

Participant pack: Using the law as a tool for social change!

Conference on May 30, 2018

Welcome to Stockholm!

We are very happy to invite YOU to a very interesting week in Sweden, Stockholm. We will have a match on the law as a tool the 28th and 29th of May, a conference named “Using the law as a tool for social change” the 30th of May and a day with the “Disability Rights Defenders Network” the 31th of May. A lot of interesting speakers will come and you will be able to discuss important questions with participants from all over the world.

Here is some information about your stay in Stockholm, Sweden.

Two trains from Arlanda airport:

- **Arlanda Express – high-speed train to and from Stockholm.**

The Arlanda Express runs non stop between Stockholm and Arlanda in 20 minutes. When you are travelling from Arlanda to Stockholm, you buy your tickets at the airport's information desks or in the Arlanda Express self-service machines located next to the escalators/lifts leading down. There are escalators/lifts down to the train from all terminals. When you go from Stockholm the train departs from Stockholm's Central Station and you can buy tickets either at a staffed counter or at the self-service machines. A single ticket costs SEK 280 and with a return ticket it costs SEK 540. Arlanda Express always leaves and comes to track 1 or 2. Outside the platform you find a Taxi station.

You can find more information at:

https://www.arlandaexpress.com/priser.aspx?gclid=eaiaiqobchmiwfxt0ls02givdwuzch1pqwyneaayasacegk_wpd_bwe

- **Commuter trains to Stockholm (SL stands for Stockholm's local transport).**

SL's commuter trains to Stockholm (and Uppsala) depart from Arlanda Central Station in SkyCity. SkyCity is located between Terminals 4 and 5. The total travel time between Stockholm Arlanda and Stockholm Central Station is 38 minute and you can buy tickets at the SL sales points and at Arlanda Central Station.

Station Access Fee: Train passengers who get on and off at Arlanda Central station have to pay an access fee of 120 SEK. In order to avoid the access fee, we suggest you to buy a single journey SL ticket including passage supplement fee of SEK 151 (for adult).

SL tickets are not valid on the Arlanda Express Train.

You can find more information at: <https://sl.se/en/fares--tickets/>

Buses from Arlanda airport:

- **Flygbussarna – Airport Coaches:**

You can go from Arlanda airport to Stockholm City by bus. The journey takes 45 minutes and a single ticket cost SEK 99. The tickets are open and valid on any of the route's departures, travelling in either direction, for 3 months from the date of purchase.

You can find more information at: <https://www.flygbussarna.se/en>

Are the public transport system accessible?

Thanks to Stockholm's safe and efficient public transport system, you can quickly travel between different locations in the capital. The public transport is accessible to most people. You can find more detailed information about the accessibility at <https://sl.se/en/getting-around/> or call the Customer Service Services specialized in accessibility information at:

020 120 20 22 (open 24 hours).

To buy a ticket

It is easy to go around with the underground and the buses in Stockholm but In order to travel with the SL services you will need a ticket. There are tickets and travelcards for shorter and longer periods.

We suggest You to buy a single use card for 24 hours (SEK 125) or 72 hours (SEK 250). We suggest You to by a single card for 72 hours if You will stay in Stockholm the hole week. You are allowed to travel as much as you wish with these cards. All travel cards are also valid for travel on the Djurgården ferries between Slussen and Djurgården, as well as the commuter ferries 80, 85 and 89.

To enter you have to place your travel card on the vard reader at the automatic barriers in the underground and at the commuter train stations.

You can't buy a ticket on the buses, on most of the trams and light railway trains or onboard commuter ferries. Failure to show on demand a valid ticket will render a penalty fare of SEK 1,500.

You can find more information at: <https://sl.se/en/fares--tickets/>

Match on the law as a tool (May 28 and 29, 10 am – 4 pm):

The week will start with an extended workshop for sharing experience in using the law as a tool for social change. These days will be led by ILI's director Jamie Bolling, in cooperation with international Initiative for Disability Leadership. You can find more information at:

<http://www.iimhl.com/iidl-about-us.html>

The match will take place in ILI's Conference Room in Farsta, 20 minutes from downtown Stockholm. Take the green line (18) towards Farsta Strand and exit the train at Farsta (not Farsta Strand). The address is: Storforsplan 36, 10th floor, Farsta.

Map:

<https://www.hitta.se/kartan!~59.24146,18.09409,16z/geocode!l=59.24146:18.09409/tr!i=Lgqp5Nhv>

The conference Using the law as a tool for social change (May 30, 9 am – 5 pm).

The conference will be hold at Bolinders Café and Conference, five minutes walk from the central station. You can find the conference rooms downstairs in the building and there are two lifts to the room.

The address is: Bolinder's Plan 1, 112 24 Stockholm.

