



Useful Apps, Websites, & Advice for your time in Sweden!

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For Uppsala University:

Uppsala Universitet

The UU app is a good connect for students to have access to emergency contacts, covid restriction information, and messages sent directly from the school. It is not used often, but is a good resource to have if you have an emergency or something important to report to the university.

Canvas Student

This is actually a new implementation for the university and so the use of it has so far been limited. It should be a “one stop shop” experience for your class materials, assignments, schedule, and more. I am unsure if all departments and programs are using it this year. However, it is worth to have downloaded and ready to use if your program or department is!

Uppsalastudent.com

While not an app, this is the main website that connects all nations and student unions. It allows you to view the nations websites, pay for memberships, and view other nation related informations such as student nation housing types. **Note: You must sign up at a Union or Nation in person the first time you join during their open hours or “Inskrivning” events.**

Nationsguiden.se

Again, not an app, but this is the main calendar for all the nations. It shows you scheduled events, opening times of nation pubs and restaurants, and fika/brunches. It also has a nice map of the student nations so that you can find your way to the fun faster!

MazeMap

This app is used by the school and is often included in the class schedule to help you find rooms or buildings around campus. It is very helpful to navigate inside University buildings to find your class or even just the closest toilet!

Digital Student Cards:

Stuk.co (Get this by joining a Nation/Union)

This app is aimed at all registered students in Sweden, recent graduates (up to 24 months after end of studies). By signing up for a Student or Graduate card, our members are entitled to receive various student discounts and offers from our partners. This digital service also gives you a digital student card. Can be used to get student discount on UL and SJ.) **Important:** This is also the card that you will receive to show what student Nations and Unions you have joined.

Note: New students will need to personally go into the Union(s) or nation(s) of choice to join and pay their first semester and it takes a few days for you to be able to get your digital student card.

Mecenat

The Mecenat app is another digital student card that you can apply for to get its own specials and discounts, it is a different company from STUK. Unfortunately the app is only available in Swedish but for the purpose of setting it up and finding the student card it's fairly easy. To set it up you need the code which is in the letter, sent with your nation(s) card. (Can be used to get student discount on UL and SJ.)

Transportation Discounts for Students with STUK or Mecenat Cards: If you have the STUK or Mecenat card you must also meet the study requirements to get the "SL" symbol on your student card to qualify to get transportation discounts.

See this Link to learn more:

<https://www.ul.se/biljetter/periodbiljett/student/>

Google Translate:

This app and Google Chrome plug-in are really a must! We all want to improve our Swedish skills, and taking on a new language is really a virtue, but sometimes you just need an answer without the struggle. I also recommend downloading the Swedish language pack on the app to make sure that you can always translate on the go, even when you have no internet available.

Google Maps:

While some places around the world don't work well with Google Maps, Sweden is not one of them. This app is fully integrated into Sweden as offers excellent guidance, trip planning, and location services. Definitely a must have!

For Saving Money:

PriceRunner

This app and website is available for several countries but it is useful for comparing prices for a certain product in many shops both in stores and online.

TooGood ToGo

This app seems to still be growing in Uppsala, but it is a service that connects you with local restaurant and cafes in order to cut down on food waste. Here you can see available food or surprise bags that can be picked up in store for a lower cost! (Before you turn your nose up at it, know that I have used it and gotten some great pastries that were still plenty good!)

Matpriskollen

This app has the biggest groceries databank in Sweden, covering over 3000 local stores by ICA, Coop, Willys, City Gross, Hemköp, Lidl, etc. The app offers groceries discount prices (up to 25% lower than original prices) and put them into groups for easier access. It also sends notifications of your favourite items at your favourite grocery store, and provides recipe suggestion.

Grocery Stores:

Many of the grocery stores in Sweden (ICA, Coop, Willys, City Gross, Hemköp, Lidl, etc.) have an app or website that allows you to view deals and even order food deliveries. Check out each store to see if you are able to use their delivery services. Please note, many require a personnummer to make an account.

