



WELCOME TO VÄNERSBORG &
TROLLHÄTTAN



ERASMUS+
INFO KIT

We are delighted to welcome you to Kunskapsförbundet Väst and to the towns of Vänersborg and Trollhättan!

During your Erasmus+ job-shadowing experience, you will have the opportunity to discover Swedish education, exchange professional experiences and meet colleagues from our schools. We have prepared this guide to help you make the most of your stay - from practical information and transportation to local food, places to visit and ideas for day trips.

We hope you enjoy your Swedish experience!

Inside this guide, you will find...



About us



Important information



Means of transport



Accommodation



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Points of interest



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Language tips



Contact

ABOUT US

KUNSKAPSFÖRBUNDET VÄST



Kunskapsförbundet Väst is a municipal education federation jointly owned by Trollhättan City and Vänersborg Municipality.

We provide education for young people and adults across the two municipalities, with a broad offer ranging from upper-secondary education to lifelong learning.

Upper-secondary education

- Academic programmes
- Vocational programmes
- Introduction programmes
- Adapted upper-secondary education

Adult education

- Municipal adult education
- Swedish for Immigrants (SFI)
- Vocational education
- Apprenticeships
- Other learning opportunities

IMPORTANT INFORMATION



CURRENCY

Swedish krona (SEK)

Cards and contactless payments are widely used.



PAYMENT

Sweden is highly digital. Participants should generally be able to pay by card/contactless.



TIME ZONE

CET / CEST

IMPORTANT INFORMATION



EMERGENCY

112

For police, ambulance or fire emergencies.



TAP WATER

Tap water is safe to drink.



PUNCTUALITY

Being on time is important in Swedish professional culture.

IMPORTANT INFORMATION



WEATHER

Weather can change quickly. Participants should bring suitable clothing and waterproof outerwear.



ELECTRICITY

Sweden uses European-style electrical sockets.



LANGUAGE

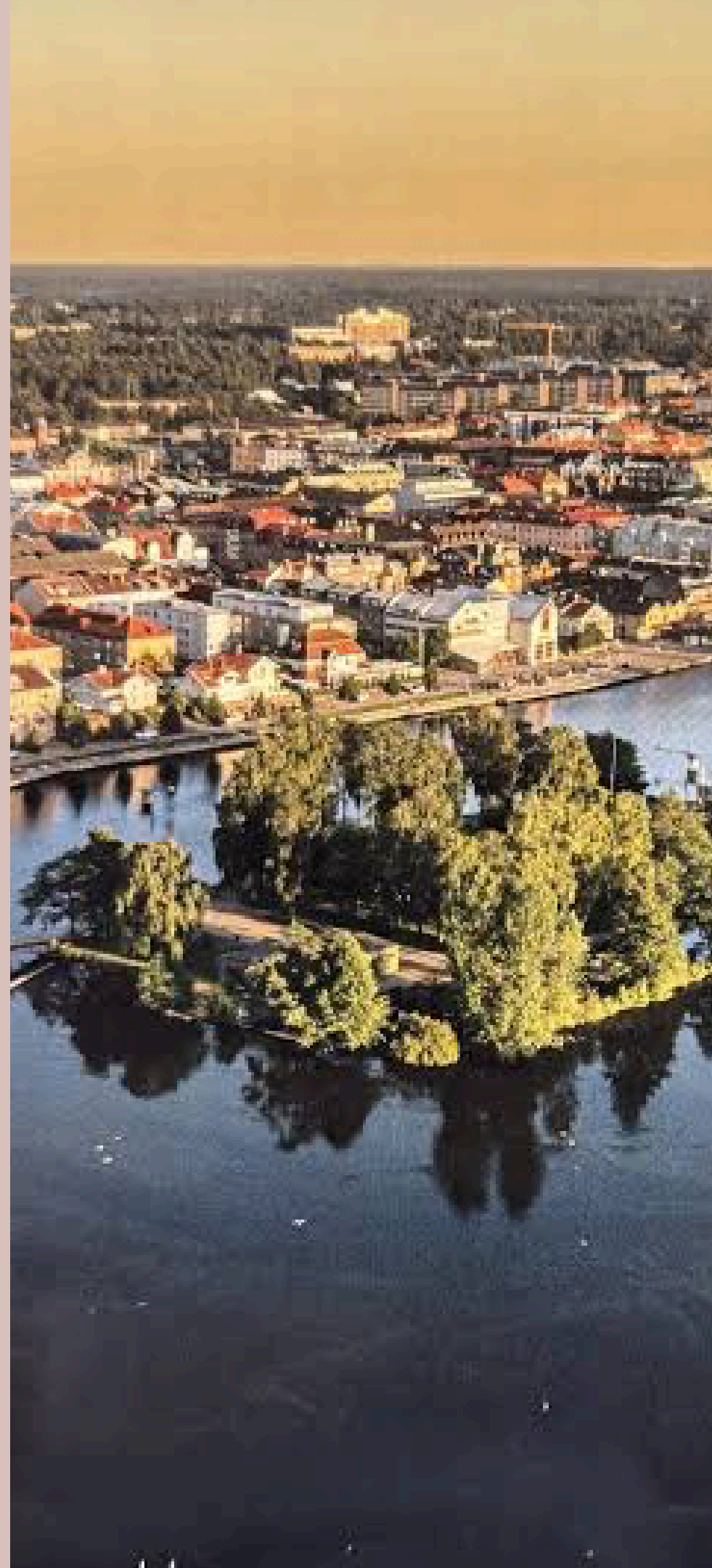
The official language is Swedish, but English is widely spoken.



