

SWEDISH ARMED FORCES



PRE-COURSE INFORMATION

1. ACCOMMODATION

All our students are lodged in single rooms at the Life Guards Student hotel, which is situated within the garrison. The reservation is made by SWEDINT in accordance with course dates. You are welcome to arrive the day prior to course start.

Smoking is not allowed indoors.

Laundry machines and a clothes iron are available at the hotel. There is also a common refrigerator as well as a sauna and a relaxation area.

The hotel is manned on Sundays from 13.00 to 21.45. If you arrive on a Saturday or during the week outside office hours, your hotel room key card will be available at the main gate.

There is free access to wifi at the hotel.

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

2. MEALS

Breakfast, lunch and dinner are served in the Officers' dining hall. Meals are normally included in the course fee, unless otherwise stated in your admission letter.

3. DRESS CODE

In addition to the course-specific requirements detailed in your welcome letter, you are requested to bring necessary items for physical training, civilian clothes for off-duty hours, better casual (no t-shirts, sneakers or hooded sweatshirts) for welfare dinners, a raincoat and warm clothes.

3. WEATHER IN SWEDEN

- **Winter:** between +2 and -20 C (between +36 and -2 F).
- **Spring:** between +5 and 15 C (between +41 and +59 F).
- **Summer:** between +20 and +30 C (between 68 and 87 F).
- **Autumn:** between +5 and +18 C (between 41 and 64 F).

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

5. ELECTRICITY

Sweden uses 220 Volt A/C, 50 Hz. Bring an adapter if necessary.

6. TRAVEL ARRANGEMENTS

Together with this information you can also download a Transport Request. If you are in need of transportation to or from the airport in Sweden, please fill in the Request and send it via email to your Course Adjutant before the deadline stated in your admission letter.

Make sure that your flight ticket is confirmed for return after the course, as you may be requested to show your return ticket at the airport. If travelling on a visa, please bring all supporting documents (admission letter, insurance certificate, etc.) in your hand luggage, as you may be requested to show these when entering the Schengen area.

7. PASSPORT AND VISA

You are required to bring a valid passport to Sweden. Please verify that your passport is valid and if necessary renewed. If you are in need of a visa, we kindly ask that you arrange for it 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/>. Contact your nearest Swedish embassy or consulate general for more information.

NB! We strongly encourage you to apply for visa as soon as you have been admitted to the course, as it can be a lengthy process.

8. CURRENCY EXCHANGE

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.

Please note that neither SWEDINT/NCGM nor the Student hotel accept cash as payment!

9. POST, TELEPHONE AND E-MAIL

Personal mail and parcels will be distributed by the Course Director. 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.

10. TELEPHONE AND ADDRESS TO A STUDENT PARTICIPATING IN A COURSE

Name of the student

Name of the course
SWEDINT/NCGM
Life Guards
SE-196 85 Kungsängen
SWEDEN

Phone: NED Dept +46 8 584 521 12 / +46 8 584 526 24
 UN Dept +46 8 584 526 22 / +46 8 584 526 36
 NCGM +46 8 584 526 25

Fax: +46 8 584 526 20
Email: Swedint@mil.se

Office hours: Monday through Friday from 07.30 to 16.00

11. 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).