Transportation:

UL (Upplands Lokaltrafik)

In this app you can find all the information about public transport timetables and bus routes in Uppsala and the surrounding areas. You can also connect a credit card to the account and buy tickets from the app (providing you have an internet connection). The price is 22 kronor for local bus journeys as opposed to 35 kronor if you pay by card on the bus. You can buy a discounted student monthly pass here, or in the station, but you must carry a student id (stuk.co or Mecenat) with the "SL" symbol in the corner. Your student campus card is not valid for getting discounts on public transportation.

Information on Student Transportation Discounts:

<https://www.ul.se/biljetter/periodbiljett/student/>

Tier (Teal-green Scooters)

Tier is an app for the electric scooter company. You will find these littered all over Uppsala and it provides a quick "hop on, hop off" service that you can use to get from place to place. Sign up with your email and they send out promo codes fairly regularly. (May want to bring your own helmet though...)

Voi (Pink Scooters)

This app, like Tier, is an electric scooter service in Uppsala. They have very similar features and scooters are also widely available across the city.

Check out Voi, Bolt, and Tier to see which service, payment method, and availability is best for you. Other cities in Sweden have their own electric scooter companies, so if you are traveling, check to see what company is more prevalent there.

SJ (Swedish National Rail)

The app of Swedish National rail which gives you the timetables of all trains in Sweden often including buses to integrate your journey. Create yourself a profile on the SJ website and start earning points each time you travel. Also you can have your details saved and buy train tickets directly from there. You can register yourself as a student when you make your account. Discounts range between lines, carriage class, and dates.

SL (Stockholm Transportation Network)

This app help navigate the massive transportation system in Stockholm. If you are staying in the middle of the city, you can definitely walk, but sometimes a place is just a tad too far. Therefore, taking the subway or bus can be a huge time-saver for you! The app also lets you know approximately how long it will take to get from place to place, which is super convenient when trying to time everything out perfectly. You can purchase your ticket on the app. Otherwise, you can always buy a physical "Access" to take with you.

Uber

This app is a car service and ride sharing service that allows you to plan rides to different destinations around the world. While it is available in Uppsala, I have noticed that there are a lower number of drivers late at night or on weekdays.

Uppsala Taxi

This app is the local taxi company and allows you to book available taxies for now or for a later date. Much like Uber, but is a local company so the drivers seem to know more about the areas and destinations you wish to go to.

Taxi Kurir

This app is a taxi firm which has taxis in all major Swedish cities. You can download the app and get quotes for journeys and if you create a profile and connect it to a debit or credit card, you can also pay for your ride directly via the app which saves you money compared to paying in the car.

Food Delivery:

Wolt

This app is for food delivery or placing orders for pick up. Very easy to use and connect with most payment cards. Unlike other places in the world, food riders/drivers stop delivery late at night and during harsh weather or low temperatures. Often offers free delivery cost and has a good selection. Service team is excellent in responding.

Foodora

This app is another food delivery or order placing service. They advertise more “exclusive offers” and seem to have a larger selection of restraints in the city. Also take a variety of payment cards. Deliveries. Is the most popular option and is a company owned by the same company as FoodPanda.

Postage:

PostNord

This app is the Swedish delivery company and post service app. You can track, register packages, and pay for shipment on it. It actually has quite a monopoly and service centers or delivery points are often found in grocery stores or convenience store locations. Important: Sweden has an import VAT (value added tax) on imported goods. This must be paid by the sender or you before they will ship it to a pick up location of your home. That means that your care packages sent from family or international purchases will have an extra tax paid on the value of the imported goods. **(Maybe Mom or Dad can undervalue that set of snacks from home that they are sending... ;-)**

UPS, FedEx, DHL

All of these services function in Sweden but are less used than PostNord. Check to see what local pick up locations you have close to home to see if it is worth considering their services over PostNord.

Communication:

Mobile phone and Internet:

This topic alone deserves its own post which will come soon. Yet, for now I can tell you that Sweden has several major Mobile phone providers with prepaid sim cards, mobile phone plans, and home/personal internet plans. The most common are: Telenor (Telenor Group), Tre (3), Telia/tele2, and Hallon. Telenor, Tre, and Telia/Tele2 all have at least one location in central Uppsala. Hallon is only online, will deliver your sim card to your home, and requires a personnummer to purchase plans. You may also find deals and discounts on Stuk and Mecenat. Here is a link that may be helpful in you making your choice of company. I recommend that you look at each companies website or go into the store locations when you arrive.

