

THE MAP OF SWEDEN

WHAT'S THE WEATHER LIKE IN SWEDEN?

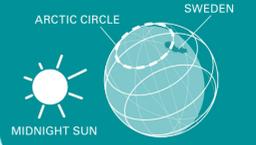
AVERAGE TEMPERATURES

	January	July
Kiruna	-13°C (8.6°F)	+13.8°C (56.8°F)
Stockholm	-0.9°C (30.4°F)	+18.6°C (65.5°F)
Malmö	+1.2°C (34.2°F)	+18.2°C (64.8°F)

DAYLIGHT

	Mid-December	Mid-July
Kiruna	0 hours	24 hours
Stockholm	6 hours	18 hours
Malmö	7 hours	17 hours

Why Celsius?
In the Celsius temperature scale water freezes at 0°C and boils at 100°C. The scale is named after Swedish astronomer Anders Celsius (1701-1744).



WHERE IN THE WORLD?

Sweden is a country in the north of Europe. Stockholm is the capital. Sweden and its neighbouring countries Denmark and Norway make up the area that is called Scandinavia.



Trekröset is the northernmost place in Sweden. It's also where Sweden, Norway and Finland meet.

The European Space Agency launches rockets and research balloons from the Esrange Space Center near Kiruna.

Peaking at approximately 2,000 metres, Kebnekaise is Sweden's highest mountain.

Kiruna mine is one of the largest iron mines in the world. The mining activity has made the ground under nearby town Kiruna unstable. So a large chunk of the town is being moved!

Every winter a hotel is built entirely from ice in Jukkasjärvi. Even the beds are made of ice. Part of this ice hotel stays open all year round, thanks to solar-powered cooling.

Sami people herd reindeer on a large scale in the northern mountains. The meat is sold in Swedish supermarkets.

Cloudberries are yellow-orange berries found mainly in the north. Cloudberry jam is delicious with waffles and ice cream.

There are at least 20,000 Sami people in Sweden. They have lived in the northern parts of Sweden, Norway and Finland, and on Russia's Kola Peninsula for thousands of years. The Sami are Europe's only indigenous people.

FINLAND

Meta (then Facebook) placed its first European servers in Luleå, partly because of the climate that helps cool the servers and the rich access to renewable energy from hydropower, or water power.

Piteå's beach is one of the best. In the summer, the sun hardly ever sets, and people spend long days enjoying the sea and sand.

Fishing is popular, and not just in summer. When the rivers and lakes freeze, anglers drill holes and go ice fishing.

Around 350 wolves live in the wild. They usually hunt moose and deer, but sometimes also attack farm animals.

About 2,800 brown bears live in Sweden. They can be dangerous but attacks on humans are rare. There are no polar bears in Sweden.

There are many ski resorts in Sweden. One of the largest is Åre, near Östersund.

Umeå has a large park for skateboarding, inline skating, kickbikes and BMX.

Blueberries grow across the country. Swedes enjoy picking blueberries to make pies, cordial, jam and even soup.

White-tailed eagles live along the coast. They are big predatory birds with a wingspan that can reach almost 2.5 metres (8 feet 2 inches).

The moose is Sweden's largest animal. This king of the forest can grow to over 2 metres (6 feet 7 inches) tall – not including its antlers.

Hur mår du?
[hoor moor doo]

Bra, tack!
[Brah tuck]

LEARN SOME SWEDISH

USEFUL WORDS AND PHRASES

Hello	Hej! [hay]
How are you?	Hur mår du? [hoor moor doo]
Fine/good, thanks	Bra, tack! [brah tuck]
Bye-bye	Hej då! [hay-daw]
Thank you/Please	Tack! [tuck]
Excuse me	Ursäkta mig! [ooshehk-tah mey]
What's your name?	Vad heter du? [vahd hehter doo]
My name is ...	Jag heter ... [yag hehter]
Do you speak English?	Pratar du engelska? [prah-tahr doo ehng-ehl-ska]

Å, Ä, Ö

The Swedish alphabet doesn't end with Z. It has three extra letters that come at the end of the alphabet: Å [pronounced like the 'o' in for], Ä [like 'ai' in fair] and Ö [like 'u' in fur].

