

# NIH-KAROLINSKA GRADUATE PROGRAM

## Student Guide

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2011

## Acknowledgement

The current version of the NIH-KAROLINSKA INSTITUTET GRADUATE PROGRAM GUIDE owes a debt of thanks to former program participants Teresa Ferguson and Patricia Ortiz-San Miguel, who in 2003 created the first *Unofficial Guide to Survival as a Ph.D. Student in the NIH-Karolinska Graduate Program*; and to Tracy Jill Doty, Kara Lindstrom, Carolyn Marks, Anna Sundborger, Jaime Ross, Garth Terry, Cynthia Soderblom, Tracy Peters, Pavitra Kannan, Jacomijn Dijksterhuis, Kelly Shaffer, and Xiaozhen Li who kept the *Unofficial Guide* up to date from 2006 to 2011. This latest version combines the two guides to make sure that all useful information reaches Program participants. The Program Administrators wish to point out that they are wholly responsible for any inconsistencies or errors in the current edition of the GUIDE. Current participants in the Program are asked to continue to offer updates, suggestions, opinions, and corrections to help improve future editions of the *Guide*.

NOTE: All hyperlinks in the document are denoted in [blue underline](#).

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## PART 1. GENERAL INFORMATION

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### A. About the program

Scientific research, more than any other academic discipline, is a collaborative effort. In recognition of this fact, the NIH-Karolinska Graduate Program for international Ph.D. Research gives outstanding neuroscience graduates the opportunity to conduct their doctoral studies in two top-ranked research institutions, located in two different countries, and mentored by two different renowned scientists. The Program seeks to increase its students' intellectual breadth and depth by exposing them to the wider scientific community. This international course of study is designed to boost participants' productivity and ensure their future success in neuroscience research.

In accordance with these aims, Program participants conduct several years of pre-doctoral research divided roughly equally between the United States and Sweden. While the culture and educational systems in these countries differ, both contain unsurpassed facilities for biomedical research. Sweden's venerable Karolinska Institutet (which will confer the Ph.D.) is today a leading center for neuroscience research, and the United States' National Institutes of Health (NIH) is the largest biomedical research facility in the world. It should also be noted that the European approach to Ph.D. training espoused by the Karolinska Institutet, which confers the Ph.D. degree, emphasizes scientific productivity as measured by publication output.

### Communicating with Mentors

Because scientists in the 21<sup>st</sup> century work in multidisciplinary teams, it is important for students to learn how to get along and communicate with colleagues from different scientific and cultural backgrounds. Students in the NIH-Karolinska Program, who work in two laboratories at separate institutions, are of necessity immersed in the multidisciplinary team effort. The requirement to report regularly to both mentors (by email, telephone, teleconference, web conference, or in person) also forces them to hone communication and negotiating skills.

► In communicating with mentors, web conferences are particularly helpful, because they allow PowerPoint slides and other data formats that can be viewed simultaneously across continents. See: <https://webmeeting.nih.gov/common/help/en/connect/help.html>

10 Tips for Communicating with Mentors:

1. BE PROACTIVE—not shy! With two mentors working in two different countries, you need to act to make sure that things get done.
2. Be direct with both mentors.
3. Give a broad general overview + a plan for proceeding.
4. Ask questions rather than just attaching data.
5. Give deadlines for feedback.
6. Be sure to copy both mentors on all communications.
7. Be persistent – especially if you are not physically in the mentor’s lab.
8. Use *Google documents* to update a collaborative document online (revisions are added automatically).
9. Make friends with people in both labs and contact them directly to keep up-to-date on lab activities when you are away.
10. AGAIN, DON’T BE SHY. When in a crisis, or when you have exciting *new* data, be BLATANT about it. Wave it in your mentors’ faces to make sure that they give you the attention and resources you need.

### **Encouraging mentors to collaborate with each other and with you**

Students not only need to communicate with their mentors; they also need to encourage mentors to communicate and collaborate with each other. Two suggestions on how to do this are:

1. Recognize that scientists, who are addicted to data, can rarely resist commenting on the interpretation and limitations of a graph or table. Students can entice mentors to engage with each other by feeding them (in their short monthly emails) regular bits of data. Students who don’t yet have data can suggest a plan to acquire them.  
  
▶ *Try to make sure that the monthly email contains something—preferably data or plans to acquire data—that mentors can comment on productively.*
2. Everyone appreciates being approached for advice. Even if you think you know the answer to a question, asking your mentors for their advice can be used to initiate discussion.

- ▶ *Be sure that your monthly email to mentors frequently includes direct questions.*

## **Meeting with fellow colleagues**

Social and scientific gatherings can be both enjoyable and useful for students trying to orient themselves in a new setting. The Program offers several strongly recommended opportunities for participants to meet with colleagues, including:

*The Biannual Colloquium.* The biannual colloquium is an important part of the Ph.D. program in which students and faculty present lectures and people to get to know each other at social events. Town Hall-style meetings also give the entire group the chance to informally discuss topics of broad interest.

*Year 1 Visit to Karolinska Institutet.* In Year 1, each student spends 1-3 weeks in Sweden forming a relationship with his or her KI co-mentor.

*Bimonthly Luncheons at the NIH.* Every 1-2 months, Drs. Victor Pike and Bob Innis hold a brown-bag (bring-your-own) lunch for all Swedish and U.S. students currently working on campus. This informal gathering is particularly useful for learning about and discussing practical issues related to living and thriving in an international program.

*Luncheons at KI.* Every few months, Maria Sjöström and students at KI arrange a student luncheon.

*Web meetings with the directors.* All students (on both sides) are invited to discuss issues with the directors at both sides via the web. This meeting will be held once every few months.

## B. Information Resources

### 1. Websites

#### Partnership website

[NIH-KI Partnership](http://intramural.nimh.nih.gov/ki-nih/) < <http://intramural.nimh.nih.gov/ki-nih/> >

#### Karolinska Institutet

[Karolinska Institutet](http://www.ki.se/) < <http://www.ki.se/> >

[KI Doctoral Training Guide](http://ki.se/ki/jsp/polopoly.jsp?d=624&l=en) < <http://ki.se/ki/jsp/polopoly.jsp?d=624&l=en> >

[KI Visiting Researcher Services](http://ki.se/vrs) < <http://ki.se/vrs> >

[Handbook for Postgraduate Students](http://doktorandhandboken.nu/english) < <http://doktorandhandboken.nu/english> >

#### National Institutes of Health

[NIH website](http://www.nih.gov) < [www.nih.gov](http://www.nih.gov) >

[Office of Intramural Education and Training](https://www.training.nih.gov/trainees/grads) <  
<https://www.training.nih.gov/trainees/grads> >

[Graduate Student Council](https://www.training.nih.gov/gsc) < <https://www.training.nih.gov/gsc> >

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## **Housing**

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### 3. Books

DK Eyewitness Travel Guide: Sweden, Ulf Johansson (Mar 21, 2011)

DK Eyewitness Travel Guide: Stockholm, Lisa Carlson, Jan & Christine Samuelson (2010)

Time Out: Stockholm (Jan 2008)

Let's Go Guide to Washington, DC

### 4. Maps

[Karolinska Institutet Solna](http://ki.se/content/1/c4/26/90/MapSolna.pdf) < <http://ki.se/content/1/c4/26/90/MapSolna.pdf> >

[Karolinska Institutet Huddinge](http://ki.se/content/1/c4/26/90/MapHuddinge.pdf) < <http://ki.se/content/1/c4/26/90/MapHuddinge.pdf> >

[Karolinska Sjukhuset Solna](http://ki.se/content/1/c4/26/90/Karta_Karolinska_Sjukhuset.pdf) < [http://ki.se/content/1/c4/26/90/Karta\\_Karolinska\\_Sjukhuset.pdf](http://ki.se/content/1/c4/26/90/Karta_Karolinska_Sjukhuset.pdf) >

[Visitor maps to NIH](http://www.nih.gov/about/visitor/index.htm) < <http://www.nih.gov/about/visitor/index.htm> >

### 5. Listservs to join

[OITE-grads](https://www.training.nih.gov/gsc/listservs) < <https://www.training.nih.gov/gsc/listservs> > —information about workshops and activities sponsored by OITE

[GSC-grads](https://www.training.nih.gov/gsc/listservs) < <https://www.training.nih.gov/gsc/listservs> > —graduate student listserv at NIH

[GSC-members](https://www.training.nih.gov/gsc/listservs) < <https://www.training.nih.gov/gsc/listservs> > —information about activities related to the graduate student council at NIH

[NIH-GSX](https://www.training.nih.gov/gsc/listservs) < <https://www.training.nih.gov/gsc/listservs> > —social listserv for NIH graduate students. To join, click the blue button: "Join this Group!"

[NIH-KI googlegroup](#)—NIH-KI listserv. If you have specific questions about the program, you can send an email on this listserv. To join, please send an email to [nih-](mailto:.nih-ki@googlegroups.com)

[ki@googlegroups.com](mailto:ki@googlegroups.com)

[NIH-KI yahoogroups](http://tech.groups.yahoo.com/group/NIH_KI_gradstudents/) < [http://tech.groups.yahoo.com/group/NIH\\_KI\\_gradstudents/](http://tech.groups.yahoo.com/group/NIH_KI_gradstudents/) > — repository of information for the NIH-KI program. To join, click the blue button: "Join this Group!" You will find information such as KI class syllabi, template forms, housing, and other events.

## 6. Library resources

You can order journal articles for free at NIH (as a fellow) or at KI (as KI graduate student). The NIH library also holds useful seminars on using PubMed, Scopus, and other research tools.

[NIH library](http://nihlibrary.nih.gov/Pages/default.aspx) < <http://nihlibrary.nih.gov/Pages/default.aspx> >

[Order a document](#)

< <http://nihlibrary.nih.gov/LibraryServices/Pages/DocumentDelivery.aspx> >

[NIH Library card](#)—your NIH ID card works as the library card. If not, contact your AO for library privileges.

[KI library](http://kib.ki.se/en) < <http://kib.ki.se/en> >

[Order a document](#)

<

[http://order2.kib.ki.se/wwwkib/kib.wwwbest\\_se.cfm?sprak=eng&wwwtyp=enstaka\\_tid](http://order2.kib.ki.se/wwwkib/kib.wwwbest_se.cfm?sprak=eng&wwwtyp=enstaka_tid) > –To access the proxy server, click the “log in” button on the top right corner of the KI library homepage.

[Obtain a KI Library Card](#) <

[http://search.kib.ki.se/miks/selfregistration/lanekort\\_en.html](http://search.kib.ki.se/miks/selfregistration/lanekort_en.html) >

## 7. Virtual Private Network

VPN access gives you remote access to the NIH or KI network and allows you to check your email, use files on and post files to a shared network, use library resources (including downloading articles), put in voucher requests, and use all NIH or KI intranet resources.

### NIH

According to new rules in 2011, you can only use the NIH virtual private network (VPN) if you have an NIH-issued laptop and a new ID card containing a computer card. This two-factor VPN was implemented to increase security on the NIH network.

Steps to get VPN:

1. Request/order a laptop from your NIH lab.
2. Contact your administrative officer (AO) at the NIH to apply for VPN.
3. You and your NIH mentor will have to sign a *Remote User Agreement*, and

4. Complete the online training course in *Remote User Security*.
5. Install VPN software (through IT services). You can install it yourself if you have administrative rights on your NIH laptop.
6. Once you are given a remote access user account, you can sign on to the NIH network from anywhere using the same NIH username and password that you use to get into your email account on campus.
  - ▶ BEFORE you leave for KI, make sure your laptop has the required encryption software and security patches, and that your VPN software is working properly.
  - ▶ If you will be at KI for a while, you may also want to request administrative privileges for your laptop, so you can install security updates. Because you may be denied admin privileges, have IT install all the necessary software you need for your research (Office, stats programs, Adobe, internet browsers, etc).

#### **KI**

Karolinska Institutet also has VPN services for its workers and students. You will have to install the VPN client using your KI username and password (you should get this when you register as a student). To install the VPN client, click [here](http://ki.se/ki/jsp/polopoly.jsp;jsessionid=ajcohXFGVgndkFj0ab?l=en&d=3242&a=92124) <  
<http://ki.se/ki/jsp/polopoly.jsp;jsessionid=ajcohXFGVgndkFj0ab?l=en&d=3242&a=92124> >.

## PART 2. STUDENT ISSUES

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### A. Admission to KI as a graduate student

If you are accepted to the NIH/KI from the NIH side, you must still apply for admission as a doctoral student at KI.

#### 1. Find a KI supervisor

If you are accepted to the NIH/KI program from the NIH side, you should already have an NIH mentor. Before applying to Karolinska, you and your NIH mentor must select a KI mentor, who can be found by looking through the [KI faculty database < http://ki.se/ki/jsp/polopoly.jsp?d=261&a=19811&l=en >](http://ki.se/ki/jsp/polopoly.jsp?d=261&a=19811&l=en). Your NIH mentor will have a good idea of whose research project(s) go well with your plan for graduate research at the NIH. Once you and your NIH mentor decide on whom to approach, contact the KI scientist to see if he or she will accept you as a student. Keep in mind that—while the NIH picks up most of the tab for your Ph.D. research—the KI mentor will have to do a lot of paperwork for the Program and to help you fulfill all of the requirements for the KI graduate program. However, KI researchers are generally very interested in taking on students in the Program because these students are highly qualified, they are funded by the NIH, and it gives Swedish researchers the opportunity to collaborate with the NIH's amazing research staff.

