

About Stockholm

Welcome to one of the most beautiful cities of the world

Welcome to Stockholm, the Royal Capital of Sweden. Discover a city like no other - a city built on 14 islands, where you are never far from the water. Well-preserved medieval buildings stand alongside modern architecture. Stockholm is also home of the Nobel Prize. And just outside the city, the archipelago of 24 000 islands is waiting to be explored.



Stockholm is a city of contrasts - water and islands, history and innovation, small town and big city, short winter days and long, light summer nights - with a dazzling array of impressions. Thanks to the city's compact size, you can see and do most things in a short space of time - which makes it a perfect destination for city breaks or longer stays, all the year round. Map of Central Stockholm www.ecwm4.com/dok/karta.pdf.

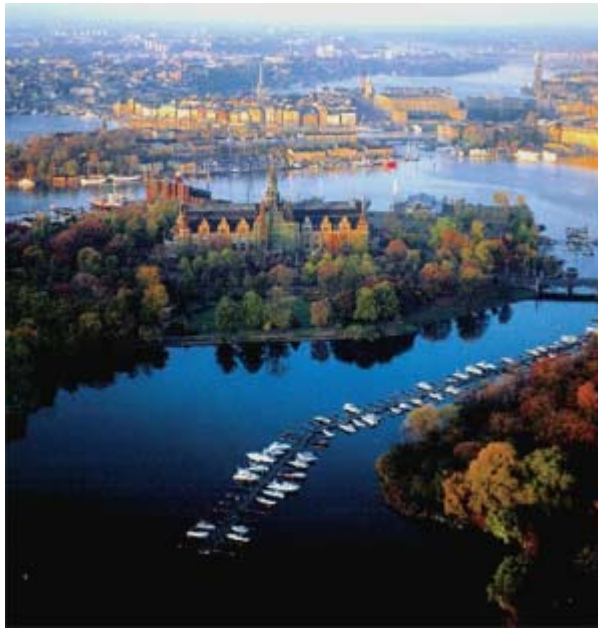
Experience Stockholm's many contrasts

Discover a city of contrasts. Go back 750 years in time and feel the medieval atmosphere of the Old Town "Gamla Stan" as you wander through the narrow streets. Stockholm has got history - but also the latest in fashion and IT. The trendy Stockholmers are often used as a test market by international companies, as they are quick to pick up on the latest trends. This is most obvious on the island of Södermalm, a hotbed of fashion, young culture and entertainment.



Stockholm is one third water, one third green belt and one third city. The island of Djurgården, the world's first National City Park, is only a short walk from the pulse of the inner city. Stockholmers and visitors alike come here to relax in the leafy shade and rest their eyes on

green.



In Sweden, the seasons are another contrast. Light summer nights when the sun barely dips below the horizon and short, snowy winter days. Because the city changes with every season and there is always something special to do, Stockholm is worth visiting at any time of year.

Restaurants

Like all big cities, the Swedish capital offers a huge variety of food and drink. Stockholders' increased interest in the culinary delights over the course of one generation is dramatically evident in the current abundance of eating establishments. No matter what kind of cuisine you prefer, be it Asian or North American, Mediterranean or Swedish, you will never go hungry in Stockholm. Prices may vary from SEK 60 up to SEK 300 for a meal.

Shopping

Shops are normally open from 10 am - 6.30 pm during weekdays. On Saturdays the opening hours are 10 am – 5 pm and on Sundays most shops have shorter opening hours and some are closed. Usually the opening hours on Sundays are 12 pm – 4 pm.

Time Zone

The time zone in Stockholm is GMT + 1 hour. Daylight Saving Time is used during the summer.

Tipping

A gratuity is included in the price of hotels. When visiting restaurants, you can show your appreciation for good service by leaving a little extra.

Tourist Information

The Conference secretariat will be available to give you more information about Stockholm. You can also contact the official tourist guide of Stockholm at:

Web site: www.stockholmtown.se

Visiting address: Sverigehuset, Hamngatan 27

E-mail: info@svb.stockholm.se

Phone: +46 8 508 28 508

Other useful links

www.sl.se - bus, metro and commuter train in Stockholm

www.alltomstockholm.com – restaurants and entertainment tips.

www.strommakanalbolaget.com – timetable for the boats that take you out to the archipelago.

www.oanda.com - currency converter.

www.arlandaexpress.com – train schedule to and from Arlanda.
www.stoccc.se - information about Folkets Hus and Norra Latin.
www.flygbussarna.se - bus schedule for the busses to Arlanda and Bromma.
www.sj.se - SJ, information about train schedules and prices.
www.sas.se - information about flight schedules and prices.
www.lufftartsverket.se - information about delayed flights.

