

WELCOME TO NACKA



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WELCOME TO NACKA

In our municipality you are close to nature, water, Stockholm city centre, jobs, services and shops. There is a rich choice of clubs and associations, and all sorts of cultural and leisure activities. We have something for everyone here!

A MUNICIPALITY WITH MANY OPTIONS

Nacka has a population of almost 100,000 and we are growing all the time. Many new homes are being built and lots of people want to move here. We are pleased to welcome you and we hope you enjoy living here. Nacka offers plenty of opportunities to shape your own future, development and wellbeing. You choose what service you want, for example which school your children go to, and there are numerous meeting places for both young people and older people in each district. Our task as a municipality is to provide you with good conditions to quickly enter Swedish society. We believe that the Swedish language, education and work are key aspects of getting established.

YOUR INITIAL TIME IN NACKA

YOUR CONTACT PERSON IN THE MUNICIPALITY

As a new arrival, you may need a little support to establish yourself in the community. During your initial time in Nacka you can, for example, get help from the municipality to apply for introduction benefit from the Employment Office, pay bills and apply for school places. We'll show you where the nearest supermarket is, how rubbish collection and recycling work, where you can get healthcare and where to find the nearest bus or train station. We'll also explain how things work in Sweden, for example in terms of your rights to care and schooling.

FIRST HOUSING

If you are coming to Nacka and have chosen to have a municipal placement, you will be provided with housing for a limited time. There are different housing solutions and you may need to share your housing with others. We offer housing so that you can learn Swedish, attend courses, find a job and find your own home.

YOUR INITIAL TIME IN NACKA

You will be given a contact person from the municipality whom you can reach Monday to Friday, from 9am to 5pm.

You can always visit the contact from the municipality, Resettlement Support, at Ektorpsvägen 2, Monday to Friday, from 9am to 4pm.

For more urgent questions you can call the social services helpline on 08-718 76 40. If you have any questions about your first housing, call your housing officer at Nacka Municipality on 08-718 80 00.

If you have general questions you can always contact the reception desk at Nacka City Hall. Phone 08-718 80 00. The address is Granitvägen 15.



WORK AND EDUCATION

WORK AND MAKING A LIVING

As a new arrival in Sweden, you will receive support from the Employment Office in the first instance. They are responsible for helping you settle into society and working life as best they can. You will receive help with a plan to get into work and you will receive introduction benefit for a period of two years. If the introduction benefit is not enough, you can apply for financial assistance. Financial assistance is individually means-tested and can be granted to those who live in Nacka municipality. A welfare officer at the municipality will help you to apply for the assistance. You will also discuss your path to making your own living and what support is available along the way. The goal is for the financial assistance to be a short-term solution and for you to be self-sufficient as quickly as possible. Find out more about financial assistance at www.nacka.se/eb

GUIDANCE ON WORK AND STUDY

Our goal is for you to get a job as quickly as possible and we believe that Swedish language skills in contact with the labour market are an important step on the way. You will therefore be called to a counselling session with a careers adviser, where we will explain what we can add to the support from the Employment Office. The municipality's support focuses on enabling you to combine Swedish for immigrants (SFI) with practical language training in the workplace. This introduction to work is based on your experience and interests and the needs at the companies involved. If you are not called in for such a meeting, contact us by e-mail on vagledningAFE@nacka.se

Find out more about careers advice at www.nacka.se/karriarvagledning



SWEDISH FOR IMMIGRANTS (SFI)

Swedish for immigrants (SFI) is provided for people who lack a basic knowledge of the Swedish language. SFI will give you good Swedish skills and an awareness of Swedish society. All the teaching is free of charge and you can attend SFI classes in the day, in the evening or as distance learning – whichever option is most convenient for you. Nacka also provides the opportunity to learn Swedish in the workplace. Find out more about SFI at www.nacka.se/sfi

CIVIC ORIENTATION

As a new arrival in Sweden, you have a right to civic orientation. This is a free course in your own language that tells you how Swedish society works. The aim is to give you information on how you can quickly enter the labour market and wider society. On the course you will have plenty of chance to discuss things and ask questions. Find out more about civic orientation at www.nacka.se/so

START YOUR OWN BUSINESS

Do you want to start your own business? Perhaps you were in business in your homeland or you are interested in commerce, entrepreneurship and innovation? Then you are welcome to visit Nacka's Entrepreneur Hub! Here you can find help with getting started, meet advisers and industry contacts, take part in seminars and workshops and gain inspiration from others who have set up their own business. Find out more about the Entrepreneur Hub at www.nacka.se/entreprenorshub

Another way to learn Swedish is to visit **language cafés**.

