

Good to know 2021

# For long stays!

This chapter provides information for those who are planning to stay for longer periods or to move to our region.

For additional information, we recommend that you also read "Good to know – For temporary visitors!" or "Good to know – For those who wish to start a company!"



Arjeplog •

Sorsele •

Arvidsjaur •

Malå •

Norsjö •

Skellefteå •

*Useful information  
about skellefte Älvdal*

# Welcome to Skellefteå Älvdal!

Skellefteå Älvdal comprises the municipalities of Skellefteå, Norsjö, Malå, Sorsele, Arvidsjaur and Arjeplog, each of which has its own particular charm.

This brochure is aimed at those who are planning to stay in the region for longer periods, in order to work, study or for any other reason. It provides you with a lot of valuable information that will help you, both before and during your stay.

For example, it includes recommendations for accommodation, where you can hire a car, or where you can find free WiFi. You will also find out about the behaviour that is expected of visitors to our natural surroundings, as well as about other things the area has to offer. For example, do you know what is meant by the black bin bags that you may see hung up along the roadside?

Plan your stay with us and, if there's anything else you'd like to know, please don't hesitate to contact the tourist information office in the relevant municipality.

# Content

<b>Contact details</b>	<b>4</b>	Building something new or reconstructing	9	Are you expecting a child?	14
Arjeplog	4	Water	9	Child insurance	14
Arvidsjaur	4	Electricity	9	Parental benefit	14
Malå	4	Snow clearance	9	Pregnancy benefit	14
Norsjö	5	Waste management and recycling	10	Caring for a sick child (VAB)	14
Skellefteå	5	Waste collection	10	Reporting taking care of a sick child (VAB)	14
Sorsele	5	Emptying of latrines	10	Compensation for taking care of a sick child (VAB)	14
<b>Residence permits and right of residence</b>	<b>6</b>	Post and parcel collection	10	<b>Medical care</b>	<b>15</b>
EU/EEA citizens	6	Internet connection	10	Who is entitled to medical care?	15
Moving in order to work in Sweden	6	<b>Work</b>	<b>11</b>	Dental care	15
Moving in order to look for work in Sweden	6	Work permits	11	Hospitals	15
Moving in order to study in Sweden	6	Looking for work	11	Healthcare centres	15
Moving in order to live together with a relative in Sweden	6	Starting your own business	11	<b>Animals</b>	<b>16</b>
Moving and living off your own assets	6	If you become sick	11	Importing pets	16
Nordic citizens	7	<b>Vehicles</b>	<b>12</b>	Moving from an EU country or a country with EU conditions	16
Citizens of other countries	7	Drivers licences	12	Moving from a non-EU/non-EEA country	16
Moving with your family	7	Private cars	12	Importing other tame animals	16
National population register	7	Winter	12	Animal protection legislation	16
Personal identity numbers & coordination numbers	7	Snowmobiles	12	<b>Important public authorities</b>	<b>17</b>
Becoming a Swedish citizen	7	Training courses for a snowmobile licence	12	Skatteverket	17
<b>Opening a bank account</b>	<b>8</b>	Guided tours	12	Försäkringskassan	17
<b>Homes</b>	<b>9</b>	Snowmobiles in the countryside	12	Migrationsverket	17
Buying a home	9	<b>Children</b>	<b>13</b>	Transportstyrelsen	17
Mortgages	9	Preschools and schools	13		
Renting a home	9	Applying for a place at preschool or school	13		
		Upper secondary school	13		
		School transport	13		

# Contact details

## Arjeplog

[www.arjeplog.se](http://www.arjeplog.se)

Tel: +46(0)961-140 00

Email: [kommun@arjeplog.se](mailto:kommun@arjeplog.se)

Visitors' address: Storgatan 20

### Relocation service:

Tel: +46(0)961-144 44

### Healthcare centre:

Address: DR. Wallqvist väg 3

Tel: +46(0)961-148 01

### Department for children and young people:

Tel: +46(0)961-144 44

### Care and disability questions:

Tel: +46(0)961-144 44

### Buildings and the environment:

Tel: +46(0)960-144 44

### Waste management and latrines:

Tel: +46(0)960-144 44

### Water and sewerage:

Tel: +46(0)960-144 44

### Department for IT and data:

Tel: +46(0)961-144 44

### Office for commerce/

### Department for growth:

Tel: +46(0)960-144 44

### Tourist information:

Silvermuseet, Torget 1

Tel: +46(0)961-145 20

## Arvidsjaur

[www.arvidsjaur.se](http://www.arvidsjaur.se)

