



SUMMER SCHOOL FOR SUSTAINABILITY

The Ultimate Summer School for Sustainability Self-Guide to Gothenburg!

Welcome to this guide that we've put together for you. Please note that you will find information on who to contact in case of an emergency in Chapter 3 of this guide. Some of the webpages linked here are available in Swedish only, so google translate or a Swedish classmate will be your best friend if you wish to dive deeper into some of the information. Enjoy!

Contents

| | |
|---|----|
| Chapter 1: Shops & Services..... | 3 |
| A note on shopping..... | 3 |
| A note on cash..... | 3 |
| Getting around..... | 3 |
| Bedding & linen..... | 4 |
| Groceries..... | 4 |
| Second Hand-shops..... | 5 |
| Pharmacies..... | 5 |
| Systembolaget..... | 6 |
| Chapter 2: Things to do!..... | 6 |
| Guides..... | 6 |
| Hikes, parks and recreation..... | 6 |
| Attractions and sightseeing..... | 8 |
| Museums..... | 8 |
| Bucket List for Gothenburg..... | 8 |
| Explore nature..... | 8 |
| Get some great city views..... | 8 |
| Sightseeing..... | 8 |
| Day trips outside of Gothenburg centre..... | 9 |
| Experiences..... | 9 |
| Must-try Swedish foods..... | 9 |
| Pubs & Clubs..... | 9 |
| Liseberg & Universeum..... | 9 |
| Chapter 3: Who to contact when?..... | 9 |
| Academic inquiries..... | 9 |
| Housing inquiries..... | 10 |
| Medical inquiries and emergencies..... | 10 |
| Police..... | 11 |
| Insurance..... | 11 |

Chapter 1: Shops & Services

A note on shopping

Since you are attending this Summer School for Sustainability, we are pretty certain you have already thought of some of the things we are going to say. None the less, we'd like to remind you to have a good think about all the purchases you make. If you're staying at one of the student housing residences, remember that you can leave items at the Freeshop once you vacate your room, so that future students can make good use of items you no longer need.

Before you buy an item or clothing, ask yourself the following questions: can I do without? Can I borrow or share with a friend? Can I find it second-hand? And if it is food: is there a locally produced alternative? Can I find an organic product? Can I buy larger packages/quantities and share with a friend or neighbour? Asking yourself these questions usually benefits your own economy as well as the environment, and as we all know – sharing is caring!

A note on cash

Sweden is often said to be the most cashless country on the planet. This means that you will be able to use a credit card or an app for most purchases you make. If you wish to take out some cash – there are ATMs and exchange offices like Forex located all around the city centre. ATMs are usually marked on a digital map.

Swedes use an app called “Swish” for quick payments or money transfer and you'll be sure to see this logo around, but to use this you need a Swedish bank account. No need to set that up for the five weeks you'll be spending at the summer school – you'll get around fine using your card.

[Read on for more information about currency, payment methods and prices in Sweden](#)

Getting around

Walking and biking: It is very easy to get around by walking or by using a rental bike in Gothenburg. It's quick, fun, healthy, and environmentally friendly! There are biking and walking lanes all over the city and they are usually clearly marked with white lines and symbols in the streets, as well as signs. Remember to keep your eyes open for speed bikers – they come at you fast and as it seems out of nowhere sometimes. Also check to make sure that you are walking in the walking lane and biking in the biking lane, and not the other way around!

Hop-on-hop-off-bikes [Styr & Ställ](#), have stations all over the city, one of which is close to the housing Olofshöjd. There is also a station right next to Pedagogen. Get started by [registering on their web](#) and then download the app “Nextbike” to see the map with stations, the number of bikes available at each station, and to buy a monthly subscription for 90 SEK. This subscription will let you use the bikes for up to 60 minutes at a time, and should you wish to use the bike longer than that it will cost 10 SEK per 30 minutes. Please: remember to wear a helmet and to read up on and follow all local traffic rules!

Public transport: The public transport system operated by Västtrafik takes you everywhere around Gothenburg and the areas surrounding the city. It is made up of trams, buses, certain trains and ferries. Most ferries in the inner harbour and around the archipelago are included in the ticket price. It's a cheap, easy and fun way to get around and explore!

A note on tram- and bus etiquette: stand to the side of the opening doors and allow people to get off before you get on. Failure to do so will result in frowning looks from the locals.

Download the app "[Västtrafik ToGo](#)" to search for nearby stations, routes, and to buy your tickets. All tickets are digital and available in the app. Students get a 25% discount on all period tickets, and if you choose to use this discount you need to travel with a valid student card.

The Period Ticket Zone A (includes travel in Gothenburg, Mölndal, Partille and Öckerö) for 30 days costs 627 SEK for students with valid Student ID + Student Travel Icon (Mecenat card). Full price is 835 SEK.

Webpage: <https://www.vasttrafik.se/en/>

Student discounts: <https://www.vasttrafik.se/en/Tickets/more-about-tickets/student-discount/>

Purchase Zone A period ticket 30 days: <https://www.vasttrafik.se/en/Tickets/period-tickets/zone-a/>

Bedding & linen

Bedding and linen can often be picked up at Freeshop. If you are looking into buying, there are several stores in the city centre, like Hemtex or Åhléns. These stores are located just minutes' walk from Pedagogen. If you're up for a slightly longer trip, there is an [IKEA warehouse located in the area of Källered](#), or [JYSK](#) near Hjalmar Brantingsplatsen, and it is possible to get there from Olofshöjd by tram and then bus. Check the exact route and buy tickets through the public transport app "Västtrafik To Go", by searching for routes to the station: "Källered köpstad" or "Hjalmar Brantingsplatsen".

Measurements:

Bed size: 90x200 cm

Flat/fitted sheet: 150x260 cm

Duvet cover: 150x200 cm

Pillowcase 50x60 cm

Groceries

Depending on what you're after, you'll be able to find what you need within minutes from your housing and from class. If you're looking for organic products, look for the Swedish certification KRAV, the green EU-flower, or the Demeter-stamp.



Along the tram lines below the Olofshöjd area are two large supermarkets called Willys (address: Scoutgatan 11) and ICA Maxi (address: Grafiska vägen 16). These are the two largest stores in the area and they usually offer the best prices. We'd recommend these if you're planning to get your weekly groceries.

There is also a local supermarket, Willys, which is just next to Olofshöjd on Utlandagatan 6, as well as a smaller store close to where the bus stops at Victor Rydbergsgatan 60. If you want to buy groceries in connection to class, there is a Willys close to Pedagogen at Hvitfeldtsplatsen 1.

In addition to this, there are several shops that specialize in locally sourced and organic products and produce, all within the city centre. They can very often compete in prices with the larger stores on several items that are in season at the moment, but other items may cost a bit more. Many items can be bought by the gram or kilo, and the stores often encourage customers to bring their own packaging (and carrier bags) or to buy reusable packaging from them.

[Eko-cooperative Fram](#) can be found close to Järntorget in the lovely neighbourhood of Haga along the tramlines, at Södra Allégatan 2. You can also follow them on Instagram for weekly offers: [@framekolivs](#).

[Mynta Eko](#) is located across the river on Hisingen, at Gustaf Daléngsgatan 22.

[BaraBra Mat](#) (OnlyGood Food) can be found in two locations: in Majorna at Kungsladugårdsgatan 26, and in Olskroken at Norra Gubberogatan 10.

You can also check out [Solikyl](#), the Solidarity Fridge, an open and collaborative project aimed at reducing food waste occurring at households, supermarkets, restaurants, event, etc.

Gothenburg has many Solidarity Fridges and sharing points!

Second-Hand shops

Gothenburg is a great place if you want to explore second-hand shops! Buy what you need for your time here, and at the end of your stay – decide if you want to keep it and bring it back home with you or return it to the second-hand shops. Keep it circular! Some are run as private companies, and some by organisations or local churches for charity. Below is a list of a few of our best recommendations with links, addresses and opening hours:

- [Myrorna](#) Järntorget. Clothing, kitchenware, furniture, and more.
Järntorgsgatan 10
 - 10-19 weekdays, 11-17 Saturday and 12-16 Sunday
- [Tracks recycle](#), specialises in second-hand outdoor and activity clothing and gear.
Karl Johansgatan 76
 - 11-18 Tuesday-Friday, 11-16 Saturday-Sunday
- [Arkivet](#) Järntorget, specialises in womens clothing and accessories.
Järntorget 4
 - 11-19 weekdays, 11-17 Saturday, and 12-16 Sunday
- [Björk & Frihet](#) Backaplan. Clothing, kitchenware, furniture, and more.
Aröds industriväg 27
 - 10-19 weekdays, 11-17 Saturday and 11-16 Sunday
- [Björk & Frihet](#) Linné. Clothing, kitchenware, furniture, and more.
Linnégatan 9
 - 10-19 weekdays, 10-17 Saturday and 12-16 Sunday
- [Humana Second Hand](#). Specialises in contemporary clothing, footwear and accessories.
Kaserntorget 6
 - 11-19 weekdays, 11-18 Saturday, and 12-17 Sunday
- [Röda korset](#), Clothing, kitchenware, furniture, and more.
Första långgatan 28C
 - 11-18 Wednesday-Friday and 11-14 Saturdays
- [Saron kyrkan Second Hand](#), Clothing, kitchenware, furniture, and more.
Brunnsgatan 5
 - 13-16 Tuesdays, 14-18 Thursdays, 10-15 Saturdays
- [Pingstkyrkans second hand Mölndal](#), Clothing, kitchenware, furniture, and more.
Södra Ågatan 10
 - 11-18 Wednesdays and 11-14 Saturdays

Pharmacies

There are several pharmacies (“apotek”) close to the student housing, at Eklandagatan 59, Carlandersparken 1 and at Willys at Scoutgatan 11. There are also several pharmacies close to Pedagogen where you have your

classes, e.g. on Kungsgatan. Many items that you may need for everyday use such as painkillers (paracetamol, ibuprofen), personal hygiene items, and sunscreen are also available at the grocery shops.

Please note that some medicine that may be available without prescription in your home country may be available only by prescription in Sweden, and vice versa. Have a look at the [healthcare platform 1177](#) and search for the medicine you need in order to learn if you need a prescription or not. Make sure to bring your prescription medicine for your whole stay, to avoid running out of it.

Should you need a prescription, you are welcome to visit one of the healthcare centres (called *vårdcentral* in Swedish) for an appointment with a doctor.

Systembolaget

Systembolaget, colloquially known as *systemet* ("the system") or *bolaget* ("the company"), is a government-owned chain of liquor stores in Sweden. It is the only retail store allowed to sell alcoholic beverages that contain more than 3.5% alcohol by volume. Alcoholic beverages are sold to everyone over 20 years of age. Remember to always bring ID if you're planning a purchase at *systemet*. Some beers (with lower percentage alcohol) are sold at supermarkets. Alcoholic beverages can be bought at restaurants from 18 years of age with ID.

Chapter 2: Things to do!

Guides

A good place to start when exploring what to do here in Gothenburg is to head over to [gothenburg.com](#). Here you'll find travel guides and an events calendar letting you know what's happening in the city. Many events are free or discounted for students. They also have some excellent ready-made guides to Gothenburg with varying takes on how to experience the city. Have a look at some of them here:

[Gothenburg on a budget](#)

[10 must-dos in Gothenburg](#)

[Vegan restaurants in Gothenburg](#)

[Discover Northeastern Gothenburg](#)

[Bars, restaurants and more!](#)

[What's on in July and August in Gothenburg?](#)

[Sustainable guide to Gothenburg](#)

[Go cycling in Gothenburg](#)

[Rent a bike in Gothenburg](#)

[Hiking in Gothenburg](#)

[Paddling in Gothenburg](#)

[Taste of Gothenburg](#)

Hikes, parks and recreation

The Gothenburg cityscape is riddled with parks, water, and green spaces. Some of the bigger and more popular parks in the city are:

[Trädgårdsföreningen](#) - The Garden Society of Gothenburg

Enjoy the beautiful gardens and green spaces of Trädgårdsföreningen right in the middle of the city centre. Make sure to visit the Palm House - a large and beautiful greenhouse inspired by the Crystal Palace in London that house exotic plants (and some smaller animals) in tropical heat. We'd also recommend having an ice cream in the café while you smell the roses in the Rose Garden!

[Slottsskogen](#)

In Slottsskogen you'll find planned gardens and forest walks, a free outdoor zoo with mainly Nordic animals, frisbee golf (also called disc golf), cafés, adventure golf, and more. It's also a perfect place for a picnic or two.

[Gothenburg Botanical Garden](#)

Opposite Slottsskogen, on the other side of the road and tram tracks, you'll find the large and lush Botanical Garden. Enjoy several greenhouses, a small shop at the entrance and a lovely café further into the park.

[Keillers park](#)

Here you will find a mix of landscaped park and natural areas with walks and paths crisscrossing. Make sure to not miss out on the fantastic view on top of Ramberget.

If you venture a few minutes from the city centre, you'll find plenty of green areas with space for recreation of various sorts.

[Delsjöområdet \(Delsjön-area\) and Härlanda](#)

This area centres around the Larger and Smaller Delsjö-lakes, bound together by a small sound. These lakes are perfect for summer bathing and swimming, and you can do this from the beach (Delsjöbadet) or the surrounding cliffs. There are walking- and hiking tracks that are also perfect for running, beach volleyball courts, outdoor gyms, and two cafés in the area. You can rent canoes or rowing boats and for those eager to try their luck at fishing – make sure to purchase a yellow fishing licence.

[Änggårdsbergen:](#)

An extended part of the Botanical Garden, this vast nature reserve offers plenty of hiking- and walking possibilities and several smaller peaks.

[Safjället Nature reserve](#) (web in Swedish):

Similar to Änggårdsbergen, this area also has several walking and hiking tracks as well as an outdoor gym. There are historical sights in-between the trees that are reminiscent of the area's rural history.

[Saltholmen](#)

Saltholmen is a great location for swimming in the ocean, reachable by tram. Sunbathe on the cliffs and hop in the salty water to cool off. From here you'll also be able to get on the ferries that take you to the Southern Archipelago Islands.

[Southern Archipelago](#)

Comprised of a group of smaller and bigger islands only reachable by boat or ferry, the southern archipelago is a beautiful place to visit. Enjoy the scenery, villages with wooden houses, and little harbours that used to house the local fishing fleets. Go for a swim or a snorkel from the cliffs and little beaches. No cars are allowed on the islands which is why you'll see the special tricycle mopeds with cargo shelves everywhere. Brännö, Styrö, Donsö and Vrångö are the bigger islands. Rental bikes are available to get around the islands, and to get there you hop on the ferry at Saltholmen. Do not miss these gems!

[Northern Archipelago](#)

These islands and the people there are, as in the southern archipelago, shaped by the fishery industry and heritage, the weather, and a strong local patriotism. Take some time to explore Hönö, Öckerö, Hälsö, Fotö, Björkö, and Rörö by getting on the ferry at Lilla Varholmen (station: Hönö färjeläge). Stroll the streets and find your own hidden cove among the cliffs to enjoy the scenery and do try a swim in the water! It is lovely.

[Further guides accessible through "Wild Gothenburg"](#)

Wild Gothenburg aims to inspire and show the way to wonderful nature experiences and fun adventures in the Gothenburg area. Find your next excursion, whether a nature reserve by the sea, a forest hike or the West Coast's highest waterfall! (Scroll to the bottom of the page to select language to English)

Attractions and sightseeing

Sightseeing boat around the inner city canal and harbour: [Paddan](#)

Sightseeing bus that runs both on land and in the sea! [Oceanbus](#)

Gothenburg's historic and beautiful attraction park with rollercoasters, arcade games and more: [Liseberg](#)

A combined zoo, aquarium, science lab, and overall science park: [Universeum](#)

Museums

Many museums offer free entrance or discounted entrance for students. Find a list of all of the museums in Gothenburg and surroundings [here](#), and a smaller selection below. Discover more about arts and culture, maritime history, natural science, contemporary exhibitions and performances!

[The Museum of Gothenburg](#) - learn more about Gothenburg and its rich history.

[Gothenburg Natural History Museum](#) - collections of wildlife from all over the world and focus on environmental issues.

[Museum of Art](#) (Göteborgs konsthall) and [Hasselblad Center](#) (photo exhibitions)

[Maritiman](#) - A floating ship museum of vessels all gathered in one place.

[The Röhsska Museum](#) – Museum of Design and Craft

Bucket List for Gothenburg

Explore nature

- Canoeing, eg. in Delsjön or Vättlefjäll, or kayaking in the sea: goteborg.com/en/canoe-kayak
- Explore the Botanical garden and neighbouring Änggårdssbergen nature reserve
- Walk around stora and lilla Delsjön
- Have a refreshing swim in the sea and a lake!
- Explore Gothenburg's largest park Hisingsparken
- Try rock climbing <https://27crag.com/areas/327>

Get some great city views

- Skansberget (Skansen Kronan)
- Ramberget (Keillers Park)
- Masthuggsberget
- Överåsparken
- Landala water tower
- Sörhallsberget

Sightseeing

- Check out Kronhusbodarna, and one of the city's oldest buildings
- Walk around in the Gathenhielmska culture reserve area (Majorna)
- Visit the picturesque Slottsberget, Lindholmen
- Visit The Red Stone (Röda Sten) and take a photo that illustrates your take on the stone's history
- Explore the waterfront area Nya varvet, Tångudden and Gamla Älvsborgs fästning
- Walk along the northern waterfront between Lindholmen and Eriksberg
- Walk the Gothenburg half marathon. A Google Map is available at Goteborgsvarvet.se (only on the Swedish site, search "bana")

Day trips outside of Gothenburg centre

- Hike around Sävedalen
- Go on an adventure in one of Gothenburg's 15 nature reserves and spend the night in a wind shelter or tent
- Visit Jonsered for a day's walkabout
- Visit Gunnebo castle, fantastic gardens and walking trails
- Visit Stora Amundön, great for hiking, snorkelling, swimming and barbecuing
- Walk [the Gota leden](#) between Gothenburg - Alingsås (71 km) and stop for a locally sourced meal at [Jernbruket](#)

Experiences

- Try the game Kubb, legendarily declared an old Viking game
- Learn the Swedish lyrics to an ABBA song by heart
- Visit the free animal park in Slottsskogen and watch the Nordic/Swedish animals. Don't miss the elks!
- Play a game of frisbee golf on one of the many courses around town
- Explore the Gothenburg museums, free of charge for students!

Must-try Swedish foods

- Look up recipes for Husmanskost for a traditional Swedish culinary evening
- Try the famous, and huuuuge, Haga cinnamon bun
- Try the following liquorice types: salty, sweet, saltysweet, dipped in chocolate
- Try a smörgåstårta, or make/bake it yourself
- Try these Swedish berries or jams: blueberry, lingonberry, cloudberry
- Try traditional "surströmming" without passing out (do not open it inside!!)
- Make your own Swedish meatballs
- Try Kalles caviar on a sandwich with egg

Pubs & Clubs

- Try out some of the pubs on the bar street Andra Långgatan
- Play ping pong at Pustervik on Mondays
- Go out dancing and walk home in the summer light

Liseberg & Universeum

- Visit the amusement park Liseberg, go there to ride rollercoasters or check out their webpage to see when they have concerts <https://www.liseberg.se/en>
- Visit Universeum and the inside rain forest there <https://www.universeum.se/en/>

Chapter 3: Who to contact when?

Depending on the hour of the day and the nature of your enquiry, have a look below to learn who to contact. You are always welcome to come to us who are working with the summer school with enquiries during office hours.

Cornelia & Hanna: student ambassadors with an office at Pedagogen House A, next to Service center.

Email: studentambassadors@gu.se

Anna & Elin: Summer School Coordinators.

Email: summerschool@gu.se

Academic enquiries

For any academic enquiries, contact your course leaders. You can reach them during office hours either through email or the canvas page.

Biodiversity in Western Sweden

Christine Bacon: christine.bacon@bioenv.gu.se

Digitalization in a Changing World

Birgit Penzelstadler: Birgit.penzelstadler@gu.se

Justice: Ideas and Ideals in Fiction, Philosophy and Religion

Martin Westerholm: martin.westerholm@lit.gu.se

Managing Migration

Gregg Bucken Knapp: gregg.bucken-knapp@gu.se

Teaching Sustainable Development from a Global Perspective

Kassahun Weldemariam: Kassahun.Weldemariam@gu.se

Housing enquiries

If you have any questions or concerns regarding your housing during your stay, please contact SGS Customer Service at kundservice@sgs.se or +46 31-333 63 00

Their office is located just around the corner from Pedagogen, at Kaserntorget 11 and their opening hours are Monday-Friday 09:00-16:00.

Should a serious problem arise outside of opening hours, such as a water pipe breaking etc, please call the number below. You can also call this number if you experience disturbances at night or during the weekends. However, do not call unnecessarily - this may result in an unnecessary dispatch which you may be liable to pay for.

Securitas: +46 31-40 42 90

Medical enquiries and emergencies

For any emergency where you need to call police or an ambulance, call the emergency number **112**. This is free of charge and will immediately connect you to an emergency officer who will want to know the nature of the emergency, your name, and the address of the emergency.

[Information for students from abroad seeking healthcare in Sweden](#)

For non-emergencies, go to the webpage [1177](#) or call the number 1177 to be connected to health care professional who can advise you on what to do or where to go. Open 24/7 and free of charge. 1177 is a general medical advisory platform with answers to most medical questions.

If you need to seek non-emergency healthcare, please contact the nearest health care centre (*vårdcentral*) to make a doctor's appointment. One such *vårdcentral* within walking distance the student housing is Närhälsan Gibraltar Vårdcentral, address: Giblaltargatan 1C. Number for booking an appointment: +46 31-747 87 00. Remember to save all receipts from appointments in order to be reimbursed through the Student IN insurance (more below).

If you need to access non-emergency healthcare outside of office hours or on a weekend, you can visit [Capio Alléjournen Göteborg](#) that have drop-in between the hours of 5–10 pm on weekdays and 10 am–4 pm on weekends. Adress: Södra Allégatan 6.

Police

The emergency number to the police is **112**. This is free of charge and will immediately connect you to an emergency officer who will want to know the nature of the emergency, your name, and the address of the emergency.

If you are not experiencing an emergency but have to contact the police to make a report or similar, call **114 14**.

Insurance

If you are an exchange student coming to us from a partner university, you are covered by the Swedish State Insurance for Incoming Exchange Students: [Student IN](#). If you need to submit a claim to be reimbursed for costs of healthcare or other covered by the insurance, please fill out [this insurance claim form](#) and send it to summerschool@gu.se. We will go through the form and sign, and see to it that the claim is submitted along with the required documentation from the University.

If you are an international student or Swedish student that applied to the courses via universityadmissions.se or antagning.se, you are covered by the [Personal Injury Insurance for University Students in Sweden](#). If you need to submit a claim to be reimbursed for costs covered by this insurance, please fill out [this insurance claim form](#) and send it to summerschool@gu.se. We will go through the form, sign, and see to it that the claim is submitted along with the required documentation from the University.