

When planning a trip abroad it is good to be aware of any requirements that the country you are visiting has in place, such as driving regulations and what type of passport or visas you might need in order to enter. On these pages you will find useful information about travelling to Sweden to help you prepare for your trip.

CULTURE

Exploring Sweden often means driving through forests without seeing any cultivated or populated land for long periods of time. Forests cover more than half of the country. People here love the great outdoors. Hiking, camping, cycling and fishing are all major Swedish pastimes and this makes it a great destination for campers.

Swedish is the major national language. Lapp is spoken by the Sami population in the north; Meänkieli (Tornedal-Finnish) is the official language in the Tornedal region (also in the north). Romani Chib and Yiddish are also official languages. All languages have equal status. Some of the most common Swedish phrases you may find useful to know when visiting are:

- God dag, Hei- Hello
- Hej då - Bye
- Ja - Yes
- Nej - No
- Snälla - Please
- Tack - Thank you
- Talar du engelska? - Do you speak English?
- Öppet / Stängt - Open / Closed
- Herrar / Damer - Gents / Ladies
- Camping - Campsite

People in Sweden tend to have a very good level of English and it is easy to get around the country even if you don't speak Swedish. Still, attempting basic greetings in the local language will be considered as polite and appreciated. We therefore recommend investing in a phrase book to help you during your stay.

CURRENCY

The currency in Sweden is the Swedish Krona (SEK).

Banking Hours

Banks are generally open Monday to Friday from 0930 hrs to 1500 hrs. On Thursdays banks usually close at 1800 hrs. Banks are closed on weekends and on public holidays.

Please note:

20, 50 and 1000 SEK banknotes issued before 2015 are invalid and can no longer be used in shops. In addition 100 and 500 SEK banknotes and 1 and 5 SEK coins issued prior to 2016 will be invalid from 30 June 2017.

Credit Cards & ATM

Card payments are now more widespread than cash payments. An increasing number of payments can only be made by card. This applies even to some minor transactions (bus tickets, parking fees). Visa, MasterCard, American Express and Diners Club cards are widely accepted.

Cash can be obtained from ATMs (known as "Bankomat") in all towns. The exchange rate is generally more favourable than the one offered by banks and bureaux de change. ATMs are harder to find outside of towns.

Travellers' cheques are no longer used, but may be exchanged by banks handling cash and bureaux de change.

DRIVING IN SWEDEN

Driving regulations in Sweden are different from those in the UK. Always remember that the normal rule is to give way to the right each time you reach an uncontrolled intersection.

Speed limits vary a lot so it is important to pay particular attention to road signs. The maximum speed varies from 70km/h (43mph) and 90 km/h (56mph) outside urban areas, and between 90km/h (55mph) and 120km/h (74mph) on motorways. The maximum speed if towing is 80km/h (50mph), including on motorways.

Since 1 February 2018, Sweden was the last European country to ban the use of mobile phones while driving. Any driver caught using a phone or texting risks a hefty fine.

Many drivers underestimate journey times in Sweden. Plan your journey carefully, taking into account unknown roads, weather conditions and fatigue. Make sure you take regular breaks.

To drive in Sweden you must be 18 years old and have a valid UK driving licence with photo. A UK driving licence without a photograph will not be recognised unless accompanied by photographic proof of identity e.g. passport.

You are required to carry certain items in your vehicle such as a warning triangle. The regulations on what must be carried do change from time to time, so it is advisable to check the most up to date information before you travel. For compulsory and recommended equipment and rules of the road including blood alcohol limit, [click here](#). It is recommended to keep vehicle doors locked in slow moving traffic and secure your vehicle when it is left unattended.

[EasyGo](#) is a European partnership between Denmark, Norway, Sweden and Austria that enables you to use your toll tag or On Board Equipment (OBE) at more than 50 toll stations in Denmark, Sweden, Norway and Austria, as well as many ferry services within Denmark and between Denmark/Sweden and Denmark/Germany.

Low Emission Zones (LEZs) are proliferating throughout Europe. While the number and variety of schemes may seem baffling, in fact many apply only to city centres and so will not affect the majority of campers. If you do wish to visit cities while camping, either choose a city centre site and use the link below to check for any access regulations, or camp outside the city's LEZ and use public transport to access the centre. Please click [here](#) for more information.

In less populated areas, especially in the north, petrol stations may be few and far between. Motorists are advised to acquaint themselves in advance with the location of petrol stations in these areas and/or to fill up well in advance.

