

Welcome to Linköping!



Dear participants of the PROMISE project,

The 28th of November we will meet for a conference in Linköping and the 29th Barnahus Linköping is pleased to welcome you for a study visit.

To make the stay as nice as possible, we will try to give you some useful information. Most of you will arrive at Linköping on November the 27th.

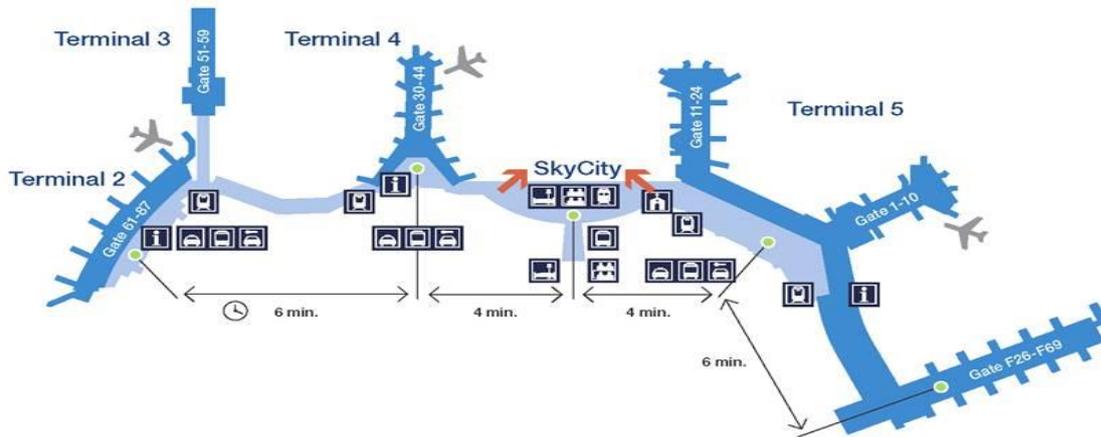
How to get here

Some of you will arrive to Arlanda airport Stockholm (ARN) some of you to Skavsta Airport (NYO) and some of you will arrive to Linköping City Airport (LPI).

If you live in Sweden, are traveling to Sweden before the 27th, or are staying in Sweden longer than the 29th: Please see email sent to you on 7 November from Shawna.

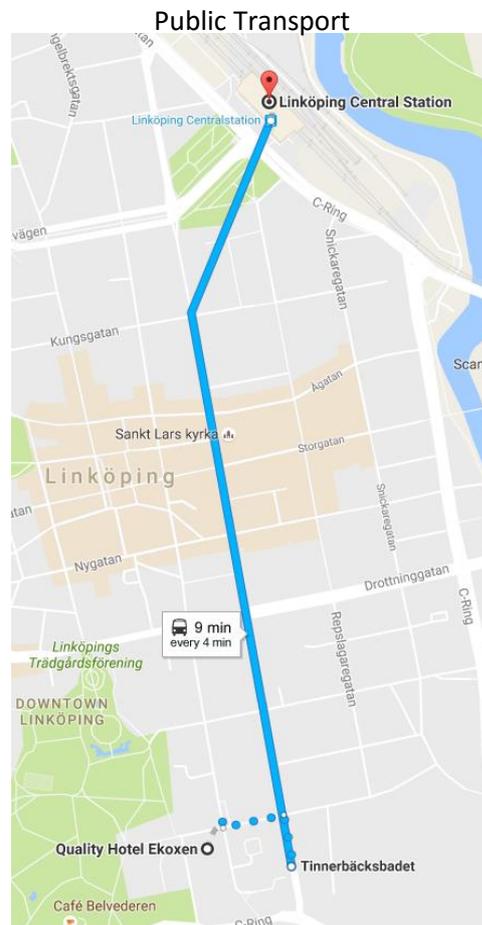
From Arlanda Airport to Linköping on the 27th of November:

- Bus transportation is provided. The trip will take aprox 2.5 hours. The buses are especially arranged for our group and will have the PROMISE logo in the window.
- Anyone wishing go from Arlanda to Linköping on the 27th a different way may do so at their own cost. Please let us know so that the bus is not waiting for you.
- **Bus pickup will be at SkyCity, see map below.** More information on how to meet up with the bus will be sent closer to your travel dates.
- **The first bus from Arlanda on the 27th will leave at 15.15**, or as soon as everyone on the list for this bus has arrived.
- **The last bus from Arlanda on the 27th will leave aprox 20.15**, or until the last person arrives.
- If your flight is canceled, or is late and arriving much later than 19.15, SMS with Shawna von Blixen +46733911123 and your bus contact person (to figure out the best solution).

