

TRAVEL BOOKLET



GÖTEBORG 2026

22nd National Session of EYP Sweden

EUROPEAN YOUTH PARLIAMENT
SVERIGE SWEDEN



Co-funded by
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TABLE OF CONTENTS

- 3** | ***GENERAL INFO***
- 4** | ***HOW TO GET HERE***
- 5** | ***TIPS AND TRICKS***

MAIN INFO

HOW TO REACH GÖTEBORG

PLANE

If you want to reach Göteborg by plane, you have three main options.

You can fly directly to Göteborg Landvetter Airport (GOT), and get a ticket from Flygbussarna to go into the city. A roundtrip will cost you 169 SEK, or around €16. Flights to Göteborg Landvetter tend to be quite expensive, and flying to another airport might save you money.

You can opt to fly to either Copenhagen Airport (CPH) or Oslo Airport (OSL) and take a bus or train to Göteborg. The bus tends to be the cheaper option, with both FlixBus and Vy Buss offering direct services. A round trip will cost you between €40 and €50.

TRAIN

Göteborgs main station is "Göteborgs Centralstation", also known as "Göteborg C", which offers both national and international connections. Train tickets to Göteborg can be booked via [sj.se](https://www.sj.se), or if you are travelling from or through Germany, via [bahn.de](https://www.bahn.de).

Be mindful that the student discount on both local transport and trains booked on [sj.se](https://www.sj.se) is only valid in combination with a Swedish or ISIC student card.

BUS

Taking a bus might not be as fast as a train or a plane, but it's often cheaper and still an eco-friendly way to travel! The two main companies offering international routes are FlixBus (throughout Europe) and Vy Buss (Scandinavia).

If you are travelling from mainland Europe, you might need to transfer in Copenhagen and you can use this as the perfect excuse to explore the city do some sightseeing!

TIPS & TRICKS

“Inget dåligt väder, endast dåliga kläder” (“No bad weather, simply bad clothes”)

Sweden is notorious for cold weather. During the session, the temperature will likely be on the colder side and **rain is almost a given in Göteborg**. That's why it's crucial to pack accordingly!

Most importantly, however, you must prepare and pack according to your needs. If you freeze quickly or simply do not like the cold, dress like a Swede and **pack layers!**

Public transport

While Sweden is known for its efficient and mostly reliable public transport, the system can be confusing. One simple tip to follow: everything can be found in an app!

While travelling in Göteborg the app “**Västtrafik To Go**” will allow you to search and plan journeys, as well as purchase tickets via a payment card with MasterCard or Visa.

If there is any confusion during your travels, do not hesitate to ask a member of staff or the public, as they'll probably be more than happy to help out!

Cash or card?

While using a foreign card may incur additional costs, such as exchange fees, cash is not commonly used in Sweden. Many businesses, including restaurants, cafés and shops, **often do not accept cash.**

Large stores and major supermarkets are more likely to take cash, **but cashless payments are the norm in Sweden.**

Packing

When packing for the session, remember to pack for you! Besides the essentials to challenge the Swedish weather—a **raincoat, warm layers, and comfy shoes**—, make sure to bring anything that will make your session more comfortable and fun. This could be your favourite travel pillow, snacks from home, or a fun game to play with friends.

Also, don't forget your **chargers or adapters**, and make sure to **bring a water bottle!** Swedish tap water is among the best in the world, helping you stay hydrated!



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