Switchboard: Tel: +46(0)960-155 00

Email: [kommun@arvidsjaur.se](mailto:kommun@arvidsjaur.se)

Visitors' address: Storgatan 13

### Relocation service:

Tel: +46(0)960-175 00

### Healthcare centre:

Address: Sjukstugegatan 3

Tel: +46(0)960-575 02

### Department for children and young people:

Tel: +46(0)960-155 00

Email: [bun@arvidsjaur.se](mailto:bun@arvidsjaur.se)

### Care and disability questions:

Tel: +46(0)960-15500

### Buildings and the environment:

Tel: +46(0)960-155 70

Email: [mbhn@arvidsjaur.se](mailto:mbhn@arvidsjaur.se)

### Waste management and latrines:

Tel: +46(0)960-156 07

### Water and sewerage:

Tel: +46(0)960-155 00

### Department for IT and data:

Tel: +46(0)960-155 68

Email: [bredband@arvidsjaur.se](mailto:bredband@arvidsjaur.se)

### Office for commerce/Department for growth:

Tel: +46(0)960-158 11

### Tourist information:

Kommunhuset, Storgatan 13

+46(0)960-175 00

## Malå

[www.mala.se](http://www.mala.se)

Switchboard, Tel: +46(0)953-140 00

Email: [kommunstyrelsen@mala.se](mailto:kommunstyrelsen@mala.se)

Visitors' address: Storgatan 13

### Relocation service:

Tel: +46(0)953-140 74

### Healthcare centre:

Address: Storgatan 2.

Tel: +46(0)90-785 91 19

### Department for children and young people:

Tel: +46(0)953-140 49

### Schools department:

Email: [skolexp@mala.se](mailto:skolexp@mala.se)

Tel: +46(0)953-140 80

### Care and disability questions:

Tel: +46(0)70-603 11 49

### Buildings and the environment:

Tel: +46(0)953-140 50

Email: [mob@mala.se](mailto:mob@mala.se)

### Waste management and latrines:

Tel: +46(0)953-140 55, +46(0)953-140 19

### Water and sewerage:

Tel: +46(0)953-140 55

### Department for IT and data:

Tel: +46(0)953-140 23

### Office for commerce/Department for growth:

Tel: +46(0)953-140 76

### Tourist information:

Biblioteket, Skolgatan 2A

Tel: +46(0)953-142 91

## Norsjö

[norsjo.se](http://norsjo.se)

Tel: +46(0)918-140 00

Email: [info@norsjo.se](mailto:info@norsjo.se)

Visitors' address: Storgatan 67

### Relocation service:

Tel: +46(0)918-141 21

### Healthcare centre:

Address: Storgatan 33.

Tel: +46(0)90-785 91 16

### Department for children and young people:

Preschools: +46(0)918-141 75

Primary schools: +46(0)918-141 93

### Care and disability questions:

Tel: +46(0)918-141 30

### Buildings and the environment:

Tel: +46(0)953-141 73

### Waste management and latrines:

Tel: +46(0)918-140 00

### Water and sewerage:

Tel: +46(0)918-140 00

### Department for IT and data:

Tel: +46(0)918-141 13

### Office for commerce/ Department for growth:

Tel: +46(0)918-141 67

### Tourist information:

Norsjö Visitor Center

Storgatan 63, Norsjö

Tel: +46(0)918-142 00,

+46(0)70-284 54 70

## Skellefteå

[skelleftea.se](http://skelleftea.se)

Tel: +46(0)910-73 50 00

Email: [kundtjanst@skelleftea.se](mailto:kundtjanst@skelleftea.se)

Visitors' address: Stadshuset,

Trädgårdsgatan 6

### Relocation service:

[Inflyttarservice](#)

Tel: +46(0)910-73 50 00 (press 4)

