












Sweden - Low



Sweden Country Map

-  POLITICAL
-  ARMED CONFLICT
-  TERRORISM
-  CRIME
-  CIVIL UNREST
-  MARITIME AND PIRACY
-  HEALTH
-  ENVIRONMENTAL
-  TRANSPORTATION

Last Published: 14 December 2025

## COUNTRY OVERVIEW

### EXECUTIVE SUMMARY

Sweden is renowned for its stability and high quality of life standards, resulting in a generally low security threat level. However, criminal activity does occur, albeit

to a lesser extent than in other Western nations.

Travellers should maintain situational awareness, especially in tourist areas. Petty crime, such as pickpocketing and bag-snatching, is the primary threat to travellers, particularly in Stockholm, though crime rates remain low. Organised criminal elements are present in Sweden, and instances of gang-related violence, including shootings and bombings, have occurred in Malmö, Stockholm and Gothenburg, though travellers are unlikely to be affected.

While the threat of terrorism is low, attacks have occurred in Sweden, and extremist groups are believed to be present in the country. Globally, there remains a heightened risk of terrorist attacks by individuals or groups driven by extreme political ideologies. Such attacks are often carried out by self-radicalised individuals using low-tech methods, such as knives or vehicles, to cause harm. These attacks are difficult to predict and can occur with little to no warning, so travellers should remain vigilant and aware of their surroundings at all times.

Harsh winter weather from November through to March can cause delays and disruptions to transportation networks. Travellers should ensure they are adequately prepared for adverse conditions, especially if visiting the northern regions of the country.

## **CULTURAL INFORMATION**

### **Cultural Tips**

- Swedish is the official language. Finnish, Sami, Romani, Yiddish and Meankieli are officially recognized minority languages.
- Smoking is usually not allowed on public transportation or in most public buildings.
- Punctuality is important in business situations. English is widely-spoken in business circles. Business cards are commonly used.
- Eating while on public transportation is considered taboo. Talking on the phone is similarly frowned upon.
- Hotel and restaurant bills usually include a service charge/tip fee. Service charges increase at night. Taxi drivers should not be tipped, as the fee includes the tip.
- Guests should refrain from drinking alcohol until the host or hostess makes

a toast. Guests often thank the host for the meal by saying the phrase 'Tack for maten.' Shoes are often removed when entering someone's home.

- Women are well-represented in positions of authority in Sweden; the country boasts one of the highest percentages of female legislators in the world.
- Homosexuality and same-sex marriage are legal in Sweden.

<b>KEY FACTS</b>	
<b>CAPITAL</b>	Stockholm
<b>CAPITAL CITY PHONE CODE</b>	8
<b>COUNTRY PHONE CODE</b>	46
<b>CURRENCY</b>	Swedish Krona
<b>ELECTRICITY</b>	230 V, 50 Hz
<b>GMT</b>	+1
<b>LANGUAGES</b>	Swedish
<b>LEADERSHIP</b>	Chief of State: King Carl XVI Gustaf; Head of Government: Prime Minister Ulf Kristersson
<b>OFFICE WORK WEEK</b>	0800-1700 M-F
<b>OFFICIAL COUNTRY NAME</b>	Kingdom of Sweden
<b>PLUG STYLES</b>	Types C, F

<b>KEY FACTS</b>	
<b>RELIGION</b>	Church of Sweden 53.9%, other 8.9%, none or unspecified 37.2%
<b>TIME ZONE OFFSET</b>	UTC + 1 (DST Observed)
<b>TYPE OF GOVERNMENT</b>	Parliamentary Constitutional Monarchy

## RISK SUMMARY

### Political - Low

Sweden is a constitutional monarchy with King Carl XVI Gustaf as the current head of state. It is renowned as one of the world's most stable liberal democracies. Legislative power is held by the unicameral Riksdag, consisting of 349 members. General elections are conducted every four years, with members elected based on proportional representation for a four-year term. Election periods generally take place with little to no disruptions and should not affect travel.

### Armed Conflict - Low

The risk of armed conflict in Sweden remains low. As a NATO member, surrounded by allied states, armed conflict is highly unlikely to take place on Swedish soil. The most prominent security threat is posed by Russia, amidst the current conflict in Ukraine.

In recent years, Sweden's relations with Russia have deteriorated, prompting the reintroduction of mandatory conscription. Although Sweden is unlikely to be the primary target of a Russian military operation, it has participated in EU sanctions in response to the invasion of Ukraine and has provided weapons to the

Ukrainian military. Swedish politicians have emphasised that the country's long-term defence and security strategy should focus on countering the threat from Russia.

Sweden maintains strong relations with its neighbours, Norway and Finland. It also has robust military ties with the United States, the United Kingdom, Baltic nations and Germany.

## **Terrorism - Low**

The overall threat of terrorism in Sweden is considered low; however, a general threat persists across Europe, with the possibility of attacks occurring indiscriminately.

Like other European countries, Sweden remains a potential target for Islamist-inspired terrorism. Vehicle-ramming attacks inspired by extremist ideologies have occurred in the region and continue to represent a security risk. While complex and coordinated attacks are less likely compared to some other European countries, the unpredictable nature of such threats means travellers should stay vigilant.

