

INNOVATION WITH A PURPOSE

Orgalim General Assembly

25-27 May 2020 - Stockholm



Teknikföretagen

orgalim | EUROPE'S
TECHNOLOGY
INDUSTRIES

Welcome Guide



GA
General Assembly

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Welcome! Välkommen!

Orgalim General Assembly 2020
Stockholm, Sweden

Join the conversation at [#EUindustry](#)

I am delighted to welcome you to Orgalim's 2020 summer General Assembly (GA), hosted by our Swedish member Teknikföretagen. Returning to Stockholm, the GA will be a platform for engaging on the latest European policy discussions, exchanging views and insights, and connecting with peers from across the continent. Plus, it will provide participants with a unique window into Sweden's innovation ecosystem.

The 2020 summer GA takes place against a backdrop of continuing geopolitical instability, a new focus on the EU's future industrial strategy, and a growing urgency to find new solutions to climate change. Bringing together our membership from across Europe with guests from policy and industry, the GA will shine a spotlight on the opportunities for EU industry to lead the global innovation race and address these challenges.

Renowned for its innovative spirit, Stockholm is the perfect place to have these conversations. I am certain our stay will be inspiring thanks to the signature Swedish hospitality, and the excellent programme we have put together in collaboration with our host Teknikföretagen.

Looking forward to seeing you in Stockholm!



Malte Lohan, Director General,
Orgalim – Europe's Technology
Industries



It is with both great honour and pride that Teknikföretagen and Sweden are hosting the Orgalim General Assembly in 2020.

The General Assembly is one important step towards a Europe with a clear and vital industrial strategy – a strategy that views European industry as an integral force in the work of addressing the challenges we face as a society here in the EU. Technology makes the world a better place, and Teknikföretagen and the Swedish industry we represent are eager to play our part in shaping this positive future.

We are looking forward to meeting our colleagues from all over Europe. While you are in Sweden we will present to you some exciting examples of industrial innovation – and of course, we will give you the opportunity to see some of the best sights our capital Stockholm has to offer.

During your stay, I hope you can take time to explore the natural and cultural attractions of Stockholm and its beautiful surroundings and discover why we are so proud to call this city our home.

Welcome to Sweden!



Klas Wählberg, CEO,
Teknikföretagen



OUR HOST



Teknikföretagen

Teknikföretagen (The Association of Swedish Engineering Industries) is an employers' organisation, and a force for innovation. We are present throughout Sweden and assist 4,100 engineering companies in labour law and industry issues, enabling them to focus on developing world-class goods and services. Engineering companies shape the future – and we help them to succeed.

Sweden and Europe are facing an age of unprecedented possibilities. New technology and new business models enable us to tackle the greatest challenges of our time. The Swedish engineering sector leads this development.

Sweden's future is consequently closely interwoven with the future of the engineering sector. Partly because Sweden's labour market and welfare system are dependent on the success of business, and partly as it is the solutions adopted by business which will also form Sweden's solutions. Consequently, our focus should be on promoting innovation and development in business – for technology that makes the world a better place.

SWEDEN SUBMITS
THE SECOND MOST
PATENT
APPLICATIONS
PER CAPITA
IN THE WORLD

6/10 MEMBERS
HAVE **FEWER** THAN
25 EMPLOYEES



2 600 MEMBER COMPANIES
WORK WITH MANUFACTURING
1 350 ARE SERVICE
COMPANIES



**ONE
IN FIVE**

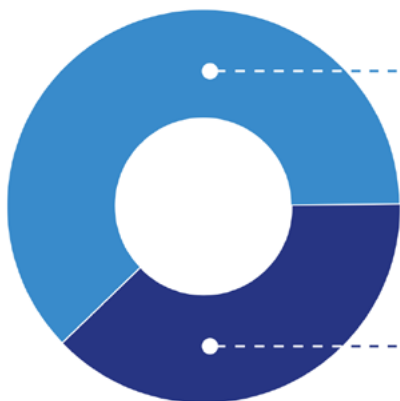
ENGINEERING COMPANIES TODAY
EMPLOY **ONLY**
OFFICE WORKERS



SWEDEN'S ENGINEERING
COMPANIES EMPLOY
300,000
DOMESTICALLY
AND MORE THAN
600,000
ABROAD



45% OF MEMBER COMPANIES'
REVENUE IS GENERATED
FROM **SOFT** REVENUE
55% FROM **HARD** REVENUE



SWEDISH ENGINEERING
COMPANIES EMPLOY

60%

WHITE-COLLAR EMPLOYEES

40%

BLUE-COLLAR
EMPLOYEES

ENGINEERING COMPANIES
IN SWEDEN
RECORD SALES OF
SEK 1.07
TRILLION



MORE THAN **30%**
OF ALL MONEY SPENT
ON RESEARCH
COMES FROM
ENGINEERING COMPANIES

ABOUT THE ORGALIM GENERAL ASSEMBLY

For over 60 years, Orgalim has invited the leading lights of Europe's technology industries to come together twice a year for the association's General Assembly. And over the decades this event has become a valued platform for engaging on the latest European policy discussions, exchanging views and insights, and connecting with peers from across the continent. The General Assembly also serves an important statutory function: it is here where binding decisions are made on Orgalim's future priorities and actions for the year ahead.

In winter the General Assembly meets in the EU capital of Brussels; in summer, the event is hosted by an Orgalim member association in their home country. The summer meet gives participants a unique opportunity to get to know more about the local industry in that country, network with senior company representatives from the region, and explore the sights and culture of the host city.

