



## FAQ: Living in Kristianstad

### Price level of food

Based on prices at the beginning of January 2011.

|           |  |
|-----------|--|
| Milk      | SEK 10 / litre                                       |
| Bread     | SEK 20-25 / loaf                                     |
| Butter    | SEK 20-25 / 600 g packet                             |
| Cheese    | SEK 50-100 kg /kilo                                  |
| Chicken   | SEK 20-50 / kg                                       |
| Eggs      | SEK 2 / each   |
| Rice      | SEK 40 / kg  |
| Pasta     | SEK 10-30 / kg                                       |
| Lunch     | SEK 45-85  |
| Beer      | SEK 10-20 / 33cl in a shop<br>SEK 30-60 / in the pub |
| Wine      | SEK 45-... / 75 cl bottle                            |
| Newspaper | SEK 10-15  |
| Cinema    | SEK 70 - 90  |

### Where to shop food?

Most convenient place to shop is ICA MAXI. It is a huge supermarket, open 7 days a week, which is only 5 minutes away from student dorm Brinova. If you stay at Krebo, Ica and Netto are the closest supermarkets. If you have a car with you in Sweden, you can also shop at the supermarkets Willis or Lidl. They might be cheaper in certain things but are rather far away from your dorms.

### How to open a bank account?

When opening a bank account the bank official will usually ask you for your ID and a proof from the International Office (study place certificate) that you are a student at the University. Opening and maintenance of a bank account is free of charge. You do however have to pay for additional services like credit cards.

### Where to buy mobile/telephone cards?

There are several mobile phone operators in Sweden, most international students use Comviq. You might receive a free sim card from the international office after your arrival. In order to refill your card, you may purchase refill cards almost in every grocery store, kiosk, and even McDonalds.

The prepaid telephone cards to make calls outside Sweden e.g. "Hello Europe Card" or "World Card", may be purchased in "CityLivs" Kiosk, that is located opposite of the Central Bus Station in the centre.

### Public transportation

The regional public transport association is called Skånetrafiken. It includes local buses, regional buses and trains. The cheapest way to use public transport (if you use it regularly) is to get a monthly card (*Månadskort*) which costs about 300 SEK for traffic within the town boundaries. For trips in the region it is advisable to get a discount card (*JOJO card*), which is available at the train station or the bus station (*Resecentrum*) free of charge and allows a 20% discount for all transports with Skånetrafiken. The only deal is that you'll have to charge the card with at least 200 SEK.

## Clubbing

Kristianstad has a few main discos, and a larger number of bars. "Classic" is a small disco located on the Main Square of the town, it is mostly pop music that is played there. "Grand", the biggest club of Kristianstad with several floors, provides a great variety of music, however the entrance may be age restricted as well as the price for entrance might be more expensive than in the other clubs (100-120 SEK). Discos close at 3.00 a.m. sharp in Kristianstad. If you are up to more, you easily can go to Malmö or Denmark, there are no such regulations and you can be on the dance floor all night.

## Alcohol

Alcohol in Sweden is very expensive and can only be bought in special state-owned stores (*Systembolaget*). Don't forget to bring your ID since you have to be at least 20 years old to buy alcohol. The same age limit applies to the import of alcohol. Please note that you're not allowed to drink at public places.

## Drugs

Swedish Narcotic Drugs Punishments Act:

"Any person who unlawfully

1. transfers narcotic drugs,
  2. manufactures narcotic drugs intended for misuse
  3. acquires narcotic drugs for the purpose of transfer,
  4. procures, processes, packages, transports, keeps or in some other similar way handles narcotic drugs which are not intended for personal use,
  5. offers narcotic drugs for sale, keeps or conveys payment for narcotic drugs, mediates contacts between seller and purchaser or takes any other such measure, if the procedure is designed to promote narcotic drugs traffic, or,
  6. possesses, uses or otherwise handles narcotic drugs
- shall, if he has acted wilfully be sentenced for a narcotic drugs offence to imprisonment for not more than three years. If the offence is grave the sentence for an offence shall be imprisonment for at least two and at most ten years."

## Safety

Sweden is compared to other European countries very safe and the crime rate is rather low. However, this does not mean that one should act carelessly. Open windows and unlocked bikes are the same invitation for thieves as in every other country. It is also NOT advisable to leave your laundry in the drying room over night since many people go in and out at the student dorms and laundry might get mixed up or disappear. Neither the university nor the owners of the student dorms are liable for thefts!

## Voltage

230V/50Hz (sockets are European standard).

Answers to most of these questions you can find discussed more in details in our Survival Guide.