

Travel Information

1. Currency

For not having issues with any payment in Sweden, it is recommended to bring a debit or credit card. Even if some places accept cash (Swedish crown, 10SEK = 1€ approx.), most places are cash-free; therefore, they only accept cards (for international visitors) or Swish (available for residents). You can also open a PayPal account if needed; it will make it easier if you need to share expenses with your friends.

2. Clothing

The weather can be very tricky in Sweden, but December in the northern part of Dalarna is usually snowy and cold. It is recommended to bring winter clothes, including a warm jacket, a beanie, gloves, and winter boots. Having layers of clothes is very helpful in keeping yourself warm, for example a base layer, followed by an insulating mid-layer and a water-proof final layer. Applying this to practice, it could be a warm t-shirt, a sweater, and a winter jacket. Winter lined gloves (ski gloves are recommended) and hat are essential. Same with ski pants or alternatively under-pants layer.

3. Transport from Arlanda Airport to Borlänge and vice versa

Arlanda Airport is the closest to Borlänge. The easiest way to arrive from the airport is the train. There are different options daily from Arlanda Central to Borlänge Central. Direct trains run every two hours; however, the journeys stop earlier during the weekends.

It is highly recommended to book your train trip in advance because the tickets can be sold out. You can find more information and book your trip here: <https://www.sj.se/>

A second way to come to Borlänge is by bus; there is a line that goes from Stockholm or Arlanda Airport and stops in different cities in Dalarna. The buses have a limited nr of seats so reserve in advance. You can find more info here: <https://www.mohlinsexpressbuss.se/>

Lastly, there is always an option to rent a car at the airport or in Stockholm.

For further information you can check this webpage: <https://www.du.se/en/study-at-du/new-students/living-in-sweden/travel-to-and-in-dalarna/>

4. Food and services

The university is located in the town centre in Borlänge, where there are a number of restaurants. Close to the centre, there is also Kupolen, a shopping mall where you can find restaurants, stores and a supermarket. Close by is also IKEA where you can find a restaurant serving also the famous Swedish meatballs and enjoy a cinnamon bun with coffee.

In the university you can also find a small café which offers besides *fika* (coffee with buns, etc) a selection of sandwiches, salads and daily dishes for lunch.

5. City Transport

Even if most facilities can be reached by walking, if you need to travel further, the city bus in Dalarna is called Dalatrafik. The usual ticket serves for moving in the city (for example, in Borlänge), and there is a second ticket that is used for moving between cities (for example, Borlänge – Falun). The payment can be made directly to the bus driver with a card. For moving around easily, it is recommended to install the Dalatrafik app, where you can check the schedules and also buy tickets. The bus stop is just in front of the university door, it is called Borlänge Centrum. More information here: <https://www.dalatrafik.se/#/>

6. Campus Facilities

The university has a well-equipped library, student areas for studying and socialising, group rooms with big screens that can be booked, and a café restaurant. There is also a student pantry with microwaves and fridges. In that area, there also vending machines for coffee and snacks.

7. Medical care

It is recommended to bring your European Health Insurance Card in case of need.

8. Wi-Fi Access

Wireless internet is available throughout the university via the eduroam network. We strongly recommend that you check with your home university to ensure you have access to eduroam before you travel. If your university does not provide eduroam access, please contact us before your arrival so we can arrange an alternative for you.

9. Accommodation

Borlänge

Accommodation is provided free of charge in shared apartments during your stay in Borlänge Sunday-Friday. We have pre-booked rooms for you at Borlänge Vandrarhem. Breakfast is not included. You can rent bed linen from the hostel for 125 SEK or bring your own. For additional information, see <https://borlangevandrarhem.se/ny>.

Please let us know by October 20th if you would like the free accommodation in Vandrarhem.

There is also the possibility to book other accommodation, but the cost will be covered by the students. The following hotels are at walking distance from the university:

- **Best Western Gustaf Wasa Hotel**
Best Western Gustaf Wasa Hotel is located in central Borlänge, just beside the Central Station. It offers rooms with free Wi-Fi access and free private parking. All rooms at Gustaf Wasa have flat-screen TV with cable channels and a work desk. Some rooms include a sofa. Broken Dreams Restaurant serves American-Mexican dishes. A buffet breakfast is served

every day. Drinks are available in the bar. Guests can also work out in the gym and relax in the garden or on the terrace.

<https://www.bestwestern.se/>

- **Scandic Hotel**

Less than 10 minutes' walk from Borlänge Station. It offers free guest bicycles, free Wi-Fi internet connection and free leisure facility access. The colourful rooms have wooden floors, easy chairs and a TV offering premium movies on demand. The hotel's à la carte restaurant specializes in traditional Swedish food, while a small lobby shop offers snacks, drinks and toiletries. Guests can take a dip in the indoor pool or relax in the sauna. Breakfast is available for an extra fee.

<https://www.scandichotels.com/>

- **Elite Hotel Brage**

Located in downtown Borlänge just across the street from Dalarna University and 5 min walk from the train station. It offers free Wi-Fi, a restaurant, bar, modern conference facilities and a welcoming lobby. All rooms at Elite Hotel Brage Borlänge features a flat-screen TV and a desk. Guests can go shopping at Norra Backa and Kupolen shopping centers nearby or visit the pub Bishop Arms, located on the ground floor of the hotel. Breakfast is included.

<https://www.elite.se/>

- **Quality Hotel Galaxen**

It is 6 minutes' walk from Borlänge Central Station and 0.9 mi from Kupolen Shopping Center. It offers free access to its top-floor spa with sauna, hot tub and gym. Free Wi-Fi is available. Quality Galaxen's rooms have cable and Pay TV channels. Some rooms feature wooden floors and a tea/coffee maker. Galaxen serves a large buffet breakfast and lunch in the Mathörnan restaurant, The on-site restaurant serves à la carte dishes. The scientific Future's Museum is located next to the hotel and is home to Kosmorama, Sweden's 2nd largest planetarium.

<https://www.strawberry.se/>

Sälen (December 2nd)

During the week, we will visit the mountains, and we will have one overnight stay in **Sälen** on **TUESDAY**. The cost for the night (ca 40 euros will be covered from the students) Accommodation in shared cabins or a lodge will be booked there by the organisers and paid by students upon arrival.