



# 2024 EFA

Annual General Meeting  
& Community Meeting

**Practical Information**

Stockholm, Sweden

08-09 April 2024

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# Venue Location

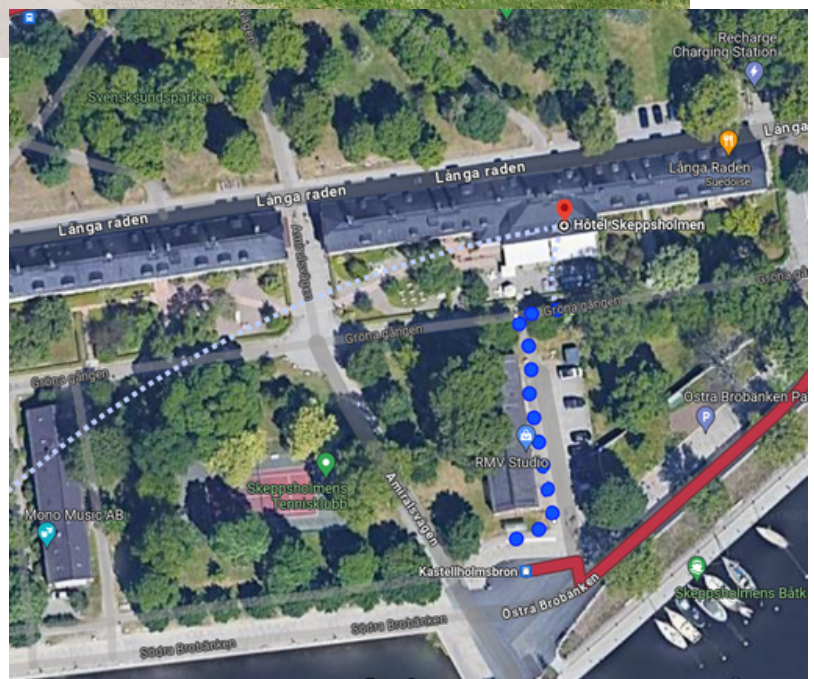


## How to reach the hotel

The venue is directly connected to Stockholm Central Station by **bus line 65**, at the stop *Kastellholmsbron*. It is a 15 minutes trip. If you prefer to walk, it will be 30 min.

The bus stop of **line 65** is located on [Klarabergsviadukten/Klarabergsgatan](#) on an upper-level street. You can access it either via Central Station or through the stairs in *Vasagatan*. In case of question, you can ask to the info desk in the train station.

Please, check the website or download the [Stockholm Lokaltrafik \(SL\)](#) app to plan your journey.



**Skeppsholmen Hotel**  
Gröna gången 1, 111 49  
Stockholm  
Sweden

# Accommodation

## Hotel room

We will cover up to two nights' accommodation (single occupancy) in a standard room, with buffet breakfast. Any additional nights, double occupancy and additional services used will be charged to your credit card upon check-out.



### Inclusiveness section

The hotel where the meeting will take place has wooden floor and take off the carpets and the candles from the rooms.

EFA has negotiated an advantageous room group rate for you, in case you want to extend your stay:

- Single Occupancy SEK 2,290.40 | EUR 207.50 pr. night \*
- Double Occupancy has an additional cost of SEK 200.00 | EUR 18.12 pr. night\*

The rates include:

- Buffet breakfast
- Internet access Wi-Fi

*\*The price in EUR is calculated with the official EU exchange rate of January 2024. The exchange rate may vary in the future*

## Amenities

<b>In the hotel</b>	<ul style="list-style-type: none"><li>• Fitness centre</li><li>• Tennis court</li><li>• Internet access - Wi-Fi</li><li>• Climate control/AC</li></ul>
<b>In the room</b>	<ul style="list-style-type: none"><li>• Minibar &amp; in-room safe</li><li>• 24h room service</li><li>• Robes</li><li>• Full-body mirror</li><li>• Byredo Toiletries</li><li>• Duxiana bed</li><li>• Buffet breakfast included</li></ul>

## Food & Beverage

During the days of the meeting 08-09 April, EFA will provide lunch and coffee breaks. The hotel will be informed about the dietary requirements, which will be asked in the registration form.



