



OUTCAN Guide | Life in Kungsiingen (Stockholm), Sweden

LOCATION

Country: Sweden

Town: Kungsiingen (32km North-West of Stockholm)

Base: Nordic Center for Gender in Military Operations, Sweden (NCGM – SWEDINT).

- Swedish authorities require that a Personal ID Number (Residency Card) be obtained for member and dependents, therefore requiring registering with the Swedish Popular Register.
- During HHT members and dependents will not have Green passports so all will need a blue passport.

Other info to Consider:

- Family (non-dependants) can visit and stay 90 days **without visa** (Schengen Area).

POPULATION

Size: Kungsängen is a locality and the seat of Upplands-Bro Municipality, Stockholm County, Sweden with 11,200 inhabitants. Stockholm population is around 1,72 million.

Ethnicity: About 27% of Stockholmers are immigrants or of non-Swedish background. About 15% of the city is foreign-born, which is the highest of any Nordic city.

LANGUAGE(S)

Official language: Swedish.

Prevalence of French or English speaking: Very limited French. Over 80 percent of people in Sweden speak English.

COST OF LIVING

Exchange rate to consider: Swedish Krona (1 CDN = 7.65 SEK, February of 2024)

QUALITY OF LIFE

Climate and potential for severe weather, natural disasters:

- Floods and windstorms could occur.
- Sweden's geographical location makes it prone to severe winter weather.
- The winter months give only a few hours of daylight. Vitamin D supplements are recommended.

Laws and Culture:

- Penalties for possession, use or trafficking of illegal drugs are severe. Convicted offenders can expect jail sentences or heavy fines.
- As of January 1, 2018, the Swedish government reinstated compulsory military service for all its citizens 18 years of age. Dual Canadian/Swedish citizens may be subject to this requirement.
- A Canadian driver's licence can be used to drive in Sweden for up to one year. You should also carry an international driving permit.
- Penalties for drinking and driving are strict. The legal blood alcohol limit is 0.02 percent.

Safety and Security:

- There are safe communities located in the area of the International School where most EXPATS are housed.
- Members should always be reminded that even living in a safe area they need to be aware of their surroundings. EXPATS are seen as people of comfortable financial means and may be a target of opportunity to be taken advantage of should they be seen to be complacent.

Level of isolation:

- This post is considered remote and has limited access to French and other Canadians.

HOUSING

- As the NCGM is located in Kungsiingen, north of Stockholm, it is recommended that families' accommodation be found either downtown or in the suburbs located north of Stockholm.
- Traffic congestion would make living in the southern suburbs more challenging.
- Real estate/relocation agents are all able to communicate very well in English and are well aware of the requirements of international customers in respect of safe and secure accommodations and environment.

EMPLOYMENT

Are there employment opportunities for spouses?

- Limited, language barrier.
- Working visas are required, please do your own research to see what is available, if anything for dependants.
- There are very limited employment opportunities available through CFMWS, families should plan to be single income for the duration of the posting. [CFMWS | MFS | OUTCAN Europe | CFMWS](#)

Op Tempo: The op tempo will vary greatly depending on position. TD is possible.

HEALTH CARE

Access: Sweden has an excellent international reputation for its medical services; hospitals are routinely ranked among the best in Europe.

- The medical facilities in Stockholm are no exception; they offer health-related services at Western standards and are widely accessible to all.
- English is spoken by approx. 85% of the Swedish population.
- The Canadian Medical Clinic in Geilenkirchen is responsible for the healthcare of all Canadian military members in Europe and can be accessed.
- All bills associated with the care of dependents are the member's personal responsibility and are to be claimed through PSHCP. [PSHCP Member Portal \(pshcp-msh.ca\)](#)

Special needs: extremely limited in French.

- depending on language required (English/French), area of specialization and degree of support needed,
- It is highly advised that the family consult with Medical Screening Officer in Canada and / or the Canadian Element to ensure that the required services are readily available in either English or French before accepting a posting.

