



WELCOME TO STOCKHOLM!

This guide provides you with important addresses and contact details, taxi numbers, and information on how to get around in Stockholm, to and from Stockholm Central, Långholmen hotel, MSF SE Office, and Karolinska University Hospital.

It also provides useful information on how to use Stockholm local transport (SL).

IMPORTANT ADDRESSES AND CONTACT DETAILS:

Långholmen Hotell

Långholmsmuren 20
117 33 Stockholm
Sweden

Phone number: +46 8 720 85 00

Website: <http://langholmen.com/en/>

Karolinska University Hospital

Karolinska vägen
171 76 Solna
Sweden

Webbsite: <http://www.karolinska.se/>

Läkare Utan Gränser/MSF Sweden

Fredsborgsgatan 24, 4tr
117 43 Stockholm
Sweden

Phone number: +46 10 199 32 00

Website: <http://lakareutangranser.se/>

Paediatric Days event Coordinator

Matilda Brzezinska

Phone number: +46 76 677 72 93

e-mail:

paediatricdaysstockholm.sweden@lakareutangranser.se

TAXIS

Recommended taxi companies:

		
Taxi Stockholm 08-15 00 00 www.taxistockholm.se/en/	Taxi Kurir 08-30 00 00 www.taxikurir.se	Taxi 020 020-20 20 20 www.taxi020.se/en

Of course, if you are an Über-user, it works also in Stockholm.

Most taxi companies offer a fixed price from the Airport (approx. 570 sek as of 2016). If you want to know what the journey will cost, ask about the price in advance. You can also speak with the taxi rank officer if you want a particular taxi company or if you have any questions. **MAKE SURE TO ALWAYS ASK FOR THE PRICE BEFORE YOU GET IN THE CAB!**

BUS



Approx. 45 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 airport coaches also offer e-tickets or text message (SMS) tickets. See Flygbussarna's website for more information: www.flygbussarna.se

Arlanda Airport to Stockholm Central Station

Approximate prices 2015:

1 adult fare (one way)	Online Booking: 99 SEK (11€) Buy ticket on bus: 119 SEK
Two way ticket	198 SEK (22€)

Arlanda Airport to Liljeholmen

Approximate prices 2015:

1 adult fare (one way)	Online booking: 99 SEK Buy ticket on bus: 119 SEK
Two way ticket	Online booking: 198 SEK Buy ticket on bus: 215 SEK

ARLANDA EXPRESS



Arlanda Express is a high-speed train that goes non-stop between Stockholm and the airport in 20 minutes.

At the airport, you can buy tickets for the train at the information counters or from the ticket dispenser machines located next to the escalators/lifts leading down to each station. There are escalators/lifts down to the train from all terminals. www.arlandaexpress.com

Travel Time: 20 min

Frequency: 15 to 20 min

Tickets cost 280 sek one way, 560 return.

LOCAL PUBLIC TRANSPORT

Buying tickets

You buy your travel card passes and single tickets/pre-paid single tickets in advance from ticket machines, at SL Centres or ticket agents. If you will use SL public transport frequently during your stay, it is probably most convenient to have the reloadable, pay as you go SL 'ACCESS' card and purchase a ticket of your choice at the ticket machines or at a ticket agent to load on the card.

Stockholm public transit app (SL)

If you download the app of SL (**SL-Journey planner and tickets**) you can easily plan your trip in advance and pay for your ticket with a visa card. Simply write your starting point and the end of your destination. The app will then give you the next departure, estimated travel time, direction, quickest way to get there and the price. The ticket will then be sent to your smartphone.

Visitor Tickets

There are two types of SL tickets: Travel cards and Zone tickets. Here are the tickets suitable for a short term visitor in Stockholm.

Single Journey

For a few or single journeys you can buy an SL 'ACCESS' card and fill the smart card with cash. As of 2015 each Journey costs **25 SEK** but lasts **75 minutes** with unlimited changes

Travel cards

With a SL 'ACCESS' card you can travel as much as you like throughout the county for the duration of the card. Travel cards are generally the best buy for a visitor who plans to use public transportation regularly during the stay. You buy the SL Access card for 20 SEK (2015 price) at ticket agents, commuter rail stations and SL Centres. Keep the card for your next visit. It is re-useable for several years. Travel cards are transferable and can be used by several travellers, but only one at a time. As of 2015 the prices are:

Travel cards	Full price (SEK)
24 hours	115
72 hours	230
7 days	300

If you are going between the office, the hotel, the Hospital and the city centre, all your travels will take place within zone A.