<https://www.living-in-sweden.se/sweden-mobile-operators/>

Special Note: Sweden has Banned Unregistered mobile numbers. Due to this, I recommend that you go into the carriers store with your Passport or Personal Number to have them do the registration process for you can not use a T-Number to complete registration online.

I personally use Telenor and was able to get a prepaid sim card, which I topped up in store until I got my personnummer, and was able to get a monthly plan. My mobile number was not changed. I also found the sales representative very helpful and friendly, I'm not sponsored by Telenor, but I think that is important to know! (FYI..My 2Ogb monthly prepaid plan is currently 249 SEK per month, with calls in Sweden, and texting/sms included.)

For Internet...

If you are moving into Student Housing provided by Uppsala University, your accommodation agreement and the housing description will tell you what internet is provided. You may need to buy an ethernet cable and the appropriate connection for your computer (As I have) because the internet provided may not allow you to connect a router. Some student housing may have available Wifi, check your agreement or email the Housing office to ask. **(Tip: My MacBook allows me to share the internet connection so I have "wifi" from that.)**

If you are not being provided student housing from the university then it is very possible that you will need to arrange your own internet with a provider. You will need to ask the owner, flatmate, or leasing company about what internet is or is not included.

Uppsala University Wifi

It is important to know that most, if not all, University buildings provide access to wifi on one of two networks. One is the University wifi itself and the other is from EDUROAM. When you first come to the University to register (see New Student welcome information sent to you) you will be given the ability to get access to your Student Portal, the Wifi, and other services. As last year, you are instructed to make two passwords. The first is for access to your student portal student email, and Uppsala University wifi. The second password allows you to connect to EDU Roam. This may change as new systems are being implemented this year. Please ask for assistance when you go into the University. If you already have an EDUROAM account/password you may be able to continue using it as you have before.

WhatsApp & Telegram

This app is a messaging app alternative to sms or text. While many people here use the regular phone sms/texting app, many also use WhatsApp to make group chats. Sorry, Line and WeChat users...these are quite rare to use in Sweden.

Facebook Messenger

This app ties your Facebook messages directly to your phone. Is a great way to stay in touch with your Facebook friends and connect with someone if you forgot to exchange mobile or WhatsApp numbers.

Zoom

Having the Zoom app on your phone or other digital device is quite important lately. Use this as a means to form digital meetings, family calls, or even hang outs with your new Buddies here in Uppsala! A great tool to have when you are social distancing! (Your UU student email gets you a better Zoom service with more participants and time allowed.) Link it up!

Banking and Payments:

Bank ID

The Bank ID app is a critical tool here in Sweden for those who receive a Personnummer and want to access their bank, identify themselves for digital payments, and log into certain government or health services. You can not register for Bank ID before getting a personnummer and going into a bank to open an account, which can take a week or to to complete. However, worth the download if you have the time!

Swish

The swish app allows you to make payments directly from your Swedish bank account to another person by knowing their registered phone number or having their scalable QR code. You can also pay for online services like the UL app and other online or physical stores that accept it. You must have a Swedish bank and Bank ID set up before you can use this service. (When you get your Swish it feels like you are finally here in Sweden!)

Bankgirot (Bankgiro System)

Bankgirot is the payment system for the Swedish market in which all banks are included. The respective banks offer the price of the Bankgirot services in competition with all other banks. The bank connects your bank account with a Bankgiro number. On the day of payment, a withdrawal is made from the payer's account and a deposit is made to the payee.

Swedish Banks

Later information will be sent about banking in Sweden. However, it is good to know that most banking is done online here once you finally have your account set up. Common banks here in Sweden are: Handelsbanken, SEB, Swedbank, and Nordea. There are others as well, but these are the most used banks in Uppsala. In Uppsala you will also find a scattering of ATMs, also called "Bankomat." (<https://bankomat.se/>) These auto banks can be used for cash withdrawals. Unlike traveling in other European cities, these are really the only auto banks and have limited functions compared to ATMs found elsewhere. Select ones are devoted to withdrawing listed foreign currency like Euros, Pounds, or USD. Some grocery stores also have a ATM in them.