### Healthcare:

See page 15

### Department for children and young people:

Tel: +46(0)910-73 50 00

### Buildings and the environment:

Tel: +46(0)910-73 50 00

### Waste management and latrines:

Tel: +46(0)910-73 50 00

### Water and sewerage:

Tel: +46(0)910-73 50 00

### Department for IT and data:

Skellefteå Kraft customer service:

Tel: +46(0)910-77 25 00

### Office for commerce/ Department for growth:

[Näringslivskontoret](#)

Tel: +46(0)910-73 50 00 (press 5)

### Nyföretagarcentrum:

[nyforetagarcentrum.se](#)

Tel: +46(0)910-77 95 15

Or: +46(0)910-73 50 00

### Tourist information:

[Skellefteå Turistcenter](#)

Address: Trädgårdsgatan 7

Tel: +46(0)910-45 25 10

### Visit Skellefteå

[visitskelleftea.se](#)

Address: Nygatan 49

Tel: +46(0)910-45 25 00

## Sorsele

[sorsele.se](http://sorsele.se)

Tel: +46(0)952- 140 00

Email: [kommun@sorsele.se](mailto:kommun@sorsele.se)

Visitors' address: Burevägen 4

### Relocation service:

Tel: +46(0)952-140 00

### Healthcare centre:

Address: Burevägen 13

Tel: +46(0)90-785 91 71

### Department for children and young people:

Tel: +46(0)952-142 01

Email: [bou@sorsele.se](mailto:bou@sorsele.se)

### Care and disability questions:

Tel: +46(0)952-140 31

Epost: [sorselebo@sorsele.se](mailto:sorselebo@sorsele.se)

### Buildings and the environment:

Tel: +46(0)952-140 60,

+46(0)952-140 51,

+46(0)952-140 15

### Waste management and latrines:

Tel: +46(0)952-140 51

### Water and sewerage:

Tel: +46(0)952-140 51

### Department for IT and data:

Tel: +46(0)952-141 55

### Office for commerce/ Department for growth:

Tel: +46(0)72-239 86 53

### Tourist information:

Vindelälven Tourist Centre

Stationsgatan 19

Tel: +46(0)952-140 90



# Residence permits and right of residence

Citizens of countries in the EU and EEA have a right of residence (uppehållsrätt). This is not something you need to apply for, as long as you meet the criteria for the right of residence.

If you are a citizen of a country outside of the Nordic region and the EU/EEA, you must have a residence permit (uppehållstillstånd); you can apply for this via the Migrationsverket (Swedish Migration Agency) office in Boden. Bear in mind that you may have to wait, and it may take some time for a residence permit application to be processed.

Please read:  
[Utlänningslagen](#) for more information (in Swedish)  
[Aliens Act Sweden](#) (in English)

## EU/EEA citizens

An EU/EEA citizen has the right to stay in Sweden for up to three months, conditional only on the person having a valid passport or national ID card. The rules also apply to the family members of EU/EEA citizens if they are citizens of a third country, if they move together with, or later join, the EU/EEA citizen in Sweden.

As an EU citizen, you can stay in Sweden with a right of residence. The length of

time for which you qualify for this right may vary, depending on the purpose of your stay, and whether you move on your own or with your family.

For more information, read below or visit [skatteverket.se](https://skatteverket.se)

## Moving in order to work in Sweden

You may have the right to residence if you are employed, if you have your own company, or if you are to offer and provide services in Sweden.

## Moving in order to look for work in Sweden

As a jobseeker, you can have the right of residence for up to six months. As a jobseeker, you are not able to be entered onto Sweden's national population register until you can verify that you have a job.

## Moving in order to study in Sweden

If you are moving to Sweden in order to study, you have the right of residence for the entire duration of your study period, as long as you are able to provide financially for yourself and for any family members, and you are covered by a comprehensive health insurance policy that is applicable in Sweden. In order to be entered onto Sweden's national population register as a student, you must be able to verify that you will be studying for at least 12 months.

## Moving in order to live together with a relative in Sweden

To be granted the right of residence, you must be able to verify that you and the person whom you are moving to live with belong to the same family – for example, by presenting a marriage certificate or birth certificate.

## Moving and living off your own assets

As a citizen of an EU/EEA country, you have the right of residence if you can verify that you are able to provide financially for yourself via your own funds, and that you are covered by a comprehensive health insurance policy.