Always a memorable event, this summer's General Assembly in Stockholm – hosted by Swedish association Teknikföretagen – promises to be truly unforgettable: **named the most innovative region in the EU**, Stockholm will host a dynamic programme of events over three days from 25 to 27 May.



Orgalim General Assembly, Vilnius, June 2018

PROGRAMME OVERVIEW

Monday, 25 May

16.00 - 17.00	Registration and 'fika'	Grand Hotel
17.00 - 22.30	Boat trip on S/S Motala Express and dinner at Fjäderholmarnas Magasin	Fjäderholmarna islands (Departure from Grand Hotel Lobby)

Tuesday, 26 May

09.00 - 11.00 (registration from 8.00)	Business Agenda	Operaterrassen
11.30 - 18.00	Lunch Conference and Digital Safari	Epicenter (Departure from Grand Hotel Lobby)
19.15 - 23.15	Cocktail and Gala Dinner	Spegelsalen, Grand Hotel

Wednesday, 27 May

09.00 - 12.30
(registration from 8.00)

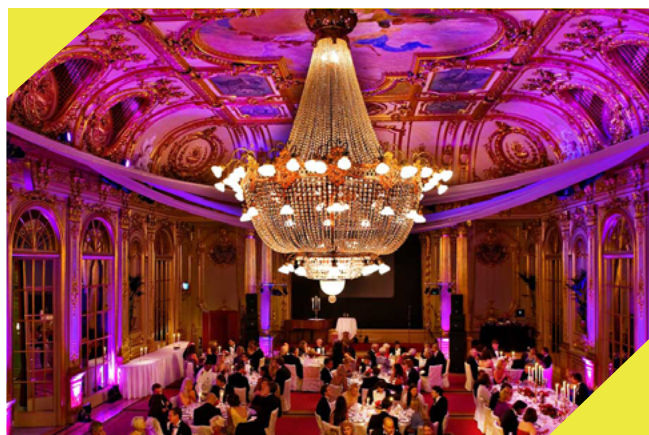
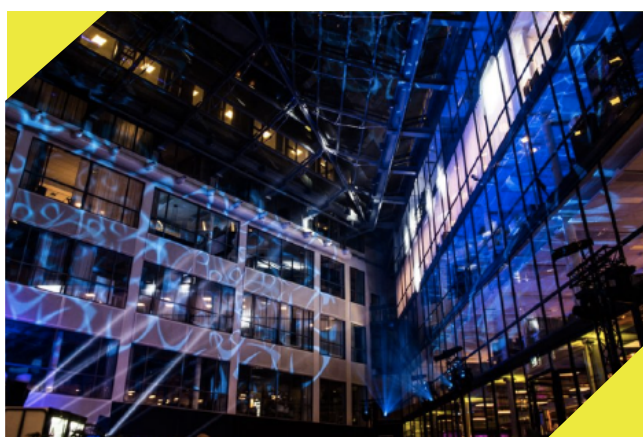
Policy Committee Meetings

Uppsala room,
Grand Hotel

12.30 - 14.00

Closing lunch

Carl Larsson &
Bolinderska rooms,
Grand Hotel



Monday, 25 May

16.00 – 17.00 Registration and 'fika', Grand Hotel lobby

Södra Blasieholmshamnen 8, 103 27 Stockholm

What better way to get immersed into the Swedish culture than starting our event with 'fika'? Many Swedes consider it essential to make time for fika every day. It means sharing coffee and cakes with friends and colleagues to refresh the brain and strengthen relationships.

Come by our hospitality desk in the Grand Hotel lobby, get your badge and enjoy 'fika' before starting our social tour at 17.00.

17.00 – 22.30 Social tour, meeting point: Grand Hotel lobby

Get to know Stockholm by exploring some of its best landscapes, eating traditional food and networking with senior representatives of the Swedish engineering industries.

We will be departing at 17.00 sharp from the Grand Hotel to board S/S Motala Express, one of Sweden's oldest remaining steamboats. The boat will take us through the Stockholm archipelago to the Fjäderholmarna islands, where we will have a traditional Swedish dinner in a unique location. We will return by boat and walk back to the hotel.

Tuesday, 26 May

9.00 – 11.00 Business Agenda, at Operaterrassen

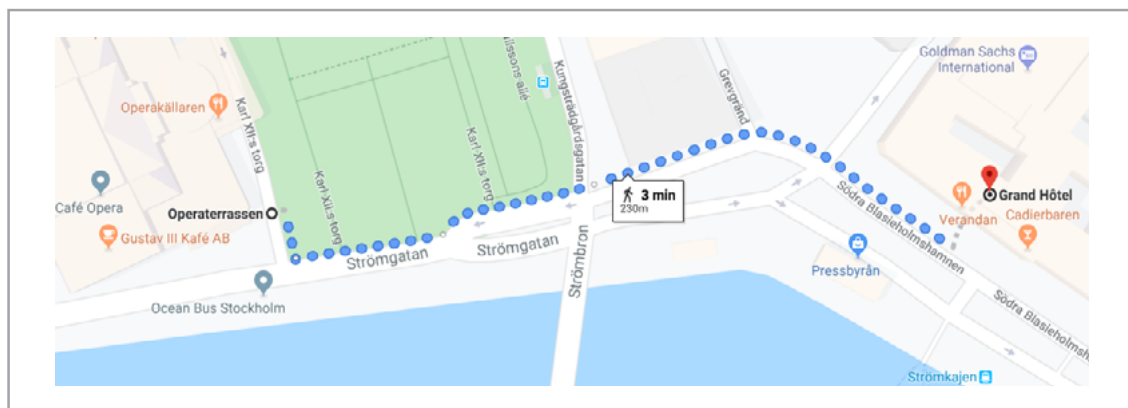
Operahuset, Karl XII:s torg, 103 22 Stockholm

This is the formal meeting of Orgalim's supreme governance body – the General Assembly – where key decisions are made on actions for the coming year. Attendance is open to Presidents and Directors (or their proxies) of Orgalim's member associations.

