SWITZERLAND GLOBAL ENTERPRISE

# Sweden

## Business Travel Guide

Compiled by:

### Swiss Business Hub Nordics

Swiss Business Hub Nordics

Stockholm, January 2026

## ARRIVAL AND DEPARTURE

Swiss citizens can enter Sweden with a valid passport or ID card. A visa is not required to enter the country.

Please mind, that posting of workers is subject to a report to the Swedish Work Environment Authority https://www.av.se/en/work-environment-work-and-inspections/foreign-labour-in-sweden/posting-foreign-labour-in-sweden/

Transfer from the airport to the city center:

- **Stockholm**, Arlanda Airport; Taxi (35-55 min) ca SEK **750,-** (Taxi Stockholm, Taxi Kurir, Taxi 020); Arlanda Express train (20 min) **SEK 299,-**; Bus Flygbussarna (50 min) **SEK 129,-**
- **Gothenburg**, Landvetter Airport; Bus Flygbussarna (50 min) **SEK 119,-**; Taxi SEK **650,-**
- **Malmö**, Sturup Airport Bus Flygbussarna (50 min) SEK **149,-**; taxi **SEK 350,-**
- **Malmö**, alternatively Copenhagen Airport; Train (20 min) SEK **150,-**

## HEALTH REQUIREMENTS

Mandatory and recommended vaccinations: Please find extensive and updated information here: HTTPS://WWW.BAG.ADMIN.CH/EN/VACCINATIONS-AND-MALARIA-PREVENTION-FOR-INTERNATIONAL-TRAVEL

Medical treatment is provided everywhere through the European Health Insurance

## PUBLIC SECURITY / RECOMMENDED PRECAUTIONS

Business permanence in Sweden does not require any specific security precautions.

Please check the below link for updated information:
https://www.eda.admin.ch/eda/en/fdfa/representations-and-travel-advice/sweden/travel-advice-sweden.html

## TIME ZONE

Time difference between Switzerland and

| | |
|---|---|
| Stockholm | Central European Time CET, UTC+1:00 |

Daylight Saving Time: clocks are turned forward by one hour on the last Sunday in March and turned back on the last Sunday of October.

## BUSINESS HOURS

| | Weekdays | Saturdays | Sundays and Nationals Holidays |
|---|---|---|---|
| Government Offices | 08:00-16:30 | closed | closed |
| Banks | 10:00-15:00 | closed | closed |
| Shops | 09:00-20:00 | 09:00-19:00 | 10:00-18:00 |

## PUBLIC HOLIDAYS

| English name | Local name | Date of observation | Moveable date |
|---|---|---|---|
| New Year's Day | *Nyårsdagen* | 1 January | |
| Epiphany | *Trettondedag jul* | 6 January | |
| Good Friday | *Långfredagen* | Friday before Easter Sunday | **3 April 2026** |
| Easter Monday | *Annandag påsk* | Monday after Easter Sunday | **6 April 2026** |
| May Day | *Första Maj* | 1 May | |
| Ascension Day | *Kristi himmelsfärds dag* | Thursday, 39 days after Easter Sunday | **14 May 2026** |
| National Day | *Sveriges nationaldag* | 6 June | |

| | | | |
|---|---|---|---|
| Midsummer's Day | *Midsommardagen* | Saturday during the period 20–26 June | **20 June 2026** |
| All Saints' Day | *Alla helgons dag* | Saturday during the period 31 October – 6 November | **31 October 2026** |
| Christmas Day | *Juldagen* | 25 December | |
| Second Day of Christmas | *Annandag jul* | 26 December | |

Even though they are not official, public holidays, not all Swedes work on Midsummer Eve and Christmas Eve. Some businesses are closed the whole day and some, such as grocery stores, are open for part of the day. This practice is dependent on labour union contracts. Moreover, public transport will run on special holiday timetables.

Winter holidays (1 week) starting W7 in southern Sweden (Malmö), W8 Western Sweden (Gothenburg), W9 (Stockholm) and ending W11 in Northern Sweden. July is the general summer vacation month, although several people start their vacations as early as mid-June, and stop in mid-August. This period is generally not ideal for business trips. December is also not to be preferred, as several companies finish administrative tasks and projects before Christmas holidays.

Source: https://kalender.se/helgdagar/

## NATIONAL TRADE FAIR CALENDAR

The dates of the main trade fairs can be obtained from: www.stockholmsmassan.se (Stockholm), www.svenskamassan.se (Gothenburg), www.malmomassan.se (Malmö).