#### 2. Register to become a KI student

You apply to a specific department, which decides on your admission.

- i) Read the [rules of doctoral education < http://ki.se/ki/jsp/polopoly.jsp?d=9511&l=en >](http://ki.se/ki/jsp/polopoly.jsp?d=9511&l=en) and check your [eligibility < http://ki.se/ki/jsp/polopoly.jsp?d=9511&a=34779&l=en >](http://ki.se/ki/jsp/polopoly.jsp?d=9511&a=34779&l=en). **Rules change a lot at KI.**
- ii) Ask the department to which you intend to apply to send you a "review of general eligibility" (Form 1). You **MUST** receive approval **BEFORE** sending an

Individual Study Plan (dissertation proposal). All forms available at <  
<http://ki.se/ki/jsp/polopoly.jsp?d=15320&l=en> >

- iii) Submit application for admission (Form 2) and an Individual Study Plan (Form 3) to your KI department. All forms available at <  
<http://ki.se/ki/jsp/polopoly.jsp?d=15320&l=en> >
- iv) App deadline for Fall is ~October 1, and for Spring it is ~ April 1

► *If you want to take courses at KI in the semester following your admission, you must submit your application about 6-7 weeks before class registration closes (November 15 and May 15th). Thus, if you send your application by Oct 1 or April 1, you would be eligible to register for classes.*

### **Checklist for submission**

- General eligibility requirements (Form 1)
- Application to research education (Form 2)
- Individual study plan (Form 3)
- Curriculum vitae
- Research plan
- Copies of ethical permits
- College transcript
- Copy of Bachelor's and/or Master's degrees

### **3. Hold an admissions seminar**

Prior to admission, students are required to give an admissions seminar, which is based on your Study Plan. Approval of the dissertation proposal is contingent upon the student visiting KI and presenting his or her proposal to the department. In some cases, this can be done through a video link, but it is preferred that the student actually present at KI.

- Be sure to check with your KI mentor and department about when to give your Admission Seminar.

### **4. Login information and registration number**

Once your study plan is approved, you are registered as a graduate student of the Karolinska Institutet. You will receive login information for your email and a unique registration number (if you don't have a Swedish personal number)

- *Login information.* Your username/password that allows you to log onto KI intranet, email, and apply for courses. You need to complete core-course credits before your half-time review.
- *Unique registration number.* If you do not have a Swedish social security number (*personnummer*), you get a registration number that looks like this: 811018-P230. Note that, as with the *personnummer*, the first numbers correspond to the year, month, and day you were born, while the last four digits usually include the letter "P" followed by three numbers. You can figure out what number was given to you by requesting a copy of your *LADOK* (electronic profile) from your department. Your number is listed at the beginning.
  - ▶ Don't forget your registration number. You will need it every time you deal with classes.
  - ▶ If you plan to stay in Sweden for at least a year, it is to your benefit to get a *personnummer* (see section "visas, residence permits, personnummer"). This *personnummer* will then become your registration number.

## 5. International Student Orientation

Two orientation courses are offered: one is compulsory and one is optional. The orientation day for doctoral education is compulsory and the schedule can be found [here < http://ki.se/ki/jsp/polopoly.jsp?d=9334&a=82002&l=en >](http://ki.se/ki/jsp/polopoly.jsp?d=9334&a=82002&l=en). The "introductory day" orientation presents information on general student issues in KI (health, fitness, library, etc). Check the [calendar < http://ki.se/ki/jsp/polopoly.jsp?d=24175&l=en >](http://ki.se/ki/jsp/polopoly.jsp?d=24175&l=en) to see when the next introductory day is going to be held. You can combine your orientation visits with a course at KI.

## 6. Student Union

You have the option of becoming a member of KI's medical student union (*Medicinska Föreningen*). The membership fee is 195 SEK per semester and the membership card (*Mecenatkort*) gives you access to student unions activities and to hundreds of student

discounts. As soon as you pay the initiation fee, you are a member and continue your membership by paying for the following semester in advance. See the MF website < <http://www.medicinskaforeningen.se/> > (mostly in Swedish but some parts in English) for details.

## **7. Obtaining ID cards (Karolinska Institutet, Hospital, ISIC).**

*ID card for Karolinska.* To obtain your KI student ID, go to the Administration building (Nobels väg) at Karolinska Institutet. At the reception desk, when you ask to get your ID, you will be given a form. Fill out the form and have your department head sign it. Once you have the signed form, you must go back to the reception of the Administration building to get your picture taken before getting your ID card.

- ▶ Note: obtaining an ID card does not grant you access to any KI building. You must go to the department administrator and request access to enter the buildings in which you will work (most buildings can be entered only by key card).

*ID card for Karolinskasjukhuset (hospital side).* If you work on the hospital side of KI, you can get an ID card. Please note that the hospital card is different from the KI card. Ask the administrator of your department to file a request for the card and then give you the order number. Go to the badge office (located behind the Neuroscience building on the hospital side) with the order number and an official ID of some kind (e.g. passport). The office takes only walk-ins for students.

*International Student Identity Card (ISIC).* If you haven't obtained your KI ID, you can still get a student card via the ISIC < <http://www.isic.org/> >. Go online, fill out the form, and obtain your card by mail. This card can get you discounts in hundreds of locations. Be sure to ask for discounts.

## B. Course requirements

Course requirements depend on your departments and when you were officially registered as a student. All doctoral students at Karolinska Institutet are required to attain a specific educational target: at least 30 university credits (1.5 credit is equivalent to one week's full-time study, which is about 40 hours) for a doctoral degree. At least 7.5 of these credits must be from general science courses. **Credits are also awarded for giving a presentation at a national conference, regularly attending a journal club, or even learning a skill in a new lab.** Be sure to check with your department's Director of Postgraduate Studies to find out your specific requirements.

### 1. Applying for courses

You will need to apply for each course individually, following the instructions on the [website < http://kiwas.ki.se/katalog/apply/loginInfo;jsessionid=20638c6909a3a0c6f11128a89850 > .](http://kiwas.ki.se/katalog/apply/loginInfo;jsessionid=20638c6909a3a0c6f11128a89850)

Doctoral courses at Karolinska Institutet are presented in an online catalogue every term in 15 April and 15 October. The application period is open for one month. When the application period is closed please contact the course leader directly for possible vacancy.

- ▶ Course applications include a section where you write a justification for taking the class. Pay special attention to this section and be as detailed, but succinct, as possible with your explanation.
  
- ▶ Mention that you are a student in the exchange program between NIH and KI.

### 2. Courses in general science

General science courses focus on developing scientific skills outside of lab (i.e. statistics, writing papers, communicating, ethics). Students admitted to KI after July 1, 2009 are required to take statistics and ethics. These courses can be difficult to get into—especially during the first year, when demand is high.

- ▶ If you are waitlisted for Core Courses offered during the time you are visiting, get your mentor to call or email the contact person for the course to explain your unique situation.
  
- ▶ Many courses taught at NIH and FAES are equivalent to general science courses at KI and you can get credit for these non-KI courses (see section titled “credit for

non-KI courses). Please see the document titled “Equivalent core courses at NIH and KI”.

### 3. Credit for non-KI courses

You can obtain KI credits for courses you have completed elsewhere (e.g. NIH’s Foundation of Advanced Medical Sciences) during your PhD studies. For each course, you need to send the following documents to your department’s Director of Postgraduate Studies:

- A certificate of completion (see details below)
- Syllabus
- Credit request (Form 13). All forms available at < <http://ki.se/ki/jsp/polopoly.jsp?d=15320&l=en> >

#### Certificate of completion

The certificate of completion is a form stating:

- You have successfully completed the class and passed the exam/class
- The number of course hours and the equivalent points at KI
  - Include the number of hours of attendance required for each course. Every 40 hours (including all time spent in class, homework, reading, etc) spent in a course equates to 1.5 credits at KI. We encourage you to keep log your hours if a course is particularly time-intensive, as you will receive more credits.
- Class dates
- Signature from the course administrator
  - To prevent future wasted hours begging people at the NIH to fill out these forms and fax them to you in Sweden, *get this letter signed by the Course Administrator as soon as you complete the class.*

**TEMPLATE FOR LETTER OF  
PROOF OF 40-HR COURSE  
REQUIREMENT**

Month 2, 2011

To whom it may concern:

On Month 2, 2011, Student V. Graduate completed my course entitled: The X of V. This course met once a week for 2.5 hours for 16 weeks (for a total of 40 course hours).

If you have any further questions, please feel free to contact me via email at professorXX@university.edu.

*Signature of Professor*

Name of Professor  
Course Administrator  
X University  
Contact info

### **C. LADOK**

LADOK is a national system to track and document the progress and results of students in higher education. Your department is responsible for entering your credit points into LADOK, and each department has a LADOK administrator. You can log on to [LADOK < https://www.ladok.se/index.php?id=start&no\\_cache=1&L=1 >](https://www.ladok.se/index.php?id=start&no_cache=1&L=1) to check your credit points. If LADOK is down, contact your department's administrator to receive a copy.

### **D. Yearly follow-up and semester activity forms**

#### *Yearly follow-up*

Every year, your department will require you to send an update on your individual study plan (Form 4) All forms available at < <http://ki.se/ki/jsp/polopoly.jsp?d=15320&l=en> >. You should report any changes to your coursework and dissertation proposal in this form. Significant deviations from your project proposal may require you to rewrite the proposal.

#### *Activity form*

At the end of each semester, your department will also contact you to submit an “activity form”, which asks you about your funding and the amount of time you spent doing research. If you receive your stipend from NIH, report that you receive 100% of your funds under the “External stipend” box.

## E. Half-time

Half-way through your graduate course of research (usually after 2 years), you are required to give a presentation on your progress to your dissertation committee. The purpose of the half-time review is to see where you are in your research plan, where you need to go, and how you will get there. If your committee approves, you are granted leave to continue the work needed to finish your Ph.D.

- 1) To present your half-time, you must have completed *all* your general science credits (7.5 points)
- 2) **At least *one month* before you plan to give your half-time**, check your department's website about specific requirements and forms. Before submitting the official paperwork, you will need to set a date, book a room, and get three committee members to agree on the date. The committee members who conduct your half-time do not have to be the same as your final defense committee, although they generally are.
  - i) View the general KI [requirements < http://ki.se/ki/jsp/polopoly.jsp?l=en&d=270&a=610 >](http://ki.se/ki/jsp/polopoly.jsp?l=en&d=270&a=610) for half-time.
  - ii) For Department of Clinical Neuroscience half-time checklist, click [here < http://ki.se/ki/jsp/polopoly.jsp?d=4549&a=32037&l=en >](http://ki.se/ki/jsp/polopoly.jsp?d=4549&a=32037&l=en).
- 3) After your half-time, be sure your committee submits Form 5, which is an evaluation of your half-time. All forms available at [http://ki.se/ki/jsp/polopoly.jsp?d=15320&l=en >](http://ki.se/ki/jsp/polopoly.jsp?d=15320&l=en)

## F. Defense

The defense is an exciting day in a graduate student's life! For details and requirements on the defense, please visit [the thesis website < http://ki.se/ki/jsp/polopoly.jsp?l=en&d=15524 >](http://ki.se/ki/jsp/polopoly.jsp?l=en&d=15524). If you choose to celebrate your defense afterward, it is generally customary to invite fellow colleagues, mentors, and committee members to dinner at a restaurant. You will probably have to reserve the table and pay well in advance (you can ask everyone to pay a sum (300 kr or so) for a set-course menu).

## G. Career development

You can contact the career offices at NIH and at KI for help with finding grants, writing resumes/CVs, postdocs and general career advice.

- NIH: [Office of Intramural Education and Training](https://www.training.nih.gov/career_services) < [https://www.training.nih.gov/career\\_services](https://www.training.nih.gov/career_services) >
- KI: [Career services](http://ki.se/ki/jsp/polopoly.jsp?d=35342&l=en) < <http://ki.se/ki/jsp/polopoly.jsp?d=35342&l=en> >

### Graduate student council

If you are at NIH, you can also become involved in the graduate student council (GSC). The council organizes student events and provides great opportunities for those looking to build leadership and organizational skills, which look great on CV's.

## H. Loan Deferment

Participants in NIH training programs who wish to have their educational loans deferred while in training at the NIH should submit the following documents to Building 2, Room 2W11A:

1. The deferment form from the lending institution. Please include all pages (the last page generally contains the address to which the deferment form should be sent) and please sign the form. If you have a Federal loan, the proper form to use is the Education Related Deferment form. You should check that you are “in a full-time course of study in a GRADUATE FELLOWSHIP program.”
2. A short memo from your supervisor (on NIH letterhead) verifying the beginning and end dates of your fellowship and the program in which you are participating, and describing, in brief, the research in which you are involved.