In addition to Islamist-inspired threats, far-right extremist groups have also been responsible for attacks targeting migrants and political institutions in Sweden and across the Nordic region.

Due to the unpredictable nature of terrorist incidents, travellers are advised to remain aware of their surroundings, follow local security guidance, and report any suspicious activity to the authorities.

## **Crime - Moderate**

Crime rates in Sweden are generally low; however, some deprived urban areas exhibit crime rates significantly higher than the national average. Reported crimes predominantly involve petty theft, with tourists often targeted due to their perceived wealth. Therefore, it is advisable to limit overt displays of wealth. Incidents of street crime are more likely during the summer months when the number of

tourists increases. Well-dressed thieves have been known to operate in hotel breakfast rooms, targeting unattended valuables. Although vehicle theft is rare, it does occur, and stolen vehicles are seldom recovered as they are rapidly shipped out of the country for parts.

Violent crime in Sweden is primarily associated with gang violence, which is unlikely to affect business travellers. Notably, Malmö and Gothenburg have experienced a spike in gang-related shootings and knife attacks, often involving gangs based on ethnic minorities. The premeditated and targeted nature of these incidents means that travellers are highly unlikely to be affected.

Organised criminal activity is concentrated in Gothenburg, Malmö, and Stockholm. Malmö is a particular hotspot due to its location in southern Sweden, across the Öresund Bridge from the Danish capital, making it a prominent transit city for arms and drug trafficking routes from continental Europe to Scandinavia. Rivalries between criminal gangs can occasionally escalate into shootouts and IED attacks in all three cities, posing serious incidental risks to bystanders.

### **Civil Unrest - Low**

Sweden upholds the right to peaceful protest, resulting in protests, rallies, and demonstrations being a frequent occurrence, though they are typically peaceful. Swedish security forces generally police such events non-violent and non-confrontational way. However, all protests or instances of civil unrest have the potential to turn violent and should be avoided. As the political capital and most populous city, Stockholm sees an elevated number of instances of civil unrest.

Protests can be organised around a wide range of issues, including domestic politics, climate change, socioeconomic grievances, geopolitical developments, and cultural issues. Previous incidents, such as burning copies of the Quran, have sparked particularly volatile protests. While protests officially require prior permission from local security officials, they can occur at extremely short notice, sometimes without permission. These unvetted protests are more likely to cause disruption and clashes due to the lack of official policing and oversight typically involved in staging a protest.

Prominent protest locations in Stockholm include Medborgarplatsen, Sergels torg

('Sergel's square') and Mynttorget. Other locations include the Swedish Parliament, Diplomatstaden (home to many embassies), and outside the headquarters of Region Stockholm on Lindhagensgatan. Large-scale unrest can cause localised travel disruption and road closures. The divisive nature of some protests can prompt counter-demonstrations and low-level violence.

Numerous protests have taken place in Sweden due to the ongoing Israel-Hamas war, particularly around universities and in large urban centres.

## **Maritime and Piracy - Low**

The only substantial threat along the Swedish coastline results from Russian naval activity. This is unlikely to affect civilian vessels, but aggressive manoeuvres involving Western and Russian vessels are possible.

## **Health - Low**

In major population centres such as Stockholm and Gothenburg, healthcare is of an excellent standard, comparable to that expected in a developed Western European country. Hospitals and clinics are well-equipped, and the staff are highly trained.

When travelling to remote areas, it is important to remember that access to prescription medications is limited. Additionally, emergency response times can be lengthy, especially in particularly remote regions such as the Arctic areas of the country. Local medical centres are available but may require a passport upon arrival. Travellers should ensure they check the laws regarding any medication they may be carrying, and that all medication remains in its original packaging and is accompanied by a doctor's prescription.

There is a risk of tick-borne encephalitis and Lyme disease. The likelihood of infection increases in rural forested areas during the summer months. Travellers are recommended to employ suitable preventive measures, including the use of insect repellent.

## Environmental - Low

Sweden experiences extreme cold weather, particularly in winter, but the country is well-equipped to manage these conditions. Nonetheless, travellers should be prepared for occasional transportation delays during the winter months due to snow and ice.

Heavy rainfall can lead to flash flooding, while the summer months may bring a risk of large forest fires, especially in rural and forested areas.

Some destinations in Sweden are remote, which may affect the availability and response times of search and rescue services. Travellers are advised to plan accordingly, stay informed of local weather conditions, and exercise caution when exploring less accessible areas.

## Transportation - Low

Sweden boasts an extensive public transport system. Several rail services operate daily, including vintage trams within city centres. While trains are generally the fastest way to travel, they are not the cheapest option. Construction of the West Link (Västlänken) rail project in Gothenburg continues, with partial openings planned to improve commuter and regional transit capacity.

Sweden also has a well-established bus network, often offering a cost-effective means of travel. Tickets must be purchased and validated before travel to avoid fines. Most buses are well-maintained, though some older buses still operate in rural areas. As a popular mode of transport among locals, buses tend to be busy at peak times, with overcrowding common during the summer and public holidays.

Taxis usually operate at fixed prices; however, foreign travellers have reported instances of overcharging.