# Arrival in Stockholm

We invite you to book your own round-trip travel; EFA can only reimburse travel costs to EFA Members up to EUR 350 (flights, trains, and buses in economy class). The program will start at **09:00\*** on the 08th of April, hence we suggest arriving in Stockholm on the 07th of April.

EFA will cover up to two nights of accommodation (07-09 April) at a reserved hotel. Attendance at the full event is expected. When booking your flight back, please consider that the Community meeting is expected to end on the 9th of April at **12:30\***.

\*Indicative time

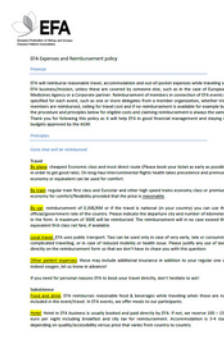
## Reimbursement

For each member association, travel costs (flights, train and bus in economy class) for one delegate will be reimbursed up to EUR 350, unless otherwise agreed on a case-by-case basis. EFA will also cover up to 2 nights of accommodation (07-09 April), if you require more nights, please note that we can arrange that for you, but any additional nights, double occupancy and additional services used will be charged on your credit card upon check-out. In case if there are no return flights or connections on 9th April, please let us know and we will find individual arrangements.

All expenses must be justified by original receipts, sent together with the EFA reimbursement form which will be provided closer to the date of the event, unless you have agreed with us that you can invoice for the cost. The sooner you send the expense claim the sooner it will be reimbursed. In any case, expenses need to be sent within the accounting year. We always strive to pay within 20 days. If you need a quick reimbursement, we will prepare an online form easy to complete where you can attach receipts and submit it, but we still need the originals by post:

### The European Federation of Allergy and Airways Diseases Patients' Associations (EFA)

35 Rue du Congrès  
1000 Brussels  
Belgium



# Travelling to Sweden

## COVID 19

Currently, there is no restriction on travelling due to COVID-19.

Further information about COVID-19 in Sweden is available here: [FAQ About COVID-19 - Folkhälsomyndigheten](#)

## Travel Requirements

Foreign nationals who visit Sweden must carry valid travel documents or identity cards that are accepted for border crossing. Please note that residence permits are not valid documents for travelling across borders.

If you hold a non-EEA (European Economic Area) /EFTA (European Free Trade Association) passport, you might need to request a visa to enter the country. Check here whether applies to you or not: [Government Offices of Sweden | List of foreign citizens who require Visa for entry into Sweden](#) .

Visas may be granted for business trips, tourism, private reasons (family and friends), official visits, short-term studies, and political, scientific, cultural, sports, or religious events. If you are applying for a visa, please notify EFA as soon as possible so that we can support you in the process. Please note that the VISA costs will be covered by EFA.

### USEFUL LINKS

- <https://www.swedenabroad.se/en/>

## Travel Insurance

We would like to invite you to also contract your travel insurance to protect you from:

- Cancellation of flight due to unforeseen circumstances and emergency
- Flight costs associated with delays or emergencies
- Health and other personal emergencies
- Medical attention while travelling

Travel insurance and COVID medical insurance is normally offered with your flight and if you haven't selected during your flight booking, you can do so online when you are checking-in your flight.

# Going around Stockholm

## *Public Transports*

As the capital of Sweden and given its unique location, Stockholm offers metro, trams, bus, trains and commuter ferries. All are operated by SL, and available day and night. You can plan your trip in their website (<https://sl.se/reseplanering>, available in Swedish) or mobile app available on App stores. (available in Swedish and English).

If you choose to explore Stockholm by public transport, SL webpage offers a Tickets section, where you can find all ticket fares and select the best option for you.

## *Some information about Stockholm*

Stockholm, the capital of Sweden, is renowned for its picturesque archipelago, historic landmarks like the Royal Palace, and vibrant cultural scene, making it a dynamic and captivating city in Northern Europe. Renowned for being the location of the Nobel Prize, home of ABBA, and astonishing nature, this city has a lot to offer and give to their visitors. For further information, visit: <https://www.visitstockholm.com/>.





# Getting to Stockholm

Located in the centre of the country, Stockholm is accessible by air, train, bus, car and ferry.