The Office of Intramural Training & Education will certify your participation in the appropriate training program and forward the forms to the lending institution; however, approval of loan deferments rests exclusively with the lending institution. Questions: 301-496-2427.

## PART 3. TRAVEL AND LIVING-RELATED ISSUES

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### A. Bank accounts and currency

#### 1. Bank Accounts

##### Stockholm

If you hold dual Swedish citizenship or citizenship in another EU country or the UK, getting an account in Sweden is not difficult. But if you are an American with no Swedish or European official identity, it is difficult. Nordea (the KI's bank) may give you an account if you get a Swedish colleague (preferably one with a Nordea account) to go with you and vouch for you. Ask your department's secretary whether or not you need to bring documentation with you when you apply.

If you have a Swedish civic registration number or a personnummer and want to open an account, bring:

- Your passport
- A certificate of registration or employment from your department
- Extract from the population register (personbrev) if you have Swedish personal number
  - Handelsbanken norrtull, Sveavagen 159
    - Book appointment tel 08-545 423 35
  - Nordea Solna Centrum, Huddinge Centrum
    - Personal number or coordination number
    - SEB Odenplan, Huddinge Centrum
    - Your tenancy agreement to prove your address in Sweden
    - You have to stay longer than six months in Sweden (Odenplan)
    - 0771-365 365 personal service in 23 languages

The banks in Sweden may give you a maestro card when you open an account. The maestro card is a debit card that can be used at local shops, restaurants, etc. This card is typically given to teenagers in Sweden, i.e. you will have limited access for paying for some things including making purchases online. If you want to have full capabilities to purchase things, request a VISA debit card. Also, Swedish people pay bills online. If you need to pay bills, like a phone bill, request online banking.

##### Washington DC

If you are a fellow at NIH, you can get a bank account at the NIH Federal Credit Union. Credit unions are great banks because they are customer-friendly, have low or no ATM fees, and provide access to online bill pay. To start an account, you need to deposit \$25 into a checking or savings account. For more information, please visit the credit union branch in Building 10 or go to <http://www.nihfcu.org>.

## 2. Currency Exchange

You can exchange U.S. Dollars to Swedish currency (kronor) or vice versa at the airports. The currency exchange companies (e.g. Forex) there give the best rates, but you can also withdraw money from any ATM in Stockholm or Washington DC.

For the *Universal Currency Converter*, see: <http://www.xe.com/ucc/>

- ▶ *Bankomat ATM*. You can take out money at any ATM, and most have an option to get instructions in English. Check your credit and debit cards' foreign transaction fees (usually 1-3% fee). When withdrawing money from an ATM, you may also incur a surcharge for using another bank's ATM.
- ▶ Capital One Bank offers credit cards with no foreign transaction fees.

## B. Citizenship Issues (visas, embassies)

### 1. Embassies

#### Swedish Embassy in DC

The Swedish Embassy in Washington DC regularly hosts events involving an aspect of Swedish culture (bazaar, gingerbread building, folk dances, etc). You can visit the website for a calendar of events or sign up for their email list. Remember that the Embassy observes both American and Swedish holidays.

Website < [http://www.swedenabroad.com/Start\\_6989.aspx](http://www.swedenabroad.com/Start_6989.aspx) >

901 30th Street, NW

Washington, DC 20007

Phone: (202) 467-2600

Fax: (202) 467-2699

Email: [ambassaden.washington@foreign.ministry.se](mailto:ambassaden.washington@foreign.ministry.se)

Hours: M-F 08:30-17:00

Visa phone hours: M, W, Th, F 11-12 EST

#### American Embassy in Stockholm

Starting February 1, 2011 the American Citizens Services unit at the U.S. Embassy in Stockholm implemented an [online appointment](#) < <http://stockholm.usembassy.gov/acsappointment.html> > system for all passport, citizenship, and notary services. These routine services will be by appointment only. For step-by-step instructions on how to make appointments for each service. The American Embassy notarizes documents for a price (around \$30 USD). Only cash is accepted and the closest ATM is not very close, so make sure to bring the money with you. Also remember that the Embassy observes both American and Swedish holidays.

Website < <http://stockholm.usembassy.gov/index.html> >

Embassy of the United States of America

Dag Hammarskjölds Väg 31,

SE-115 89 Stockholm

Phone: 08-783 53 00

Fax: 08-661 19 64

Hours: M-F 08:00-16:30

► To go to the Embassy, take blue bus #69 from Sergelstorg.

## 2. Residence permit and visa

### Swedish residence permit

If you plan to stay in Sweden less than three months, you do not need a visa. If you plan to stay more than three months, you need a residence permit, which is valid for one year. It usually takes 6-8 weeks to process the permit, and you will get a permit card that needs to be shown with your passport when you enter Sweden. You should renew your permit online from [Migrationsverket](http://www.migrationsverket.se/info/2973_en.html) < [http://www.migrationsverket.se/info/2973\\_en.html](http://www.migrationsverket.se/info/2973_en.html) > every year about 2-3 months before your permit expires.

#### When you apply for a student residence permit:

- Apply for a [year-long permit](http://www.swedenabroad.com/Page_84008.aspx) < [http://www.swedenabroad.com/Page\\_84008.aspx](http://www.swedenabroad.com/Page_84008.aspx) >, which you renew online yearly (1000 SEK or \$140)
- Say that you will be in Sweden **continuously until you graduate**.
- When you apply for the first time, mail your application to the Swedish Embassy in DC:  
2900 K Street, NW  
Washington, DC 20007

#### Checklist of forms you need for residence permit

1. Valid passport
2. Passport size photos (2)
3. Application form (available on the [Migrationsverket](http://www.migrationsverket.se/info/2973_en.html) < [http://www.migrationsverket.se/info/2973\\_en.html](http://www.migrationsverket.se/info/2973_en.html) > website)
4. Proof of student status at KI
  - You can ask your department organizer (e.g. Robert Harris of Clinical Neuroscience) to send you a proof of studentship (see document titled “Proof of Studentship” for an example) OR you can send a proof of acceptance into KI
  - You must also send a copy of your project proposal
5. Proof of employment and stipend at NIH

- You can ask Richard Doucette of NIMH to write an employment verification letter, which should include your stipend information
  - Get a bank statement proving that you get "X" amount of money in your account each month (copies of online deposits should include your name).
    - ▶ *Note that you will need to send updated forms about your stipend and health insurance for the time you will spend in Sweden. This can take a little time at the NIH, so if your fellowship yearly renewal and departure date overlap, you can send a written request to the fellowship office (Richard Doucette) to ask for your renewal application to be expedited.*
6. Proof of health insurance
    - Ask FAES office to write a letter of coverage
  7. Application fee of \$145 (as of 2010) sent as a money order (obtain from post office)

### American visa

You will need to apply for the [Exchange Visitors Visa](http://stockholm.usembassy.gov/consulate/ex_visitors.html) < [http://stockholm.usembassy.gov/consulate/ex\\_visitors.html](http://stockholm.usembassy.gov/consulate/ex_visitors.html) > (J Visa) using form DS-2019. For more information about the application and timeline, please click [here](http://ki.se/ki/jsp/polopoly.jsp?d=38592&a=21807&l=en) < <http://ki.se/ki/jsp/polopoly.jsp?d=38592&a=21807&l=en> >.

### 3. Swedish civic registration number and personnummer

Civic registration number. The civic registration number is given to students and visitors who are staying in Sweden for a few months up to one year. You can use it to apply for a bank account.

Personnummer. If you intend to stay for more than one year, you will be given a *personnummer*. The *personnummer* (Swedish social security number) allows you to receive benefits as a resident of Sweden. You need it to get a bank account, to pay rent and utilities (outside of UAC housing), and to do most other things citizens do.

To get a personal number, you will need to:

- Have a residence permit to prove that you are staying in Sweden for at least one year.
- Have a letter of invitation/admittance from KI
- Go in person with these forms to Skatteverket (the Tax Authority) [at this location](#) <

<http://www.skatteverket.se/omskatteverket/kontaktaoss/adresserlokalkontor/kontor/servicekontoretstockholmscity.5.6f9866931215a607a4f80003100.html> >.

At the office, you will fill out a form and wait until your number is called (plan in advance because you might have to wait a long time). It is advisable to go here within a few days of your arrival in the country as the personal numbers can take up to 6-8 weeks to be issued.

## 4. How to Get a Swedish Identity Card

You can order an ID-card from the local Tax office (Skatteverket) if you hold a Swedish personal identity number (personnummer).

- It costs 400 KR (to be paid before you visit the office) and will be valid for five years.
- You must personally visit the tax agency to be photographed and prove your identity.
- New rule as of October 1, 2010: cross-checking of personal information with the Migration Board (Migrationsverket), if no approved ID documents
- Service Point: Magnus Ladulasgatan 67 (Sodermalm).

## 5. Försäkringskassan (Swedish Social Insurance Agency)

To be covered by or eligible for a social insurance benefit, you must, as a rule, either reside in Sweden or work here. Examples of residence-based benefits are child allowance [bostadsbidrag]. If you work in Sweden, you are insured for employment-based benefits, which include sickness benefit [sjukpenning] and rehabilitation allowance [rehabiliteringsersättning].

- European Health Insurance Card can be ordered at the [Försäkringskassan](http://www.forsakringskassan.se/sprak/eng) < <http://www.forsakringskassan.se/sprak/eng> >. You can also call 020-524 524 or text EUKORT and your personal ID number to 71020.
- [Sickness and parental benefits for doctoral students](http://intra.ki.se/staff/sickness_postgraduates/doktorand_en.html) < [http://intra.ki.se/staff/sickness\\_postgraduates/doktorand\\_en.html](http://intra.ki.se/staff/sickness_postgraduates/doktorand_en.html) > at KI (requires VPN connection)
- [Handbook for employees](http://intra.ki.se/staff/pa_handboken_eng.pdf) < [http://intra.ki.se/staff/pa\\_handboken\\_eng.pdf](http://intra.ki.se/staff/pa_handboken_eng.pdf) > at KI (requires VPN connection)
- Contact Customer Centre: 0771-524 524 (English)



## C. Health and Insurance

### 1. Doctors and Dentists

#### Stockholm

► For emergencies, please call **112**.

#### Dentists

Most Swedes go to the local *Folktandvården* (The Dental Public Service in Stockholm, phone number: 020-687 55 00) for dental work. If you do not pay Swedish taxes and are not registered in *Forsakringskassan*, be prepared to pay for everything out of pocket. According to a former Program participant, the following private dentist does a good job on root canals and internal tooth bleaching:

Kerstin Hallqvist, Dentist  
Kommendorsgatan 19 (near Stadion/Ostermalm )  
Stockholm  
TEL: 08-6632016.

Other places include:

- Institute of Odontology Student Clinic Huddinge
  - Appointments 524 88037 during terms (Tuesday, Thursday 13.45-14.30)
  - Emergency 524 88 116 (Monday – Friday 8.15-8.45)
- City Dental, Drottninggatan 27 (T-Centralen), tel 200 680
  - Mon-Fri 7.30-21.00, Sat 9.00-17.00, Sun emergency 10.30-16.30

#### Primary Care

Regular hours (until 1700). For any non-emergencies during regular hours, you have three options.

1. Call the [Vårdcentral](http://www.vardguiden.se/Hitta-var-d-och-omsorg/Hitta-var-d-och-omsorg/?q=&ct=V%c3%a5rdcentral) < <http://www.vardguiden.se/Hitta-var-d-och-omsorg/Hitta-var-d-och-omsorg/?q=&ct=V%c3%a5rdcentral> > (local health clinic) located closest to where you live to book an appointment. Call the number provided, which is an

automated message (in Swedish) that basically says to leave your name and phone number. A nurse will call you back to book you a time.

2. Call the health care hotline at 08-320-100. They can advise you on what you should do (whether you even need to see anyone) and can even book you an appointment at a Vårdcentral if you ask.
3. Sometimes, you may have to wait 1-2 weeks to see a doctor. If you choose not to wait, you can always go to the Emergency department of a hospital (Karolinskasjukhuset in Solna or Södersjukhuset in Södermalm). Note that waiting times for Urgent Care can be 4-5 hours.

Non-regular hours (from 1700-2200 and weekends). For non-emergencies after work hours, search for the [Närakut](http://www.varldguiden.se/Hitta-varld-och-omsorg/Hitta-varld-och-omsorg/?q=&ct=N%c3%a4rakut) < <http://www.varldguiden.se/Hitta-varld-och-omsorg/Hitta-varld-och-omsorg/?q=&ct=N%c3%a4rakut> > nearest you and call them for an appointment.

### **Women's care**

While you can get women's care at Vardcentral, it will cost a bit of money. If you have a personnummer, you can save money by going to the [Mama Mia](http://www.mamamia.se/) < <http://www.mamamia.se/> > clinic. They do not accept foreign insurance.

### **Washington DC/Bethesda**

► For emergencies, please call **911**.