Domestic flights serve various towns and cities, providing a fast, albeit not cheap, mode of travel. Sweden has around 30 small regional airports.

## EMERGENCY DETAILS

<b>SOLACE GLOBAL: +44 (0)1202 795801. GENERAL EMERGENCIES:- 112. BRITISH EMBASSY STOCKHOLM:- +46 (0) 8 671 30 00, U.S EMBASSY STOCKHOLM:- +(46) 8 783 53 00.</b>	
<b>POLICE NUMBER</b>	112
<b>AMBULANCE NUMBER</b>	112
<b>FIRE NUMBER</b>	112
<b>EMERGENCY DETAILS</b>	

## **TRAVEL**

### **TRAVEL ADVICE**

Sweden boasts a high-quality road network and generally has lower rates of road traffic accidents (RTAs) compared to other EU countries. From December to the end of March, most vehicles are legally required to have winter tyres.

Occasionally, severe snowfall can cause temporary road disruptions, particularly in rural areas and the northern parts of the country.

Most transactions in Sweden are cashless, with cards widely accepted in both rural and urban areas.

Sweden is generally safe for LGBTQ+ travellers. Although cases of harassment and violence do occur, the country has strong anti-discrimination laws and dedicated institutions and resources for victims.

Most Swedish citizens are likely to have a good knowledge of English. Sweden consistently ranks among the top 10 EU countries for the number of non-native English speakers.

Tap water in Sweden is safe to drink.

## SIGNIFICANT DATES

### DECEMBER 21, 2025

- **December Solstice:** Sweden - Seasonal
- **Fourth Advent Sunday:** Sweden - Observance

### DECEMBER 24, 2025

- **Christmas Eve:** Sweden - Local holiday

### DECEMBER 25, 2025

- **Christmas Day:** Sweden - National

## SIGNIFICANT DATES

### DECEMBER 26, 2025

- **Boxing Day:** Sweden - National

### DECEMBER 31, 2025

- **New Year's Eve:** Sweden - Local holiday

### JANUARY 01, 2026

- **New Year's Day:** Sweden - National

### JANUARY 05, 2026

- **Twelfth Night:** Sweden - Half day

### JANUARY 06, 2026

- **Epiphany:** Sweden - National

### FEBRUARY 14, 2026

- **Valentine's Day:** Sweden - Observance

### MARCH 20, 2026

- **March Equinox:** Sweden - Seasonal

## SIGNIFICANT DATES

**MARCH 29, 2026**

- **Daylight Saving Time starts:** Sweden - Clock change

**APRIL 03, 2026**

- **Good Friday:** Sweden - National

**APRIL 04, 2026**

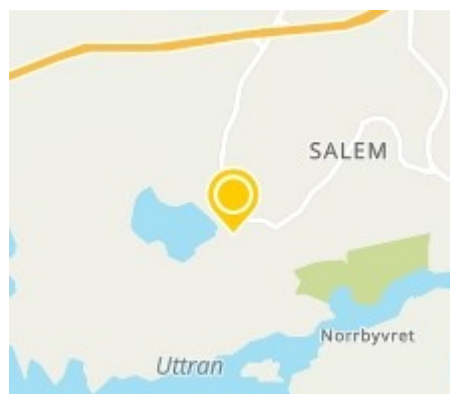
- **Holy Saturday:** Sweden - Local holiday

**APRIL 05, 2026**

- **Easter Sunday:** Sweden - National

## RECENT ALERTS

**SWEDISH POLICE HAVE DEPLOYED PEPPER SPRAY AMID CLASHES WITH PROTESTERS IN RONNINGE**





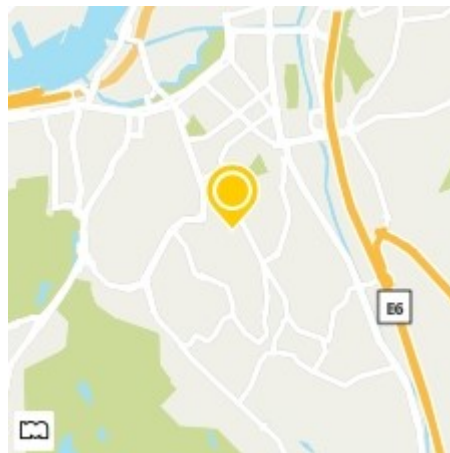
**Category:** Civil Unrest - **Risk:** Moderate



06-Dec-2025 15:36

Local media reports that Swedish police have deployed pepper spray amid clashes with protesters in Ronninge. The protests is a march organised by a far-right group. An estimated 100 people are in the march as well as approximately 150 people counter-protesting. 15 people have been taken into custody.

