

Pre Course Information



SWEDISH ARMED FORCES

SWEDINT -
INTERNATIONAL CENTRE

Table of contents

1. Tuition.....	3
2. Accommodation	3
3. Meals.....	3
4. Transportation	3
5. Dress code	3
6. Weather in Sweden	3
7. Electricity.....	4
8. Certificates needed	4
9. Currency.....	4
10. Passport and visa	4
11. Post telephone and e-mail	4
12. Telephone and address to a student participating in a course.....	4
13. Miscellaneous	5

1. Tuition / Course fee

The tuition is SEK 2300 (approximately EURO 250) and is to be paid upon arrival with **credit card**. Further detailed information will be sent to you as soon as you have been accepted as a student and received your letter of admission.

2. Accommodation

Students are lodged in single-rooms at the Students' hotel, which is situated within the garrison, at a cost of SEK 803 per night including breakfast. Please contact them at logi.fmv@fmv.se for further information.

N.B. Lodging reservation according to your application form will be made at our Student's Hotel. After you have received your letter of admission and you want to make changes regarding the reservation, you will have to contact the hotel directly. Only VISA, Maestro, Electron, Master card and Swedish bankcards are accepted. Not American Express and **NO cash!**

Smoking is generally not allowed in any building.

Laundry machines, iron and a common refrigerator are available at the hotel. Also a Sauna and a relaxation area are available in the Students' hotel.

If you arrive during the weekend, the hotel is manned Sunday 1300-2145hrs. Arriving Saturdays and after office hours, your hotel room key card has to be picked up at the main gate.

Please note that you are not allowed to bring family members or other guests onto the military base.

3. Meals

Meals are served in the officers' dining hall. There is a possibility to buy a "Cash card" which you can load with money (VISA, Master Card, not American Express) to pay with in the dining hall.

Breakfast is included in the hotel price

Lunch Approx. SEK 86 (81 with Cash card)

Dinner Approx. SEK 86 (81 with Cash card)

4. Transportation

Transportation to and from SWEDINT/NCGM is to be arranged and paid by the participant. If you intend to take a taxi here, please ask for a **FIXED PRICE** (approx 650 SEK)! The correct address is

Livgardet, Granhammarsvägen (1), 196 92 Upplands-Bro

59.515556,+17.768369 or 59°30'56.0"N 17°46'6.1"E

For detailed information regarding public transportation to SWEDINT/NCGM, please visit

<http://sl.se/en/Visitor/Plan-your-journey/>. In the field marked "From", write "Arlanda" and choose the correct terminal you are travelling from. In the field marked "To", write "Livgardet, Upplands-Bro".

Please disregard the transport request which can be down loaded from our web site. It does not apply to the NATO LL SOC!

5. Dress code

Working dress / Battle dress is worn during daytime.

Jacket and tie is recommended for the formal closing dinner on Thursday.

Note: You are also requested to bring necessary items for physical training, civilian clothes for off-duty hours, raincoat and warm clothes. Also bring your dictionary!

6. Weather in Sweden

Winter: from +2 to -20C (36 to -2F). **Spring:** between +5 and 15C (41 to 59F).

Summer: 20-30C (68 to 87F). **Autumn:** between +5 and 18C (41 to 64F).

Weather forecast and observations could be found at <http://www.smhi.se/en>

7. Electricity

220 Volt A/C, 50 Hz is used in Sweden.

8. Certificates needed

Instructors, as well as student officers, are requested to bring ID card and driver's licence.

9. Currency

For your own convenience, please bring Swedish currency (SEK). We advise you to do your foreign exchange before your departure for Sweden. At the Officer's Mess you can pay with cards. VISA, Maestro and MasterCard are accepted.

10. Passport and visa

You are required to bring a valid passport to Sweden. Ensure with your national authorities that yours is valid and if necessary renewed. If you are coming from a country outside the EU, please arrange for your visa to Sweden to be valid until three days after the course completion date in order to foresee any transportation delay. Do not forget to apply for a transit visa if you will make an intermediate landing. Visa forms can be downloaded from <http://www.swedenabroad.com/>

Note: We advise you to apply for visa as soon as you have been admitted to the course!

11. Post, telephone and e-mail

There are post offices in Kungsängen, please ask at the Course Admin Office for assistance. Once the course has started you will receive a personal laptop and a personal log in which will enable you to use the computers and send e-mail.

12. Telephone and Address to a student participating in a course

"Your name"

"Name of the course"

Life Guards, SWEDINT/NCGM

SE-196 85 Kungsängen

SWEDEN

Phone: +46 8 584 526 22 or /24/32/33 (office hours Monday-Friday 07.30-16.00)

Fax: +46 8 584 526 20

13. Miscellaneous

Parking lots are available outside the garrison. The exact address is

Livgardet, Granhammarsvägen 1, 196 92 Upplands-Bro (Lat N 59° 30' 35'', Lon E 17° 45' 31'').

For sporting activities there is a gymnasium within the garrison. Please note that you have to wear specific indoor shoes in the gymnasium and another set of shoes outdoors! There are also good jogging facilities in the surrounding areas.

Don't hesitate to bring a dictionary if you think you will need it.

There is a wireless network at the Student hotel to which you can connect your personal devices. Within the centre you will only be able to access the Internet through SWEDINT/NCGM computers, not with your personal devices. At most of our courses, students will be provided with a laptop during their stay (see your course schedule for further information).