Please note that Operaterrassen is a 3-minute walk from Grand Hotel and is located on the second floor of the Operakällaren building. See directions below:

11.30 – 17.20 Lunch and Conference 'Innovation with a purpose', at Epicenter

Departure by bus from the Grand Hotel at 11.30 sharp



Bringing together Orgalim member representatives with leading figures from local industry and EU and national policymaking, the conference organised in the framework of the General Assembly is a forum for discussion and debate on the latest hot topics in industry and policy. Hear from thought leaders such as CEOs of local and international tech companies and high-level representatives of EU and national politics – and join the debate yourself in interactive sessions and networking breaks.

The conference theme, 'Innovation with a purpose' is a commitment to finding new solutions to the biggest challenges facing society today. Already, EU industry is leading the charge in technology that lowers emissions, in healthcare and assisted living systems that improve quality of life, in mobility and energy solutions for tomorrow's cities.

A focus on innovation in these areas might sound very noble or altruistic – but in a world where the urgency of these challenges is only growing, it also makes hard-nosed business sense.

See an overview of the day below and the latest programme [here](#).

11.30 – 12.00	Registration
12.00 - 13.00	Lunch, Epicenter Terrace
13.20 - 16.20	<p>Conference ‘Innovation with a purpose’, Disruption Hall</p> <p>A discussion about the power of European industry to be a leader in the global innovation race; how digital transformation is unfolding in Europe’s core industrial base; and the European focus on ‘innovation with a purpose’ – a commitment to finding new solutions to the biggest challenges facing society today.</p> <p>Confirmed speakers include:</p> <ul style="list-style-type: none"> • Ibrahim Baylan, Minister for Business, Industry and Innovations • Konrad Bergström, CEO & Founder, X Shore • Tom Erixon, President and CEO, Alfa Laval • Giovanni Fili, CEO and Founder, Exeger • Malte Lohan, Director General, Orgalim • Rada Rodriguez, President, Orgalim; Senior Vice President, Schneider Electric; Member of the Management Board, Schneider Electric GmbH; • Johan Söderström, CEO ABB Power Grids Europe • Klas Wåhlberg, CEO, Teknikföretagen • Stefan Ytterborn, CEO & Founder, Cake
16.20 - 17.20	Digital Safari
17.20	Transfer back to the Grand Hotel

19.15 - 23.15 Cocktail and Gala Dinner at Spegelsalen, Grand Hotel

The gala dinner is the moment to unwind and enjoy after a day of discussion and decision-making – try some fine local cuisine in a splendid location while connecting with contacts old and new!

Wednesday, 27 May

9.00 – 12.30 Orgalim Policy Committee meetings, Grand Hotel

Meeting point and registration: Conference Centre

The bi-annual meetings of Orgalim's Mechanical Engineering Liaison Committee (MELC), the Metal Articles Liaison Committee (MALC) and the Committee of the Electrical and Electronic Industries (CEEI) are about setting our political orientation and objectives for the next six months. Attendance is open to Directors of Orgalim's member associations, as well as to member representatives responsible for particular policy areas.

12.30 – 14.00 Closing lunch, Grand Hotel

After three days of exploring Stockholm's best sites, getting to know the Swedish industries, meeting new people and debating about innovation and industrial strategy, it is time to say goodbye. This closing lunch is a last chance to network with your peers, exchange impressions and enjoy Swedish cuisine.

KEY LANDMARKS EXPLAINED



1. Grand Hotel, Södra Blasieholmshamnen 8, Stockholm
2. Bank Hotel, Arsenalsgatan 6, Stockholm
3. Operaterassen, Karl XII:s torg, Stockholm
4. Epicenter, Mäster Samuelsgatan 36, Stockholm
5. S/S Motala Express, Kajplats 18 Strandvägen 18, Stockholm

S/S Motala Express boat

The S/S Motala Express, or "The Prisoner of Vättern" as she was also called because she was too large to go through the



locks, was built in 1895 and was in her time a miracle of modern technology. She traveled the canals at the amazing speed of 14 knop and was luxuriously equipped with modern amenities such as water closets. In 2010, KG Knutsson liberated her from the prison of the locks, and made sure she was restored to her former glory. Motala Express is 36 metres long, holds 220 passengers, and still has her original steam engine.

Fjäderholmarna islands

Fjäderholmarna is a popular and highly-regarded tourist destination for both Stockholmers and tourists. Here you can enjoy archipelago food, crafts and culture during the summer. Many artisans have studios and stores in the center of the island. Fjäderholmarna also provides a nice taste of the archipelago for people who have only a short time to explore.



In the 19th century, Fjäderholmarna was of great importance during the brandy war between LO Smith and the new liquor monopoly in Stockholm. In the early 1920s, the Navy took over the islands to build an ammunition factory. The Royal Djurgårdens administration took over responsibility for Fjäderholmarna in 1982 and extensive renovation work has been carried out. Since 1995, Fjäderholmarna has been part of the Nationalstadsparken.

Operaterrassen

The building, called Opera Cellar, was opened in 1787 in the opera house, built by Gustav III. The Opera Cellar is one of Sweden's most famous restaurants and is a member of "Les Grandes Tables du Monde/Traditions & Qualité".