These are places where you can meet well-established Swedes, have coffee, get help with homework and, above all, speak Swedish.



The Entrepreneur Hub is open Mondays and Thursdays from 10am to 3pm in Kunskaps-gallerian in the Sickla Köp kvarter shopping centre, Experimentgatan 7 (level 5). Find out more about the Entrepreneur Hub at www.nacka.se/entreprenorshub



There are free sports and cultural activities for young people aged 13–19. You don't need to sign up or be a member of a club to take part. Find out more at www.nacka.se/aktiviteter-unga

PLAYGROUNDS
FOOTBALL PITCHES
SKATEPARKS
ICE SKATING RINKS
BATHING SPOTS

MEET FRIENDS
PLAY GAMES PLAY MUSIC
DO SPORTS DANCE
USE THE INTERNET

MUSIC THEATRE MUSEUMS
ART

RECREATION

Are you interested in playing football, or finding a church or a language café near where you live? Recreation is important in Sweden and many people are involved in all sorts of activities when they are not in school or at work. Having a particular leisure interest gives you a chance to create a wider network and make more contacts in Swedish society. Being new to the country, recreation is a way of making new friends and quickly learning the Swedish language.

NATURE AND SPORTS

Nacka has a large number of green spaces where you can go walking, and outdoor gyms for those who want to exercise. There are also playgrounds, football pitches, skateparks, ice skating rinks and bathing spots that are open to everyone. If you want to do a sport or activity together with others as part of a club, there are plenty of choices. Ask your contact person at the municipality about what options you have. Find out more at www.nacka.se/idrott-fritid-friluftsliv

FOR YOUNG PEOPLE

Recreation centres are available to everyone aged between 12 and 18. They are places where you can relax and meet friends, play games and music, do sport, dance and use the internet. The recreation centres are open in the afternoons and sometimes into the evening.



MUSIC, THEATRE AND ART

Nacka offers a fantastic range of music, theatre, museums and art. There is a cultural centre that has meeting places for everyone. There are also various music and culture courses for those aged up to 19. If you are receiving financial assistance, you can play and sing for free. Find out more at

www.nacka.se/kultur

LIBRARIES

There are six libraries spread across different parts of Nacka. These libraries are meeting places with a wide range of information and culture. You can borrow books, music, newspapers and e-books. To take out books, you need to apply for a library card. You can also use the computers at the libraries and get help with using the municipality's digital services.

Find out more at www.nacka.se/bibliotek

NEW FRIENDS IN NACKA

Would you like to meet an established Swedish person? Socialise, speak Swedish and learn more about Sweden? Through the buddy scheme Kompis Sverige in Nacka you can easily make contact with new friends. Find out more about Kompis Sverige at www.kompissverige.se

Svenska med baby is a place that brings together children and parents from different districts – and different parts of the world. If you have a child up to the age of two and are new to Sweden, you can come along to practise your Swedish and meet people, which will make it easier to integrate into Swedish society. Find out more about Svenska med baby at www.svenskamedbaby.se



Dieselvekstadens Library

Markusplatsen 17

Orminge Library

Orminge Centrum, Saltsjö-Boo

Fisksätra Library

Fisksätra torg 20

Saltsjöbaden Library

Torggatan 1

Älta Library

Ältavägen 202

Nacka Forum Library

Värmdövägen 189



An open preschool is a meeting place for parents and their children aged 0–5. The open preschool is free and open to everyone.



LANGUAGE CAFÉ AND SWEDISH PRACTICE

There are many opportunities for you to meet established Swedes and others who are new to Nacka. Charities, congregations and various voluntary organisations offer meetings at libraries, in churches and at the Folkets Hus community centres all over Nacka. Find out more at www.nacka.se/nyisverige

CARE AND EDUCATION FOR CHILDREN AND YOUNG ADULTS

PRESCHOOL

The municipality offers preschools and registered child-minders for children aged between one and five. Preschools work on children's learning and development, and free play is combined with planned activities. Preschools are open from 6.30am to 6pm, allowing you as the parent/guardian time to study or work. Nacka has both municipal and independent preschools, some of which are parents' cooperatives. Find out more about preschools at www.nacka.se/forskola

OPEN PRESCHOOL

The municipality also offers preschool activities for those of you who are at home with your child. An open preschool is a meeting place for parents and their children aged 0–5. The



open preschool is free and open to everyone. During opening hours you can come and go whenever you want, without having to sign up in advance. The staff who work in the open preschools are qualified preschool teachers and childminders. Find out more at www.nacka.se/oppenforskola