## Nordic citizens

If you are a citizen of another Nordic country, you do not need either a right of residence or a residence permit in order to live in Sweden. However, you do need to be entered onto the national population register if you plan to stay for more than one year.

## Citizens of other countries

If you are moving from a country that does not belong to the EU/EEA, or if you are a stateless person, you must apply for a residence permit. You can do this via the Migrationsverket office in Boden.

If you are planning to stay for more than one year, you must also be entered onto the national population register.

## Moving with your family

If someone has either the right of residence or a residence permit, that person's relatives are subject to the same conditions. Unless there are any particular reasons for this not to be the case, a residence permit will be granted to (among others):

1. An individual who is the spouse/cohabiting partner, or who intends to be the spouse/cohabiting partner, of a person who resides, or who has been

granted a residence permit in order to reside, in Sweden, for as long as the relationship is deemed to be credible and if there are no particular reasons for this to be denied.

2. A child who is unmarried and:
  - a) has a parent who resides, or who has been granted a residence permit in order to reside, in Sweden, or
  3. b) has a parent who is married to or a cohabiting partner of somebody who resides, or who has been granted a residence permit in order to reside, in Sweden.

Additional conditions can be found in [Utlänningslagen](#) (Swedish) or [Aliens Act Sweden](#) (English)

### Useful links:

<https://workinginsweden.se/bring-your-family/?prev=/work/verksamhet.se>

## National population register

In most cases, if you have moved to Sweden from another country and plan to live here for one year or more, you must be included in the national population register (folkbokföring). When entered onto the national population register, you will be given a Swedish personal identity number

(personnummer) and be registered as residing at a certain address. In order to be entered onto the national population register, you must provide notification that you have moved to Sweden. You do this by making a personal visit to one of the service offices (servicekontor) of Skatteverket (the Swedish Tax Agency). When visiting the service office, every member of your family (including children) who have moved to Sweden must also be present. The documentation you will need to provide will vary according to the country of which you are a citizen.

Find out more at [Skatteverket.se](#)

## Personal identity numbers & coordination numbers

When you have been entered onto Sweden's population register, you will be given a Swedish personal identity number (personnummer). This number is used by government authorities in order to identify you, and may be required in certain situations, such as when reporting that you are taking care of a sick child (see point 6.3). This unique number is personal to you, and will be the same number throughout your life.

If you are to live and work here, but do not fulfill the requirements to be entered onto

the population register, you will be given a coordination number (samordningsnummer) instead. You cannot request a coordination number yourself – this is done by the government authority with whom you are in contact. It is common for both public authorities and other organisations to ask for your personal identity number or coordination number, and you can use this identification number when contacting (for example) Försäkringskassan (the Swedish National Insurance Agency), healthcare organisations and banks.

Find out more about the national population register, personal identity numbers and coordination numbers at [Skatteverket's website](#) (Swe) or [Skatteverket](#) (Eng)

## Becoming a Swedish citizen

In order to be able to apply for Swedish citizenship, you must have had the right of residence or a residence permit and have been living in Sweden for at least 5 years without interruption. Bear in mind that further criteria may need to be fulfilled before citizenship is granted.

If you are a citizen of another Nordic country, you must have lived in Sweden for at least 5 years without interruption.

Find out more at [Migrationsverket.se](#)

# Opening a bank account

In accordance with the Swedish Deposit Insurance Act, banks are obliged to allow people who are staying in Sweden to open a bank account, unless any particular reason to the contrary can be presented

When opening a bank account, it is necessary to be able to produce valid ID

documents. To open a bank account, visit a staffed bank in your local area.

In order to be able to open a transaction account that is linked to a payment card, you must also be able to verify that you receive a regular income from your employment





# Homes

## Buying a home

Homes for sale can most easily be found on [blocket.se](https://blocket.se) or [hemnet.se](https://hemnet.se) (Swedish). You can also check buying and selling pages on Facebook. Your bank will often be able to help you when buying a property.

### Useful links:

- [5 questions before buying a home in Sweden](#)
- [Buying a house in Sweden](#)

## Mortgages

Check with your bank to see if it is possible for you to borrow money for a mortgage (bolån). In order to buy a property, you must be able to provide a deposit from your own funds. The deposit (handpenning) is often 15% of the total sale price.