The Opera Terrace, where our Business Agenda will take place, is located on the second floor and offers visitors a magnificent view of the Royal Palace, the Swedish Parliament and the surrounding waters through the panoramic windows.

Epicenter

Epicenters are located in the heart of Stockholm, Oslo, Helsinki, and in Amsterdam. Members of the Epicenter



community, who are entrepreneurs, fast growing digital companies and creative corporate initiatives, meet to collaborate, learn and grow their businesses.

The concept and development of Epicenter arises from the founding team's extensive knowledge in developing companies that are digitally innovative, and increasingly impactful. In order to achieve your growth and to make innovation happen faster, you need the right partners, tools and methods. This is where Epicenter comes in - founded in 2015 by entrepreneurs, for entrepreneurs.

Spegelsalen, Grand Hotel

Spegelsalen, the "Hall of Mirrors", is a magnificent ballroom decorated in gold, white and red. Ever since the opening in 1899, it has been the scene of countless successful conferences and brilliant parties. Spegelsalen was inspired by its namesake, the Galerie des Glaces in Versailles. It is now regarded as a part of Sweden's cultural heritage. It has no equivalent anywhere else in Sweden.



It was in this room that the first Nobel Prize ceremony and banquet took place in 1901. It was a successful evening, and

the event continued to be organized here up until 1929, when the Nobel Foundation decided to move the banquet to the newly built Stockholm City Hall. Still today, the Laureates and their families stay at the Grand Hotel in connection with the event.

YOUR CONTACTS

Event inquiries/registration

georgiana.huiban@orgalim.eu

Hotel registration

Grand Hotel groups@grandhotel.se

Bank Hotel reservations@bankhotel.se

Conference, speakers and press information

eugenia.forcat@orgalim.eu

hakan.eriksson@teknikforetagen.se

Information/tips about Stockholm

valentina.delluva@wowevents.se

PLAN YOUR VISIT

Accommodation

Enjoy your stay at either The Grand Hotel or The Bank Hotel – two of Stockholm’s best and most popular hotels. Please check [this page](#) to see the special rates and deadlines for booking.

The Grand Hotel

<https://www.grandhotel.se>

The Grand Hotel in Stockholm has been home to celebrities, high-profile events and everyday bon-vivants since 1874. Situated in the best waterfront location imaginable, the hotel overlooks the Royal Palace and Gamla Stan, Stockholm’s old town. The Grand is also home to the classic Swedish Veranda restaurant, renowned for its traditional smörgåsbord, Mathias Dahlgren’s awarded restaurants and the spectacular Cadier Bar. For recreation, there’s the Nordic spa & fitness with hot saunas and cool dipping pools.



The Bank Hotel

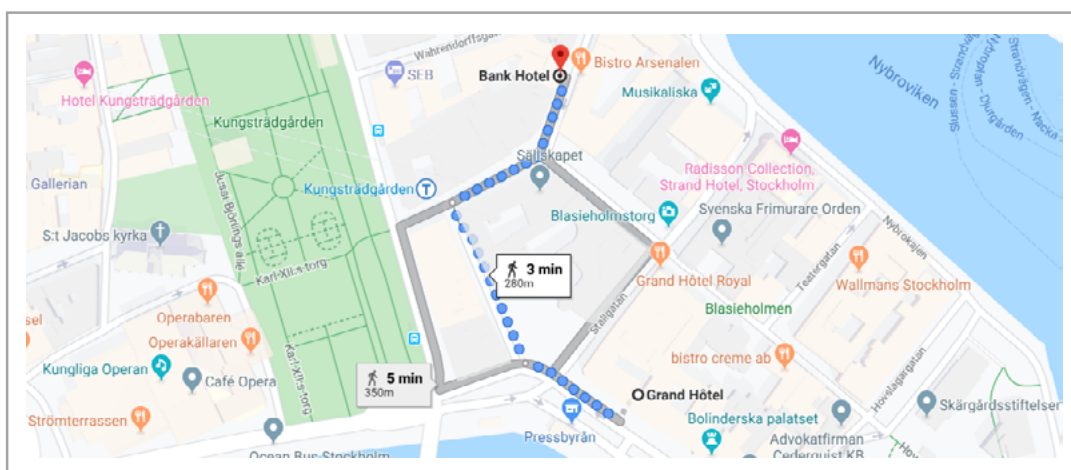
<https://bankhotel.se>

The Bank Hotel is a boutique hotel and a bustling meeting place for both Stockholmers and visitors, and for those curious about life and people who are looking for an extraordinary experience in the middle of Stockholm. The Bank Hotel reflects the life and movement of the capital's heartbeat.



The Bank Hotel is a vibrant, welcoming and ideally-located place where every detail is taken care of. A flexible and multi-faceted meeting space, where guests can also enjoy personal service, quality and comfort in an intimate environment.

It is located a short 3-minute walk from The Grand Hotel.



Transportation

Airports

Arlanda Airport

Stockholm Arlanda Airport is an international airport located in Sigtuna, 37 kilometres north of Stockholm. The airport has four terminals – terminals 2 and 5 are used for international flights and domestic flights are in terminals 3 and 4.

From Arlanda airport you can take:

- Arlanda express, which is a train between Stockholm Central Station and Arlanda. The estimated travel time is generally 20 minutes. During busy traffic periods, trains run up to every ten minutes, at other times every 15 or 30 minutes, except at night between 00:00 – 05:00.
- The Flygbussarna airport coaches which depart every 10-15 minutes towards the City Terminal. The travel time is 35-45 minutes.
- Taxis will take you to the city centre in approximately 40 minutes.
- Commuter trains (operated by the public transport company in Stockholm, SL) to Stockholm depart twice an hour from Arlanda to Central Station. Total travel time between the airport and Stockholm Central Station is 43 minutes.