Map:

https://www.hitta.se/kartan!~59.32942,18.05231,14z/tr!i=KgJHXqvQ/search!i=LM_mHkccEa!q=Bolinders%20Kaf%C3%A9%20%26%20Konferens%2C%20Bolinders%20Plan%201%20Stockholm!t=single!st=cmp!a=59.32942:18.05231!ai=LM_mHkccEa!aic=59.32942:18.05231

Disability Rights Defenders Network (May 31, 9 am – 12 pm).

Our week ends with a discussion about how to continue the work for better living conditions for people with disability by using disability laws and rights in court. This will be the establishment of the international Disability Rights Defenders Network. This meeting is led by ILI:s founder and president Adolf Ratzka.

The match will take place in ILI's Conference Room in Farsta, 20 minutes from Stockholm. Take the green line towards Farsta Strand (18) and exit the trail at Farsta (see the map above).

Hotel:

You can find a lot of hotels and hostels in Stockholm. Here is a few alternatives.

- **BO hotel – Arrenavägen 69, 121 77 Johaneshov.**

Bo Hotel is located near to Globen, which makes it easy to go there.

Subway: Take the green line towards Hagsätra or Högdalen and exit the train at Globen. From there you follow Arenavägen 200 meters towards Tele2 Arena towards the main entrance of Tolv Stockholm.

Tram (tvärbanan): Exit the tram at the same station as the subway, Globen, and follow the instructions above.

You find a more information at: www.bohotel.se.

- **STF Hotel Zinkensdamm – Zinkens Väg 20, 117 41 Stockholm.**

Hotel Zinkensdamm is located in the centre and it is easy to go there by underground (the walk from the underground takes 5 minutes). Take the red line southward towards Fruängen or Norsborg. Get off at station Zinkensdamm. Cross Hornsgatan and follow Ringvägen straight ahead. Turn right on the Zinkens väg, after the sports field (about 200 meters), and follow the road to the end.

You can find more detailed information at: <http://www.zinkensdamm.com/en/> , or call the hotel at: 08 – 616 81 10.

Hotel Quality Winn, Rundsjöterrassen 3, 136 40 Haninge.

Hotel Quality Winn has been completely renovated and reopened last year. The hotel is trying to be the most accessible hotel in Sweden. Here you can find twelve elegant rooms that are fully configured for people with disability. The communal areas are also accessible. The reception and the bar have, for example, been built in varying height levels.

Hotel Quality Winn is located 20 minutes south from Stockholm, just one minute from the Handen Commuter train station. You can reach the hotel by taking the commuter train towards Västerhaninge or Nynäshamn and get off at Handen station. There are also buses from Gullmarsplan to Handenterminalen.

You can find more information at:

<https://www.nordicchoicehotels.com/hotels/sweden/haninge/quality-hotel-winn-haninge/>

Weather:

The spring in Sweden is normally quite pleasant. The average temperature in Stockholm in May is quite mild at 10 C (51 F) and the afternoons can be very mild with average high temperatures reaching 15 C (60 F). The weather in May is quite dry, but you can never be too sure. It is raining now and again so it is a good idea to bring an umbrella and maybe a rain jacket.

Other information about Sweden (Stockholm):

- International code for Stockholm: + 46.
- Emergency 112 (Police, fire brigade, ambulance).
- Local currency: Swedish krone.

- You can find the “Tourist Information Centre” at;

Address: Kulturhuset, Sergels torg 3 – 5, 103 27 Stockholm.

Home page: <http://www.stockholm.se/OmStockholm/Turism/Turistinformation/>

Phone: +46 (0) 8-508 28 508

E-mail: touristinfo@stockholm.se

Handy tips:

- Keep your passport or national ID on your person at all times.
- Don't forget to bring your visa/mastercard.
- Don't forget to shut down the roaming function on your phone before you leave your own country.
- Don't forget your disabled parking badge if you are driving.
- On check in at airports please request that your chair is handled very carefully, a good idea is to bubble wrap it ('take care of this, it's my legs, not a bag of garbage' – this quote came from a travel blog for disabled travelers). Some people have suggested that you go as far as the planes doors in your chair and then get it stowed away. Some people said they had brought their chairs on board with them. It's always worth requesting!
- According to your disability, bring any appropriate equipment needed to enjoy and complete your travel such as canes, rolling walkers, wheelchairs, audio phones and mobility scooters.
- Don't forget to bring some spare parts and the toolbox to carry out emergency repairs.
- Make sure you have all of your medication arranged before you leave and carry as hand luggage – you will have to put this in the plastic bags as provided at airports. You cannot carry liquids over 100 ml. Bring a list of all medication that you take in case you lose any of it. This can then be given to a doctor in case of emergency so they are aware of what you take.
- Keep a copy of the agenda and all contact details/phone numbers of your national contacts.

Contacts:

For more information, contact:

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We wish YOU a pleasant visit in Sweden and we are looking forward meeting YOU!