NORWAY

Crispbread is a traditional Swedish food. The dough is rolled flat, often into a circle, and then baked and dried.

All kinds of mushroom grow in Sweden and people enjoy mushroom picking. Chanterelles are particularly popular.

Many Swedish homes are painted in a colour known as Falu red. The pigment is a byproduct of copper mining in Falun.

People go rafting on some of the bigger rivers. In the past, this was the easiest way to transport timber to the coasts.

Many famous computer games originate in Stockholm. DICE's Battlefield and Mojang's Minecraft are two examples.

The Göta Kanal is a canal that stretches right across Sweden. It took 22 years to build and was opened in 1832.

Kolmården is one of Europe's largest zoos. It has endangered Amur tigers, also known as Siberian tigers, and you can take a cable car ride through the safari park.

Astrid Lindgren's World is a theme park in Vimmerby, where the author of Pippi Longstocking was born.

About half of all Swedes have access to a summer house, caravan, camper van or other holiday accommodation.

Nearly 70 per cent of 12- to 18-year-olds exercise at least once a week. Football is the most popular sport, followed by horseback riding and innebandy, or floorball in English.

Lund is building the European Spallation Source, one of the world's largest research facilities. Expected to be fully operational by 2028, it will act as a giant microscope to help researchers study materials.

Smygehuk is the southernmost point in Sweden, 1,572 kilometres (977 miles) from Trekröset up north.

FACTS AND FIGURES

- Capital: Stockholm
- Land area: 407,000 km² (157,000 mi²), the fifth largest country in Europe and roughly the same size as California
- Population: 10.5 million people, about 0.13% of the world's population. People/km²: 25.8 (European Union average: more than 100)
- Life expectancy: women: 85 years; men: 82 years
- Residents born outside Sweden: 20% of the population
- Religion: the country in general is quite non-religious, but the Church of Sweden is Evangelical Lutheran, and there are many other religions and faiths
- Language: Swedish (main language); and five official minority languages: Sami, Finnish, Meänkieli (Tornedalen Finnish), Yiddish and Romani Chib
- Government: constitutional monarchy with parliamentary democracy – political power lies with the parliament and government; the monarch has ceremonial functions
- Head of state: His Majesty King Carl XVI Gustaf; heir to the throne is Her Royal Highness Crown Princess Victoria
- National Day: 6 June
- National anthem: 'Du Gamla, Du Fria'
- Education: ten years of compulsory schooling, with most students continuing for at least three more years of education, roughly the equivalent of American high school
- Longest north-south distance: 1,572 km (977 mi)
- Forests: 69%
- Agricultural land: 8%
- Heath land and meadows: 8%
- Open mires: 7%
- Bare rock and other land: 5%
- Built-up land: 3%
- Highest mountain: Kebnekaise (circa 2,000 metres)
- Biggest lake: Vänern (5,650 km²/2,181 mi²)
- International dialling code: +46
- Internet domain: .se
- Time zone: GMT +1
- Currency: Swedish krona (SEK)
- Important exports: vehicles and machines, pharmaceuticals/chemicals, mineral oils, wood products, electronics, metals; also music, fashion and video games.

DENMARK

Gothenburg is the second biggest city in Sweden and birthplace of the car brand Volvo.

Liseberg is a big amusement park in Gothenburg. Its many attractions include one of Europe's highest free-fall rides.

Pullnagelisar are candy sticks first made 150 years ago in Gränna, near Jönköping. Originally peppermint-flavoured, they now come in many versions, even cola flavour.

TVåsand outside Halmstad has more than 7 kilometres (4 miles) of beaches and is one of Sweden's best places to windsurf.

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ONE YEAR IN SWEDEN



JANUARY

January is a dark month with little sunshine, but the snow brightens things up. And if you dress warmly you can be outdoors as much as you like.