## HEIGHTENED POLICE PRESENCE FOLLOWING EXPLOSION IN GOTHENBURG



**Category:** Caution - **Risk:** Moderate



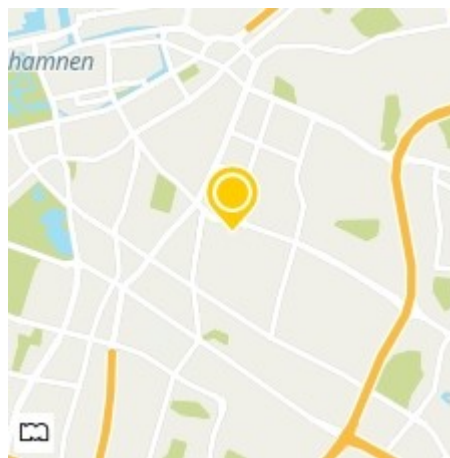
05-Dec-2025 01:55

Local media have reported that there is a heightened police presence in the Johanneberg district following a very loud explosion that could be heard throughout Gothenburg. The Swedish national bomb squad has been dis-

## RECENT ALERTS

patched to the area, and the incident occurred around 00:40 local time on 05 December. There have been no injuries reported, and an investigation to determine the cause is ongoing.

### EXPLOSION REPORTED IN MALMÖ WITH INVESTIGATION UNDERWAY



**Category:** Caution - **Risk:** Moderate

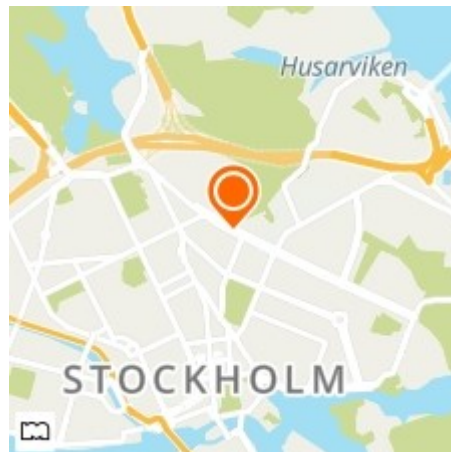


21-Nov-2025 01:06

The Swedish Police has reported an explosion on Vitemöllegatan in Malmö, resulting in damage to nearby windows and debris on the street. No injuries have been reported; however, a crime investigation is currently ongoing, and the National Bomb Squad are arriving on the scene to conduct an investigation.

### AT LEAST TWO KILLED AND SEVERAL INJURED IN TRAFFIC INCIDENT, STOCKHOLM

## RECENT ALERTS



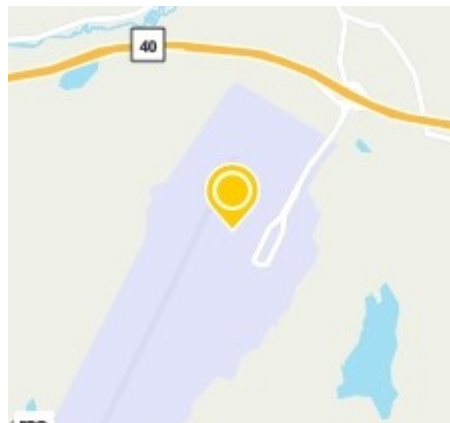
**Category:** Caution - **Risk:** High



14-Nov-2025 16:19

According to local sources, at least two people have been killed and an unconfirmed number injured after being hit by a bus on Valhallavägen near the University of Technology. Police, rescue services, and ambulance teams are working at the scene, and Valhallavägen is closed between Odengatan and Engelbrektsgatan. The case is being treated as aggravated manslaughter, though the cause remains under investigation. Further information is limited.

## AIR TRAFFIC HALTED AT GOTHENBURGH-LANDVETTER AIRPORT DUE TO DRONE SIGHTINGS





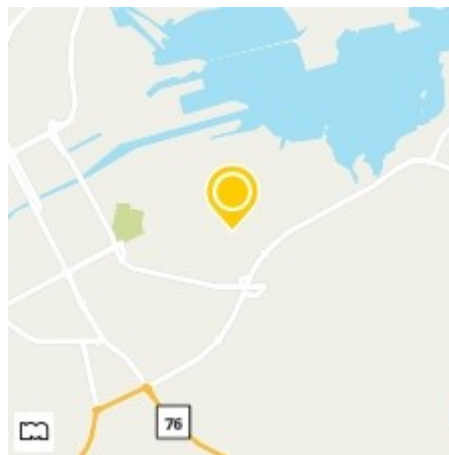
**Category:** Travel Information - **Risk:** Moderate



06-Nov-2025 18:32

According to local media sources, the airspace over Gothenburg-Landvetter Airport (GOT) has been closed due to a suspected drone sighting. It is believed that drones were spotted just before 18:00 local time (17:00 UTC). Several flights have been diverted to other airports, including Kastrup in Copenhagen (CPH), due to the closure. Affected services include flights originating from Munich, Frankfurt, and Stockholm.

## EXPLOSIONS REPORTED IN BRYNÄS DISTRICT IN GÄVLE, NORTH OF STOCKHOLM



**Category:** Caution - **Risk:** Moderate



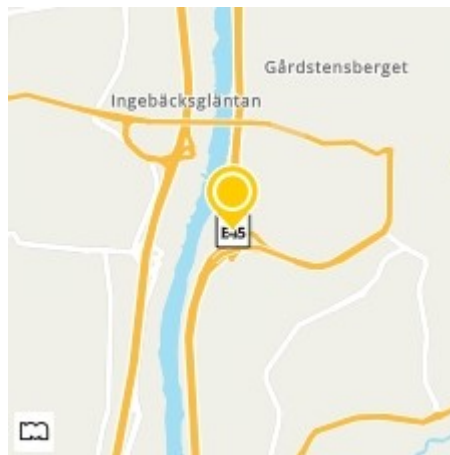
25-Oct-2025 19:30

Local media have reported that several explosions have been heard in the

## RECENT ALERTS

Brynäs district of Gävle. Initial reports suggest it is explosions that sounded like at least seven gunshots, and multiple people have been injured as a result. A police operation is currently ongoing in the area where multiple police personnel are on the scene. We will continue to monitor the situation and provide updates when necessary.