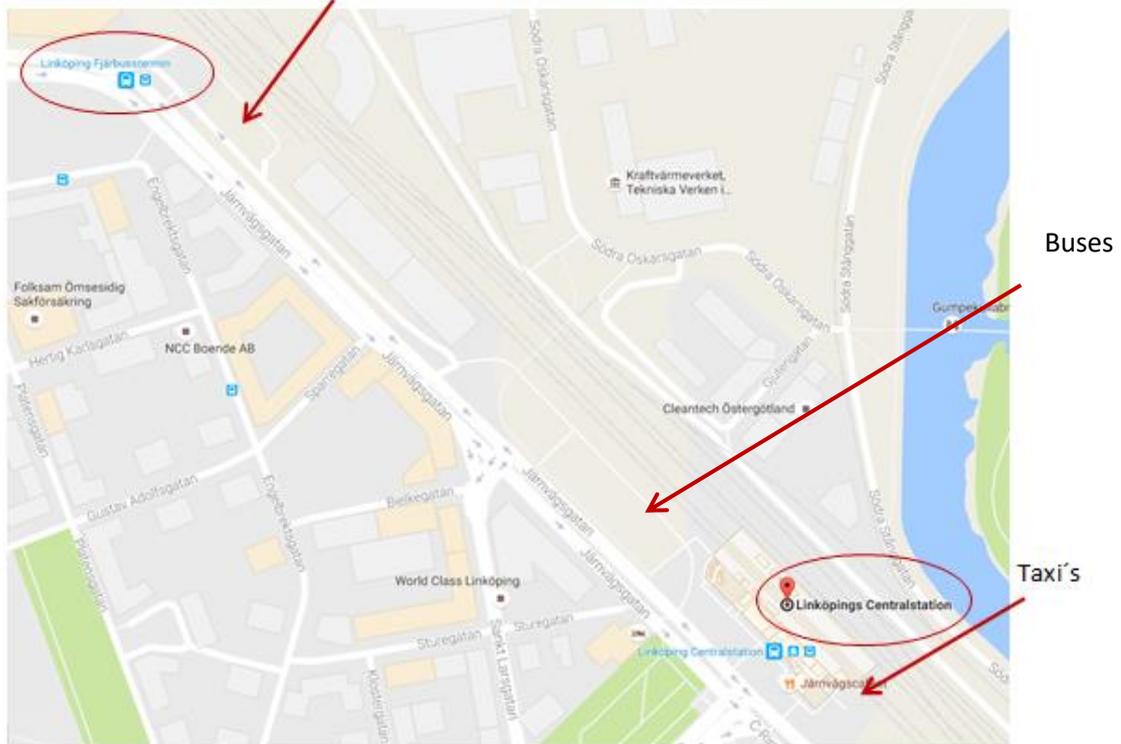


Transfers from Skavsta Airport on the 27th of November

There is a regular bus that takes 1.5 hours direct to Linköping at a fixed price, round trip tickets are good no matter what time you take the bus. For those whose travels we are paying for, we will buy a round trip ticket and email it to you in advance. The bus takes you close to the bus- and train station (“Centralstationen”) in Linköping. From there you can either walk or take the bus. There are many buses going from the station, passing by the street by the hotel; numbers 1, 2, 4, 14, 15, 19, 24. The bus stop is called “Tinnerbäcksbadet”. The name of the street you will mostly follow, both by walking and by bus is called St:Larsgatan. Unfortunately you can’t buy bus tickets on the bus, so you have to go to the train station. The cost for the bus ticket is 21 SEK. If you choose to take a taxi to the hotel, the project can’t reimburse taxi costs via EC rules. The cost is approx. 100 SEK.



You will arrive here.



Transfer from Linköping City Airport on the 27th of November

The best way to get to Ekoxen Hotel is by taxi. Please contact us if you need help pre- booking a taxi. The cost is approx. 150 SEK.

From Linköping on the 29th of November

To Arlanda

- The bus will leave from Barnahus at 11:30 and go straight to Arlanda airport.
- The bus should arrive to the airport around 14:15.
- Those departing before 16:00 should bring carry-on luggage only.
- If you're departing before 15:15, be in contact with us to find the best alternative.

To Connect Hotel Arlanda

- The bus will offer to drop you off at your hotel. You will arrive at the hotel around 14:30.
- Note that if you wish to book a train to spend the evening in Stockholm that the hotel is not conveniently near Stockholm Central. Travel between the hotel and the city will cost between 30-60 EUR one way and take between 40 to 60 minutes.