Vending machine zone tickets 2015	Full price (SEK)
1 zone	36

TRAVEL GUIDES

1. Take a taxi from Arlanda to Långholmsmuren 20, 117 33 Stockholm
2. Take the airport coaches towards **Liljeholmen** Stockholm.

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 off 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 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 airport coaches also offer e-tickets or text message (SMS) tickets. See Flygbussarna's website for more information: 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

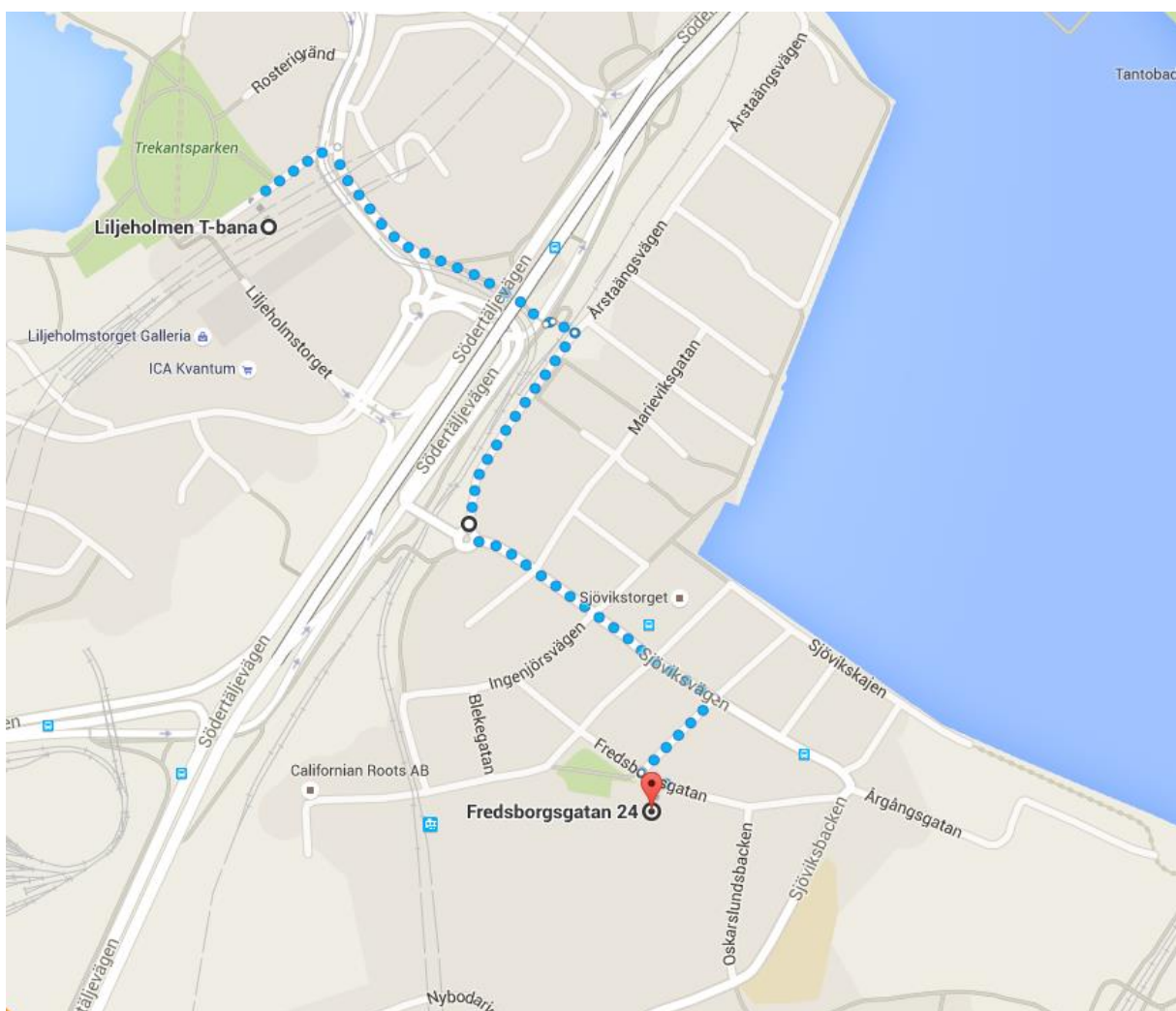


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Get off at Liljeholmen and Take **local train 22- Tvärbanan** to **Sickla Udde**. Get off at **Årstadal**. Or walk 5 minutes from Liljeholmen to the office.

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, 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