Regular hours. For any non-emergencies during regular hours, you call a clinic to book an appointment. The following is a list of doctors/clinics that accept NIH health insurance and that are located near NIH. Reviews on doctors tend to vary greatly, so you may find someone more suitable for your needs outside this list.

Non-regular hours. For any non-emergencies after work hours, you should visit an urgent care clinic at a local emergency room (Suburban Hospital in Bethesda, George Washington in DC).

### **Dentists**

Connecticut Avenue Dental  
3000 Connecticut Avenue Northwest  
Washington D.C., DC 20008

202-667-8588

**Eye care**

For Eyes/ Weitz and Associates, Inc.  
7272 Wisconsin Ave  
Bethesda, MD 20814  
Phone: (301) 913-0290

**Primary care**

1. Comprehensive Primary Care, LLC  
15825 Shady Grove Road  
Suite 140  
Rockville, Maryland 20850  
301-869-9776  
5530 Wisconsin Ave.  
Suite 530  
Chevy Chase, Maryland 20815
2. Jean-Pierre M Faure, MD  
8218 Wisconsin Avenue Suite P9  
Bethesda, MD 20814  
(301) 656-0128
3. Plotsky Medical Associates, PC  
15225 Shady Grove Rd  
Suite 102  
Rockville, MD 20850  
(301) 330-0661

**Women’s care**

[Capital Women’s Care](http://www.cwcare.net/mission.php) < <http://www.cwcare.net/mission.php> >  
Search [here](http://www.cwcare.net/locatestep1.asp) < <http://www.cwcare.net/locatestep1.asp> > for the closest provider

**2. Health Insurance**

**Health Insurance in Sweden**

Once you receive a Swedish personnummer (which comes with a Residence Permit for more than a year and to all EU citizens), you will only have to pay the regular fee for medical services at a doctor's office. You can obtain a Frikort, which you should get stamped in each visit to a doctor. Once you pass a total of 900 SEK, you will not have to pay for medical services for the remainder of that year.

### **NIH Health insurance**

Your NIH plan will cover you while you are in Sweden. In general you will be asked to pay up front for medical expenses. To be reimbursed, you then need to send an International Claim Form to Blue Cross/Blue Shield. For more information, click [here](http://www.bcbs.com/coverage/bluecard/bluecard-worldwide.html) < <http://www.bcbs.com/coverage/bluecard/bluecard-worldwide.html> >.

### Prescriptions

You cannot fill a U.S. prescription in Sweden, and strict import laws make it difficult to receive refills from home. For long-term medications there is often a limit on how much you can receive, usually 3 or 4 months' worth. If your prescription is written for a year, you can have FAES send in a request on your behalf to have the entire prescription filled, but you will need to work with BCBS and your doctor to get more—and it could be a long process.

- ▶ *If you take prescription drugs regularly, contact your physician and Blue Cross/Blue Shield representative well in advance of your trip to arrange for a sufficient supply.*
- ▶ *Bring any prescription medications that you will need with you on your trip.*

## D. Housing

### Stockholm

Finding accommodation is a consistent struggle for students in Stockholm. The UAC should be your first source for housing because it is difficult to find housing outside of the housing authority. However, you have several options for both short-term and long-term stays. For details about UAC and SSSB, scroll below.

1. [The University Accommodation Center](http://www.uac.se/) < <http://www.uac.se/> >
2. [Bostad Direkt](http://www.bostaddirekt.com/) < <http://www.bostaddirekt.com/> > (charges 695 SEK to access contacts on site, but free to browse)
3. [Blocket](http://www.blocket.se/vi/14957384.htm?ca=11s) < <http://www.blocket.se/vi/14957384.htm?ca=11s> > (beware of scams)
4. [Stockholm Student Accommodation \(SSSB\)](http://www.sssb.se/index.php?page=din-hyra_eng) < [http://www.sssb.se/index.php?page=din-hyra\\_eng](http://www.sssb.se/index.php?page=din-hyra_eng) >
5. [Internal board at KI](http://intra.ki.se/board_en.html) < [http://intra.ki.se/board\\_en.html](http://intra.ki.se/board_en.html) >
6. Guest rooms at KI for up to 2 weeks. Only a handful of these rooms are available, so we advise you to inform your KI department well in advance.
7. [Other short-term stay options](http://ki.se/ki/jsp/polopoly.jsp?d=750&a=1037&cid=752&l=en) < <http://ki.se/ki/jsp/polopoly.jsp?d=750&a=1037&cid=752&l=en> >
8. [Svenska Bostäder](http://www.svenskabostader.se/) < <http://www.svenskabostader.se/> > (Swedish Accommodations) has some student rooms and apartments.
9. <http://www.thelocal.se>
10. <http://www.network.alumni.ki.se/eng/public/start/start.asp> (requires registration to view and post to bulletin board)

### Details about the University Accommodation Center (UAC)

Booking Coordinator: Malin Norman ([malin.norman@uac.se](mailto:malin.norman@uac.se))

### About the UAC

The UAC provides student housing for no longer than one year. Staying longer than a year? You must try to find other housing after the first year or talk to the UAC to see if they can make a special accommodation for you. You will not be given priority if you have previously stayed with UAC.

### Housing options

Jägargatan (in Södermalm, next to the hospital Södersjukhuset south of KI): dorm style, which means you will have to share a bathroom, kitchen, and laundry room with a hall of other international students. Located in a “hip” part of town and takes about 30-45 to reach KI via bus.



### Application process

Fill out online at [www.uac.se](http://www.uac.se). Make sure that you mention the KI-NIH program on your application. The website says that waiting time is 8-10 months, but you can receive a housing offer if you apply about 4 months in advance.

### Paying rent

Rent is paid at the UAC Office (see below for directions to office). Rent is due within the first week you arrive (but may be due the first day – check the instructions sent to you) and due the last day of each month (which pays for the following month). Be aware that rent is charged on the half-month basis and will not be pro-rated. For example: If you move in on April 10th and leave on April 27th, you will be charged for the entire month of April. There is a possibility for weekly rent in Jägargatan, but be sure to check with Malin Norman about this in advance. When you move in, make sure to let the office know of any problems with

the apartment immediately (i.e. room not being cleaned). If you cancel your contract a month before your arrival date, you will still pay one month's rent plus a 500 SEK cancellation fee.

### What to bring

In Jägargatan, all cleaning supplies, comforter, pillow, lightbulbs, and toilet paper are provided, but you will need to bring sheets and towels.

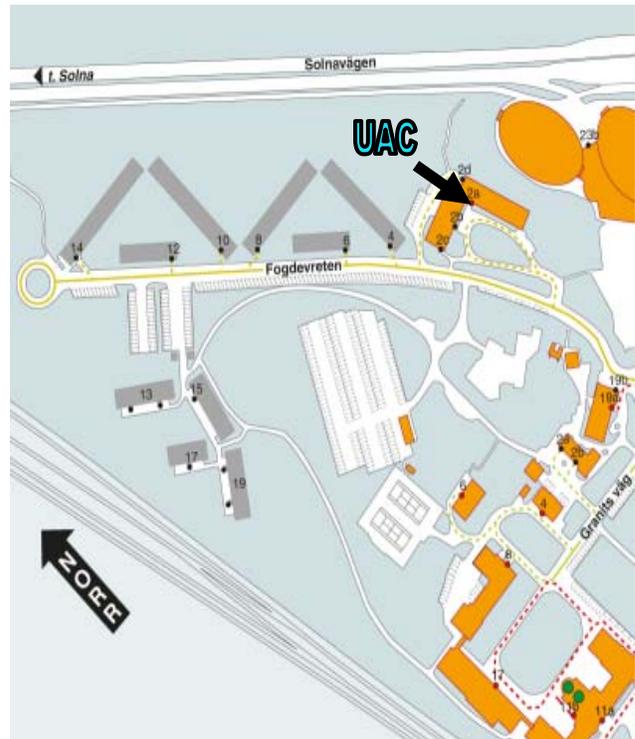
### Directions to UAC office:

The office is located at Fogdevreten 2 A in Karolinska Institutet, Solna. You can get there by taking bus 3, 73, and 77 (toward Karolinska sjukhuset), all of which have a stop at Karolinska Institutet on Solnavägen. If you choose to take the subway, take the green line, get off at S:t Eriksplan and change to bus 3 or 77. If you come from Roslagstull, take bus 73 and get off at Karolinska Institutet. Once you are on Solnavägen, walk NW toward Solna until you get to Tomtebodavägen. Walk W until you reach Fogdevreten and take a right.

Here's a [KI map](#) <

<http://ki.se/content/1/c4/26/90/MapSolna.pdf> > for more details. The office is at

Fogdevreten 2 A, which is within Karolinska Science Park (look for a big sign). The main entrance is in the corner. Use the door phone to be allowed into the UAC. The reception is on the main floor and is open Monday-Friday 09.00-12.00 and 13.00-15.30.



## Details about the Stockholm Student Accommodation (SSSB)

### About the SSSB:

A service offered to registered PhD students who are members of a student's union. SSSB has around 8,000 apartments and the waiting time is ~ 1 year. Students with the longest waiting time (credit days) have first priority on apartments.

### Application process:

Fill out online at [http://www.sssb.se/index.php?page=home\\_eng](http://www.sssb.se/index.php?page=home_eng). You must login every 3 months in order to keep your credit days active (if you forget, you lose your credits and start over at zero days).

## Washington DC

For short-term housing, you can contact Carline Coote ([ccoote@od.nih.gov](mailto:ccoote@od.nih.gov)), who arranges housing through FAES at 9204 Cypress Avenue. It costs around \$125 per week.

For long-term housing, here are some general tips and advice that applies to living near the main campus.

- **Start looking early** - There are many students and interns who start in the summer months with whom you will be competing for housing
- **Consider rooms in single family homes as well as apartments** - The neighborhoods around the main campus are used to students coming and going, and many regularly rent out rooms in their homes. These can be convenient temporary places to initially settle down in while you search for your dream location. Many of these single family homes are also walking distance to the NIH, which can be a plus for those without cars, or those with cars who do not want to pay expensive garage fees in the city. These are usually advertised on ClubPCR.
- **Housing located close to the Metro is convenient** - The main NIH campus is on the Red Line at metro stop Medical Center. The Red Line passes through downtown DC before heading east to the Silver Spring and College Park areas, so while housing there may be less expensive and still by a metro stop, you may face up to an hour's commute time. Metro information is available at <http://www.wmata.com/>. Through [Transhare < http://dts.ors.od.nih.gov/transhare.htm >](http://dts.ors.od.nih.gov/transhare.htm), you can take advantage of government subsidized metro transportation.
- **Be mindful of the safety of your desired neighborhood.** Check out [Crime Reports < http://www.crimereports.com/ >](http://www.crimereports.com/).

You can look for housing through:

1. [Craigslist < http://www.craigslist.com/ >](http://www.craigslist.com/)

2. ClubPCR, a Yahoo listserv for NIH scientists. To join, send an email to [clubpcr-subscribe@yahoogroups.com](mailto:clubpcr-subscribe@yahoogroups.com)
3. [NIH Recreation and Welfare](http://www.recgov.org/housing/housing.html) < <http://www.recgov.org/housing/housing.html> >. Find local homes and apartments.
4. [Housing maps](http://www.housingmaps.com/) < <http://www.housingmaps.com/> >. See housing mapped out on this handy site!
5. [Cityleases](http://www.cityleases.com/city_rentals/DCMetro_Rentals.asp) < [http://www.cityleases.com/city\\_rentals/DCMetro\\_Rentals.asp](http://www.cityleases.com/city_rentals/DCMetro_Rentals.asp) >
6. [Roommates](http://www.roommates.com/) < <http://www.roommates.com/> >
7. [Montgomery County](http://www.montgomerycountymd.gov/DHCARental/) < <http://www.montgomerycountymd.gov/DHCARental/> >
8. [Washington Post](http://www.washingtonpost.com/wp-srv/admin/classifieds/?nav=globetop) < <http://www.washingtonpost.com/wp-srv/admin/classifieds/?nav=globetop> >
9. [Washington City Paper](http://classifieds.washingtoncitypaper.com/washington/index.html/classifieds.html) < <http://classifieds.washingtoncitypaper.com/washington/index.html/classifieds.html> >

## E. Internet and Telephone

### 1. Internet

#### Stockholm

- If you are staying in Jägargatan, wireless internet is available, but it's on an unsecure server. You will receive login information placed in your mailbox when you arrive.
- If you stay anywhere else, you will have to purchase internet separately. Ask a Swedish colleague for advice on the best companies for internet.

#### Washington DC/Bethesda

Internet can be quite expensive, but you can save money in a few ways. First, new customers usually get great discounts for about a year of service. Second, you can sign up for a bundle, which means if you purchase cable TV or telephone, your internet rate could be lower. Companies usually tend to service one area, so you won't have too many choices. Local companies include [RCN](http://www.rcn.com/dc-metro/) < <http://www.rcn.com/dc-metro/> >, [Comcast](http://www.comcast.com/) < <http://www.comcast.com/> >, and [Verizon](http://www.verizon.com/) < <http://www.verizon.com/> >.