## COMMUNICATION: TELEPHONE AND INTERNET

Sweden’s country code is: +46

Local SIM card can be bought at: Operators’ shops; Telia, Tele2, Comviq, Telenor, 3, and in various kiosks

Important phone numbers:

| | |
|---|---|
| Police | 112 (For non-urgent matters: 114 14) |
| Fire department | 112 |
| Medical emergency | 112 |

## ELECTRICITY SUPPLY

Electricity plug and socket:

The voltage in Sweden is 230 V with a frequency of 50 Hz.

## METHODS OF PAYMENT

National currency in Sweden is the Swedish Krona, SEK.

Exchange rate as of January 12, 2026: CHF 1 = SEK 11.50.

When entering or leaving the country with 10.000 € or more / a corresponding sum in SEK 10.700 or more in cash or other monetary instruments, the money must be declared in writing to the custom office.

Tipping is not expected in Sweden, although a tip of ca. 10% for rewarding exceptional service in restaurants is appreciated. In recent years, newer models of payment terminals give customers the option to tip 5%, 10% or 20%.

Acceptance of methods of payment:

| | everywhere | almost everywhere | limited | not accepted |
|---|---|---|---|---|
| Cash (national currency) | ☐ | ☒ | ☐ | ☐ |
| Cash (Euro) | ☐ | ☐ | ☒ | ☐ |
| MasterCard | ☒ | ☐ | ☐ | ☐ |
| Visa | ☒ | ☐ | ☐ | ☐ |
| American Express | ☐ | ☒ | ☐ | ☐ |
| Diner | ☐ | ☒ | ☐ | ☐ |
| Apple Pay | ☐ | ☒ | ☐ | ☐ |
| Google/Samsung Pay | ☐ | ☒ | ☐ | ☐ |

## DOMESTIC TRAVEL, LOCAL TRANSPORT

The most commonly used kind of public transport is bus, metro, tram, commuter and long-distance trains. Note, however, that long distance trains tend to struggle with punctuality. The quality of the services is good.

Public transport Stockholm: https://sl.se/en/in-english (check-in by credit card possible)

Public transport Gothenburg: https://www.vasttrafik.se/en/

Public transport Malmö: https://www.skanetrafiken.se/english/tickets-and-discount/

Train companies: https://www.sj.se/en (State-owned), https://vrresa.se/en (only Stockholm - Gothenburg, https://www.malardalstrafik.se/en/maelartaag/ (Stockholm-Lake Mälar region)

Taxi fare for a 15 minutes journey:

Main ride hailing apps: Taxi Sthlm, Taxi Göteborg, Taxi Malmö, Sverigetaxi, Taxi Kurir, Uber, Bolt

Main method of payment for taxi and subways: payment cards

Car rental with/without a driver can be arranged at numerous companies:

- Car rental without driver: Avis, Europcar, Rentalcars, Budget, Autoeurop, Hertz, Sixt
- Car rental with driver: egenchaufför.se, Avis
- Car sharing apps: KINTO Share, GoMore, BoltDrive, and Getaround

## ACCOMMODATION, TEMPORARY OFFICE SPACE

**WeWork**

Stockholm: "**Urban Escape**", Malmskillnadsgatan 32 (District Norrmalm) – Distances: T-Centralen (metro) (7 minute walk) | Sergels Torg (8 minute walk) | Central Station (12 min walk)

**Ioffice Business Center**

Stockholm: Kungsgatan 37, 60 and 64, Drottninggatan 32 and 33, Vasagatan 10 and 12, Olof Palmes gata 11 Distances: similar

Gothenburg: "**Navigationsskolan**" Kvarnbergsgatan 2, Distances: Central Station (11 min walk)

**Convendum**: Multiple addresses in Stockholm and Gothenburg (city centres) --> convendum.se

Malmö: "**Regus**" Adelgatan 21 (city centre), "**United Spaces**" Nordenskiöldgatan 24, "**Genetor**" Centralplan 8 (Central Station).

## LANGUAGES USED FOR BUSINESS

English

## BUSINESS PRACTICES

**Tips for initiating business contacts**

It is normally good to start a business contact formally by e-mail or phone call. The Swedish way of communicating is polite, but straightforward and rather informal. Swedes tend to be consensus-oriented and avoid direct conflicts. Equality in Swedish working life is evident, for example, in the way everyone calls each other by their first name, regardless of position.