## LARGE FIRE AT SCRAPYARD IN AGNESBERG



**Category:** Caution - **Risk:** Moderate

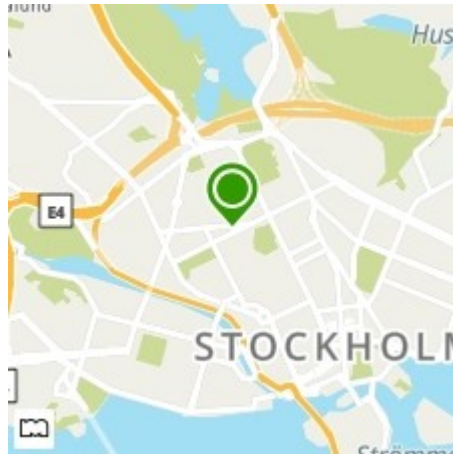


23-Sep-2025 07:12

According to local media sources, a large fire sparked at a scrapyard yesterday around 19:35 local time in Agnesberg, Gothenburg. While sources state that the fire has decreased, residents have reported very heavy smoke in the area and in the vicinity of the municipality. Earlier today, the Fire Department warned residents to remain indoors, with the warning being lifted at 08:45. There have been no confirmed casualties at present.

## RECENT ALERTS

### PRO-PALESTINE PROTEST TO TAKE PLACE IN STOCKHOLM ON 20 SEPTEMBER



**Category:** Civil Unrest - **Risk:** Low



17-Sep-2025 18:37

According to local media sources, a protest will take place in Stockholm on 20 September in support of Palestine amid the ongoing conflict in Gaza. Participants will gather at Odenplan at 14:00 local time and will march towards Gustaf Adolfs Torg. The exact number of protesters and the duration of the protest are not immediately known, as further information remains limited. We will continue to monitor the situation and update accordingly.

### EXPLOSION FROM SUSPECTED BOMB REPORTED IN SÖDERMALM AREA OF STOCKHOLM





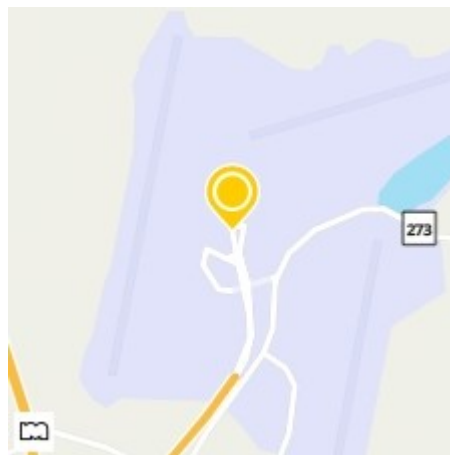
**Category:** Caution - **Risk:** Moderate



13-Sep-2025 06:28

The Swedish Police have reported an explosion that took place in the Södermalm area of Stockholm. The incident occurred at an apartment building in the area, and the police suspect it was a bomb that caused the explosion. An investigation is ongoing to attribute the explosion to a perpetrator. The incident happened at 05:43 local time, and as of 0805, police are knocking on doors in the area, collecting witness information.

## EVACUATION UNDERWAY IN TERMINAL 5 AT STOCKHOLM ARLANDA AIRPORT (ARN) DUE TO A GAS LEAK



**Category:** Travel Information - **Risk:** Moderate



## RECENT ALERTS

03-Sep-2025 13:18

According to local media sources, evacuations are underway at Terminal 5 at Stockholm Arlanda Airport (ARN). The evacuations were due to a truck gas leak. Emergency services are on site and have cordoned off a 100-metre radius around the truck. No casualties have been reported, and no further information is currently available.

# FCDO SUMMARY

Last updated: 12/10/2025 12:44:05

## Warnings and insurance

### Before you travel

No travel can be guaranteed safe. Read all the advice in this guide. You may also find it helpful to:

- see [general advice for women travellers](#)
- read our [guide on disability and travel abroad](#)
- see [general advice for LGBT+ travellers](#)
- read about [safety for solo and independent travel](#)
- see [advice on volunteering and adventure travel abroad](#)

### Travel insurance

If you choose to travel, research your destinations and [get appropriate travel insurance](#). Insurance should cover your itinerary, planned activities and expenses in an emergency.

### About FCDO travel advice

The Foreign, Commonwealth & Development Office (FCDO) provides advice about risks of travel to help you make informed decisions. Find out [more about FCDO travel advice](#).

### Get travel advice updates

Sign up to [get email notifications](#) when this travel advice is updated.

Follow FCDO:

- [travel advice on X](#)
- [travel advice on Facebook](#)
- [Travel Aware on Instagram](#)

## Entry requirements

This information is for people travelling on a full ['British citizen' passport](#) from the UK. It is based on the UK government's understanding of the current rules for the most common types of travel.