To Arlanda on the 30th of November from Connect Hotel Arlanda

- Shuttles are going to the airport every 10 minutes.

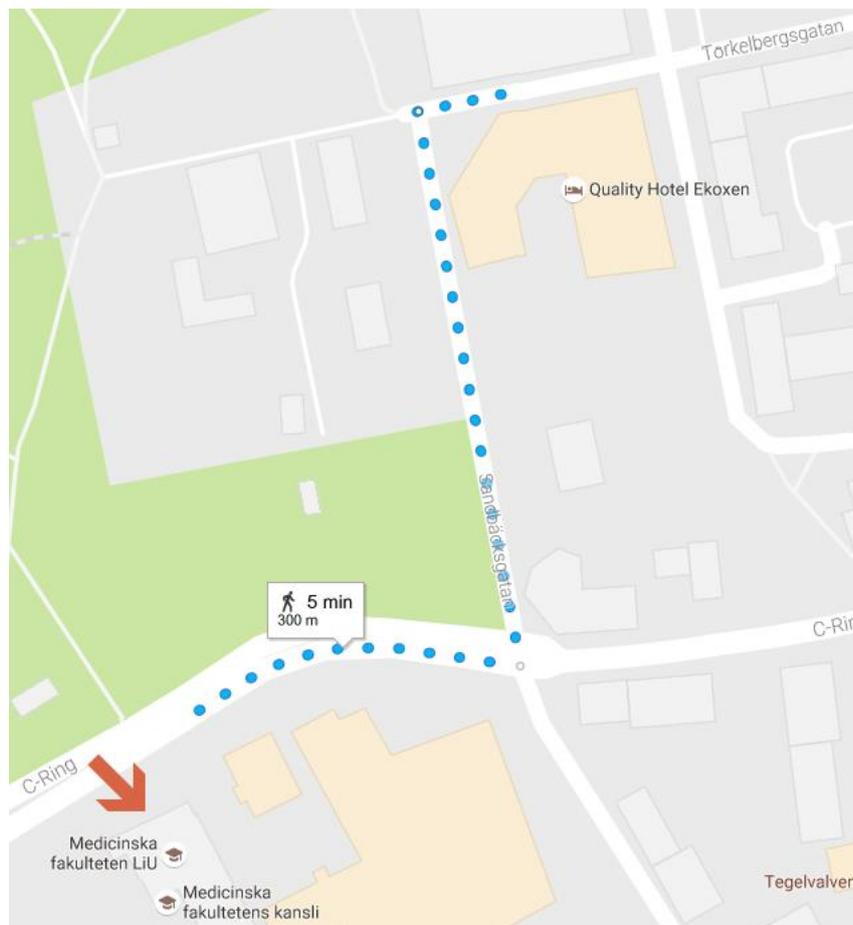
Accommodation

All participants will be staying at [Hotel Ekoxen](#), just a 5 minute walk to the city center in one direction and to the conference facilities in the other direction.



Conference

The conference will take place at the University Hospital Campus (Medicinska fakulteten LiU), a very short walk from Ekoxen Hotel. Building 511, entrance 75 or 76 (might be a little difficult to notice, watch out for an entrance that is “lower” than the street!).



Meals

About lunch the 28th, we would need you **to contact us if you have any allergy or prefer vegetarian alternative.**

Dinner the 28th is served in Medical Society house, just a couple of minute walk from Ekoxen Hotel. There will be a classical buffet called julbord (“Christmas table”).

About lunch the 29th, we have two alternatives: roast beef or vegetarian.

Please note that we need to know your choice latest the 11th of November.

Information

Weather: Remember the weather can be really cold in November in Sweden. Bring warm clothes. If we are lucky, there might be some snow.

Language: Swedish is our national language, but the majority of the swedes can speak English.

Money: The currency in Sweden is the Swedish Krona (SEK), and the current exchange rate is about 1 Euro = 9,70 SEK.

Visa, Mastercard and American Express cards are widely accepted in ATMs, shops and restaurants.

There is no need to bother with cash. The shops often prefer not having to handle cash.

Electricity: In Sweden the electrical voltage used is 220/230V. The connection for appliances is a round 2-pin plug.

To know for the visit of Her Majesty the Queen: The Royal court has informed us that any photo shooting of the Queen must be done in safe distance. No “selfies” in other words!



If you need more information please contact us

Anna Petersson

anna.m.petersson@regionostergotland.se

phone +46 70-275 48 44

Anna Nelson

anna.nelsson@regionostergotland.se

phone +46 10 103 50 46

Welcome!