Consideration for pregnancy / birth: Health care for pregnancy and birth is available on the economy.

Dental: Dental care can be accessed in town. You are required to pay up front, and you can then claim your expenses.

SCHOOLING

- Schooling is typically the Stockholm International School (IB) for grades JK-12, British International Primary School of Stockholm for grades JK-7, and Lycée Français de Stockholm for grades JK-12.
- British curriculum is only deemed compatible up to gr 8; access to British curriculum beyond gr 8 requires WG B approval.
- Should consider distance to international school when selecting a residence, catchment area and pick-up points for public transport.
- It is highly recommended that parents visit the school during HHT in order to view the facilities and introduce themselves to the staff.
- There is no specific admissions deadline, however enrollment must be done as soon as possible as enrolment availability to this school will be very limited past April;
- For children can be to be properly placed, parents must consult the school website in order to comply with registration requirements such as report cards from the last 3 years and transcripts, principal recommendation, passports and vaccination booklets.
- For an approved list of schools, please contact Children's Education Management at:
CEMGEE@forces.gc.ca
- Children's Education Management - Canada.ca
- Gestion de l'éducation des enfants - Canada.ca

Curriculum vs. Canadian curriculum:

- The Curriculum varies depending on choice of school.
- None of them offer Canadian history or geography.

Resources for special need children:

- Access is depending on language required (English/French), area of specialization and degree of support needed, it may be very limited.

CHILDCARE

Things to Consider:

- Available on the economy. Limited in French.

TRANSPORTATION

Things to Consider:

- The car registration process is time consuming, and members need to be prepared for the process to take over 30 days. The agency responsible is Transport Styrelsen.
- Effective transit system in Stockholm which includes Metro lines, bus lines and commuter trains to/from the suburbs.

RESOURCES AND AMENITIES

Is there a Military Family Services centre available in that location?

- No physical centre. Families in Sweden are supported by the Remote Team:
MFSE.Remotes@cfmws.com

Psychosocial / Mental Health Resources:

- Not at post, MFS(E) SW for dependants only, CAF SW/Mental Health Team for member and family are located in Geilenkirchen, Germany. Padre is located in the UK.

Communications (e.g. Quality of Internet connection):

- Quality of internet connection depends on location and can vary. Reasonably priced.

ACTIVITIES

Access to sports or other leisure activities:

- There are gym facilities located within the NCGM.
Access to sports facilities on the economy is extensive but limited in French.

Availability of playgrounds: Yes.

RESTRICTIONS TO CONSIDER

Are common law relationships recognized? Yes.

- A registered partnership offers many of the same rights as marriage except in the areas of taxation and adoption.

Are same sex couples recognized? Yes.

- 2009 – the Marriage Code and other statutes relating to spouses were made gender neutral.
- 2011 – the constitution was extended to include protection against discrimination linked to sexual orientation.

Medications that are illegal in the country:

- Cannabis.
- Use without a prescription of narcotic drugs or psychotropic substances is illegal.

ADDITIONAL INFORMATION:

- **European Commission Country Reports (2023)**
https://economy-finance.ec.europa.eu/publications/2023-european-semester-country-reports_en
- **Canadian Travel Advisories**
<https://travel.gc.ca/travelling/advisories>
- **CIA World Factbooks (One Pagers from US)**
<https://www.cia.gov/the-world-factbook/countries/sweden>
- **Living Abroad (from Gov.UK)**
<https://www.gov.uk/foreign-travel-advice/sweden>

For more comprehensive information, please feel free to reach out to the resources below

- MFS(E) Social Worker: MFSSocialWork@cfmws.com
- CAF Social Worker: GKMedicalClinic@forces.gc.ca
- MFS(E) Team: MFSE.Remotes@cfmws.com
- MFS(E) Regional Office: +49 (0) 2451 717 173, MFS.Europe@cfmws.com