Bromma Airport

Bromma Airport is an international airport in the district of Bromma in Stockholm municipality. The airport is Sweden's third largest and the most central airport in the Stockholm area. Most of the destinations from Bromma Airport are within Sweden, but include

Brussels, Helsinki and Aarhus. Bromma is located west of the city center and the distance from the city to Bromma is about nine kilometres.

From Bromma airport you can take:

- The Flygbussarna airport coaches to Stockholm central station. The estimate travel time is 20 minutes depending on traffic.
- Taxis will take you to the city centre in approximately 15 minutes.

The express train, airport coaches and commuter trains will take you to Stockholm Central station. From there to the Grand Hotel, it is a 15-minute walk or you can take the metro line 10 or 11 for one stop to Kungsträdgården, and you are then a 2-minute walk from the Grand Hotel.

Taxi & Uber

Taxi fares in Sweden aren't regulated, which means that prices can vary significantly between companies. With this in mind, we recommend that you use the services of well-known firms like [Taxi Stockholm](#), [Taxi 020](#) and [Taxi Kurir](#).

All taxi companies offer booking through their app or by phoning; you can always ask for a fixed price – but you should expect that to be a little bit higher.

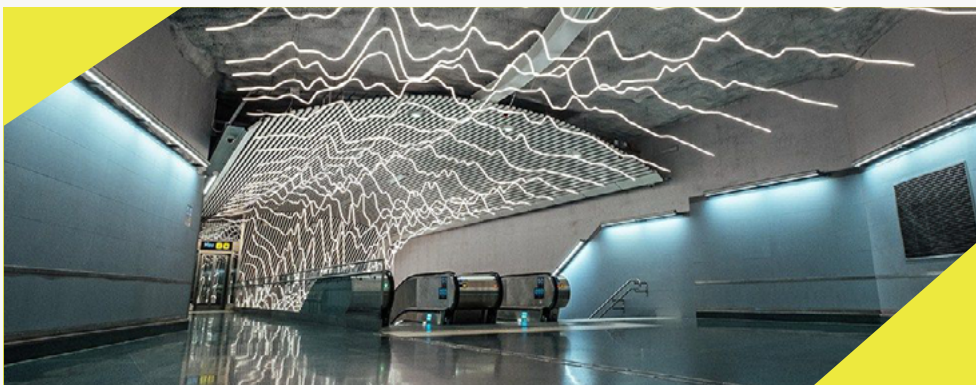
Uber and Bolt are transportation services that allows riders to contact drivers who are in the area for a ride via their respective app. When you request a ride, the closest available driver will be contacted with your request. That driver can agree to the ride and will pick you up. Your payment information will already be set up in the app, so you won't have to exchange cash or have your credit or debit card swiped at the end of the ride. You can just say "thanks" and hop out.



Bzzts are small, flexible taxi pods that you order with an app. They are much cheaper than regular taxis – and completely emission-free (they run on eco-labelled electricity).

Public transportation

Stockholm Metro is a 110-kilometer-long subway system that serves Stockholm and its suburbs. The number of stations in use is 100, divided into the three subsystems: Green, Red and Blue lines. To get onboard at the metro you'll need to purchase a ticket from your app Stockholms Länstrafik (SL) or at the closest ticket shop.



Stockholm's subway system is truly one of a kind. One hundred stations, each with unique art on its platform, walls or waiting hall. Since 1957 artists have played a key role when new stations have been built. And over time the metro's older stations – planned and built without any art – have been spruced up with beautiful statues, murals, and installations. So spending a day in Stockholm's metro is basically like visiting the world's longest art exhibition.



DISCOVER STOCKHOLM

About Stockholm

Stockholm's 73 square miles stretch over islands and hills. Located where the Baltic Sea meets Lake Mälaren, Sweden's waterfront capital has as little as six hours of daylight in the winters and as much as 18 hours of sun in the summers. The name Stockholm comes from the words stock meaning "log" and holm meaning "islets". Stockholm was built on 14 islands, connected by 57 bridges, earning the Swedish capital the nickname "Beauty on the Water". Tourism has been on the rise in Stockholm, with more than 29.5 million passengers arriving at Stockholm's four area airports in 2019. If a local invites you to join him or her for fika, they're really just asking you if you'd like to take a coffee break (usually with a pastry involved). Welcome to Stockholm!



Stockholm is the capital and largest city of Sweden. 972,647 people live in the municipality, approximately 1.6 million in the urban area, and 2.4 million in the metropolitan area. The city stretches

across 14 islands where Lake Mälaren flows into the Baltic Sea. The islands are connected by old bridges and modern overpasses to the city districts of Norrmalm, Vasastaden, Östermalm, Kungsholmen and Stadshagen.

By virtue of its location, Stockholm is regarded as one of the most beautiful capital cities in the world.

Stockholm is Sweden's leading industrial area. Its major industries include metal and machine manufacturing, paper and printing, foodstuffs, and chemicals. It is also the country's chief wholesale and retail centre and serves as the headquarters of many banks and insurance companies.

The national government's many offices are a major employer in the city, as are various educational, scientific, and cultural institutions. Stockholm is the chief educational centre in Sweden and is home to Stockholm University, the Royal Institute of Technology, and the Caroline Medical Institute.

