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ERASMUS+ INFO-KIT

Sjölins Gymnasium
Gothenburg, Sweden



- ABOUT US
- IMPORTANT INFO
- MEANS OF TRANSPORT
- ACCOMMODATION
- LOCAL TIPS
- POINTS OF INTEREST
- DAY TRIPS
- LANGUAGE TIPS

AGENDA



ABOUT US



*At Sjölins Gymnasium, we combine
a high level of teacher presence
with the case method. Our teachers
are on hand throughout your school
day to teach, mentor, discuss and
support you.*



Sjölins Gymnasium in **Gothenburg** is an Upper secondary school founded year 2000. At Sjölins we work using the **case methodology**, an approach that connects classroom learning with real-world events. You **examine situations or events from multiple perspectives, learn to work in teams, take responsibility and think critically**, providing you with the best possible foundation for future studies.



Gothenburg is Sweden's second-largest city, known as the country's main port and a hub for shipping, industry (including Volvo), and West Coast culture and cuisine. Sweden uses the Swedish krona (SEK), not the euro — cash is barely used at all, and nearly every payment, even small ones, is made by card or mobile app (Swish). The official language is Swedish, while English is spoken fluently by nearly everyone, including in shops, restaurants and public services. The European emergency number is 112. Gothenburg has an excellent, well-developed public transport network built around its iconic tram (spårvagn) system, along with buses and ferries, and cycling is also very popular.



IMPORTANT INFO



USEFUL APPS

Västtrafik To Go – official regional app for planning journeys and buying tickets for trams, buses and ferries in Gothenburg and Västra Götaland.

Google Maps – useful for walking, cycling and driving directions.

SJ app – for booking and managing long-distance train journeys around Sweden.

MEANS OF TRANSPORT



- Trams & buses (Västtrafik): An iconic tram network forms the backbone of the city, complemented by buses and archipelago ferries — especially convenient for the city centre and major districts
- Walking & cycling: The city is very walkable and increasingly bike-friendly, with an expanding network of cycling lanes
- Bike-share: Styr & Ställ offers a popular bike-share system for short trips
- Trains: Gothenburg Central Station is a major rail hub, with frequent connections to Stockholm, Malmö, Copenhagen, and regional trains around Västra Götaland
- Airport: Gothenburg Landvetter Airport is the closest airport, about 25 km east of the city centre
- Reachable via the Flygbussarna airport coach from Gothenburg Central Station (~25–30 minutes, frequent departures)
- Or by taxi, roughly the same travel time depending on traffic

ACCOMMODATION

<https://www.booking.com/Share-0Lv1ij>

<https://www.booking.com/Share-sJoX5Y>

<https://www.booking.com/Share-KB1I3Te>



LOCAL TIPS

Göteborg combines laid-back coastal charm with a lively cultural scene, especially known for its canal-lined streets, colourful wooden houses in Haga, and a strong tradition of jazz and music festivals. Take time to explore the historic Haga district and Avenyn, the city's grand boulevard, browse the Feskekôrka fish market, and enjoy the relaxed, friendly pace of everyday life that Göteborgers are famous for. Swedish and West Coast specialties include Råkmacka (open shrimp sandwich), Toast Skagen (a creamy shrimp toast), Pytt i panna (a hearty diced meat-and-potato dish), pickled herring, rye and crisp bread, and fresh seafood straight from the harbour, alongside sweet treats like Kanelbullar (cinnamon buns) and Kladdkaka (sticky chocolate cake). Göteborg's parks, canals and nearby archipelago islands are also ideal for relaxing after a training day. Remember that Swedes have a strong "fika" culture — taking time to slow down with coffee and a sweet bite, often more than once a day — it's a good opportunity to embrace the local, unhurried rhythm of life.

TRY:

- 🦐 Råkmacka (shrimp sandwich)
- 🍞 Toast Skagen
- 🥔 Pytt i panna
- 🐟 Pickled herring
- 🍞 Rye and crisp bread
- 🦞 Fresh seafood
- 🌀 Kanelbullar (cinnamon buns)
- ☕ Fika culture



POINTS OF INTEREST



Gothenburg has developed a distinctive identity as Sweden's second city, shaped by its Dutch-inspired canals, wide 17th-century boulevards, and a strong maritime and industrial heritage. Visitors can explore the historic Haga district, with its cobbled streets and wooden houses now home to cafés and boutiques, or wander the grand Avenyn boulevard toward Götaplatsen, where the Museum of Art and the Poseidon fountain anchor the cultural heart of the city. Nearby, the Liseberg amusement park draws crowds for its rides and gardens, while the Feskekôrka fish market and the archipelago ferries offer a taste of the city's coastal character. The compact city centre, laced with canals and green spaces like Slottsskogen park, makes it easy to explore on foot, taking in local fika culture and the Kungssportsavenyn shops along the way.



DAY TRIPS



Visitors can head to Marstrand, a historic fortress island on the Bohuslän coast known for its sailing heritage, 17th-century Carlsten Fortress and charming wooden townscape, just under an hour away by bus and boat.

Borås, a former textile powerhouse now reinvented as a creative and cultural hub, is known for its outdoor public art scene, textile museum and lively riverside setting, making it a rewarding day trip by train.

Trollhättan and the surrounding region offer dramatic waterfalls, industrial heritage tied to hydropower and shipbuilding, and film-studio connections, appealing to those who enjoyed Gothenburg's own maritime and industrial history.

For a change of pace, the countryside around Halland, including Varberg and the Bohuslän coastline, offers rocky coastal landscapes, fishing villages and traditional red wooden houses, ideal for a relaxing day exploring by bike or car. Stockholm, Sweden's capital, is also reachable directly by train in around 3–3.5 hours, making it possible to combine a day of sightseeing with the calmer pace of Gothenburg. All of these destinations are reachable by regional or national train (SJ), making them straightforward to combine with a day trip.

Language Tips

Getting Around & at the Restaurant

Jag skulle vilja...
I would like...

Menyn, tack.
The menu, please.

Notan, tack.
The bill, please.

Det var gott!
It was delicious!

Greetings and 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!