### 2. Telephones

#### Phone options in Stockholm

Landlines are usually not an option for UAC housing.

#### Obtaining a Cell Phone

You will need a *GSM Tri-Band* cell phone in order to make and receive calls in Sweden. You can use an unlocked triband phone in both the US and Sweden by just swapping out the SIM cards. If you purchase your phone while in the U.S., *you need to make sure that it is an unlocked phone*, meaning it does not have to be used with a specific provider. These phones are very difficult to find from standard cell phone companies (you will be able to find them on E-bay, Half.com, etc.). Make sure any phones you buy second hand from E-bay etc are truly unlocked before you leave for Sweden, so you can receive a refund or replacement before you leave for Sweden. You can also buy a code to unlock the phone through your

phone company. However, phone stores are readily accessible in Sweden and you can purchase an unlocked phone from them. Keep in mind that it may be a bit more expensive.

### Obtaining a SIM Card and purchasing refills

An unlocked phone allows you to use a separate SIM card that allows the phone to work in Sweden. The SIM card can be purchased at phone stores or the Pressbyrå. When you purchase the card, you will also have to purchase calling minutes, referred to as the “refill”. These “refills” are in the amount of 100, 200, or 500 kr and can be purchased at Pressbyrå or online from the SIM card company’s site. The refill works as a pre-paid calling card, and you will not be charged for any incoming calls. There are several SIM card companies: Comviq, Vodafone, Telenor, or Tele2. The Comviq card is recommended because you earn money for any time spent on the phone (outgoing or incoming calls). The bonus minutes will be available with your next “refill” purchase. (Comviq phones are not in English – but it isn’t too hard once you figure out the basics).

### Purchasing a Cell Phone Plan in Stockholm

You should be able to get on a cell phone plan in Sweden if you are staying in the country for two years. To apply:

- You find out information about Telenor’s phone plans [HERE](http://www.telenor.se/privat/index.html?cid=googleadwords_1-privat-generell-2009_varumarke_telenor) < [http://www.telenor.se/privat/index.html?cid=googleadwords\\_1-privat-generell-2009\\_varumarke\\_telenor](http://www.telenor.se/privat/index.html?cid=googleadwords_1-privat-generell-2009_varumarke_telenor) >
- Go to a Telenor store

## CALLING TIPS

### ***IAC***

*(International Access Code)*

**011** International calls from USA

**001** International calls from SWEDEN

### ***Country Code***

**46** Calls to Sweden

**1** Calls to USA

### ***Area Code***

*(3 digits in US, 1-3 digits in Sweden)*

**46** Stockholm

**301** Bethesda, Maryland (Main Campus, NIH)

### ***Local Number***

*Subscriber Telephone Number (7 digits in US; 8-10 digits in Sweden)*

### **In other words:**

- United States to Stockholm  
**Dial: 011 + 46 + 8 + 10 digits (local number).**
- Sweden to the United States  
**Dial: 00 + 1 + (U.S.) Area Code + 7 digits (local number)**
- Calling within Sweden  
**Dial: 0 + Area Code + 8-10-digit local number**
- To Sweden from a different country omit the (0), **Dial: IAC (differs by country) + 46 + Area Code + 8-10-digit local number**

- Bring with you: your personnummer paperwork, proof of salary for however long you will be in Stockholm, and an ID
- Telenor will fax your information into their headquarters to see if you qualify for the phone plan.

### **Swedish payphones**

You can use change to call locally if you have it, but to call internationally, you should buy an *international calling card* to get the cheapest rates. When making an international call:

- Pick up the receiver and hit the “språk” button to change the language to English.
- Insert your credit card to cover the (9 SEK) connection charge.
- Dial the number that appears on the telephone panel that says “International Calls.”
- When you get connected, type in your calling card number and Dial the country code, area code, and number.

### **Skype**

Students can also make international calls via the internet by signing up for [Skype < http://www.skype.com/ >](http://www.skype.com/). Note that calls to cell and landline numbers (“skyping out”) may differ in price and that calling other Skype users is free. As of 2011, an “Unlimited World” subscription cost \$13.99 a month, with a 15% discount for subscriptions of 12 months or more.

To use Skype, you need a microphone for your computer, and microphone headsets are recommended. A lot of international people use this service. If you have a smart phone such as an iPhone, you can download the application Skype and make phone calls from your phone. If you have an online number you can get your phone calls forwarded to your Swedish cell phone or American phone, so that you get calls as they come.

### **Skype Online Number**

With an Online Number, people can call you from a landline or mobile and you can pick up the call in Skype. It’s perfect if you have friends, family or business colleagues who don’t use Skype. Anyone can dial your Online Number from any phone or mobile and – hey presto – your Skype rings and you pick up the call. It’s a great thing to have if you plan to travel or move abroad, but want an affordable way to keep in contact with people back home. You can choose where you want your Online Number to be local to when you set it up. Say you live in London, and you plan to travel around Australia for the summer, but you want an affordable way to keep in contact with friends and family back home. All you have to do is get an Online Number local to London, and your friends and family back in London can call

you on that number at local rates. When they want to call you, simply find yourself a computer, sign yourself in to Skype and answer the call when it rings – and you pay nothing to answer the call.

**Call Forwarding on Skype**

Forward your Skype calls to your home, work or mobile phone when you can't take them online. You'll never miss a crucial business call, or worry your mum if she can't get hold of you. And there's no cost to the person who's calling you.

## F. Lifestyle

### 1. Entertainment

#### Stockholm

On Fridays, the Dagens Nyheter (DN), Sweden’s biggest daily newspaper, has a special ‘What’s happening around the town’ section that is very good and can be found in English on their [webpage < http://www.dn.se/ >](http://www.dn.se/). You can find many activities around Stockholm by visiting the official [Tourist Guide < http://www.visitstockholm.com/en/ >](http://www.visitstockholm.com/en/).

#### Choirs/vocal groups

If you like to sing, Stockholm has plenty of options. Swedes are well-trained in music, so you will find that the quality of choirs and vocal groups is quite high. You can find a list of vocal groups [here < http://www.stockholmskorforbund.se/CMSJ/index.php?option=com\\_artband&view=category&id=52&Itemid=79 >](http://www.stockholmskorforbund.se/CMSJ/index.php?option=com_artband&view=category&id=52&Itemid=79). The Karolinska Institutet also has a vocal acapella group called “S capella”.

#### Clubs and music

- *Fasching* (Kungsgatan 63, <http://www.fasching.se>), soul and funk music.
- The *Hornstull Strand Etabl* < [http://hornstullstrand.se/ >](http://hornstullstrand.se/) —earlier called just *Strand* or “Street”—has all different kinds of entertainment and reasonably priced food.
- *Mondo* (Medborgarplatsen 8, 118 26 Stockholm) houses two different clubs with live acts and great DJs.
- *Riche* on Birger Jarlsgatan
- *Stureplan*, Stockholm’s public square.
- *The Spy Club*. This is Stockholm’s most famous nightclub, it is always crowded and you might see Swedish celebrities here.
- *Club Karma*, Sturegatan 10. A fancy club where all ages come to dance.

#### Dance lessons

You can find many kinds of dance classes and social dances in Stockholm. Dance styles include salsa, tango, swing (Lindy Hop), balboa, blues, ballet, modern, Swedish folk dance, and traditional ballroom. One of the most popular dances in Sweden is Lindy Hop, which is a variant of swing dance. In fact, the dance is so popular that the entire month of July is dedicated to hosting a swing dance camp in [Herräng < http://www.herrang.com/ >](http://www.herrang.com/). You can also try out (for free) traditional Swedish folk-dances like polska at Skeppis in

Kungsträdgården.

#### *Dance studios*

- [Chicago](http://chicago75.se/) < <http://chicago75.se/> > (styles: swing, salsa, tango, balboa), Zinkensdamm T-bana, Hornsgatan 75
- [Swedish Swing Society](http://www.swedishswing.se/) < <http://www.swedishswing.se/> > (styles: swing, balboa, blues), Fridhelmsplan T-bana
- [Skeppis](http://www.folkmusikhuset.se/en/index.html) < <http://www.folkmusikhuset.se/en/index.html> > (styles: Swedish folk dance), Kungsträdgården, every Sun from 6 pm - 12 am
- [Stockholm Salsa](http://www.stockholmsalsadance.com/) < <http://www.stockholmsalsadance.com/> > (style: salsa), Hötorget T-bana
- [Kulturama](http://www.kulturama.se/) < <http://www.kulturama.se/> > (style: traditional ballroom, ballet, jazz), Hammarby Sjöstad

#### **Movie theaters**

Stockholm has many movie theaters, but perhaps the most popular location is Hötorget. Movies are shown in the original film language with Swedish subtitles, which means you can watch English movies. Student tickets are 60 SEK from M-Th, while regular prices are about 100 SEK. You can check movie times, locations, and even reserve tickets online [here < http://www.sf.se/ >](http://www.sf.se/).

#### **Other activities**

- *Ice skating.* In the wintertime, you can skate in the outdoor ice rink at Kungsträdgården free of charge. If you don't have skates, you can rent them for 60 SEK. This is a fantastic experience, which can be followed by visiting the Christmas market that surrounds the ice rink and drinking warm *glögg* (mulled wine).
- [Skansen](http://www.skansen.se/) < <http://www.skansen.se/> >. This is an open-air museum (100 SEK) featuring Swedish life from the 18<sup>th</sup> century. Yearly activities take place in Skansen: the Christmas market (which is worth visiting), Valborgs (in May), Nationalsdagen (huge singing event), and Midsommar.
- *Tennis.* You can play tennis free of charge at the Karolinska Institutet, but you need to get access to the courts (which have key card access). To obtain access, go to the Health Center (under Friskis and Svettis at KI) and request permission. Then, you can reserve a time to play on the courts (which are located on Fogdevreten).

## Washington DC/Bethesda

On Thursdays, the Express paper (found at metro stations) puts a listing of events happening over the weekend. Peruse the entertainment section for more information.

### Choirs/vocal groups

If you like to sing, you will find plenty of groups in the Metro area. You can search for groups [here](#) <

[http://dc.about.com/od/choralgroups/Choir and Choral Groups in Washington DC Maryland and Virginia.htm](http://dc.about.com/od/choralgroups/Choir_and_Choral_Groups_in_Washington_DC_Maryland_and_Virginia.htm) >. You will also find two groups at NIH, which tend to be a bit more flexible with science schedules: the NIH Nerds in Harmony (an acapella group) and NIH Philharmonic Chorale (more classical). To join these groups, get on NIH listservs and ClubPCR (advertisements are posted on these listservs).

### Clubs and music

- *9:30 club*, 815 V St, NW, indie and national bands, largest dance floor in DC
- *18th Street Lounge*, Dupont Circle, very upscale, was once the home of Teddy Roosevelt
- *Habana Village*, Adams Morgan, four story Cuban restaurant, lots of Latin music
- *K Street*, Dupont Circle, upscale club
- *Duke's City Restaurant and Lounge*, jazz music

### Dance lessons

You can find many kinds of dance classes and social dances in DC. Dance styles include salsa, tango, swing, balboa, blues, ballet, modern, and traditional ballroom.

- [Chevy Chase Ballroom](http://www.chevychaseballroom.com/CCB/Studio.html) < <http://www.chevychaseballroom.com/CCB/Studio.html> >, Chevy Chase, MD
- [Glen Echo Park](http://www.glenechopark.org/dancing.htm) < <http://www.glenechopark.org/dancing.htm> >, 7300 MacArthur Boulevard, Glen Echo, MD 20812
- [Jam Cellar](http://www.thejamcellar.com/index.php) < <http://www.thejamcellar.com/index.php> >, Washington DC
- [Dance Bethesda](http://www.dancebethesda.com/) < <http://www.dancebethesda.com/> >, Woodmont Ave and Battery Lane, Bethesda
- [Joy of Motion](http://www.joyofmotion.org/) < <http://www.joyofmotion.org/> >, 7315 Wisconsin Ave., Ste. 180E, Bethesda, MD
- Nordic Dancers of Washington DC, Scandinavian folk dance, Silver Spring, MD

### Movie theaters

- Landmark theaters, Bethesda Row Cinema
- Regal Bethesda 10, 7272 Wisc Ave, Bethesda (Bethesda Metro)
- AMC Mazza Gallerie, Chevy Chase, MD (Friendship Heights Metro)

- [FREE outdoor movies](#) < <http://dc.about.com/od/filmfestivals/tp/OutdoorMovies.htm> > in DC (e.g. Screen on the Green)

**Other activities (free or discounted)**

You can search for discounted tickets to performances and movies at [Ticket Place](#) < <http://www.cultural-alliance.org/tickets/today.html> > or at NIH's [Recreation and Welfare \(R&W\)](#) < <http://www.recgov.org/r&w/> >.

