

OIE Information & Travel Cheat Sheet

Country:

Sweden (SE)

Sex & Dating

- Swedes value monogamy and place serious emphasis on personal relationships
- Fika refers to Swedish coffee culture and is often used as a way to get to know someone
- Sexual identity and expression is not considered taboo

Alcohol & Drugs

- Legal age to buy/consume alcohol: 18
 - Most do not drink during the week
- Cannabis (marijuana) is illegal for both medical and recreational uses

LGBTQIA+ Culture

- SE considered one of the most inclusive LGBTQIA countries to travel to
- Lively LGBT community in urban areas, particularly Malmo and Stockholm
- Anti-discrimination laws since 2009 protect gender / sexuality identity and expression
- Resources
 - Rainbow SIG
 - OutRight Action International

Cultural Customs and Norms

- Population: 10.42 million
- Currency: Krona
- Official Language: Sweden
- Swedes value equality, humility, individualism
- About 65% of Swedes belong to the Lutheran Church of Sweden, but religious acceptance is core to national identity
- When attending a gathering, introduce yourself to every person with a handshake

Resources

112 General emergency number

+46 Country code

- International SOS
 - DU Membership Number: 11BSGC000067
 - Phone: 215.942.8478 / Website: [internationalsos.com](https://www.internationalsos.com)
- Student Support Program (My SSP): 24/7 Mental Health Support
- U.S. Department of State Smart Traveler Enrollment Program (STEP): travel.state.gov



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This is meant to be a helpful resource for students in selecting, understanding, and preparing for their time abroad. There is no intent to discriminate, generalize or stereotype the country or culture with the information provided here. A variety of sources, both formal and informal, were researched to gather this information.