Stockholm has four airports:

[Stockholm Arlanda Airport \(ARN\)](#), located 40 km north of the capital, is the largest airport in the country. It serves both national and international flights. Arlanda Airport is connected to Stockholm with:

- [Arlanda Express](#) (every 10–15 min) operates from 4:50 am to 1:05 am, and the journey lasts around 20 min. The round-trip ticket is 600 SEK (online price) and there is a discount when you travel together with other people.
- [SL commuter trains](#) (every 30 min) and the train operated by the national train operator also stop at the airport (please, check on the [SJ website](#)), and connects you to the city in 40 min.
- [Flygbussarna Airport Coaches](#) (every 20–30 min) operate from 3:00 am to 10:00 pm, and gets you to Stockholm Central in 45–55 min. A round-trip ticket costs 209 SEK per person, and you can buy it online or at the airport.
- [Flixbus](#) also operates multiple times a day in 35–65 min. Timetable and prices can be consulted on their website, and they might change between the last time you look at them.
- Taxi, with a set rate of max. 750 SEK (1–4 passengers) and 1,200 SEK (5–8 passengers) within the [marked area](#) that includes Stockholm. Please, check more information about taxis, operating in Arlanda Airport, at the following link: [Swedavia | Stockholm Arlanda Airport | Taxis](#)



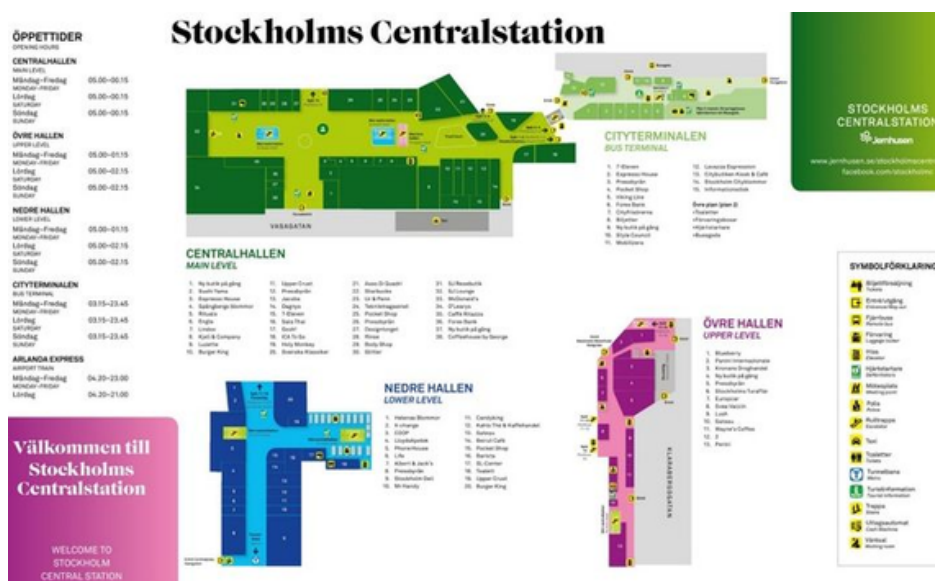
[Stockholm Bromma Airport \(BMA\)](#) is located 9 km from Stockholm and operates domestic flights. The airport is connected to the city by [train](#), [bus](#) and [taxi](#). The [website of the airport](#) provides useful information to choose your preferred connection from/to the airport.

[Stockholm Skavsta Airport \(NYO\)](#) operates international low-cost flights and is located about 105 km Southwest of Stockholm. It is only connected by [bus](#) in 80 min, and by [train](#) from the nearest town Nyköping, after taking a [local bus](#) n.515. Please, consult more information on the website of the transport providers.

[Stockholm Västerås Airport \(VST\)](#) operates international low-cost flights and is located 110 km northwest of Stockholm. Similarly to Skavsta Airport, it is only connected by [bus](#) in 80 min, and by [train](#) from Västerås after taking a [local bus](#) n.3. The direct bus transfer operates from 3:00 am to 10:00 pm every 20–30 min. A return ticket costs 449 SEK (online or on the app) or 509 SEK (full price). Please, check the website of the transport providers for further information.