I have created a Step by Step presentation that you can view to better understand the process of setting up a bank account in Sweden. You can view this presentation with this link:

<https://prezi.com/view/aRgwIHRxWbcWoeYVhi6x/>

***Please note:** Banks may still be observing covid restrictions so you may need to call into the bank to make an appointment to speak to a representative, learn what you need to open an account, and when actually opening an account. In most cases it also seems that you must have a personnummer before they will allow you to open an account. Please, call in or book an appointment with the banks you find interesting to get further details. Also be sure to see if their banking apps come in English or your preferred language as not all do from my understanding.*

***SUPER IMPORTANT!** Some of your local banks may need you to call or go in and register that your card will be used overseas/in Sweden. Make sure to do this before you leave home if you can!!!*

Note on the Personnummer:

While I am sure you have heard about this, the Personnummer (paired with Bank ID) is really an extremely important part of life here. When you do not have it there will be things which you can not do. Once you have it it is truly a great feeling. To avoid last minute problems, just make a quick search of what it is you are trying to do to see if it is required. The University gives all students a "T-number" which looks like a personnummer, but can only be used in few places. For students who are not applicable for a personnummer, take care to arrange your finances and activities so that this doesn't become more of a challenge than it may already be.

About Your Address:

Finally, note that Swedish society really puts importance on having your address. You will often need to provide it for different services so it is good to memorize it or have it somewhere that you will be able to access it. Most Student housing contracts give you a Unit number, but you actually need to get to the apartment or mailbox to get your full address, often with 4 digits but not always. The address states your: street, the unit/house number, postal code (several in Uppsala), City, and Country.

Example Address:

Mr. Erik Eriksson
Slottsgatan 34, O123
753 10 Uppsala
Sweden

Contact the Housing Office, landlord, flatmate, or leasing company if you need help with this.

What do the other students like? Below is a list of websites that are recommended for you from other students here in Uppsala!

| Student Recommended Websites | | |
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| Name | Website | Description |
| Foto Forensics | http://fotoforensics.com/ | Determine if a image has been photoshopped. |
| What Should I Make for Dinner? | http://whatthefuckshouldimakefordinner.com/ | Get recommendations/recipes on what you should make for dinner |
| Plan Your Room | http://www.planyourroom.com/ | Design a room in your house |
| A Good Movie | https://agoodmovietowatch.com/ | Find movies and shows based on your mood |
| AI Gahaku | https://ai-art.tokyo/en/ | Turn your picture into a masterpiece |
| Alternative To | https://alternativeto.net/ | Find Alternatives to different software programs |
| Autum | https://autum.com/ | Find the next movie or tv show to binge based on filters |
| Kick Resume | https://bit.ly/2Y5rMDa | Create a resume using proven resume templates |
| Airport Wifi | https://bit.ly/3EW4Oz4 | Find the WiFi Passwords at different airports |
| Cheatography | https://cheatography.com/ | Printable cheat sheets for school courses |

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| Date Night Movies | https://datenightmovies.com/ | Type in two movies and get a recommendation |
| Dictation io | https://dictation.io/ | Type with your voice |
| Drive and Listen | https://driveandlisten.herokuapp.com/ | Listen to music while driving through different countries |
| Essay Typer | https://essaytyper.com | Let the computer write an essay for you |
| Get Human | https://gethuman.com/ | Find the service numbers to get you in contact with a human representative for your customer support needs. |
| Hemingway App | https://hemingwayapp.com/ | Let ai help you improve your essays |
| Hot Pot | https://hotpot.ai/ | Restore your old Photos |
| My 90s Tv | https://my90stv.com/ | Watch 90s TV Shows |
| My Fridge Food | https://myfridgefood.com/ | Find recipes for ingredients in your fridge |
| Online Sequencer | https://onlinesequencer.net/ | Make music online |
| Panzoid | https://panzoid.com/ | Create your very own Youtube Intros |
| Play Retro Games | https://playretrogames.com | Play retros games from the past on your PC |
| Quill Bot | https://quillbot.com/ | Paraphrase and Check Grammar for text. |
| Radiooooo | https://radiooooo.com/ | Listen to music from different decades |
| Remote Ok | https://remoteok.com/ | Find remote jobs online |
| Remotive | https://remotive.io/ | Find jobs online |
| Remove BG | https://remove.bg | Remove the background from images |
| Sleepy Time | https://sleepyti.me | Calculate the perfect time to go to sleep |
| Smmry | https://smmry.com/ | Summarize text that you paste |
| Snapdrop | https://snapdrop.net/ | Transfer files over your WiFi |
| Synthesia | https://synthesia.io/ | Let an AI do your presentations |
| Tailor Brands | https://tailorbrands.go2cloud.org/SH4Y | Create your own Logo |
| TempMail | https://temp-mail.org/en/ | Get a temporary email address |
| The In Paint | https://theinpaint.com | Remove unwanted things from your pictures. |
| The True Size of | https://thetruesize.com/ | Discover the actual sizes of countries in remation to others onthe map. |
| Tiny Wow | https://tinywow.com/ | Multiple tools to tranform files into different formats |

