


# TRAVEL GUIDES

## A. From Arlanda to Långholmen Hotel

1. [Take a taxi from Arlanda to Långholmsmuren 20, 117 33 Stockholm](#)
2. [Take the airport coaches towards Liljeholmen Stockholm.](#)

Get off at the stop **Hornstull** and follow the map below, walking.



3. [Take the train; Arlanda express to Stockholm Central.](#)

After getting off at the central, walk to the subway and take the red line **13/14** toward **Norsborg/Fruängen**. Get off at the stop **Hornstull** and follow the same instructions as above for walking to the hotel.

## B. From Arlanda to Karolinska University Hospital

1. [Take a taxi from Arlanda to Karolinska Universitetssjukhuset, Solna, 171 76 Stockholm.](#)
2. [Take the train Arlanda Express](#)

After getting off at the central, walk to the subway and take the green line **17/18/19** toward **Hässelby strand**. Get off at the stop **St Eriksplan** and take **bus 3 or 77** towards **Karolinska Sjukhuset**.

Step of at the stop **Karolinska Sjukhuset**. There are other subways departing from the central, to see which line is next to departure, please go to [www.sl.se](http://www.sl.se) or check the SL-tickets app.

3. Take the bus (flygbussarna) towards Liljeholmen



41 minutes



*The airport coaches have machines at the terminals and at bus stops where you can buy tickets. You can also pay on the bus but only with a credit card. The [Flygbussarna](http://www.flygbussarna.se) airport coaches also offer e-tickets or text message (SMS) tickets. See [Flygbussarna's](http://www.flygbussarna.se) website for more information: [www.flygbussarna.se](http://www.flygbussarna.se)*

Get off at the stop **Karolinska Institutet**.

### C. From Arlanda to Central Station

1. Take a taxi from Arlanda to Central station.
2. Take the train Arlanda Express
3. Take the bus (flygbussarna) towards Stockholm Central

Departs every 10 minutes.

### D. From Arlanda to MSF SE Office

1. Take a taxi from Arlanda to Fredsborgsgatan 24, 117 43 Stockholm.
2. Take the airport coaches towards Liljeholmen Stockholm.



41 minutes

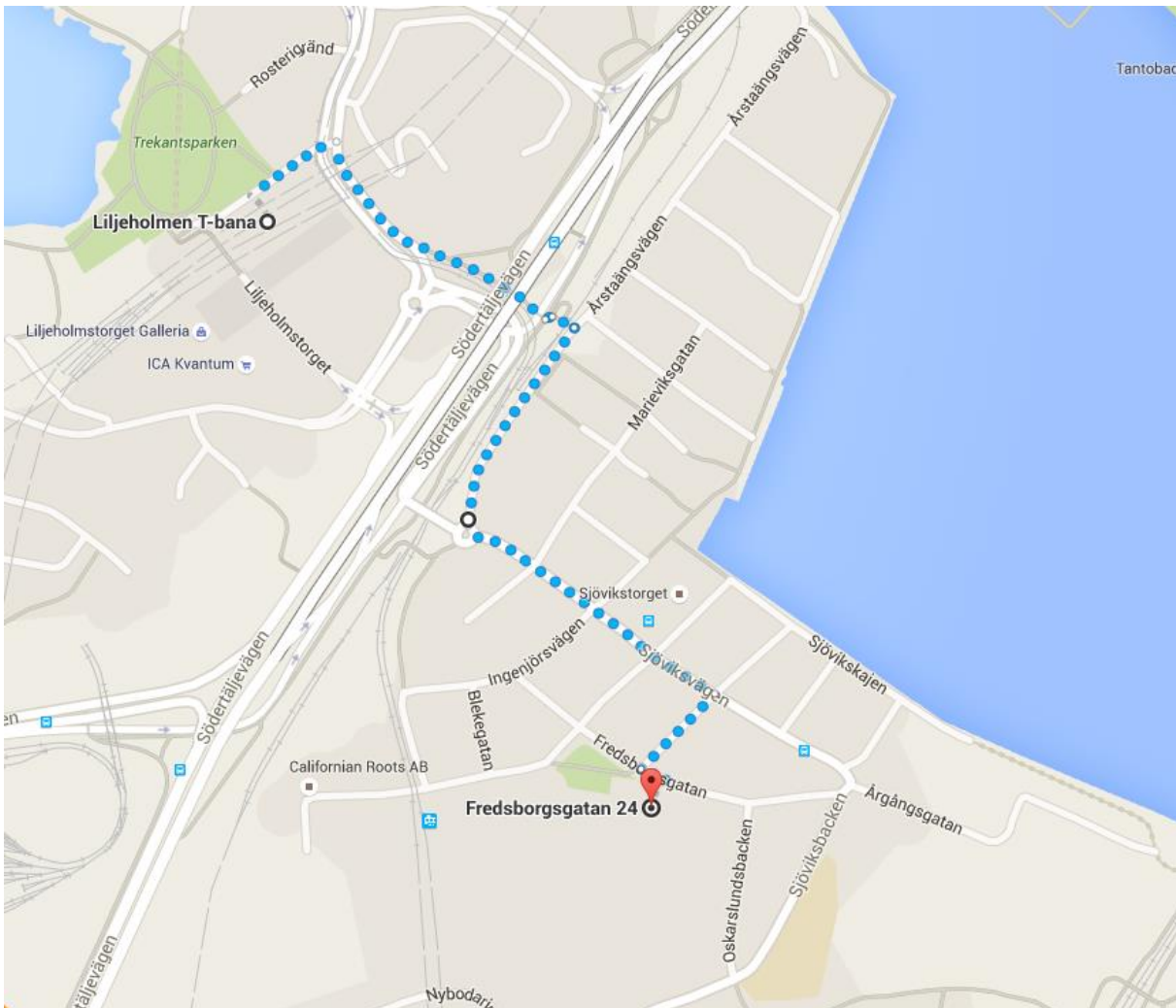


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Get off at Liljeholmen and Take **local train 22- Tvärbanan** to **Sickla Udde**. Get off at **Årstadal**. Or walk 5 minutes from Liljeholmen to the office.

Walking from Liljeholmen to the office:

Follow the Tvärbanan-track toward the small roundabout beneath the highway bridge. Cross the track and continue underneath the bridge. Keep walking forwards until you arrive at Marievik and Årstaängsvägen. Turn right and follow Årstaängsvägen until you arrive at another roundabout. Turn left and follow Sjöviksvägen until you arrive at Vingårdsgatan. Turn right, the office is situated at the end of the street.



### 3. From the Central Station to the MSF Office

Upon arrival at the Stockholm Central station make your way downstairs toward the subway lines. Follow the T-signs.



Take the subway red line toward **Liljeholmen/ Fruängen/ Norsborg**. Get off at **Liljeholmen**.

### E. From Långholmen to Karolinska University Hospital

1. [Take a taxi from Hotel Långholmen to Karolinska Universitetssjukhuset, Solna, 171 76 Stockholm.](#)
2. [Take the local bus:](#)

**On Friday:** Go to Högalidsgatan, from there take the **buss 77** towards **Karolinska Sjukhuset** and get off at the final stop.

**On Saturday:** Go to Högalidsgatan, from there take the **blue buss 4** towards **Radiohuset** and get off at **Flemminggatan**. There, wait for **blue buss 3** towards **Karolinska Sjukhuset** and get off at the final stop.

For departure time and alternative bus lines go to [www.sl.se](http://www.sl.se), or check the [SL-Tickets app](#).

## F. From Långholmen to MSF SE OFFICE

1. Take a taxi to Fredsborgsgatan 24, 117 43 Stockholm.
2. Walk

