A new year and new opportunities
Get yourself a new hobby, join a new group activity or take a class. Stockholm is a great place for almost whatever activity you can think of. Thanks to the tax system, most activities are affordable and accessible. Carpentry, drawing, make your own clothes, learn Italian, improve your acting skills or ballroom dance! Have a look at: Medborgarskolan, Folkuniversitet, and Studieframjärtet.

For Ballroom dancing, click here

Welcoming day at KTH
We have gathered KTH’s management and key personnel to welcome you to KTH. We will mingle, have group discussions and exchange experiences. You will also have opportunities to meet the trade unions and other representatives from different support functions. Welcoming Day is February 18th.

How’s it going with your New Year’s resolutions?
2019 might just be the year to join the gym, pick up a new sport or get the massage you’ve always wanted! Due to the new collective agreement between KTH and the unions, the sports allowance for KTH staff member has increased to 3000SEK/year/person. This is for you to spend on sports or a well-being activity of your choice. See KTH for me for details.

Wellness at KTH

Let it snow (or rain, or melt)!
Stockholm weather is really up and down this year. However, regardless of the weather, Swedes are experts at getting out and enjoying the outdoors, no matter what the weather, or season. When it is snowy, or cold or foggy, what can you do?

First of all, getting out of your house and into the fresh air is key. If you are feeling more adventurous, you can go sledding, skiing, skating (even long-distance skating, see the picture to the right), and even winter bathing (after a sauna, of course!).

Stockholm’s Winter Guide

KTH’s Language Café
Are you learning Swedish, and would like somewhere to practice?

You are welcome to come if your Swedish is a little more advanced and you need somewhere to practice, and some new topics to talk about.
Let's sing at Sing-Sing

Singing in a group in most times and cultures encourages togetherness and gives strength and courage in life's ups and downs.

In KTH's newly started staff choir, we focus on feeling and expression. You don't need to be able to read music, and all levels are welcome! It is free of charge and you do not need to register. Feb 4, at Sing-Sing 4.30 - 6.30 pm

KTH Choir

Meet and greet

Curious about your other colleagues at KTH? Once a month all KTH staff, scholars, sabbaticals etc are welcome to a meet and greet after work.

Soup and bread is always included. Next event is on Feb 12 and the sign-up opens on February 4th.

Sign up for February 12th

Do you have tips for the weekend?

KTH Relocation sends out an e-mail every week with tips for activities for the upcoming week and weekend. Do you have anything you can recommend, or would like it to pass on to others?

Is there an art gallery you like, a walk you like to take in Stockholm, or a football team you are in, that is looking for new members?

Click on the link below to add your tips!

Tips for the weekend

Tea on your laptop?

We strongly advise everyone to take a serious look into their private insurance situation. A household insurance policy is, for most people, all you need, if you are just going to stay in Sweden for a couple of years. The household insurance will cover for theft, if you spill a cup of tea on your laptop, or if you or a family member happen to cause damage somewhere. Otherwise, this can be really expensive. Most importantly, most insurance will also give you coverage worldwide for 45 days in case you lose your luggage, get sick while abroad, etc.

Most landlords in Sweden require that all tenants have their own household insurance.

The biggest companies are TryggHansa, Lånsförsäkringar, If, and Folksam.

KTH Relocation's information about insurance

For a PDF version, click here