Find out more: <https://www.visitstockholm.com/guides/>

Facts about Sweden

- Time zone - Sweden has only one time zone. The country observes Central European Time (CET) as standard time. When Daylight Saving Time (DST) is in force, Swedish clocks run on Central European Summer Time (CEST).
- Currency - In Sweden you pay in SEK or "Swedish Krona" – 1 EUR = 10.5 SEK.
- Sweden is 1,572 km long from north to south and 499 km wide from east to west.
- 10 million people live in Sweden; there are only 23.5 people per square kilometre.

- Sweden is covered by 63% forest; lakes and rivers make up to 9% of the country's total area.
- The average Swedish woman lives 84 years and the average Swedish man lives 81 years.
- About 1 in 4 Swedes are younger than 20 years. And roughly 1 in 5 is 65 years or older.
- Swedes use 54.5% renewable energy. The most common renewables are water and biomass.
- The Nobel prize is the legacy of Alfred Nobel – the inventor of dynamite. Since 1901, more than 900 winners have received a Nobel prize.
- Swedes are well-known for their English skills; you'll hear and see English all around you in Stockholm. Still, if you want to try out some Swedish, you can do so with minimal effort. You can say hello or goodbye with just 'hej' or 'hej hej' (where the 'j' is pronounced like an English 'y') and 'tack' means both thank you and please, so it's extra easy to be polite.

Swedish innovations

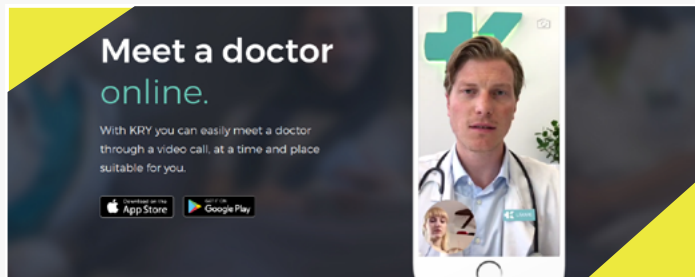
Adjustable wrench

A staple in many toolboxes, the adjustable wrench or spanner, also popularly called 'Monkey wrench' or 'English key', often comes in very handy during do-it-yourself (DIY) projects. While the first iteration of this spanner was originally invented in 1842 by British engineer Richard Clyburn, today's adjustable wrench, the 'Swedish Key', is attributed to Johan Petter Johansson, a Swedish inventor who improved upon Clyburn's original concept and patented it in 1891.



Digital healthcare

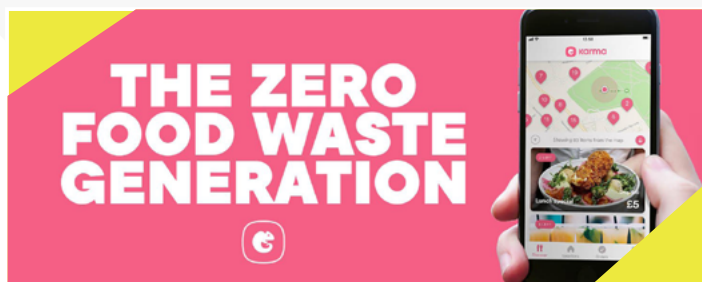
Swedish startups are leading the way in the global development of digital healthcare by providing access to different forms of healthcare through mobile, artificial intelligence (AI) and other technologies. KRY is a doctor–patient app that lets doctors and



psychologists meet patients via video. It has garnered a lot of attention – and some controversy. The company works with the publicly funded national health systems of the countries where it operates, which so far include Sweden, Norway and Spain.

The Karma app

We all know karma matters, right? Well, Karma can also transform food waste from a problem to an opportunity. Some Swedish entrepreneurs have launched an app called Karma. Via



the app, supermarkets, restaurants and cafés can offer products that are about to expire at half price, instead of throwing them away. In just two years, Karma claims to have attracted 400,000 users around Sweden and in London. The aim is reduced food waste on a national level by 2030.

Oat milk

The Nordic region offers great conditions for growing oats (read: it rains a lot), and Sweden is exploring different ways of using this healthy cereal. Swedish brand [Oatly](#) is perhaps best known for its non-dairy milk alternative. Oat milk was developed by the



Lund University food scientist Rickard Öste, who founded Oatly in 1994. Since then, oat milk has become a staple at a range of supermarkets and coffee shops around the world. Swedish agricultural cooperative Lantmännen has also invested in research into oats. And it's not all about food products – a new research project is looking into creating furniture from oats!

More Swedish innovations

 TETRA PAK Invention for storing, packaging and distributing primarily liquid foodstuffs	SAFETY SEAT BELT Seatbelt was developed by Nils Bohlin (1920–2002), while he was working at Volvo. 
 SHIP PROPELLER Propeller Invented by John Ericsson	MINECRAFT This Lego-inspired computer game was created by Markus Persson and his company Mojang in 2009. 
 BLUETOOTH developed by the Swedish mobile systems company Ericsson, the name of this wireless communication device comes from the developing team's interest in the Nordic Vikings, specifically the Viking king Harald Bluetooth	 SKYPE an Internet-telephony service that allows low-cost phone calls over the Internet.

[Read more](#)

What to see in Stockholm

The old town

Gamla Stan, the Old Town, is one of the largest and best-preserved medieval city centres in Europe, and one of the



foremost attractions in Stockholm. This is where Stockholm was founded in 1252.

Moderna Museet

Experience one of Europe's foremost collections of art from the twentieth century to today, featuring works by artists including



Picasso, Dali, Derkert, and Matisse. Moderna Museet is located on Skeppsholmen island, a setting of natural beauty. The building was designed by Spanish architect Rafael Moneo. Moderna takes an admission charge for visiting and temporary exhibitions but entry to the Moderna Museet Collection is free.