- *Ice skating*. In the wintertime, you can skate outdoors at the Sculpture Garden of National Gallery of Art, DC. Tickets \$7 for adults and \$3 for rentals.
- *Jazz in the Sculpture Garden*. FREE outdoor jazz concert, every Friday 5-8:30 pm from Memorial Day to mid-Sept, Sculpture Garden of National Gallery of Art. Bring friends and food.
- *Kennedy Center for Performing Arts* < <http://www.kennedy-center.org/> >. Potomac River at 2700 F St., NW, Washington, D.C. One FREE performance every day of the year! Plus other amazing dance, orchestra, and choral performances.
- *Camping in the Appalachians* < [http://www.dcr.virginia.gov/state\\_parks/cabgen.shtml](http://www.dcr.virginia.gov/state_parks/cabgen.shtml) >. Virginia and Maryland have wonderful state parks where you can go camping for a weekend and check out the Appalachian Mountains.
- *Strathmore Baltimore Symphony Orchestra* < <http://www.bsomusic.org/main.taf?p=1,7> >—offers student discounts
- *Smithsonian Museums* < <http://www.si.edu/> >—FREE museums (art, history, science, etc.) located in the National Mall of DC.
- *Shakespeare Free for All* < <http://www.shakespearetheatre.org/about/ffa/index.aspx> >—FREE Shakespeare plays in the summer
- *Cultural activities* < <http://www.culturecapital.com/> >—find the best of DC, Maryland, and Virginia theaters, performing arts, museums, and galleries

## 2. Fitness

### Stockholm Gyms

- **Friskis and Sveltis** < <http://www.sthlm.friskissveltis.se/> >—At the KI Solna campus, students can have a gym membership for a reduced price (about \$30/month as of 2010). You need a KI student ID card or will need to get a Certificate of Employment from your department secretary.
- **Stockholmstad** < <http://www.stockholm.se/> >—great website of other sports clubs and gyms. To view it in English, click ‘translate’ at the top of the page (install Google toolbar for this translation feature).
- **Hospital Gym in Norrbacka**—Program participants who work in the hospital and have a hospital ID can also get access to the free hospital gym in Norrbacka. Go to the Norrbacka from the back entrance and you will find the gym entrance on the left. At the front desk, you can request access to the gym by filling out a form specifying who your mentor is, and identifying numbers found on your hospital ID. Note that some departments do not have a contract with the gym, so if you work for those departments, you will be denied gym access.
- **Granits Vag 12**—To reach this gym, which is located near Fogdevreten, follow the dirt path past the parking lot and the big white house. You will need to go to the office inside and give them a credit card to use as your access key. It is only for the bar code—they don't charge you anything. You'll also pick a password for that.

### Washington DC/Bethesda Gyms

- **NIH Fitness Center** (main campus: in basement of building 31)—A small gym with cardio and weight equipment, but no pool. Graduate students get a discount on membership fees.
- **National Naval Medical Center**—NIH employees can gain entry to NNMC with their NIH ID badge. The gym is undergoing renovations, but has a weight room, cardio/spin classes, basketball court and swimming pool. There is now a temporary gym in Bldg. 147.
- **Fitness First** < <http://www.fitnessfirstclubs.com/> >—Nice gym facilities (no pool) and costs \$30/month for NIH employees.
- **YMCA**—in North Bethesda

### 3. Food and Drink

#### Stockholm

You can find almost everything you want to eat and drink in Stockholm’s grocery stores, although it may be more expensive. Most food in Sweden is closely regulated and is of a higher quality than food in the U.S. There is also a wide variety of cheeses, breads, coffees, knackebröd (Swedish thin wafers), and fish.

#### Grocery Stores

- Coop Konsum, near Zinkensdamm T-bana, Hornsgatan 102, 118 21 Stockholm
- Daglivs Klippet, near Fridhemsplan T-bana, St Eriksgatan 34-38, 112 34 Stockholm
- Hemköp Mariahallen, near Mariatorget T-bana, Hornsgatan 74, 118 21 Stockholm
- Hemköp, in Solna Centrum, Solna Torg 10, 171 45 Solna
- ICA Kvantum, in Solna Centrum, Postgången 22 C, Solna Centrum, 171 45 Solna
- ICA Maxi, near Stadshagen T-bana, Lindhagensgatan 118, 11251 Stockholm
- PrisXtra AB, near KI, Norra Stationsgatan 58, 113 33 Stockholm

NOTE: You must pay for any plastic and paper bags at the grocery store. So bring canvas bags and recycle! If you take your aluminum cans and plastic bottles back to the grocery store, they will give your deposit back. For some plastic bottles, you can get 1-2 SEK, so it is worth taking them back.

#### Restaurants

Eating out in Stockholm can be quite expensive, but if you eat the lunch specials you can usually get an entrée and a salad with your choice of beverage (including light beer) and coffee for less than \$10 (60-70 SEK). Beer with very low alcohol content — *lättöl* (usually 2.1 percent)— is considered to be more like a soft drink. It is served with the daily lunch specials and is widely available. Generally, you do not tip in Stockholm because meal prices include this. However, you can tip about 5-10 kronor if you think the service was really good.

#### Student Recommended Restaurants in Stockholm

Restaurant	Location	Food	Comments
<i>Café Sirap</i>	31 Surbrunnsgatan Stockholm 113 48 Metro: Medborgarplatsen	Breakfast, brunch	If you want American-style pancakes (our pancakes are flat) Sirap is strongly recommended

Restaurant	Location	Food	Comments
<b><i>Café String</i></b>	Nytorrgsgatan 38 116 40 Stockholm Tel: 08-714 85 14	Breakfast Brunch	<u>Cheapest</u> brunch buffet in Stockholm! 70 SEK gives you all-you-can-eat bread, eggs, pancakes, coffee, fruit, yogurt, etc.
<b><i>Ciao Ciao Due</i></b>	Karlavägen 8 114 24 Stockholm Tel: 08 200 061	Italian/pizza	Primo Ciao-Ciao is probably the more exclusive one of the two.
<b><i>Ellora</i></b>	Hornsgatan 85 Stockholm 117 26 Tel: 08 658 65 01	Indian	Indian restaurants near Mariatorget (Södermalm) are also ok
<b><i>Gondolen</i></b>	Stadsgårdshamnen 6 Södermalm, Stockholm Subway: Slussen Tel: 08 641 70 90	Swedish European	Superb food, drinks, spectacular view. Expensive, but if you make a reservation in “köket,” it is possible to get a meal + wine for less than 200 SEK. If you just go to the bar, you can have well-made (but expensive, 86-200 SEK) cocktails and a beautiful view.
<b><i>Hermans</i></b>	Fjällgatan 23B Katarina / Sofia 11628 Stockholm Tel: 08 643 94 80	Vegetarian	Great vegetarian restaurant. Local place with a fantastic view of the water. Lots of outdoor seating
<b><i>Hornstull Strand Etabl</i></b>	Hornstulls Strand 4 Södermalm Tel: 08 658 63 50	Bar- Restaurant, Music	Waffle Brunch SEK 195.00 Great. A 3-meal dinner costs 250 kronor. Varied entertainment.
<b><i>India Lord</i></b>	Hantverkargatan 65 112 31 Stockholm Tel: 08 653 25 53	Indian, Pan-Asian	“My favorite Indian restaurant.”
<b><i>Källaren Movitz</i></b>	Tyska Brinken 34 Gamlastan, Stockholm Tel: 08 209 979	Swedish Bar/ restaurant Reindeer	Go upstairs (downstairs is an expensive restaurant). Serves a pretty good meal for only 70 SEK (10 USD). Beer and wine are approx 40 SEK.
<b><i>Ki-Mama Sushi-</i></b>	Observatoriegatan 13	Sushi	Best sushi, reasonable (80-

<b>Restaurant</b>	<b>Location</b>	<b>Food</b>	<b>Comments</b>
<b>Bar</b>	113 29 Stockholm Metro: Odenplan Tel: 08 333 482		200 SEK), and VERY delicious. Very limited seating.
<b>Koh Phangan</b>	Skånegatan 57 116 37 Stockholm Södermalm Tel: 08-642 50 40 In between Medborgplatsen and Skanskull tunnelbanas	Thai	Best Thai. Tropical décor and rainforest inside. Ask for the spiciest things on the menu—they are ACTUALLY spicy!! It gets crowded. So arrive early, & when you enter have the host put your name on the board to wait for a seat.
<b>Lemon Bar</b>	Scheelegatan 8 Stockholm	Breakfast/ lunch	Perfect for breakfast/ brunch/ lunch.
<b>Lilla Cafeet på Söder</b>	Ringvägen 131, Skanstull	Cafe	Great place with free wifi, pancakes, salads. Also good place to study
<b>Mamas &amp; Tapas</b>	Scheelegatan 3 Stockholm Tel: 08 653 53 90	Spanish	Great
<b>Mongolian Barbecue</b>	Birger Jarlsgatan 20 Stockholm. Tel: 08 545 076 55	Mongolian with vegetables, sea food, lamb	Great buffet
<b>Narknoi Thai Cuisine</b>	Odengatan 94, S:t Eriksplan Tel: 08 307 070	Thai	Recommended
<b>Östermalm</b>	Jarlsgatan 4; (Smålandsgatan) Tel: 08 545 035 60 Transit: Östermalmstorg	Classic Swedish French	Poshest place in town. You find upscale restaurants around Stureplan and close to the fanciest street, Strandvägen.
<b>Primo Ciao-Ciao</b>	Skeppsbron 12, Stockholm 111 30	Italian/pizza	Makes the best pizzas. Pizza here is a gourmet food. Both also offer a variety of modern Italian dishes.

Restaurant	Location	Food	Comments
<b>Radisson SAS Strand Hotel</b>	Nybrokajen 9 Stockholm Tel: 08 506 640 00	Brunch	Best Sunday brunch. Pricey, but fantastic.
<b>Roppongi</b>	Hantverkargatan 76 Tel: 08 650 17 72	Japanese/sushi	Superb sushi
<b>Sandys Smörgåsar</b>	Kungsgatan 57 Stockholm Metro: Hötorget Tel: 08-663 97 60 Fax: 08-663 92 59	submarines, sandwiches, salads	nice alternative fast food
<b>Sushi Izumi Gai</b>	Vikingagatan 5 (not far from KI)	Sushi	Best sushi, reasonable (80-200 SEK) and VERY delicious. Order at the front, prepare your own drinks. The food is brought to your table. Limited seating.
<b>TGIF</b>	in Kungsträdgården, or by Östermalmstorg	American	

### Coffee and Tea

Drinking coffee is a national pastime in Sweden, and as a result, coffee is very good here. There are many inviting cafes scattered around among the shops, and you can buy excellent ground coffee to make at home. Hot tea is also easy to find (the *gamla söder* tea comes recommended).

Recommendations:

- Mellqvist Kaffebär, near St.Eriksplan T-bana, Rörstrandsgatan 4, 113 40 Stockholm, Sweden

### Alcohol

Alcohol is very expensive in Sweden. Grocery stores sell only beer with 3.5 percent or less alcohol content. In order to buy anything stronger (including wine and liquor), you will need to go to the Swedish alcohol retail monopoly *Systembolaget*. For more information please go to their website: <http://www.systembolaget.se/> Keep in mind, however, that these stores have short hours, are not open on Sunday, and as a general rule, the higher the alcohol content, the more expensive the brew.

### **Pubs and Bars**

- Harry B James, for cheap drinks, Regeringsgatan 47, 111 56 Stockholm, Sweden
- Lion Bar, for cheap drinks, near Fridhemsplan T-bana, Fridhemsgatan 18, 112 40 Stockholm, Sweden
- MF Pub, Karolinska Student Union Pub, Medicinska Föreningen, Nobels väg 10, Solna

### **Washington DC**

Grocery stores in DC and Maryland offer a wide range of multicultural foods.

#### **Grocery Stores**

- Balducci's--generally expensive, but with a higher variety of cheeses and bread, located in Bethesda (Old Georgetown Rd)
- Giant--inexpensive, Bethesda (Arlington Road) and DC (Van Ness Metro stop)
- Safeway--inexpensive, Bethesda (Bethesda Metro) and Chevy Chase
- Trader Joe's--organic produce at great prices, located in Bethesda (Wisconsin Ave) and DC (GWU metro stop)
- Whole Foods, natural and organic foods

NOTE: If you bring canvas (reusable) bags, you will get some small discounts at grocery stores.

#### **Restaurants**

You can search for restaurants by category and location [here < http://www.opentable.com/](http://www.opentable.com/)

>. The website also allows you to reserve a table. Some recommendations:

- Beacon Bar and Grill, (Sunday Brunch), 1615 Rhode Island Avenue, Northwest, Washington, DC 20036
- Busboys and Poets, 2021 14th St, NW DC 20009
- Fogo De Chao, (Brazilian Steakhouse), 1101 Pennsylvania Avenue NW # 1 Washington D.C., DC 20004-2547
- Haandi, Indian restaurant, Bethesda
- Joe's Noodle House, authentic Chinese restaurant, 1488 Rockville Pike, Rockville, MD 20852
- Kramerbooks and Afterwords: Bookstore and Cafe, 1517 Connecticut Avenue Northwest, Washington D.C., DC 20036
- Leopold's Kafe, (Austrian), 3318 M St NW, Washington, District of Columbia 20007
- Levantes, Mediterranean, Dupont Circle, DC
- Marrakesh, (Moroccan Food), 617 New York Ave N.W. Washington, D.C., 20001
- Meskerem Restaurant, (Ethiopian), 2434 18th St NW, Washington, DC 20009
- Mie and Yu, 3125 M Street, Northwest Washington D.C., DC 20007 (202) 333-6122

- Pho Nam, (Vietnamese Pho), 15942 Shady Grove Road Gaithersburg, MD 20877 (240) 632-9500
- Positano, (Italian), 4948 Fairmont Ave Bethesda, MD 20814
- Vace, Italian deli, Bethesda (Wisconsin Ave) and Cleveland Park (Wisconsin Ave).
- Vapiano, Italian restaurant, M Street, DC

### **Alcohol**

While alcohol can be purchased in grocery and liquor stores in DC, it can be bought only in liquor stores in Maryland.