Further information about the travel options from one Stockholm airport to the city, please visit: [Visit Sweden | Getting to and from Sweden's airport](#).

If you want to opt to travel to Stockholm by rail, SJ offers direct trains from Oslo, Copenhagen and from other destinations within Sweden. Please, consult [SJ official page](#) for extra information.



Map of *Stockholm Central Station*, final destination of all the connection from/to the airport.

# Facts about Sweden

<b>Currency</b>	Swedish Krona (SEK)	<p>Sweden is a cashless society, and it is widely common to pay with your card, phone or app. Cash is also accepted, although not frequent (<a href="#">e.g., in 2022 only 8% of the respondents have paid with cash in their last purchase in a store!</a>).</p> <p>The current exchange rate (January 2024) is 1 EUR = 11.0382 SEK (Source: <a href="#">InforEuro   Currency converter</a>).</p>
<b>Time</b>	CEST	Stockholm is one (1) hour ahead of Greenwich Mean Time (GMT +1)
<b>Languages</b>	Swedish	English is widely spoken in Sweden at a good level, regardless the age.
<b>Electricity</b>	230v	Sweden uses sockets type F. It is a two pin round pronged plug used across much of Europe.

## *Clothing & Footwear*

Given the location of Stockholm, you should consider bringing warm clothes (including a warm jacket, scarf and mittens) for the cold nights, and an umbrella in case it rains. Similarly for footwear, consider wearing a pair of comfortable pair of shoes that can withstand the rain. However, we suggest checking the forecast before packing.



## Weather in Stockholm

April is the ideal month to visit Stockholm: the cold and dark winter is gone, and it leaves space for sunny and cool spring days. During the day, high temperatures will reach 9°C, with a light breeze from the Baltic Sea to the east. It will drop to lows of about 1°C at night. April is one of Stockholm's drier months, with just 30 mm of rainfall expected. On the other hand, it is not uncommon to have some days of snow during this month.

<b>Min temperature</b>	1 °C
<b>Max temperature</b>	9°C
<b>Rainy days</b>	60%
<b>Monthly rain (mm)</b>	30 mm
<b>Sunrise - Sunset (hours of light)</b>	05:54 am – 7:44 pm (13 hr 50 min)

## Safety and Security

Stockholm is considered one of the safest cities in Europe, although you should take the same precautions as you would take in another big city. As in other cities, pickpocketing and purse snatching might occur in crowded areas of the city, so be aware and keep safe your belongings.

If you hold citizenship from an EU country, you can access Swedish healthcare services by using a European Health Insurance Card, issued in your home country. More information can be found [here](#).

If you do not hold citizenship from an EU country, you may need to take out appropriate travel insurance to cover any medical bills or appointments if necessary, during your stay in Sweden.

### **Police, Fire and Ambulance number: 112**

112 is a number available everywhere in the EU, free of charge, and can be called via a landline or a mobile.

## *Medications*

We kindly suggest bringing with you all the medication and health devices you need for the event.

## *Currency, credit cards and banks*

The monetary unit of Sweden is the Swedish Krona (SEK). As a method of payment, credit and debit cards are widely used. Many shops, restaurants and museum only accept plastic or mobile payments. Some places might charge a fee when accepting foreign credit cards as payment.

If you prefer to pay with cash, Swedish krona is the only currency accepted in the country and can be withdraw in "Bankomat" or "Uttagsautomat" ATM across the city. There is often an ATM at Stockholm Arlanda and Stockholm Skavsta Airport.

For more information, visit [Visit Sweden | Currency, credit cards and money in Sweden](#).

## *Tipping*

Service and VAT are invariably included in prices in Sweden and tipping is never required. However, if you are very pleased with the provided service, Swedes are generally not offended if they are offered a tip, including tour guides.

Nevertheless, when eating out in Sweden it is common to round up to the nearest big number. For example, if your bill comes to 280 SEK, you can round up to 300 SEK. Sometimes a service charge is included in the bill, but this will be clearly stated on the bill.

For more information, [Visit Sweden | Tipping in Sweden](#) .

# See you in Sweden!

## Emergency contacts



### EFA CONTACT DETAILS IN SWEDEN

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hosted by:

