



Final meeting at Haga Slott

January 30 - February 1, 2024

Practical information for participants



Haga Slott in the summertime

Dear participants of the GCUA 2030 / STINTmeeting,
Here you will find some practical information in relation to your visit in Sweden.

The essentials

- Time and date: From 12.00 CET, Tuesday 30 January to 13.00 CET, Thursday 1 February.
- Venue: Haga Slott, approx. 1 hour from Stockholm.
- Transportation: A bus will be arranged from Stockholm Central station (bus terminal) approx. 10.30 CET, 30 January, and leave from Haga Slott 13.30 on the day of departure. More detailed information will come closer to the meeting.
- Accommodation and meals: GCUA 2030 provides for full accommodation and all meals during the meeting.
- Airport: Book your flights to Arlanda Airport. The airport is located 20 min by train from Stockholm Central station.

Conference venue: Haga Slott

Haga Slott is a castle located in the countryside, a 10-minute car ride from the small town of Enköping. All activities, meals, and accommodation will take place at Haga Slott.

Here is some essential information about Haga:

- Webpage: <https://hagaslott.se/en/haga-castle/>
- Activities that are included in the booking:
 - SPA: There is a SPA located in one of the buildings. It has a heated pool, a cold pool, saunas (dry and steam), showers, and social spaces. Pictures can be found [here](#). The SPA will be available from 4-10 p.m. every day. The SPA is open to all guests at Haga, thus mixing men and women in the facilities. However, there are separate changing rooms and showers for men and women. There is no additional charge for using the SPA.
 - Gym: There is a gym with treadmills, weights, exercise bike, and workout machines located in the same building as the SPA.
 - Games: Pool table, dart board, and wii game can be found in the main building.
- There is a pub in the main building and also a small shop by the reception area.

Wi-fi (wireless network)

Wi-fi is available at Haga. In other parts of Sweden, wi-fi usually very accessible for visitors, e.g. at universities, hotels, restaurants.

Currency

Sweden's official currency is "kronor". 1 krona (kronor = plural). Prices in kronor may be written a number of ways. For example, 10 kronor may be written as 10 kr, 10 sek, 10 SEK and even as 10:-. Euro is not used in Sweden. 1 euro is approx. 11 kronor.

Payments

Please note that payments in Sweden are often done with credit/debit card or via apps. Buses do not accept cash, and some restaurants and shops do not accept cash.

Electricity in Sweden

In Sweden the power plug sockets are of type F. The standard voltage is 220 V and the frequency is 50 Hz. [Check here if you need an adapter.](#)

Health care

Most doctors, nurses and dentists speak English and, in some cases, other languages than Swedish.

For healthcare advice call 1177, which is open to call 24 hours a day. You will get guidance when they answer how to get the information in English. It is not always easy to know how sick you might be. Dialing 1177 puts you in touch directly with an experienced nurse who will assess your condition. The nurse will offer advice and inform you about what clinic to visit, if that is necessary.

The emergency telephone number in Sweden is 112.

There are no vaccination requirements for coming to Sweden, or for travel within the EU.

Weather in Sweden

Temperatures in Sweden differ not only between summer and winter, but also within the seasons and from morning to evening. In January/February, it will be cold – however, that can mean anything from -20 to +2 Celsius. Also, there may be snow or rain and also windy conditions. So, check the weather forecast before coming to Sweden and pack clothes accordingly. You will most likely need a warm jacket, gloves, a hat and scarf, multiple layers of cloths if it is on the colder side and also warm shoes that resist rain and snow.

[More information on climate and weather in Sweden](#)

What to pack?

- You will of course need to pack your essentials (passport, computer, phone, chargers, medication, debit/credit card, clothes, toiletries etc.). In addition, we want to especially mention:
 - Clothing adapted to the weather, especially a warm jacket and warm shoes.
 - Power adapter (if needed).
 - Swimsuit if you want to use the SPA.
 - Training clothes if you want to use the gym or exercise.

Unwritten rules in Sweden

Good to know about Swedes:

- Address everybody, including professors, Rector etc. by the first name and not a title.
- Be on time! Time is always respected in Sweden, no matter the occasion. Swedes value punctuality.
- Swedes usually dress casually unless nothing else states the opposite.
- Swedes queue when waiting for something.
- Do not wear shoes indoors at anyone's home.
- Read more about Sweden and Swedes [here](#).



The gym



The SPA



Common area for socializing



The garden