The authorities in Sweden set and enforce entry rules. If you're not sure how these requirements apply to you, contact the [Swedish Embassy in the UK](#).

## Passport validity requirements

Sweden follows [Schengen area rules](#). Your passport must:

- have a 'date of issue' less than 10 years before the date you arrive – if you renewed your passport before 1 October 2018, it may have a date of issue that is more than 10 years ago
- have an 'expiry date' at least 3 months after the day you plan to leave the Schengen area (the expiry date does not need to be within 10 years of the date of issue)

Check with your travel provider that your passport and other travel documents meet requirements. [Renew your passport if you need to](#).

You will be denied entry if you do not have a valid travel document or try to use a passport that has been reported lost or stolen.

## Dual nationals

When returning to the UK, British citizens must carry a valid [British passport](#) or [certificate of entitlement](#). See [Dual citizenship](#).

## Visa requirements

You can [travel without a visa to the Schengen area](#), which includes Sweden, for up to 90 days in any 180-day period. This applies if you travel:

- as a tourist
- to visit family or friends
- to attend business meetings, cultural or sports events

- for short-term studies or training

The [requirements for working in Sweden](#) are different.

If you're travelling to other Schengen countries as well, make sure your whole visit is within the 90-day visa-free limit. Visits to Schengen countries in the 180 days before you travel count towards your 90 days. If you overstay the 90-day visa-free limit, you may be banned from entering Schengen countries for up to 3 years.

Until the Entry-Exit System (EES) is fully rolled out, make sure you get your passport stamped on entry and exit (read 'New Schengen entry requirements').

If you're a visitor, border guards will look at your entry and exit stamps to check you have not overstayed the 90-day visa-free limit for the Schengen area.

If your passport is missing a stamp, show evidence of when and where you entered or left the Schengen area (for example, boarding passes or tickets) and ask the border guards to add the date and location in your passport.

At Swedish border control, you may also need to:

- show a return or onward ticket
- show proof of your accommodation, for example, a hotel booking
- show proof of your travel insurance
- prove that you have enough money for your stay

## **Staying longer than 90 days in a 180-day period**

To stay longer, you must meet the Swedish government's entry requirements. Check which type of visa or work permit you need with the [Swedish Embassy in the UK](#).

If you stay in Sweden with a residence permit or long-stay visa, this does not count towards your 90-day visa-free limit.

See [entry processes if you live in Sweden](#).

## **Border controls on arrival from Denmark and Germany**

Border controls are in place in Sweden for people travelling from Denmark via the

Öresund crossing and arriving on ferries from Denmark and Germany.

## New Schengen entry requirements

From 12 October 2025, the European Union's (EU) new Entry/Exit System (EES) will begin roll out.

This means that when you travel into the Schengen area for short stays, you may need to register your biometric details, such as fingerprints and a photo. You do not need to take any action before you arrive at the border, and there is no cost for EES registration.

On your first visit into a Schengen country from 12 October onwards, you may be asked to register your details at a special booth before proceeding to the immigration desk. Follow directions from your travel operator or the staff at your port of entry. You may also need to provide either your fingerprint or photo when you leave the Schengen area. Children aged 11 or younger will not have their fingerprints scanned but can be required to have their photo taken.

EES may take each passenger a few extra minutes to complete so be prepared to wait longer than usual at the border.

EES will not be rolled out to all ports of entry at once, the numbers of passengers being registered at each port of entry will vary, and some destinations may take up to 6 months to fully roll out the new process.

Until EES is fully rolled out your passport will continue to be stamped, even if you've already been registered for EES. Once EES is fully rolled out, it will replace the current system of manually stamping passports when visitors arrive in the Schengen area for short stays and you will input biometric details every time you enter or exit.

If you enter the Schengen area through the Port of Dover, Eurotunnel at Folkestone or Eurostar at St Pancras International and you are asked to register for EES, the information will be taken at the border before you leave the UK.

Read more [information on the EU Entry/Exit System and to understand which countries are in the Schengen area](#).

## Travelling with children

Carry a letter of consent from the parent or guardian of children aged 17 and under who are travelling with you.

## Vaccine requirements

For details about medical entry requirements and recommended vaccinations, see [TravelHealthPro's Sweden guide](#).

## Customs rules

There are strict rules about [goods that you can take into and out of Sweden](#). You must declare anything that may be prohibited or subject to tax or duty.

### Taking food and drink into Sweden

You cannot take [meat, milk or products containing them into EU countries](#). There are some exceptions such as powdered baby milk, baby food and special foods or pet feed required for medical reasons.

### Taking money into Sweden

Declare cash or travellers cheques if the value is 10,000 euros or more. You will get a certified declaration to show you brought it in with you. If you do not, your money could be seized when you leave.

Many shops, cafes and restaurants do not accept cash, so make sure you have a debit or credit card with you.

## Safety and security

### Terrorism

There is a high threat of terrorist attack globally affecting UK interests and British nationals, including from groups and individuals who view the UK and British nationals as targets. Stay aware of your surroundings at all times.

UK Counter Terrorism Policing has information and advice on [staying safe abroad](#) and what to do in the event of a terrorist attack. Find out [how to reduce your risk](#)

[from terrorism while abroad.](#)

## **Terrorism in Sweden**

Terrorists are likely to try to carry out attacks in Sweden.

Attacks could be indiscriminate, including in places frequented by foreign nationals.

The authorities in Sweden have successfully disrupted a number of planned attacks and made a number of arrests.

## **Political demonstrations**

Demonstrations in Sweden are usually peaceful. Avoid demonstrations wherever possible and follow the advice of the local authorities.

## **Crime**

### **Protecting your belongings**

Take particular care of your belongings in major cities as pickpockets often target tourists for passports and cash.

Violent crime does occur. Gang-related crime, including knife crime, shootings and explosions, has been reported in Malmö, Stockholm and Gothenburg.

## **Laws and cultural differences**

Paying for sex is illegal, from 1 July 2025 this will also include the purchase of sexual acts online

Physical punishment of children is illegal.

### **Illegal drugs**

Illegal drugs, including cannabis, are strictly prohibited, even in small quantities.

Severe penalties apply for possessing, using or smuggling illegal drugs, including when transiting through airports. You should expect long jail sentences of up to 10 years and heavy fines.

Airports in Sweden have excellent technology and security for detecting illegal

items. This is also used to scan the baggage of transiting passengers.

## LGBT+ travellers

Same-sex sexual activity is legal in Sweden. Read more [advice for LGBT+ travellers](#).

## Transport risks

### Road travel

If you are planning to drive in Sweden, see [information on driving abroad](#) and check the [rules of the road in the RAC's Sweden guide](#). The guide lists driving regulations and other legal requirements you need to be aware of.

You need a UK driving licence to drive in Sweden. Hire car companies often have stricter requirements for their customers, such as a year of driving experience and a minimum age.

If you are visiting Sweden, you may be able to use your [Blue Badge](#) in some circumstances. Check local parking rules.

During winter, snow and ice on the roads cause accidents daily. From 1 December to 31 March, and any other times designated by the police, all vehicles must have winter tyres.

## Extreme weather and natural disasters

### Arctic travel

Parts of Sweden are in the Arctic Circle, including some very remote areas of land. Emergency medical assistance and search and rescue are limited in these areas. See [Arctic travel safety advice](#).

### Health

Before you travel check that:

- your destination can provide the healthcare you may need

- you have [appropriate travel insurance](#) for local treatment or unexpected medical evacuation

This is particularly important if you have a health condition or are pregnant.

## Emergency medical number

Dial 112 and ask for an ambulance.

Contact your insurance or medical assistance company quickly if you're referred to a medical facility for treatment.

If you're visiting remote areas, consider how easily you will be able to access emergency services.

## Vaccine recommendations and health risks

At least 8 weeks before your trip:

- check the latest [vaccine recommendations for Sweden](#)
- see where to get vaccines and whether you have to pay on the [NHS travel vaccinations page](#)

See what [health risks you'll face in Sweden](#), including:

- biting insects and ticks
- mpox – also see [Sweden's Public Health Authority website](#) which includes updates on mpox

## Medication

The legal status and regulation of some medicines prescribed or bought in the UK can be different in other countries.

Read [best practice when travelling with medicines on TravelHealthPro](#).

## Healthcare in Sweden

FCDO has a list of [medical providers in Sweden](#) where some staff will speak English.

## Health insurance cards

To get medically necessary state healthcare in Sweden, you need a Global Health Insurance Card ([GHIC](#)) or a European Health Insurance Card ([EHIC](#)).

The NHS's [getting healthcare abroad webpage](#) has details about:

- how to apply for a [GHIC](#)
- how to get temporary cover if you lose your card or it does not arrive in time
- who qualifies for a new [EHIC](#) instead of a [GHIC](#)
- what treatment counts as medically necessary

A [GHIC](#) or [EHIC](#) is not an alternative to travel insurance. You may have costs your [GHIC](#) or [EHIC](#) does not cover, including:

- changes to travel and accommodation bookings
- additional standard costs for treatment
- medical repatriation to the UK
- treatment that is ruled non-urgent
- private healthcare
- private clinics

There is also [guidance on healthcare if you're living in Sweden](#).

## Travel and mental health

Read [FCDO guidance on travel and mental health](#). There is also [mental health guidance on TravelHealthPro](#).

### Getting help

The Foreign, Commonwealth & Development Office ([FCDO](#)) cannot provide tailored advice for individual trips. Read this travel advice and carry out your own research before deciding whether to travel.

## Emergency services in Sweden

Telephone: 112 (ambulance, fire, police)

## Contact your travel provider and insurer

Contact your travel provider and your insurer if you are involved in a serious incident or emergency abroad. They will tell you if they can help and what you need to do.

## Refunds and changes to travel

For refunds or changes to travel, contact your travel provider. You may also be able to make a claim through insurance. However, insurers usually require you to talk to your travel provider first.