## Renting a home

Contact local property owners in order to join the housing queue. State the size of the apartment you need, as well as any specific requests concerning location, access for the disabled, etc.

### Links to the municipal housing companies:

Arjeplog: [Arjeploghus](#)  
Arvidsjaur: [Arvidsjaurhem](#)  
Malå: [Malåbostaden AB](#)

Norsjö: [Norsjölägenheter](#)  
Skellefteå: [Skebo](#)  
Sorsele: [Sorselebo](#)

## Building something new or reconstructing

Before you begin to build or reconstruct a building, you must contact the department for buildings and the environment (or equivalent) in your local municipality. Remember to not leave things to the last minute!

The municipality will be able to help you to find vacant plots which can be built upon. You can also look on [blocket.se](https://blocket.se) and [hemnet.se](https://hemnet.se) (Swedish).

## Water

If you live in a rented home for which you own the tenancy contract (hyresrätt), water costs are usually included in the rent. If you live in a privately owned home which is connected to the municipal water supply, you must pay for the water you use. The amount used is determined by reading the water meter, which are fitted in every building.

If you have any questions about water and sewerage, please contact the buildings- and environment department in your municipality.

## Electricity

If you are the owner of a privately owned building, you are responsible for arranging your electricity supply and you must enter into a contract with an electricity company. If you are planning to rent a home (house or apartment) and have any questions concerning electricity and electricity

contracts, you should contact the landlord.

## Snow clearance

We receive an average of 4 metres of snow every winter, which becomes compacted to a 1-metre thick coverage of snow. For rented homes, the clearance of snow is usually the responsibility of the building's



caretaker. If you live in a privately owned property, you are responsible for clearing away the snow. Please note that you are not permitted to move the snow from your property onto public paths or roads.

Bear in mind that you may need to clear snow from roofs, chimneys, roofing ladders and any other fixtures on your roof. Property owners are responsible for ensuring that snow and ice cannot slide down onto public footpaths.

## Waste management and recycling

Sweden is a green country, in more ways than one. Here, the waste recycling is common, and you will rarely be far away from a recycling station. If you have any questions concerning waste management or recycling, you can ask the technical department (or equivalent) at your local municipal office.

### Waste collection

Red containers = Holiday homes (fritids-hus). For these, you will pay a fixed charge, regardless of how much (or how little) you use them.

Green containers = Permanent homes. The waste containers are emptied according to planned collection routes and dates; this is

usually either weekly or on alternate weeks. You can choose from different sizes, as well as paying a reduced charge if you compost waste using approved composting equipment.

If you have any questions about waste collection, please contact the department for buildings and the environment (or equivalent) in your local municipality.

### Emptying of latrines

If you live in a holiday home and have any questions about latrines, please contact the technical department (or equivalent) at your local municipal office.

## Post and parcel collection

Regular post will be delivered to your home address (as recorded in the national population register).

Oversized packages and parcels will be delivered to a postal collection point, from where you can collect them. You will be informed of the relevant collection point in a notification sent by mail, email or text message.

Find out more on [Postnord's website](#)

## Internet connection

A network of underground cables enabling a broadband connection, which gives you access to TV and the internet, is connected

to the majority of homes, although this cannot be guaranteed for older buildings. Ask the seller of the house, or the IT department at your local municipal office.





# Work

The [workinginsweden](#) website contains useful information for people who are moving to Sweden in order to work.

## Work permits

Citizens of EU/EEA countries or Switzerland do not need a work permit in order to work in Sweden. Please be aware that certain types of profession may be subject to specific rules.

Citizens of countries that are not in the EU/EEA (or Switzerland) must apply for a work permit in order to work in Sweden. These can be applied for via the Migrationsverket website. In order to be granted a work permit, you must have received an job offer in Sweden.

## Looking for work

If you are looking for work, contact your local branch of the Public Employment Service (Arbetsförmedlingen) or visit their [website](#)

## Starting your own business

If you have a business idea, or if you want to relocate or branch out to Sweden, we recommend that you contact your local municipality's department för commerce and growth before starting your business or if you have any questions concerning your business.