COMPULSORY SCHOOL

The municipality provides compulsory schooling for pupils up to Year 9, which is from ages six to 16. In Sweden going to school is both a right and an obligation. This means that the pupils have a right to education at a compulsory school, but also that they have to attend lessons at the school. The school has a responsibility to give newly arrived pupils the best possible level of integration so they can make a future for themselves in Sweden. The school must also offer all individuals an education that is appropriate to them, based on their own needs and circumstances. Find out more at www.nacka.se/grundskola

UPPER SECONDARY SCHOOL

Students of upper secondary school age, 16–19, apply for a school place by contacting the preferred school directly or via the education department. Your contact person will contact the education department at the municipality to find a school that has places available. Since a pass grade in Swedish is required in order to study on a national programme (such as the Social Science Programme), the individual programme's language introduction is usually the initial focus for newly arrived students of upper secondary school age. Find out more at www.nacka.se/gymnasieskola

APPLYING FOR CHILDCARE AND SCHOOL PLACES

As a parent or guardian, you need a login for the municipality's online system, Nacka24, in order to be able to choose a preschool or school. You can obtain this from your contact person at Nacka Municipality.



The libraries in Nacka can help you with the school admissions process. You can also go to **the reception in Nacka City Hall, Granitvägen 15.**

Call **1177** for healthcare information.

If you have a medical emergency, call **112**.



HEALTHCARE

The healthcare system in Sweden is designed so that everyone can receive the care they need. You can call 1177 at any time of the day or night for medical advice and to find out which clinics you can contact for help. You can get help at the health centre for problems that are not urgent or life-threatening. If necessary, you will be referred from the health centre to specialist doctors at a hospital. If the problem is a life-threatening injury or illness, you can call 112 – you will then receive help immediately. Find out more at www.1177.se/stockholm

MIDWIFERY CLINIC

There is usually a midwifery clinic at the health centre, or attached to it, where midwives work. This is also known as a prenatal care centre (mödravårdscentral, MVC). This is where you go if you have questions about contraception and sexually transmitted infections, or when you are pregnant.

CHILD HEALTH CENTRE

The child health centre (barnavårdscentralen, BVC) is also usually attached to the health centre. The BVC is staffed by district nurses, doctors and nurses who are specially trained in dealing with children. The BVC carries out health checks on children up to the age of six; after that children are helped by the school health service.

DENTAL CARE

In Sweden you choose which dentist or dental hygienist you want to go to. Some work at a private clinic and others work in the public dental care service. Before you choose a dentist or dental hygienist, it can be a good idea to find out how much they charge and whether they are associated with the Social Insurance Agency (Försäkringskassan).

ELDERLY CARE

Elderly care is available to those aged 65 and over who need support in their everyday life or specialist accommodation. Elderly care includes home help, personal alarms, various

types of aids, accommodation and support for relatives. There are also activities for older people, for example at local social centres. Find out more at www.nacka.se/aldre

MENTAL ILLNESS

Many refugees who come to Sweden have been involved in very difficult circumstances. Everyone reacts differently. Sometimes the problems last a long time and cause great suffering and difficulties in everyday life. A person may have trouble sleeping and suffer nightmares, feel afraid, unsafe, tired, sad or angry. If you need urgent help, you can phone Capiro Psykiatri in Nacka on 08-518 019 00 or go to St Görans psychiatric emergency department at Vårdvägen 5 in Stockholm. Otherwise you can contact the Red Cross's trauma clinic for refugees and their relatives by calling 08-772 1980 or going to www.redcross.se/rkcstockholm

PUBLIC TRANSPORT

The municipality has public transport links (bus, train and ferry) that will take you to various parts of Nacka, to central Stockholm and to other municipalities. You need tickets to travel on public transport. You can buy tickets in locations such as Pressbyrån, supermarkets and SL's own ticket centres. You cannot buy tickets on the bus. You must always have a valid ticket whenever you travel by bus, train or ferry. If you have a child in a buggy, you can travel for free on SL's buses. Find out more at www.sl.se

SHOPPING

Once you have received a personal ID number, you can do a great deal as a consumer. You can, for example, take out a phone subscription, shop via the internet and sign contracts. As a consumer you have both rights and obligations that you should make sure you are familiar with. If you have any questions, you can contact the Swedish Consumer Agency (Konsumentverket) on the phone number 0771-525 525. Find out more at www.konsumentverket.se



Want to know more?
Go to
www.nacka.se/nyisverige