Find out more about [changing or cancelling travel plans](#), including:

- where to get advice if you are in a dispute with a provider
- how to access previous versions of travel advice to support a claim

## Support from FCDO

FCDO has guidance on staying safe and what to do if you need help or support abroad, including:

- finding English-speaking [lawyers](#), [funeral directors](#) and [translators and interpreters](#) in Sweden
- dealing with a [death in Sweden](#)
- being [arrested or imprisoned in Sweden](#)
- getting help if you're a [victim of crime](#)
- what to do if you're [in hospital](#)
- if you're [affected by a crisis](#), such as a terrorist attack

## Contacting FCDO

### Help abroad

See [how to get help from the UK government abroad](#) including in an emergency.

### Help in the UK

You can call FCDO in London if you need urgent help because something has happened to a friend or relative abroad.

Telephone: 020 7008 5000 (24 hours)

[Find out about call charges](#)

## Get travel advice updates

Sign up to [get email notifications](#) when this travel advice is updated.

Follow [FCDO](#):

- [travel advice on X](#)
- [travel advice on Facebook](#)

## Risk information for British companies

The Overseas Business Risk service offers [information and advice for British companies operating in Sweden](#) on how to manage political, economic, and business security-related risks.

---

## PACK SMART

Only pack items you can replace, leave valuables at home. You will be less likely to attract criminals and if threatened, you won't be tempted to put up a fight to save your belongings.



Carry a duplicate wallet with small denomination notes and old cards that you could relinquish if threatened by robbers. Only pack items you can replace, leave valuables at home. You will be less likely to attract criminals and if threatened, you won't be tempted to put up a fight to save your belongings.



Always check the destination restrictions regarding medications when planning your trip.

### **STAY SAFE: Hotels**



Request a hotel room between the third & seventh floor. Ground floor rooms should always be avoided as they are easily accessible from the outside. Higher levels mean in the event of a fire there are many stairs to navigate and in some countries firefighters may not have ladders capable of reaching higher than the seventh floor.



Check your room phone works in case you need to call reception for help.



Know where your fire exits are. Count the number of doors to the fire exit from your room so you can feel your way in the event of a fire and a smoke-filled corridor.



To prevent unauthorised entry into your hotel room, make sure the windows and doors lock. Bolt the deadbolt and use the door wedges you've brought with you from home to wedge the main door closed.

### **TRAVEL SAFE: Out & About**



When you are out and about, be aware of your surroundings - don't display obvious wealth, such as expensive jewellery, watches and mobile phones.



Use ATMs inside banks and shopping centres, where there is greater security and CCTV. Safety in numbers. If you are travelling with colleagues, stay together for meals and trips out. If you are alone, avoid quiet areas and trust your instincts.

### **Road traffic accidents are still the greatest threat to travel safety.**



- Use licensed taxis.
- Always wear a seat belt.
- Keep doors locked & windows up.
- Avoid night-time driving.
- If the driver is using a phone or driving dangerously, insist they slow down/stop using their phone.

Check in regularly. Use the 'Check In' button on the Solace Secure app so your location can be monitored and you can view all intelligence alerts within your vicinity.

### **SAFE TRAVEL: Health Tips**

**See a medical travel specialist at least 4 weeks before travel.**

**Ask about recommended vaccines for specific destinations.**

**First aid kit with regular & special medication for trip - carry in hand luggage.**

**Evacuation & travel insurance to cover health emergencies while abroad.**



Take an extra month of prescribed medication for pre-existing conditions.

Risk of malaria - take precautions to prevent mosquito bites and take

malaria pills as advised.



Avoid drinking alcohol and becoming dehydrated.

Verify & consume safe water and food. Have a supply of medicine for self-treatment of diarrhoea.



Excessive sun exposure should be minimised by the use of sunscreen - sun can be more intense over water, snow and at altitude.

Leave animals alone. Animal bites or scratches can transmit rabies.

### **THINK SAFE:** Know Your Destination

Understand the culture of your destination. Dress and behave so as not to cause offence or draw attention.



Know if the tap water is suitable to drink if not; only accept water from a sealed bottle.

Avoid ice in your drinks & salad washed in tap water.

Research where you are travelling to. Make a note of the local emergency services number. Know the current security and medical threats and advice. See the FCO website for general information ([gov.uk/foreign-travel-advice](https://www.gov.uk/foreign-travel-advice)).

### **DOCUMENT SAFE:** Know Your Destination

Take photos/scans of your essential documents and email them to yourself. You can then access them remotely if your belongings are stolen:

- Passport
- Driver's Licence
- Travel Insurance Document
- Visa
- Medical Certificates

For 24/7 travel risk advice and emergency assistance contact Solace Global Risk operations: + 44 (0)1202 795 801

The Solace Secure desktop and app provide up-to-the-minute alerts, providing latest information on your travel location even when you are there.

#### CONTACT SOLACE GLOBAL RESPONSE TEAM

This report has been prepared for you by Solace Global Risk Ltd.

If you need urgent help, advice or assistance at any time please contact the 24/7 Response and Assistance Team.

If you have a question about this travel advice or any other location please email [SGR@solaceglobal.com](mailto:SGR@solaceglobal.com) for further safety and security information.

For support using your Solace Secure platform or app please contact [support@solaceglobal.com](mailto:support@solaceglobal.com).

Solace Global Risk, Twin Sails House, West Quay Road, Poole, BH15 1JF, UK