



Futuraskolan International
School of Stockholm

Moving to Sweden

Guide for New Parents
at Futuraskolan
International School of
Stockholm



Social Security

The social insurance system is an integral part of Sweden's welfare. The Swedish Social Insurance covers essentially everyone who lives or works in Sweden. This means that you only have to pay a set fee when you visit the doctor or are hospitalized.

It provides financial protection for families, children and the elderly, as well as people with disabilities, illnesses or occupational injuries.

Through Sweden's membership in the EU, you may be entitled to social insurance benefits in other EU Member States.

The social insurance system is administered by Försäkringskassan

(<https://www.forsakringskassan.se/>) and the Swedish Pensions Agency.

Försäkringskassan is responsible for benefits, compensation and allowances for families with children, as well as people with disabilities or illnesses. The Pensions Agency is in charge of pensions and other support for survivors and the elderly.

Health Care

Sweden's basic health care system is publicly funded and organised by municipalities. There is a network of health centers throughout the country. In bigger cities and towns, health centers generally serve the residents of a specified area within the city. Basic healthcare offered in public health centers are doctors' (general practitioners) and nurses' consultations and basic tests. If in need of more specialized attention, the health center doctor will write you a referral. Specialist care is offered by central hospitals and University hospitals throughout the country.

Foreign citizens who are covered under the social security system may use their local health center with the same conditions as all other permanent residents in the area. EU citizens, who possess a European Health Insurance Card, are considered to be in the same situation.

Housing Information

As accommodation sizes of rooms and the whole size of the apartments and houses vary enormously from country to country. Another thing to be aware of when looking at Swedish house sites is that the units are often listed with a total number of rooms including bedrooms, living, dining etc. – not only bedrooms.

Normally a deposit equivalent to 1-2 months rent is payable on signing the lease plus first month's rent, equivalent to 2-3 months rent up front to secure the property. The deposit worth 1-2 months will be refunded at the end of the lease, provided the property is left in good condition, otherwise the cost of painting, repairs etc. is deducted from the deposit and only the balance refunded. The property shall be professionally cleaned when moving in (by the landlord) as well as when moving out



(by the tenant).

The best website to search for properties is www.residensportalen.se. You pay a fee to access the landlord's information for contact, but it's worthwhile for the reliability since there are many property phishing websites.

Local Registration

If you are moving to Sweden from abroad and are planning to live and work in Sweden for one year or more, you are generally required to be registered in the Swedish Population Register.

When you have been registered you will be given a Swedish personal identity number and be registered as living at a residence with an address. Your civil status and any relationship to your spouse, children or parent will be registered.

The registration is done at The Swedish Tax Agency, Skatteverket

- Local Registration for Non-EU citizens can be completed once they are in possession of a Residence Permit Card.
- Local registration for EU citizens can be completed once they have an employee certificate (original) from a Swedish employer.
- Local Registration for Nordic citizens can be completed by presenting acceptable proof of Identification. Your family member must be able to show that you belong to the same family. He or she can, for example, show a marriage (original) or birth certificate (original), or a certificate proving that you have lived together before you moved to Sweden.

For more information, visit
www.skatteverket.se

Libraries

Libraries in Sweden are available for all to use, all offer free internet service too. If you wish to use these services, you need to have a library card.

Library cards can be obtained at the library. For this purpose, you have to give your address and present a valid identity document. Many libraries will require you to present your Swedish Personal Identity Number. Library cards are free of charge. Libraries stock not only books, but also collections of music and films. Lending periods for these are often shorter than for books. In addition, most libraries have a reading room for newspapers, and often stock a good selection of foreign language papers too.

In case of Emergencies

Sweden has only one emergency number for all emergency services (health service,



rescue, ambulance, fire department, police social services).

Emergency number: 112

You can call the emergency number free of charge from any phone in Sweden, and you do not need an area code. You can also call the emergency number free of charge from a foreign mobile phone that you are using in Sweden. Please note that the emergency number should only be called in genuine emergencies. The number should not be used for inquiries or information.

For inquiries and information when you are sick and need health care advice, please call the medical advice line on 1177, assistance in English will be given.

Helpful Websites

Drivers licenses:

www.transportsyrelsen.se

Online furniture shopping:

www.ikea.se, www.mio.se, www.em.se, www.sova.se

Online Pharmacy:

www.apoteket.se,
www.apotekthjartat.se, www.kronansdroghandel.se

Practical information on moving to Sweden:

www.sweden.se

Local news in English:

www.thelocal.se

Insurance companies:

www.lansforsakringar.se,
www.folksam.se, www.aktsam.se, www.if.se