Address: Exercisplan 4, 111 49 Stockholm

Fotografiska

Fotografiska is one of the world's largest gathering places for modern photography and presents four unique main exhibitions and about 20 smaller exhibitions annually. In addition to the large exhibition area, there is a book and souvenir shop, a restaurant



and a photo gallery. From the café on the top floor you can enjoy both good coffee and one of Stockholm's absolute best panoramic views.

Address: Stadsgårdshamnen 22, 116 45 Stockholm

Royal Djurgården

Djugården is beloved by both Stockhomers and visitors - a tranquil oasis in the middle of Stockholm. The island has been a possession of the crown since the 15th century. Like no other place in Stockholm it collects many of the city's most famous

museums and cultural attractions (the Vasa Museum, Gröna Lund, the Abba museum and Skansen to name a few) with green



nature, parks, and family-friendly activities. Djurgården can be reached by bus, tram or ferry from central Stockholm. Though on a beautiful summer day a walk along Strandvägen, from The Royal Dramatic Theatre to Djurgårdsbron, is highly recommended.

Skansen

Skansen is a favorite both among Stockholmers and visitors passing through. This is the oldest open-air museum in the world and also the Stockholm zoo, with animals native to Scandinavia. Skansen is beautifully located on Royal Djurgården and offers spectacular views over all of Stockholm. This is also a Sweden in miniature.

Address: Djurgårdssläätten 49-51, Stockholm



ABBA The Museum

ABBA The Museum is more than just a museum. Sure, the permanent exhibition is chock full of ABBA memorabilia like stage



outfits, instruments, gold records, awards and much more. But it's also an interactive experience that invites you to sing, dance, mix music and try out virtual stage outfits.

Address: Djurgårdsvägen 68, Stockholm

Vasa Museum

Vasa is the world's only preserved 16th-century ship and a unique art treasure. The ship consists of more than 95% of original



parts and is decorated with hundreds of carved sculptures. The 69-metre-long Regal ship Vasa sank during its maiden voyage in the middle of Stockholm in 1628 and was salvaged 333 years later, in 1961. For almost half a century the ship has been slowly and carefully restored to near original glory. The three masts on the roof outside the custom-built museum show the height of the ship's original masts. The Vasa Museum is today Scandinavia's most visited museum with over a million visitors annually.

Address: Galärvarvsvägen 14, Stockholm

Fjällgatan/The South of Stockholm

Thanks to Stockholm being built on 14 islands and with barely any high-rise buildings, the city has a unique landscape. It's



mostly church spires that pierce through the otherwise almost unobstructed skyline.

Kungsträdgården

Kungsträdgården, also known as Kungsan, is a park on Norrmalm in Stockholm. Kungsan is one of the oldest preserved public parks in Stockholm. In the spring, cherry trees bloom in the

park's northern part. A visit during the cherry blossom season in the spring has become a tradition for many Stockholmers and



visitors to the city. During the summer season, the park is well attended and the events succeed each other. In the wintertime, the ice skating rink around Karl XIII's statue is a popular excursion destination for both skiers and crowds.

In the park you can also visit the Volvo showroom and enjoy a "Swedish Fika".

Shopping

Åhléns

Close to Stockholm Central station you'll find Åhléns City. Åhléns is Sweden's largest department store, with competitive prices for clothing, design, beauty and much more. At Åhléns you'll find pretty much everything.

Address: Klarabergsgatan 50, Stockholm

Biblioteksgatan

Biblioteksgatan has long been one of Stockholm's and Sweden's most exclusive shopping streets. Here in the area you will find



many international brand stores. A cosy pedestrian street runs from Norrmalmstorg to Stureplan. At Biblioteksgatan you'll find luxury brands, good restaurants and coffeeshops, and some of Sweden's most popular brands like Acne, Filippa K and COS.

NK

The gates to the department store on Hamngatan in Stockholm were opened in 1915. Since then, everything from iconic



personalities to exclusive launches has undergone revision. No matter what happens at NK, the department store is known to be always one step ahead.

Address: Hamngatan 18-20, Stockholm

Svenskt Tenn

Svenskt Tenn is an interior design company with a shop, interior design studio and tea room on Strandvägen in Stockholm as



well as a shop on the web. The company was founded in 1924 by Estrid Ericson who was a drawing teacher and tin artist from Hjo. Swedish Tenn originally sold only tin items, but in 1930 the range was expanded to include an interior design department. The company has been a royal court supplier since 1928 and is owned by the Kjell and Märta Beijer Foundation, which promotes scientific research and culture.

Address: Strandvägen 5, Stockholm

Mood Stockholm

Mood is a new and stylish mall with a focus on fashion and design. In the galleria you'll find boutiques like Rodebjer and Posh Living along with famous international brands recently established



in Sweden, including Ralph Lauren and Club Monaco. When you're ready for a shopping break you can enjoy a delicious meal in one of the popular restaurants (Boqueria, Vigårda, E.A.T) or enjoy the modern art that adorns the walls.

Mood Stockholm is on Regeringsgatan on the block that connects the Hamngatan and Bibliotekstan shopping districts.

Address: Regeringsgatan 48, Stockholm

Food

Traditional Swedish food

Sweden's differing North and South delicacies sandwich together in the country's capital to offer diners an exhibition of



delights. Explore the intricacies of a not-so-typical meat and potatoes dinner washed down with malty ale, or learn about the passed-down traditions of curing and smoking salted and dill-rubbed fish. Your ultimate dining adventure awaits with these 10 items you must try in Stockholm.