### **Pubs and Bars**

- Bier Baron, 1523 22nd Street Northwest, Washington D.C., DC 20037
- Biergarten Haus, 1355 H Street Northeast, Washington D.C., DC 20002-4406
- Blackfinn, 4901 Fairmont Avenue, Bethesda, MD 20814
- H Street Country Club, 1335 H Street, NE, Washington DC 20002
- Science Club, 1136 19th Street Northwest, Washington D.C., DC 20036-3602
- The Reef, 2446 18th Street Northwest, Washington D.C., DC 20009-2004

### **Happy Hours**

- McCormicks and Schmicks Seafood Restaurant, 7401 Woodmont Avenue Bethesda, MD 20814-5310
- The 51st State Tavern, 2512 L St NW, (between N 26th St & N Pennsylvania Ave) Washington, DC 20037
- The Melting Pot, 1220 19th Street Northwest, Washington D.C., DC 20036-2464
- The Rooftop Pool Deck at the Donovan House - 1155 14th Street NW, Washington, DC 20005

## 4. Language courses

### Stockholm

Although Swedes generally speak English very well, most signs, menus, papers, overheard conversations, and instructions are in Swedish. A small English/Swedish dictionary is helpful, but usually you just have to ask for help. You can also take Swedish or English courses in Sweden. Swedish courses in Stockholm (all except SFI cost money):

- [Studieframjandet](http://www.studieframjandet.se/) < <http://www.studieframjandet.se/> > (Swedish for beginners)
- [Folkuniversitetet](http://www.folkuniversitetet.se/) < <http://www.folkuniversitetet.se/> > (General courses, Medical Swedish)
- [Medborgarskolan](http://medborgarskolan.se/) < <http://medborgarskolan.se/> > (Swedish for foreigners)
- [Svenska Nu](http://www.svenskanu.com/) < <http://www.svenskanu.com/> > (for academics)
- SFI (Swedish for Immigrants) who have personal number, free of charge, but is a very slow course
  - 08-508 25 700 Stockholm
  - 08-734 26 82 Solna
  - 08-535 399 99 (switchboard) Huddinge

English courses in Stockholm:

- [Folkuniversitetet](http://www.folkuniversitetet.se/) < <http://www.folkuniversitetet.se/> >
- [Studieframjandet](http://www.studieframjandet.se/) < <http://www.studieframjandet.se/> >
- [Medborgarskolan](http://medborgarskolan.se/) < <http://medborgarskolan.se/> >
- [The British Institute](http://www.britishinstitute.se/) < <http://www.britishinstitute.se/> >, 08-545 45 375

### Washington DC

You can take Swedish classes at the [Svenskaskolan](http://www.theswedishschool.org/) < <http://www.theswedishschool.org/> >, at [Swedish Cultural Connection](http://www.swedishculturalconnections.com/) < <http://www.swedishculturalconnections.com/> >, or [online](http://www.digitalasporet.se/) < <http://www.digitalasporet.se/> >.

English classes are provided at FAES for a reasonable price, and the Office of Intramural Training and Education at NIH offers English courses on scientific writing.

## 5. Personal services

### Hair

#### Stockholm

- [Toni & Guy < http://www.toniandguy.se/ >](http://www.toniandguy.se/), Hornsgatan 5, 118 46 Stockholm, Phone: +46 8 714 56 56. Highly recommended.  
▶ You don't tip.

#### Washington DC

- The Shop Salon, 8231 Woodmont Ave., Bethesda, MD 20814, (301) 913-5955
- Salon Prive, 7818 Old Georgetown Road, Bethesda, Maryland 20814

### Spa

#### Stockholm

- [Axelsons Spa < http://www.axelsonsspa.se/ >](http://www.axelsonsspa.se/), Gallerian, Nedre plan, Hamngatan 37, 111 53 Stockholm
- [Sturebadet < http://www.sturebadet.se/sturebadet-english/1029301-start-page >](http://www.sturebadet.se/sturebadet-english/1029301-start-page), Sturegallerian 36, Stockholm
- [Gilda Skolan International Beauty School < http://www.gildaskolan.se/ >](http://www.gildaskolan.se/)  
▶ Again, no tipping here.

## 6. Shopping

### Stockholm

► Stores in Sweden normally close between 6:00 and 7:00 PM on weekdays and 5:00 PM on weekends

#### Books

- *Akademibokhandeln* (on Regeringsgatan)
- *Poketshoppen* biggest selection of paperbacks

#### Electronics Stores

- ONOFF (T-Centralen)

#### Fresh fruit and flowers

- *Hötorget*. You can get cheap flowers 10 min before they close up for the day—but beware of the sweet-talking salesmen trying to trick you into buying more than you actually want.

#### Household goods

- Clas Ohlson (Solna Centrum)
- IKEA (Kungskurva, Barkaby)

#### Latest Fashion

- *Åhlens*, everything you need, from pricey to really cheap.
- *H&M* (on Hamngatan) Gallerian has the biggest selection of H&M brands
- *Mall at Götgatsbacken*
- *Plagg and Pjuck* (St. Eriksgatan) nice but expensive women clothing.
- *Rörstrandsgatan* (Birkastan, close to St. Eriksplan) has several small, nice stores
- *Top Shop* (in Gallerian)

#### Shoes

- H&M, Vero Moda, Indiska, JC, dinsko, Nilson (T-Centralen)
- *Mixage* (on Drottninggatan)

- *Skopunkten* (on Sveavägen) Really cheap. Buy 3 for the price of 2.
- *Sneakers´Stuff* (on Åsögatan)

### Sports Stores

- Stadium, Team Sportia (T-Centralen)

### Street Wear

- *Como* (Hötorget)
- *Etc* (Odenplan)
- Gallerian (T-Centralen) containing stores such as H&M, Vero Moda, Indiska, JC, DinSko, Nilson
- *Gulan* (Skanstull)
- Kista Gallerian (Kista)
- Solna Centrum (Solna)

Other areas you can find stores:

1. Walking around *Drottninggatan*
2. *Södermalm* and all along *Götgatan* (if you're looking for something different)
3. *Östermalm* (posh district)
4. If you walk down Hamngatan and in the blocks surrounding Stureplan, you will find exclusive stores such as Prada and Gucci.

### Shopping Mentioned by Students

Store/Shopping Area	Products	Student Comments
<b>Åhlens</b>	Department store chain Clothes, cosmetics, housewares, media.	open until 8:00 PM, has everything you need, from pricey to really cheap.
<b>Gallerian on Hamngatan</b>	Shopping Mall	Biggest mall in Stockholm
<b>Hötorget (Haymarket)</b> City Center square	Fresh produce (Mon-Sat, 9-4) Flea Market (Sun)	
<b>IKEA</b> Kungens Kurva. (across the street from a mall)	Home furnishings	Largest IKEA in the world. Take a free bus from outside the T-Kungstradgård (Gallerian exit). Runs every hour, M-F, until 7 PM. Takes about 30 min.
<b>Kista</b> 20 min west of Stockholm	Shopping Mall	It's big, has a huge food court, and doesn't close until

		9:00 PM
<b><i>Solna Centrum</i></b>	Shopping area	Contains many department stores (including <b><i>Ahlens</i></b> and <b><i>H &amp; M</i></b> ), phone stores, and a small video store where you can rent movies with your passport number.
<b><i>Täby Centrum</i></b>	Shopping Mall	Biggest Mall, but it takes a while to get there. Take the metro to <i>Tekniska Högskolan</i> . Take the blue train (Roslagsbanan) to Täby Centrum (about 15 min).
<b><i>Västermalmsgallerian</i></b> Fridhemsplan (St. Eriksplan area)	Shopping Mall	Västermalm/Kungskolmen at Fridhemsplan, across the bridge from St.Eriksplan.

## DC/Bethesda

► Stores in the US stay open for a long time (until 10 pm) and some are even open 24 hours.

### Farmer's markets

- *Bethesda*. Farmer's markets run from May-Oct and are a great way to buy fresh vegetables and fruits. Bring cash.

### Household goods and furniture

- IKEA, 8352 Honeygo Boulevard, Baltimore, MD
- Target
- Walmart, 5800 Kingstowne Ctr, Alexandria, VA 22315

**Malls** (where you can almost find everything from clothes to shoes to electronics)

- *Fashion Center*, Pentagon City, VA (Pentagon City stop)
- *Mazza Galleria*, Chevy Chase, MD (Friendship Heights Metro)
- *Montgomery Mall*, MD (need to drive here)

- *The Shops at National Place*, Washington DC (Federal Triangle/Metro Center stops)
- *White Flint Mall*, MD (White Flint Metro stop)

Other shopping areas

- Georgetown, Washington DC (expensive, brand name items)

## G. Transportation basics

### 1. Flights

#### Omega World Travel

For students at NIH, travel arrangements are paid by the NIH mentor. If admitted from the NIH side, you are entitled to \$3000 every year for travel expenses (including hotel and food for short stays). This money is on a “use it or lose it” basis, i.e. any unused amount of travel expenses in one year will not get carried over to the next.

#### How to make travel reservations:

1. **Complete the one-time, mandatory security training months before you travel.**  
Without a certificate of completion, your AO cannot authorize extended overseas travel. It is best to take the half-day GPP-sponsored course offered during orientation in your first summer at the NIH. Otherwise, you will have to book a two-day course (held in Arlington, VA) at a cost of \$300 to your Institute.
2. At least **8 weeks prior to your trip**, call Omega World Travel: +1-800-419-2312
  - a. As of 2011, you can fly from DC--> Stockholm via Frankfurt or Munich on United Airlines (government carrier).
  - b. For short-term stays, you can book hostels/hotels through Omega that fit within the government per diem.
3. Submit your travel order using NIMH BPLogix (you need an NIH VPN to access this).
4. You should receive several approval emails and a final “stamp of approval” email that allows you to leave.
5. Make sure Omega issues you a ticket before you leave.

\*\*If you book a flight that returns during a different fiscal year, the return flight may be very expensive (over \$1000 for one way) if the NIH has not yet announced a contract carrier. In such cases, Omega adjusts the price automatically after the contract carrier is determined.

#### **Important note for students from NIH side traveling to conferences**

Scientific conferences are a great way to network, but if you are employed by the NIH, you need to be aware of some ethical issues regarding monetary support. As per NIH rules, your travel, accommodation, and food should be paid by the NIH. If you win a travel award, you need to check with your lab before accepting the monetary award. Outside support is only

accepted in the form of “In Kind Payments”, which means all the costs are paid up front by the organization. Furthermore, if you are presenting your work, you will have to submit a form disclosing this information. Contact your AO for more information.

### **Travel money for students from KI side**

You can apply for travel money at KI through <http://fonder.ki.se/ansokan/index.htm>. Click on “KI Resebidrag och Axel Hirsch resebidrag för kirurger”. There are several deadlines each year and you can get up to 14000 SEK.

## **To Stockholm**

### **To/from the Arlanda airport**

The Arlanda airport is the central airport in Stockholm. Terminal 5 (SAS, British Airways, etc) for international flights, while 4 is for domestic flights. You can get to and from Arlanda airport in several ways.

- **Arlanda Express** < <http://www.arlandaexpress.com/> >  
A high-speed train that takes 20 min between Arlanda and City Terminal. A one-way adult ticket costs 240 SEK (\$35). A youth\*/student ticket costs 120 SEK. \*Youth = under 25 years old. If you buy the student discount price, have ID (KI or passport) to prove your studentship/age.
- **Flybussarna** < <http://www.flygbussarna.se/> >  
A bus between Arlanda and City Terminal that takes 45 min. A one-way ticket costs 119 SEK if bought at the station booth, but 99 SEK if purchased in advance online. The youth discount is 89 SEK. Buses arrive every 30 min.
- **Commuter train and bus**  
From the airport, at bus stop 15, you can take bus 583X or 583 to Märsta train station. At Märsta, take the commuter train (called Pendeltåg) towards T-centralen (City Terminal). You can then switch to the tunnelbana (metro) to reach your destination.
  - ▶ If you purchase the monthly metro pass (*månadskort*, 690 SEK), this whole commute is free. The commute time is about 90 min.
- **Taxi**

A taxi ride to/from Arlanda to Stockholm can be 400-500 SEK depending on the taxi company.