## If you become sick

If you should become sick and are not able to work, you can receive sick pay from your employer for up to 14 days. After 14 days, you can apply to receive sickness benefit from [Försäkringskassan](#)



# Vehicles

## Drivers licences

In order to drive a car in Sweden, you must be at least 18 years of age and have a valid drivers licence. Drivers licences issued in EU/EEA countries or Switzerland are valid in Sweden, as long as the criteria below are fulfilled.

Drivers licences issued in countries outside the EU/EEA may be used in Sweden for up to 1 year, as long as the following criteria are fulfilled:

- The licence must be valid.
- The licence must contain a photograph of the person in question, or can be verified by another valid form of ID containing a photograph.
- If the licence is issued in any language other than Swedish, German, French or English, it must be accompanied by a certified translation.

## Private cars

Vehicles driven on public roads must be insured, taxed and have been inspected for roadworthiness. More information is available on [Transportstyrelsen's](#) website.

## Winter

- Cars must be fitted with winter tyres by no later than 31 October. The earliest date on which you can begin using winter tyres is 1 October, unless there are valid reasons for changing at an earlier date.
- Check that your car's headlights work properly and are sufficiently powerful. You can complement these with additional lights on the car; this will help you (for example) to see wild animals on the road more quickly.
- Drive carefully. It gets very dark in this area, and road surfaces can be slippery.

## Snowmobiles

In order to drive a snowmobile, you must be at least 16 years of age and have a valid licence for driving snowmobiles. This licence is issued once you have successfully completed a specific training course containing both practical and theoretical elements. Regular drivers licences issued before 1 January 2000 are also valid as licences for driving snowmobiles.

### Training courses for a snowmobile licence

Some driving schools also offer training courses for snowmobile licences. In

smaller towns, the training courses may be offered by a study association, such as [ABF](#) or [Studieförbundet Vuxenskolan](#)

### Guided tours

For guided tours with up to 10 people, the snowmobile driver does not need a snowmobile licence – a valid regular drivers licence is sufficient. Make sure you have appropriate insurance in case of an accident.

### Snowmobiles in the countryside

Sweden's freedom to roam right (*allemansrätten*) does not apply to the use of snowmobiles. You must therefore keep to marked snowmobile routes, and avoid driving over privately owned ground. Information in Swedish is available on [Naturvårdsverket's website](#).

During early spring, when the snow and ice may be starting to thaw, you need to be particularly attentive when driving over lakes and waterways. Keep to marked routes and do not stray from them. Sometimes, local organisations or considerate private individuals may lay fir branches and twigs to mark out areas of particularly thin ice. Make it a habit to always take ice picks with you when travelling on ice, and always tell somebody where you're going.





# Children

## Preschools and schools

From the age of 1 year, all children have the right to attend preschool. Even if the parents are not working, the child may attend the preschool for 15 hours per week. For children who are included in the national population register and are aged 7-15 years, attendance at school is compulsory. Children not included in the population register are not covered by the legal obligation to attend school, but they have the same right to attend school as all other children.

### Applying for a place at preschool or school

For more information, please contact your municipality's department for children and education, or visit their website. The website will include access to the necessary forms you will need in order to apply for a place at preschool or school.

If you require childcare outside the school's regular teaching hours, you can apply for a place at a leisure childcare centre (fritidshem). You will find application forms on your local municipality's website.

### Upper secondary school

Children older than 16 years who have completed their primary school studies

can apply to Upper secondary school (gymnasiet). Attendance at Upper secondary school is not obligatory, but it does provide a good basis for later studies at university.

There are gymnasium schools in Arjeplog, Arvidsjaur, Skellefteå and Sorsele. If there is no gymnasium school in your municipality, or if the desired course is not offered there, you can apply to gymnasium schools outside your home municipality (e.g. in Lycksele, Luleå, Piteå or Umeå).

### School transport

The municipality is obliged to provide school transport for those children attending a primary school that is at least 2 kilometres from their home. Students attending a gymnasium school, however, need to pay for their own travel (e.g. travel-cards for public transport).

If you have any questions concerning school transport, please contact your local department for children and education. Information and application forms (in Swedish) are also available on your municipality's website.



## Are you expecting a child?

If you are expecting a child, you need to contact your nearest parentall clinic, maternity clinic or healthcare centre. You will then book an appointment for a registration meeting with a midwife, who will be able to help you with any questions you may have.

