



# RELOCATION GUIDE

Welcome to Avensia and Sweden



***avensia***  
WE SYNERGIZE E-COMMERCE





# GET GOING IN SKÅNE AND AVENSIA

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## AVENSIA HELSINGBORG

In the center of the city, just above the central station and with the ocean outside the window - here's where you find the office of Avensia in Helsingborg. Have a cup of coffee at the balcony and enjoy the view over the city and the rolling sea. Take a break and play some pinball or go to the reception and have a chat and enjoy some music.

Do you have some spare time? Take the elevator directly from the office down to the ferry. Visit our neighbor Denmark and explore Helsingør and Copenhagen, or take a stroll in the city center of Helsingborg and shop or go sightseeing to see Kärnan — the keep of the city.



*Town Hall in Helsingborg City*

## LIVING IN HELSINGBORG

Helsingborg is a vibrant city. Full of activities!

It is Sweden's eighth largest city with over 140,000 residents in the municipality.

Helsingborg offers great restaurants, good shopping, interesting museums, great cultural events, and exciting activities for adults and children

Helsingborg is close to the sea and nature, luxurious relaxation and much more. Helsingborg offers something for everyone.

## GUIDE TO HELSINGBORG

*Guide Helsingborg* is an app that will help you find your way around Helsingborg. It's a digital guide to the big attractions and things to see in the city. You can use it during your visit by downloading it and activate the gps in your phone – and the app will show you the way! You can also use it from home to plan your visit.

## SEARCH THE INTERNET

[www.visithelsingborg.com/en/](http://www.visithelsingborg.com/en/)







## LIVING IN LUND

Lund is one of the oldest cities in Sweden. Its roots can be traced back to the Uppåkra settlement from around 100BC.

For this reason, Lund is rich with history and remarkable landmarks. This small city is located in the Skåne province, the southernmost of Sweden, which was once part of Denmark before the Treaty of Roskilde was signed in 1658.

Famous as a religious centre in the past, the city is now better known as a centre of education and innovation

*Old Town houses in Lund City*



## AVENSIA LUND

Welcome to 1700 square meter of creativity, joy and teamwork. Our office is located just next to the central station in Lund and you can see all the busses and trains outside the window.

Our office is located on the 3th floor in a new build house. Just 5 minutes' walk, over the train rails, and you will be in the middle of Lund, where all the restaurants, shop, bank and all you need is located. It is a really great location where you can reach everything you need in just a few minutes.

At the office we have ping pong table where there is games all day long and also a hockey table. There is a area with sofas and tv games. We play good music in our lounge area where you can have a good chat with your colleagues.

## SEARCH THE INTERNET

<https://visitlund.se/en/>

<https://internationalcitizenhub.com/>



## A large cable-stayed bridge with multiple tall pylons and numerous stay cables, spanning a wide body of water. The bridge is viewed from a low angle, emphasizing its scale. The sky is filled with soft, grey clouds, and the water reflects the bridge's structure.

In Skåne we have a very good, clean and safe way to travel to work, family and friends. It is called Skånetrafiken and they provide trains and busstransportation all over Skåne.

You don't have to live in the city centers to have easy access to the offices. Many Avensians live in other cities outside Lund or Helsingborg, all easy to get to by train or bus.



Skåne is a province located at the most southern tip of Sweden, just a stone's throw across the water from bustling Copenhagen in Denmark. The province is well known for it's beautiful scenery, outstanding culinary experiences and high quality of life.

Skåne's slow pace of life and friendly atmosphere attracts bon-vivants from all over the world who come here to enjoy peaceful nature experiences and well-preserved cultural sights. With a small population of just 1.2 million in an area of approximately 11000 km<sup>2</sup>, Skåne is far from frantic and gives you plenty of space to enjoy the surroundings.

**HELSEINGBORG C 30-45 min**

**LANDSKRONA C 20 min**

**Dösjebro 14 min**

**KÄVLINGE C 8 min**

**Gunnesbo 4 min**

**KÖPENHAMN C 48 min**

**Årö 23 min**

**Hjärup 4 min**

**Åkarp 5 min**

**Burlöv 7 min**

**Malmö C 9-13 min**

**ESLÖV C 15 min**

**Örtofta 9 min**

**Stångby 5 min**

**Sandby 25 min**

**Dalby 23 min**

**Staffanstorps 23 min**

Map of the Helsingborg region showing travel times to various destinations. Helsingborg is the central hub. Destinations and travel times:

- Ångelholm C 24 min
- Kattarp 14 min
- Ödåkra 10 min
- Allerum 6 min
- Maria 6 min
- Helsingör C 30 min
- LUND C 30 min
- MALMÖ C 45 min
- Gantofta 9 min
- Rydebäck 10 min
- Glumslöv 13 min
- LANDSKRONA C 12-18 min
- Åstorp 9 min
- Mörrarp 13 min
- BJUV 16 min
- ÅSTORP C 24 min

<http://zonkarta.skanetrafiken.se/>

<https://visitskane.com/>





## GOOD TO KNOW ABOUT SWEDEN

**NUMBER OF INHABITANTS:** 10 230 185 (2018)

**CAPITAL CITY:** Stockholm

**HIGHEST MOUNTAIN:** Kebnekaise at 2,106 meters

**LAND AREA:** 447435 km<sup>2</sup>

**LARGEST LAKE:** Vänern - 5648 km<sup>2</sup>

**NATIONAL DAY:** June 6

**CURRENCY:** Swedish kronor (SEK)

**NATURE:** 2/3 of Sweden's area is covered by forest.

## SEARCH THE INTERNET

<https://sweden.se/>

## USEFUL LINKS TO AUTHORITIES

[www.migrationsverket.se](http://www.migrationsverket.se)  
The Swedish Migration Agency

[www.forsakringskassan.se](http://www.forsakringskassan.se)  
The Swedish Social Insurance Agency

[www.skatteverket.se](http://www.skatteverket.se)  
The Swedish Tax Agency

[www.skane.se/en](http://www.skane.se/en)  
Medical Care

**FIKA:** Fika is Swedish for a Coffee break that's more about socialising than drinking coffee. And something sweet is also welcome.

**LÖRDAGSGODIS:** Lördagsgodis, refers to the Swedish tradition of buying sweets at the week-end. This usually means pick'n'mix style, which you'll find in the supermarket on the godisvägg (wall of candy) as it's sometimes called. Pick'n'mix is called plockgodis (candy for picking), or lösgodis (loose sweets) in Swedish.