General Information

Arrival at Arlanda Airport

Airport coaches leave Arlanda airport (Stockholm's international airport) every 5-10 minutes for the City Terminal in central Stockholm. The bus ride takes approximately 35 minutes and costs SEK 110 (one-way ticket), a return ticket is SEK 199 (September, 2008). Please visit www.flygbussarna.se for further information.

From Arlanda Airport there is a direct train connection to the Stockholm Central Station, the Arlanda Express Train. The journey takes about 20 minutes, cost SEK 220 one-way ticket, a return ticket costs SEK 420. Senior Citizens and Students can travel on a discount fee of SEK 110 (September, 2008). The train leaves every 15 minutes from Arlanda Airport, and is specially designed with extra space for luggage. Please visit www.arlandaexpress.com for further information.

Arrival at Bromma Airport

Airport coaches leave Bromma airport for the City Terminal in central Stockholm. The bus ride takes approximately 20 minutes and costs SEK 79 one-way ticket, a return ticket costs SEK 150 (September, 2008). Please visit www.flygbussarna.se for further information.

Taxis are available outside the arrival hall at Arlanda and Bromma airport. Prices may vary considerably, so you are advised to ask for the price before entering the taxi. Many taxi companies offer a fixed price of approx. SEK 495 from Arlanda airport to Stockholm city centre and the driver is obliged to give you a printed receipt on request (September, 2008).

The Organisers for the Congress recommend the following taxi companies: [Taxi Stockholm](#), [Taxi Kurir](#) or [Taxi 020](#) .

Arrival at Skavsta Airport

You can reach Stockholm Skavsta Airport by [coach/bus](#), [car](#), [train](#) or [taxi](#). The airport is situated 100 km south of Stockholm, 7 km northwest from Nyköping - right next to the main E4-highway. Please visit <http://www.skavsta.se/en> for further information.

Official Airline for ECWM 2009

The SAS Group is the Official Airline for The 4th European Conference on Wood Modification and offers you a special discount. Simply quote event code **SE0904** when calling your local SAS office and save up to 20 % on your ticket. SAS conference discounts are valid on flights operated by SAS, Blue1, airBaltic, Widerøe, Spanair, Estonian* and SAS/Lufthansa code share flights from Germany. In addition discounts are offered when using SAS codeshare connecting flights operated by Cimber Air, Skyways and United domestic USA in connection with SAS transatlantic flight.

* exceptions apply for Estonian

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Click here to calculate your total CO₂ emission on your travel to/from the event and compensate <http://sasems.port.se>

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Click here for more information www.flysas.com/delegates

Climate and Dress

The weather in Stockholm at this time of the year is usually varying with temperatures around 5-10°C. An umbrella might be useful as showers can occur. Dress will be informal throughout the Symposium. For weather fore cast <http://www.bbc.co.uk/weather>.

Banks, Credit Cards and Currency Exchange

Banks are open between 9.30 am/10 am and 3 pm on weekdays. Some banks in central Stockholm are open from 9 am to 5 pm. Major credit cards are accepted in hotels, restaurants and shops. It is advisable to carry an identity card or any form of photo identification. The official currency is Swedish Krona (SEK). USD 1 = SEK 6.71, EUR 1 = SEK 9.47 (September 2008).

For money exchange, the companies "Forex" and "X-change" have offices at the airports and in the city. Opening hours and other information about exchange can be found at www.forex.se and www.x-change.se

Disclaimer/Liability

The Organising Committee and Congrex Sweden AB accept no liability for any injuries/losses incurred by participants and/or accompanying persons, nor loss of, or damage to, any luggage and/or personal belongings.

Electricity

Electrical current in Sweden is 220 V/50 Hz. Round, European-style two-pin plugs are used. Appliances designed to operate on 110/120 Volts need a voltage converter and a plug adapter.

How to get to Norra Latin, CCC

Norra Latin, CCC, is located in the Centre of Stockholm within walking distance from the Central Station, the Air Bus Terminal and Arlanda Express terminal. See the map here: www.ecwm4.com/dok/karta.pdf.