Please visit our [Travel Planning](#) pages for information on weight limits, emissions and more.

HEALTH / SAFETY

The Foreign and Commonwealth Office may make specific travel related recommendations for visitors to Sweden. For the most up to date information [click here](#).

HEALTH

The Department of Health does not make any specific health recommendations for visitors to Sweden; however you may like to check with your doctor before departure.

You should get a free [European Health Insurance Card \(EHIC\)](#) before leaving the UK. The EHIC isn't a substitute for medical and travel insurance, but it entitles you to state-provided medical treatment that may become necessary during your trip. Any treatment provided is on the same terms as nationals of the country you are visiting. If you don't have your EHIC with you or you've lost it, you can call the Department of Health Overseas Healthcare Team (+44 191 218 1999) to get a Provisional Replacement Certificate. The EHIC won't cover medical repatriation, ongoing medical treatment or non-urgent treatment, so you should make sure you have adequate travel insurance and accessible funds to cover the cost of any medical treatment and repatriation.

If you require medication while in Sweden, remember to bring a prescription with you.

If you need emergency medical assistance during your trip, dial 112 and ask for an ambulance. If you are referred to a medical facility for treatment you should contact your insurance/medical assistance company immediately.

MOSQUITOES

Mosquitoes and midges can be a nuisance especially during summer in the northern parts of the country. Mosquito repellent can be purchased in shops, supermarkets and pharmacies.

SAFETY

As with anywhere in the world, it is good practise to be vigilant about your property, both in terms of your camping unit and personal belongings, take sensible precautions to protect yourself from petty crime. Don't leave your handbag or luggage unattended. Leave copies of important documents with family and friends in the UK. Carry a photocopy of your passport for ID.

PASSPORTS / VISAS

PASSPORTS

Your passport should be valid for the proposed duration of your stay; you don't need any additional period of validity on your passport beyond this.

If you are a single parent, or travelling with a child who is not your own, you will need a letter of consent. For further information on exactly what will be required at immigration contact the [Swedish Embassy](#) in London.

Should you wish to take a pet on your journey, please see our [Guide to European Camping](#) for further information. If you intend to travel on one of our Escorted Tours, please check our [Tour Pages](#) to find out whether pets are permitted.

VISAS

If your passport describes you as a British Citizen you won't need a visa to enter Sweden. If you have another type of passport, you should check the current entry requirements on [Swedish Embassy website](#).

For stays of longer than 3 months, contact the Swedish Embassy for further information about entry requirements.

CUSTOMS REGULATIONS

Sweden is a member of the EU. To find out about customs regulations for visitors from inside or outside the EU, including restrictions on imports and travelling with pets, click [here](#).

SHOPPING

Food shops open seven days a week, from 0800 hrs to 2000 hrs (or longer). Other shops are open Monday to Friday from 1000 hrs to 1800 hrs, and Saturdays from 1000 to 1400 or 1500.

There is no law in Sweden regulating shop opening hours, so in many towns shops are open longer and also on Sundays. Shopping areas in the outskirts of towns offer generous opening hours.

Beer (over 3.5% vol), wine and spirits are not sold in food shops and supermarkets. They are only available in state run "Systembolaget" shops.

TIPPING

Restaurant bills and taxi fares always include service charges so tipping is not compulsory, however, it is quite common to round up the bill to the nearest convenient amount.

TIME ZONES

GMT + 1 hour, with Summer time (from the end of March to the end of October) being GMT + 2 hours, so that throughout the year the country is always one hour ahead of the UK.

CAMPING AND TOURING IN SWEDEN

Facilities are generally adequate if a little small and there are plenty of campsites in the south of Sweden but the number of sites reduces the further north you go. These are very popular with tourists so make sure you book early.

RIGHT OF PUBLIC ACCESS

In Sweden, anyone may, without prior permission, walk across forests or privately owned land. Camping up to two nights on the same spot and swimming in a lake are permitted, as is picking wild berries, flowers or mushrooms (as long as they do not belong to any protected species). Fishing may be allowed, but this must be checked in advance with the land owner or local tourist offices. Littering and causing any kind of damage or disturbance is prohibited, as is going into a cultivated field or causing any inconvenience to a farmer and being too close to a private house. Dogs must be kept on a leash between March 1 and August 20. More information is available on the website of the [Swedish Environmental Protection Agency](#).

We run Escorted Tours to Sweden where you can enjoy spectacular scenery in the comfort of your own unit. Find out more about our [Scandinavia and North Cape tour](#).