**Scheduling Meetings:**

Appointments with Swedish associates should be set up in advance. Summer time between mid-June and mid-August should be avoided due to the holidays.

**Business attire:**

It is recommended that you dress smartly for business meetings, particularly on the first occasions.

**Introducing yourself:**

A firm handshake is used to say hello and goodbye.

**Building trust and personal relationships:**

Observing timetables and respecting agreements are important.

**Offering and accepting gifts and invitations:**

Gift giving is not particularly common. Being invited to business partners home is not very common.

## BUSINESS RISKS

According to studies, Sweden is one of the least corrupt and most stable countries in the world. CRC risk classification: HI- High income OECD country not classified.

Swiss Export Risk Insurance SERV insures political and *del credere* risks involved in exporting goods and services.

Products for exporters

Product for service providers

Products for financial institutions

The full range of services and products offered by SERV can be obtained at www.serv-ch.com.

## IMPORT OF SAMPLES AND CATALOGUES

If the Non-EU-goods are only used as samples and not for sales purposes, they can be imported to Sweden as exempt from customs duty and VAT when it is clearly indicated that the goods are samples. Marked goods can be rendered unfit for use for example by tearing them, punching holes in them or adding stamps on them.

Further information:
https://www.tullverket.se/en/startpage/business/internationalbusiness/importinggoods/dutyfreegoods/samplesofgoods.4.422c8052175b1d827693610.html

## USEFUL LOCAL WEBSITES, ADDRESSES, EMAIL AND TELEPHONE NUMBERS

| | | | |
|---|---|---|---|
| Business news | www.di.se | | |
| Customs hotline | tullverket.se/en | +46 771 520 520 | tullverket@tullverket.se |

## ADDRESSES OF EMBASSY AND CONSULATES OF SWITZERLAND

**Embassy of Switzerland in Sweden**

Valhallavägen 64

S-114 27 Stockholm

Tel +46 8 676 7900

Fax: +46 8 21 15 04

Email: stockholm@eda.admin.ch

Web: https://www.eda.admin.ch/stockholm

**Opening times:**

Visiting hours Mo-Fri 09:00 – 12:00

Phone hours: Mo-Thu 08:30-12:00, 13:30-16:30

Fri 08:30-13:30

**Regional Consular Center Nordics-Baltics**

Valhallavägen 64

S-114 27 Stockholm

Tel +46 8 676 7900

Fax: +46 8 21 15 04

Email: stockholm.cc@eda.admin.ch

Web: https://www.eda.admin.ch/countries/sweden/en/home/representations/embassy-stockholm/rcc-nordic-countries.html

**Opening times:**

Visiting hours Mo-Fri 09:00 – 12:00

Phone hours: Mo-Thu 08:30-12:00, 13:30-16:30

Fri 08:30-13:30

## ADDRESSES BILATERAL, NATIONAL AND LOCAL CHAMBER OF COMMERCE

**Swiss Chamber of Commerce in Sweden**

Postal address: c/o Embassy of Switzerland

Box 26143

S-100 41 Stockholm

Email: info@swisscham.se

Web: www.swisscham.se

**Swedish-Swiss Chamber of Commerce (in Switzerland)**

Visitor address:

Stadelhoferstrasse 40

8001 Zürich

Switzerland

Postal address:

Postfach

CH-8024 Zürich

Tel: +41 (0)43 343 10 51

Email: info@swecham.ch

Web: www.swecham.ch

## ADDRESSES OF THE EMBASSY AND CONSULATES OF SWEDEN IN OR FOR SWITZERLAND

**Embassy of Sweden in Switzerland**

Bundesgasse 26

CH-3011 Bern

Tel: +41 (0)31 328 7000

Fax: +41 (0)31 328 7001

Mail: ambassaden.bern@gov.se

Web: www.swedenabroad.se/en/embassies/switzerland-bern/

**Opening times:**

Mo-Fr 08:00 – 17:00

**Consulate of Sweden**

Stadelhoferstrasse 40

8001 Zurich

Phone: +41 43 343 10 50

Fax: +41 43 343 10 52

Mail: info@se-konsulat.ch

Web: http://www.se-konsulat.ch/

**Opening times:**

Monday: closed
Tuesday:9.00-13.00
Wednesday: 9.00-14.00
Thursday: 9.00-12.00
Friday: closed

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