Meatballs

The Swedish meatball, or Kottbullar, populates overcrowded IKEA snack bars, children's school lunch plates and restaurants of every calibre. The meatball rolled across the globe over a period of centuries, establishing comfortable popularity

throughout Europe, but it found a special place in Nordic countries. In Sweden, fan-favourite meatballs lounge in pools of brown gravy next to complementary sides like mashed potato, pickles and lingonberries.

Crayfish

The song of cracking crustacean shells hangs in Stockholm's summer air. Warm weather means crayfish parties thick with laughter and seafood for Swedes. Wear festive paper hats and plastic bibs while slurping out the cold white meat of the salty summer delicacy. The lean meat not only makes a nutritious meal, but also acts as a glue that brings family and friends together during the balmy summer months.

Toast Skagen

Shellfish isn't just a summer phenomenon. This starter consists of a mixture of prawns, mayo, dill and lemon that



sits on a piece of crunchy bread, all topped with an elegant dome of fish roe. Try this cold, fishy appetizer for a taste of Sweden's love for all things ocean.

Herring

Surströmming is not for the faint of heart. This infamous canned, fermented herring has one of the most putrid smells in the world. In fact, some airlines even prohibit passengers from carrying suströmming onto aircrafts based on claims

that the pressurised cans are subject to explosion. If you're feeling adventurous enough to enjoy it, open the can of fish outside in a bucket of water to prevent spray and a lingering odour around the dining table.

Gravad lax

For salmon lovers, the dill cured salmon in Sweden is just spectacular and you should eat it with every opportunity you have.

Raggmunk

Raggmunk are pancakes made from grated or ground potato, flour, and egg, seasoned with onions and garlic, and served with thick cuts of bacon and lingonberry preserve. It remains



one of the most popular local dishes because of its savoury balance between sweetness from the lingonberries, buttery saltiness from the raggmunk pancakes, and fatty grease from the bacon.

Knäckebröd: Crisp Bread

The crisp bread, often known as knäckebröd in Swedish, was once considered a poor man's food, but nevertheless, it has been a popular bread baked in Sweden over the last

500 years. The bread is also one of the most common sides served together with a main course dish. While the bread can be topped with basics like cheese and ham, most Swedes prefer to eat it with delicious caviar. This is an option to be served on the breakfast table.

Lingonberry

These charming red berries come with almost everything on Stockholm's menus. The popular fruit tastes and looks like a cranberry and sprouts throughout Scandinavia. Swedes usually prefer lingonberries in jam, and they combine it with foods like meatballs, steak, potatoes and porridge.

Cinnamon buns

Before heading to Gamla Stan or the ABBA museum, grab a quick coffee and cinnamon bun or roll, called Kanelbullar, for the road. These buns originate from Sweden and present a wholesome breakfast or afternoon snack for caffeine fanatics.

Princess cake

Prinsesstårta slices make Swedish locals swell with excitement at celebrations. The first recipe appeared in 1948 and was well received by the Swedish princesses of the time, giving the confection its modern-day name. Bakers layer sponge cake,



cream and berries and shroud them in a blanket of bright green marzipan to make this cherished dessert.

Save your clean-eating week for Stockholm

The vegan offerings in this city are unrivalled. You can order your coffee with oat, almond or soy milk in most cafes, get delicious vegan ice cream in stores or at Stikki Nikki, or try vegan pulled pork (called oomph) in Max Burger, Vigårda and many other burger establishments.

Lunch

Lunch starts early in Sweden and is the biggest meal of the day. Restaurants typically offer buffet lunches for a fixed price and start serving at noon sharp. Oh, and there won't normally be any desserts on the table, but you can save your sweet tooth for later (see fika)!

The flavours of fika

'Fika' is the Swedish coffee and cake ritual that means that the best cafes in the city will be full to the brim in the afternoons, especially at weekends. The traditional fika is with a cinnamon bun, but some cafes do their own variations:



the rhubarb crumble buns at Fabrique, or the pistachio and blackcurrant version at Il Caffe are some favourites. It's a crowded time, but well worth pushing in.

Restaurants

Sturehof

Sturehof is a seafood and shellfish restaurant located on the Stureplan in central Stockholm, Sweden. The origins of the



restaurant are generally traced back to 1897, when Ernst Marcus opened a beer bar called Malta in the building.

Address: Stureplan 2, Stockholm

Riche

For over a hundred years, the dining rooms and bars at Riche have been a social hub for both the power and cultural elite, young hippies, old foxes and ordinary people. Riche is located at



Birger Jarlsgatan 4 in Stockholm. The restaurant got its name as early as 1893 when the property was erected.

Address: Birger Jarlsgatan 2, Stockholm

Hallwylska

Hallwylska restaurant and bar may be one of the most beautiful inner courtyards in Stockholm. This is the place for dinner and drinks or just some refreshments after a visit to the Hallwyl Museum – or even lunch with a palace view. The food is created



by award-winning chef Jonas Lundgren. Open during summer months only.

Address: Hamngatan 4, Stockholm

Meatballs for the people

Meatballs for the People is a restaurant in the south of Stockholm "Södermalm" that only serves meatballs. Meatballs serves 14 different varieties of organic meatballs ranging from rooster, to moose ox, pig, salmon and vegetable. All the meatballs



are handmade from organic, locally sourced produce and are sustainable treats for the taste buds. If you're eager to try Swedish food, you'll have to go here.

Address: Nytorpgatan 30, Stockholm



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