### **To/from Skavsta and Bromma airports**

You can access these airports using [Flybussarna](http://www.flygbussarna.se/) < <http://www.flygbussarna.se/> >. Check details online for timetables.

### **To/from City Terminal to Stockholm locations**

The City Terminal (T-centralen) is well connected to Stockholm City. If you are trying to get to the KI campus/hospital, Jägargatan, or Huddinge hospital, here are detailed directions:

- **KI campus/hospital**  
Take the T-bana to S:t Eriksplan stop. Cross the street and take blue bus #3 toward Karolinskasjukhuset.
- **Jägargatan**  
Take blue bus #3 toward Södersjukhuset and get down at the last stop. Or, you can take the Pendeltåg and get down at Stockholm södra.
- **Huddinge**  
You can take the free bus provided by the KI, which leaves from the campus side to the right of the Nobel Forum building. Because of construction, the location of the bus stop may change. The bus leaves on the hour (except for 8 am, it leaves at 7:45) from KI and leaves Huddinge every half hour until 3:30 pm. You can also take the Pendeltåg toward södertälje and exit at Flemingsberg station.

## **To DC**

### **To/from the airports**

Three airports service the Washington, DC area: Ronald Reagan International (DCA), Dulles International (IAD), and Baltimore-Washington International (BWI).

- Metro
  - Only DCA is readily accessible by metro. Use the yellow or blue lines.
- Taxi
  - Taxis to/from each airport cost around \$55-70.
- Super Shuttle
  - A group van that picks up people near you and costs about \$30-40.

- NIH shuttle
  - Meant for NIH patients, but usually empty (and free). Departs from/arrives at Bldg 10 Clinical Center.

## 2. Public transportation

### Stockholm

The Stockholm metro is run by [SL < http://sl.se/sv/Resenar/Planera-resa/ >](http://sl.se/sv/Resenar/Planera-resa/) (translate the page to English at top). Transportation is expensive in Stockholm, but it provides service to the entire city area. Tickets cover metro (tunnelbana), commuter train (Pendeltåg), and bus. You can buy either ticket strips or a blue smart card (20 SEK) at any Pressbyrån (blue/yellow stores in each metro station) or at the SL center in T-centralen. The smart card can be reloaded repeatedly. NOTE: Bus drivers do not sell tickets.

#### Hours of operation:

M-F: 5:00 am -midnight

Sat: 0:00- midnight

Sun: 0:00 –midnight

#### Ticket options:

- Single ticket: 30 SEK (valid for one hour after being stamped)
- 8 tickets: 180 SEK (comes as a strip of tickets)
- 3 days ticket: 200 SEK (smart card)
- 7 days ticket: 260 SEK (smart card)
- 30 days ticket: 690 SEK/490 SEK (smart card)
- 4 months ticket: 2670/1900 SEK\* (smart card)

*\*Student price: you must enroll in the student union and get a student card/certificate to get this discount. For more details, go [HERE < http://www.medicinskaforeningen.se/ >](http://www.medicinskaforeningen.se/).*

### Washington DC

#### Metrorail

The heart of Washington DC's public transportation is the [MetroRail](#) < <http://www.wmata.com/> > system. Farecards can be purchased at any station, but the smart card (Smartrip card, \$5) can be bought only at Metro Center. After using your farecard to enter the station, KEEP your card, as you will also need it to exit at your destination. As a matter of courtesy to others, stand on the right side of the escalators and walk on the left side. Smoking and eating are prohibited on the metro (even on outside platforms).

### **Metrobus**

Coupled with the MetroRail system is the [MetroBus](#) < <http://living-in-washingtondc.com/metrobus-washingtondc.php> > system, whose hours and fares are similar to the MetroRail's. While it's a bit harder to use than the rail system, it does provide access to places around the city that don't have a rail station in close proximity. You can use your SmartTrip card for the bus (gives you a discount if you're transferring from the rail to the bus), farecard, or exact change.

### **Circulator buses**

The [DC Circulator](#) < <http://living-in-washingtondc.com/dccirculator-bus-washingtondc.php> > connects certain locations in DC and the fare is only \$1 (or free with a MetroBus transfer). The [Georgetown-Union Station](#) < <http://living-in-washingtondc.com/dccirculator-georgetown-unionstation.php> > bus route runs between Union Station and [Georgetown](#) < <http://dc.about.com/od/neighborhoodprofiles/p/Georgetown.htm> > (with the Convention Center as the center point), and the [Convention Center - SW Waterfront](#) < <http://living-in-washingtondc.com/dccirculator-conventioncenter-swwaterfront.php> > bus route runs between the Convention Center and the Waterfront, with stops near the National Archive, the FBI Museum, the National Mall, and the Air and Space Museum). The [Smithsonian - National Gallery of Art Loop](#) < <http://living-in-washingtondc.com/dccirculator-smithsonian-nationalgalleryartloop.php> > bus route circles the National Mall.

► You can map out your journeys at <http://www.wmata.com/>.

### Hours of operation:

Weekdays: 5:30- midnight

Weekends: 7:00 am -3:00 a.m.

Farecard prices:

Single: starts from \$1.35 (non-rush hours)

1-day pass: \$6.50

7-day pass: \$32.50

As a government employee, you are entitled to receive metro benefits through [Transhare](http://dtts.ors.od.nih.gov/transhare.htm) <  
<http://dtts.ors.od.nih.gov/transhare.htm>>.

- Transhare will either give you money for the metro or give you a parking pass. You cannot have both at the same time. You can reapply and cancel Transhare at any time.
- Driving to work can be tough and slow going. The beltway (495) and I-270 suffer from high traffic load during the weekday rush hours. If you do drive to work, the NIH main campus gives employees the option to park their vehicles on campus.

## PART 4. CULTURAL TIPS AND PACKING LISTS

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### A. Cultural tips

#### Sweden

*Bland is in.* Swedish food is typically basic with few spices beyond the mandatory dill. Spicy food is not easy to find, and even ethnic foods are toned down (be wary, for instance, of Swedish Tex-Mex!). However, most groceries carry Mexican food products (salsa, tortilla chips, jalapenos, and Mexican spice mixes) that are good but pricey.

*Body language.* Swedes use a sharp intake of breath as a way of agreeing during conversation. It is a sort of gasp accompanied by nodding, or saying “uh-huh.” It can be surprising the first time you hear it, but you will soon find yourself doing it.

*Bring your shopping bag.* Grocery stores charge 1-5 SEK for plastic bags, so carry a canvas bag with you.

*Coat check.* Most restaurants and bars will have a coat check at the front, and they WILL make you check your coat and shopping bags before you can be seated. When you leave you will have to pay 10-20 SEK to retrieve your items. This is especially true in the colder months, when folks bundle up just to get around.

*Curiosity about foreigners.* When speaking English in public, prepare for people around you to stare, even in international Stockholm.

*Fika.* Swedish for “coffee break,” *Fika* usually means coffee, something sweet, and a lot of talking. Expect to be asked to take *fika* with your colleagues—and be aware that it may last awhile.

*Sales tax & tipping.* Food in restaurants and nonfood items in stores usually have a 25% sales tax added into the price you see, which is also the price you pay. The price of food in the grocery store usually includes a 12% tax. The extra tax you pay for food in restaurants is for service, so tipping is not a big practice. If the service is outstanding, it is usually okay to round up to the nearest 5, 10, or 20 SEK as a tip.

*Shoes.* When you visit someone’s house, check to see if other guests are wearing shoes in the house. Swedes often remove their shoes at the door. Some even bring “inside” shoes in a bag to put on once they get to the host’s house.

## **United States**

*Car.* Public transport is not as big in the US as it is in Europe. If you want to take explore other states of the US, you might consider renting a car to see local sights. Driving through the US can be a wonderful experience because of the diverse landscapes.

*Culture is in.* You will find a wide variety of cultural events in DC and ethnic food. Be sure to partake in these experiences.

*Sales tax & tipping.* Food in restaurants and nonfood items in stores usually do not have sales tax included. Tax varies by state and by item, so expect to pay a bit more than the posted value. At restaurants, for taxis, and hair services, you also have to pay about a 10-20% tip depending on how good you found the service.

## B. Timeline for trip preparation

### NIH Students

*As soon as you know that you will be going to Sweden:*

1. Apply to the NIH for a remote user (VPN) account
2. Take the GPP overseas security training course, and put your certificate in a safe place
3. Look for *an unlocked triband GSM phone*, so that you have time to return it if you find it is not truly unlocked
4. Apply for UAC housing
5. Arrange for extra monthly prescriptions (get coverage letters, etc).

*As soon as you know when your trip will begin and end:*

1. Apply for visa at least 3 months in advance of your expected travel date.
2. Put in your travel request with your AO or office secretary
3. Contact NIH's Omega Travel to set up your flight
4. If the experiments you plan to do at KI involve getting ethical approval, be sure to talk with your KI mentor and get them approved *BEFORE* you arrive. (It typically takes 6+ weeks to get approval.)

*Two months before your trip:*

1. Take care of any paperwork required for:
  - a. student loan deferrals
  - b. medical insurance renewals
  - c. anything else you might need to have done while you are gone

*Two weeks-1 month before your trip:*

1. Get your 1-year student residence permit card. You will need to bring 2 passport photos and your passport to the Swedish Embassy
2. Add all important data and programs to the laptop you are bringing
3. Test your VPN remote access account from off campus
4. Make sure you have received specifics about your housing from UAC
5. Verify that your trip has been approved by your NIH Institute and print a copy of the receipt. (Evidently it is not uncommon for your trip approval to be held up, since it is overseas travel, so you should be inquiring about it often to help the process along).

6. Use the Packing Tips in Appendix I and make sure that you have adapters, converters, over-the-counter meds, etc.

### C. Checklist for trip preparation

1. *Electricity converters and adaptors.* Electrical current in Sweden is 230V 50 Hz, and 110v in the US. This means that you will need *adaptors* for your American appliance plugs to fit Swedish sockets and vice versa. You will also need a *100v transformer* if your electronic device does not handle both voltages. If you don't know, err on the side of caution and use an adaptor/transformer. (*Converters* adapt plugs so that they have the correct pins to fit the outlets. *Adaptors* actually change the electrical output in volts.)
  - ▶ If you just use the adaptor with an US device made for 110v you will blow out the device. Be sure to check your device. If it says input 100-240v, you are okay.
  - ▶ Especially important is the 3 pin adaptor you will need for your laptop.
2. *Bedding.* Towels, sheets (twin size), pillowcase.
3. *Over-the-counter Medications.* You might need a prescription to get them abroad, so bring your own painkillers, cold medicines, and stomach medicine.
4. *Prescription medicines.* Make sure these are in the original packing to get through security.
5. *Color copies of your passport*
6. *Guidebooks* (*DK Eyewitness Travel Guide* is VERY helpful and has a bus map in back cover)
7. *Unlocked GSM triband phone*
8. *Office supplies*
9. *Clothes that can be layered.* Sweden gets warm in the summer (up to 80°F, 30°C) and is very cold in the winter, so layers are practical. DC is quite hot in the summer (100°F, 37°C) and not that cold in the winter (compared to Sweden).
10. *Compression bags.* Good way to pack jackets and sweaters
11. *Personal music player.* Good for drowning out noise on public transportation
12. *Earplugs.* Particularly for those living in Jägargatan, where the walls are very thin
13. *Eyemask.* Handy in the summer, when the sun shines almost all day and night long
14. *Nalgene or your choice of water container.* The tap water is very good, and it is cheaper to carry a bottle of water with you than to buy it.
15. *Lotion.* Climate can be a little dry
16. *Sunglasses.* It can get pretty sunny, and it seems as if the light is more direct
17. *Comfortable shoes.* It is easy to navigate the city and all its islands on foot
18. *Camera* – it is so beautiful that you will want to take lots of photos
19. *Alarm clock with loud alarm* – time changes can make it very hard to wake up

- 20. *Addresses and phone numbers of people you want to contact.* This is particularly important if you are leaving your U.S. cell phone with all your cell numbers in it
- 21. *Small English/Swedish dictionary.*
- 22. *Swedish language books and CDs.*
- 23. *Large canvas bag.* To take grocery shopping with you
- 24. *Chapstick.* Chapstick in Europe is not the same and is usually expensive
- 25. *NIH ID.* You can be asked for this at the airport (so they say)
- 26. *Kleenex and toilet paper.* Paper products in Sweden are pretty scratchy.

► *TIP ABOUT BRINGING STUFF BACK TO THE USA*

Check shipping rates before you buy a lot of stuff you want to take back to the USA. International shipping rates have recently skyrocketed, and you may suffer sticker shock. Shipping suggestions from a former Program participant: If you have too much stuff to take back with you all at once at the end of your stay, use [Active Air Cargo AB](http://www.aac.se/) < <http://www.aac.se/> > (you have to use a forwarding agent – airlines won't take cargo from private individuals). They also have a 10% student discount. If you somehow have an extremely large item like a car or a boat that needs to go on a ship, you can use a company called [Nordtrafik](https://www.nordtrafik.se/) < <https://www.nordtrafik.se/> > in Goteborg online, but you would have to drive across the country to put on a boat.