Morris, 9

'Winter is the best season, because then you can go skating and have snow-ball fights. It's also cold, which makes it possible to be outdoors more – in summer it gets warm and you have to go indoors to drink all the time.'



FEBRUARY

Early in the year, it's time for *semlor* – buns filled with almond paste and cream. Before, people only ate them on Fat Tuesday but nowadays you can eat them every day of the week.



In the February–March winter sports holiday, many people head to the mountains. Together, Swedes ski for an estimated 9 million days every year.

MARCH

Football (soccer) training begins at different times of the year, depending on where you live. In southern Sweden, the snow usually disappears in March, while in the far north it may still be on the ground in June.

Flora, 9

'The best part about playing football (soccer) is to be a defender – I like to take the ball and run. My idol is Victor Nilsson Lindelöf, defender in the Swedish national team.'



APRIL

Swedes eat a lot of sweets during Easter and children get cardboard eggs filled with treats. At other times, many parents only allow their children to eat sweets on the weekend – known as *lördagsgodis* ('Saturday sweets').

Walpurgis Night falls on 30 April. That's when people celebrate the arrival of spring. They gather around huge bonfires, sing songs about spring and grill hot dogs.



JUNE

On National Day, 6 June, the Swedish flag is flown all over the country. On this date, Gustav Vasa was appointed king in 1523. Since 2005, it has been a public holiday.

The school year ends in early June. Traditionally, teachers get flowers, the headteacher makes a speech and the school choir sings summer songs.

Midsummer is celebrated in late June, when the sun is up almost around the clock. Traditions vary slightly but many people dance round a maypole and eat pickled herring, potatoes and strawberry cake.



Nelly, 10

'My dream party is colourful, there is a piñata and lots of confetti. And we eat chocolate balls – they've got pearl sugar on them, which tastes really good, and I love chocolate! I make chocolate balls myself sometimes.'

CHOCOLATE BALLS

Makes about 20

Ingredients:
100 grammes of butter (room temperature)
3 decilitres of rolled oats
1 decilitre of sugar
2 heaped tablespoons of cocoa
2 teaspoons of vanilla sugar or vanilla extract
2–3 tablespoons of instant coffee (enhances the chocolate flavour)

Coating:
Shredded coconut or pearl/hail/nib sugar

How to make them:
Mix all the ingredients in a large bowl. It's easiest – and more fun – to do this with your hands. When everything is thoroughly blended, roll pieces of the mixture into balls and put them on a plate. You can decide how big or small you want them. Pour the coconut or pearl sugar into a soup bowl and roll the balls in it to cover them. Then, put them back on the plate and into the fridge to set. Or, if you can't wait, just eat them straight away.

MAY

May Day is another name for 1 May, which is a public holiday. That day, some people join a demonstration that parades through the streets of their town or village.



Many long weekends in May makes it possible to enjoy the often nice weather and wind down for the summer.

OCTOBER

On 31 October, Halloween is celebrated with fancy dress, pumpkins and trick-or-treating.



Paula, 7

'I like skipping in puddles when it rains. It's fun because it splashes.'



NOVEMBER

All Saints' Day falls just after Halloween. People light candles in cemeteries and remember loved ones who have passed away.



AUGUST

The new school year begins in mid-August.

For many years, catching crayfish was forbidden in June and July, so people held big crayfish feasts in August. These feasts have remained a tradition. The black crayfish turns red when boiled.



DECEMBER

The Christmas season is the main festive period for most Swedes. One highlight is Lucia on 13 December. Children and adults sing Christmas songs in candle-lit Lucia processions at schools and workplaces, and in church.

The Christmas peak for most Swedes is 24 December. That's when Father Christmas, or Santa Claus – *jultomten* in Swedish – comes with gifts.



Edvin, 12

'At school I enjoy meeting friends, but the lessons are pretty boring. After school I usually play with friends or play video games.'



SEPTEMBER

In the autumn many Swedes go mushroom picking in the forest. The more it has rained, the more you find. Chanterelles are the most popular. Beware – there are many poisonous species to watch out for!



Photos:
Portraits: Susanne Walström
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