



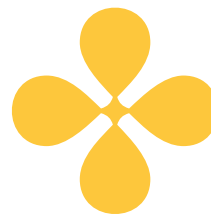
**International Education**  
UNIVERSITY OF DENVER

# SWEDEN SUSTAINABILITY GUIDE



**Congrats for choosing to study abroad in Sweden! In addition to any cultural and social considerations you may have to make before and during your time abroad, you should consider how you want your actions to affect the ecosystems and communities that you will be a part of. This guide will walk you through ways to consciously and sustainably study abroad in Sweden, including your options to shop locally, ride public transit, and give back to the communities you will be staying in.**

# LUND



## Public Transportation

### Within Lund:

Lund has two main ways to get around town via public transit:

- The tram: The tram can take you from Lund Central to Max Laboratories, and along the way stops at major student housing centers like Delphi, and other academic buildings.
- The Bus: The bus in Lund is very accessible and usually on time. Buses run through the night, and frequently in the day. One can access the whole city by bus. Major transfer centers are Botlufsplatsen, and Lund Central.



### Within Skåne and larger Sweden

- Skånetrafikens is the main transportation provider in southern Sweden. One can take these trains to major cities like Lund, Copenhagen, Malmö, Helsingborg etc. Trains are usually on time, and tickets can be purchased through the Skånetrafikens app, or in the train station.
- SJ is a national train provider in Sweden, and one can take trains from Lund Central to any other train station in Sweden. DSB is the Danish national train company, and has service to mainland Europe.



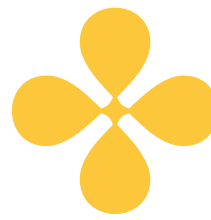
## Food Options

Saluhallen has locally sourced markets and restaurants.

Grocery stores have plenty of locally sourced products & produce. All locally sourced food products in Sweden have a logo on the packaging designated either "made in Sweden" or "Från Sverige". Typically, these products are not much more expensive than internationally sourced products (1-15 sek difference).

Mårtenstorget usually has farmers markets with local sellers and products throughout the year.





## Recycling

Lund has excellent recycling. All AF Bostäder housing will have separated recycling, as will all LU Accommodation.

Also, recycling can be found throughout campus buildings, and the city. Recycling is organized and separated, unlike Denver which has mixed recycling.



## Composting

Composting is common in Lund, and all AF Bostäder housing and LU Accommodation will have composting. Composting is found less throughout the city, but some places will have composting bins, like Lund Central, and Saluhallen.



## Volunteering

Joining a local group is a great way to simultaneously connect with the community while giving back to it. There are numerous nature/environmentally focused clubs and organizations in Lund that you can join. Check out [this link](#) for more information.