MEANS OF TRANSPORT

Getting around **Vänersborg** and **Trollhättan** is easy thanks to a well-connected regional public transport network. Trains and buses connect the two towns with each other and with destinations such as **Göteborg**. The **Västtrafik To Go app** is particularly useful for checking routes, timetables and tickets. Both towns are also relatively easy to explore on foot or by bicycle, especially around the city centres. If you are travelling to your school or workplace for the first time, we recommend checking your route in advance and allowing some extra time.

ACCOMMODATION



Kunskapsförbundet Väst has agreements with two local hotels offering special Erasmus+ accommodation rates including breakfast during your job-shadowing period. In Vänersborg, participants can stay at **Quality Hotel Vänersborg**, while in Trollhättan the option is **Hotel Trollhättan**. The agreed rate is 920 SEK per night for a single room or 1,120 SEK per night for a double room, including breakfast. **When booking, participants must mention the code “ERASMUS” to receive the agreed rate.**

https://www.strawberry.se/hotell/sverige/vanersborg/quality-hotel-vanersborg/?utm_campaign=gmb-listing&utm_medium=organic&utm_source=google

<http://www.hotel trollhattan.se>



Take some time to experience everyday Swedish life beyond your job-shadowing activities. Try a traditional fika with coffee and a cinnamon bun, explore local cafés and restaurants, and visit a Swedish supermarket to discover local products. Both Vänersborg and Trollhättan offer a relaxed atmosphere with green spaces, waterfront areas and opportunities to enjoy nature. Remember that Sweden is largely cashless, so having a payment card or contactless payment method is very useful. Most importantly, don't hesitate to ask your Swedish colleagues for their favourite local places - it's often the best way to discover the area!

LOCAL TIPS

POINTS OF INTEREST



Trollhättan and Vänersborg offer a combination of nature, culture and industrial heritage. In Trollhättan, don't miss the spectacular **Trollhättefallen waterfalls**, the historic **Trollhätte Canal and locks**, the **Saab Car Museum** and **Innovatum Science Center**. In Vänersborg, explore **the shores of Lake Vänern**, Sweden's largest lake, take a walk through the beautiful **Skräcklan park** and discover the town centre. For nature lovers, the nearby **Hunneberg and Halleberg mountains** offer excellent opportunities for walking, hiking and wildlife experiences.



DAY TRIPS

Your stay in western Sweden is also a great opportunity to explore the surrounding region. **Gothenburg** is an excellent day trip, with its lively city centre, **historic Haga district, harbour**, museums and restaurants, and it can be reached by train from Trollhättan. For a combination of history and nature, visit **Läckö Castle on Lake Vänern**. You can also travel towards **Uddevalla** and **the Swedish west coast** to enjoy coastal scenery, seafood and beautiful landscapes. For a shorter nature excursion, **Hunneberg and Halleberg** are close to Vänersborg and offer hiking and wildlife experiences.

LANGUAGE TIPS 🇸🇪



GREETINGS & POLITENESS

Hej!
Hello!

God morgon!
Good morning!

God kväll!
Good evening!

Tack så mycket!
Thank you very much!

Varsågod!
You're welcome / Here you go.

Ursäkta!
Excuse me!

GETTING AROUND & AT THE RESTAURANT

Var ligger...?

Where is...?

Var är busshållplatsen?

Where is the bus stop?

Var ligger tågstationen?

Where is the train station?

När går nästa tåg?

When does the next train leave?

Jag skulle vilja...

I would like...

Menyn, tack.

The menu, please.

Notan, tack.

The bill, please.

Det var gott!

It was delicious!

JAG HETER...

My name is...

HUR MÅR DU?

How are you?

USEFUL EXPRESSIONS

KAN DU PRATA ENGELSKA?

Can you speak English?

INGEN FARA!

No problem!

WYDARZENIA ORGANIZOWANE PRZEZ NASZĄ PARAFIĘ

- Impreza składkowa

Prezentacje są narzędziami komunikacji,
które mogą być demonstracjami.

- Comiesięczne warsztaty

Prezentacje są narzędziami komunikacji,
które mogą być demonstracjami.

- Cotygodniowe czuwania

Prezentacje są narzędziami komunikacji,
które mogą być demonstracjami.

- Pomoc w ramach wspólnoty

Prezentacje są narzędziami komunikacji,
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ENJOY YOUR STAY



We hope you have a wonderful and inspiring stay in Vänersborg and Trollhättan! Your Erasmus+ experience is an opportunity not only to observe Swedish education, but also to exchange ideas, build professional relationships and discover a new culture. If you need support or further information during your stay, don't hesitate to contact the Kunskapsförbundet Väst team. Welcome to Sweden, welcome to Kunskapsförbundet Väst - and enjoy your Erasmus+ experience!