### Child insurance

You do not have to wait until the child is born to arrange a child insurance policy. Contact your insurance company for assistance.

### Parental benefit

In order to receive parental benefit, you must first have notified Försäkringskassan of your pregnancy, before the birth. The benefit is only payable after the birth.

### Pregnancy benefit

If your work exposes you to health risks, or involves heavy physical work or prolonged exposure to noisy environments, you can receive pregnancy benefit at an early stage of your pregnancy.

This also applies if you experience severe cramps during your pregnancy. For more information, ask your midwife or contact Försäkringskassan.

## Caring for a sick child (VAB)

If, for any reason, your child is not able to attend preschool or school, you may be entitled to compensation for taking care of a sick child (vård av barn – VAB). You can receive compensation for VAB for a child aged from 8 months until the day before their 12th birthday, if:

- You have to stay home from work, or sacrifice your unemployment insurance (a-kassa), in order to take care of a sick child.
- You have to take the child to a doctor, child healthcare centre, dentist, child psychologist, etc.
- You have to stay at home with the child because the regular carer is sick.
- You are insured in Sweden (you will usually be insured if you live or work here).
- The child lives in Sweden or in another EU/EEA country or Switzerland.
- Parents and cohabiting partners can be eligible for VAB compensation. For more information, visit [Försäkringskassan's website](#)

## Reporting taking care of a sick child (VAB)

To report that you are staying at home in order to care for a sick child (VAB), visit [Försäkringskassan's website](#). You do not need to log in to report VAB. You do, however, need to state a personal identity number.

### Compensation for taking care of a sick child (VAB)

The compensation paid for VAB is usually a little less than 80% of your regular income. Please note, however, that there is a limit to the amount of compensation you can receive.



# Medical care

Healthcare centres and hospitals in Sweden use an automated calling system. When seeking medical assistance, use the keypad on your telephone to select the organisation you wish to contact, and they will call you back at a stated time. If you are calling from a non-Swedish telephone number, you must add the international dialling code for Sweden (+46) to the telephone number. In the event of an emergency, call 112 or visit your nearest healthcare centre or hospital. For medical advice, call [1177](tel:+461177)

## Who is entitled to medical care?

- All people, regardless of nationality, have the right to receive necessary medical care in Sweden. 'Necessary' care applies to medical and dental care that cannot wait. However, people from countries outside the EU/EEA or Switzerland must pay for their medical care themselves.
- Asylum seekers, irregular migrants or undocumented children below the age of 18 years are entitled to receive medical care on the same conditions as Swedish children.
- Citizens who are insured in the EU/EEA or Switzerland but are not entered on Sweden's national population register can have their costs reduced by presenting a

European health insurance card issued in their home country.

- Citizens of another Nordic country only need to present a valid form of ID and state their address in their home country.

### Useful links:

[www.migrationsverket.se](http://www.migrationsverket.se)  
[www.forsakringskassan.se](http://www.forsakringskassan.se)  
[1177.se](http://1177.se) – Norrbotten Region  
[1177.se](http://1177.se) – Västerbottens county council

## Dental care

Dental care is completely free of charge for children; for dental care, the definition of a child is a person up to 20 years of age. Adults must pay for their visits to dentists and dental hygienists. More information is available on [Folktandvårdens](http://Folktandvårdens) website. (Swedish, English)

## Hospitals

For more serious medical conditions, or for care that is beyond the routine treatments of healthcare centres, you may need to visit a hospital – for example, for acute injuries, fertility assistance, operations or similar. If the treatment is planned, you will be referred by your healthcare centre to their recommended hospital. If the condition is acute, you will be sent to the hospital that is closest.

## Healthcare centres

When you are entered onto the national population register, you will be registered with a particular county council (landsting). This will determine which healthcare centre (hälsocentral) you will be associated with; this will usually be the one that is closest to your home. It is this healthcare centre you should contact for routine appointments, dental care, maternity care, etc.