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| Tune Find | https://tunefind.com | Discover songs in TV shows and Movies |
| Vocal Remover | https://vocalremover.com | Isolate the vocals and music from a song |
| Wander Jobs | https://wanderjobs.com/ | Find jobs online |
| Stain Solutions | https://web.extension.illinois.edu/stain/ | List the best way to remove stains from different materials |
| We Work Remotley | https://weworkremotely.com/ | Find jobs online |
| Which Book | https://whichbook.net/ | Discover a great book based on your filters |
| I Love PDF | https://www.ilovepdf.com | All the PDF tools you will need. Merge, Split, Protect, + More |
| Amazon Style Snap | https://www.amazon.com/stylesnap | Find products on amazon matching a picture you upload |
| Back Door Jobs | https://www.backdoorjobs.com/ | Find jobs online |
| Davinci Resolve | https://www.blackmagicdesign.com/ | Free video editing software |
| Class Central | https://www.classcentral.com/report/free-certificates/ | List of thousands of free certificates and badges |
| Coding Game | https://www.codinggame.com/start | Learn how to code video games |
| Docsity | https://www.docsity.com/en/ | Find past documents and exams for school courses |
| EDX | https://www.edx.org/ | Take free courses online from big universities like Harvard and MIT |
| flex Jobs | https://www.flexjobs.com/ | Find jobs online |
| Future Me | https://www.futureme.org/ | Write a letter to your future self |
| Get Human | https://www.gethuman.com | Find the quickest way to get human customer support at companies |
| Just Watch | https://www.justwatch.com | Find streaming sites for movies and TV Shows |
| Lit Solutions | https://www.litsolutions.org/ | Step by step textbook solutions |
| Music Map | https://www.music-map.com/ | Find similar artists to one you typed in |
| What the Font? | https://www.myfonts.com/WhatTheFont/ | Identify the font from pictures |
| Natural Readers | https://www.naturalreaders.com/ | Powerful Text to Speech |
| Nvidia Inpainting | https://www.nvidia.com/research/inpainting/index.html | Let ai retouch your photos |
| Omni Calculator | https://www.omnicalculator.com/ | List of 2000+ free calculators |
| Online OCR | https://www.onlineocr.net/ | Convert a PDF to word doc |
| Photopea | https://www.photopea.com/ | Online photoshop alternative |
| Pre Post Seo | https://www.prepostseo.com/ | Chek for plagiarism and rewrite articles / essays |

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| Slides Carnival | https://www.slidescarnival.com/ | Find slides and templates for powerpoint presentations |
| Taste Atlas | https://www.tasteatlas.com/ | Discover food from around the world |
| Unscreen | https://www.unscreen.com/ | Remove the background from videos |
| Wolf Ram Alpha | https://www.wolframalpha.com/ | Have the computer solve your homework problems |
| Yummly | https://www.yummly.com/ | Find recipes just for you |

Have I missed anything? Feel free to contact me with any other information that you think need to be on the list!

There are more Advise Sheets like this one on the Buddy Program Page on the Uppsala Student Union [Website](#).

Hoping this helps better prepare you for your time in Sweden!

Best wishes,

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