### Arjeplog

Tel: +46 (0)961-148 01  
Dr Wallquist väg 3, Arjeplog

### Arvidsjaur

Tel: +46 (0)960-575 02  
Sjukstugegatan 3, Arvidsjaur

### Malå

Tel: +46 (0)90-785 91 19  
Storgatan 2, Malå

### Norsjö

Tel: +46 (0)90-785 91 16  
Storgatan 33, Norsjö

### Sorsele

Tel: +46 (0)90-785 91 71  
Burevägen 13, Sorsele

### Skellefteå

Skellefteå lasarett

Tel: +46 (0)90-785 00 00  
Lasarettvägen 29 D, Skellefteå

### Skellefteå

Anderstorps hälsocentral:  
Tel: +46 (0)90-785 91 14  
Anderstorpsleden 1, Skellefteå

Erikslids hälsocentral:  
Tel: +46 (0)90-785 91 10  
Annastigen 8, Skellefteå

Heimdalls hälsocentral  
Tel: +46 (0)90-785 91 11  
Köpmangatan 15, Skellefteå

Bureå hälsocentral  
Tel: +46 (0)90-785 91 12  
Nygatan 9, Bureå

Burträsk hälsocentral  
Tel: +46 (0)90-785 91 73  
Björnåkersgatan 10, Burträsk

Byske hälsocentral:  
Tel: +46 (0)90-785 91 18  
Ringvägen 8, Byske

Morö backe hälsocentral:  
Tel: +46 (0)90-785 91 15  
Höjdgatan 14, Morö Backe

Lövångers hälsocentral:  
Tel: +46 (0)90-785 91 20  
Skogstorpsvägen 12, Lövånger



# Animals

## Importing pets

### Moving from an EU country or a country with EU conditions

For more information, visit [Jordbruksverket's website](#)

For dogs, cats and ferrets, the following requirements apply:

- The animal must be ID-marked.
- The animal must have a valid vaccination against rabies.
- The animal may not travel until 21 days after it has been given the basic vaccination against rabies.
- The animal must have an EU passport for pets. Pet passports are issued by veterinarians; see [here](#) for more information! (English).
- Animals that travel from a country with EU conditions but that does not issue pet passports must instead travel with a specific form (form E9.207).
- The animal must be declared at the customs check at the point of entry.
- Animals travelling from Andorra, Iceland, Liechtenstein, Monaco, San Marino, Switzerland or the Vatican City State

must also have an owner's declaration for pets.

Bear in mind that, if the animal travels within five days either before or after your own journey, the animal must also have an [owner's declaration](#) for pets and a copy of your ticket/travel reservation.

### Moving from a non-EU/ non-EEA country

The rules concerning the importing of pets can vary according to which country (outside the EU/EEA) you are moving from. For more information, visit [Jordbruksverket's website](#)

### Importing other tame animals

The importing of other tame animals (e.g. cattle, sheep, pigs or horses) is subject to different rules than those that apply to pets. The rules vary greatly, depending on:

- the type of animal,
- which country it is being imported from,
- the purpose of the import,
- or what the animal will be used for.

Find out more at [Jordbruksverket Importing animals](#)

## Animal protection legislation

Sweden places stringent demands on animal owners, and all animals are protected by the Swedish Animal Welfare Act. Make sure you research and under-

stand which regulations apply to the animals you are bringing or planning to import, into Sweden. You can read [the Animal welfare act here](#)





# Important public authorities

## Skatteverket

You must contact Skatteverket in order to:

- Be entered onto the national population register.
- Register a marriage.
- Register a birth.
- Register a new home.
- Register a new name (e.g. of a new-born child or in the event of marriage.)
- Request information about the rules concerning the death of a relative.

For more information, please visit [Skatteverkets website](#)

## Försäkringskassan

Försäkringskassan will be able to assist you in applying for any required grants and benefits – if you, for example, have children, are sick, have a disability, or are unemployed. Among other things, Försäkringskassan issues:

- Housing benefit.
- Child benefit.

- Activity support.
- Sick benefit.
- Parental benefit.

For more information, please visit [Försäkringskassan's website](#)

## Migrationsverket

Contact Migrationsverket if:

- You need to apply for a residence permit
  - You want to become a Swedish citizen
- [Migrationsverket's website](#)

## Transportstyrelsen

Contact Transportstyrelsen for questions regarding:

- Changing the registered ownership of a vehicle
- Registering or deregistering a vehicle
- Importing a vehicle
- Drivers licences
- Questions concerning traffic rules

[Transportstyrelsen's website](#)

Did you know that all parents in Sweden are entitled to 240 days of paid parental leave?

