WELCOME TO ÖSTERSUND!
MORE TIME FOR LIVING

In Östersund you’ll discover that everything is close by. And that frees up more of your time. Time for your own interests, for family and friends. You can cycle or walk, and in just a few minutes you’re at school, pre-school, work – or out in nature.

Outdoor activity is a big part of daily life here, all year round. So if you value real seasons, with crisp white winters, you won’t be disappointed. The Winter City more than lives up to its name – it’s the icing on the cake for everyone who loves the snow. Young as well as old. Culture and interest associations are also extremely popular here too. And you may well be surprised by the unusually rich array of shops, restaurants and entertainment compared to the size of the city’s population. There’s a little bit of everything, you could say. We hope you’ll enjoy it.

In this brochure we aim to give you an idea of what the city has to offer, provide useful tips and inform you of where you can go to find out more.
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A turn of the century building or a new-build, an apartment or a house? Choosing a home is a very personal matter. There are many options here; live in the city centre with a mountain and lake view, or perhaps the opposite, a rural location with a city and water view. You can rent, buy or even build your own dream home.

A number of exciting residential areas are emerging in Östersund, including Stadsdel Norr and Störsjö Strand. There are also several towns in the surrounding area offering an authentic rural life. What do you dream of?
RENT. If you want to rent an apartment there are a number of property owners who manage their own apartment rentals, as well as the council-owned housing company Östersundshem. You can also find places to rent advertised in local newspapers and on websites such as blocket.se, kvalster.se, bovision.se and bostadskompassen.se. The local council provides a housing guarantee for students of Mid Sweden University.

BUY. If you’re thinking of buying a place to live, both houses and co-operative apartments are available centrally or in the child-friendly suburbs. Just outside the city, you can find houses and farm properties in rural surroundings. Go online to hemnet.se, bovision.se, lrfkonsult.se, fastighetsbyran.se, svenskfast.se, storsjomaklarna.se, lansfast.se, skandiamaklarna.se or maklarhuset.se to find homes for sale.

BUILD. If you are considering building a new home, you can contact the local council or go online to www.ostersund.se/smahustomter to find out which plots of land are for sale. You’ll also get tips on which areas are being developed currently. If you are considering more rural living, you can also contact the relevant village association, which often works to attract new residents and can be proactive in making plots of land available.

RENT A PROPERTY?
Here’s a list of the property owners.

- Rikshem
  Tel. +46 (0)107 099200.
- Attacus Fastigheter AB
  Tel. +46 (0)63 556700
- Wikstrands Fastighetsförvaltning
  Tel. +46 (0)63 183218
- HSB
  Tel. +46 (0)60 138200
- Norells Fastighetsförvaltning
  Tel. +46 (0)620 12345
- Riksbyggen
  Tel. +46 (0)771 860860
- Rydells Fastighetsförvaltning
  Tel. +46 (0)63 103360
- Storsjö Förvaltning AB
  Tel. +46 (0)63 571490
- Storsjöhus AB
  Tel. +46 (0)63 141430
- Östersundshem AB
  Tel. +46 (0)63 140400
- Diös
  Tel. +46 (0)770 332200
- Jämtportens Fastighetsbolag
  Tel. +46 (0)63 132215
- Östersunds Godtemplares Byggnadsaktiebolag
  Tel. +46 (0)703 345977
- Live in the countryside?
  Contact the village association, the entire list is available at www.ostersund.se /hitta-byalag
- Housing guarantee for students
  Find out more at www.ostersund.se, miun.se and ostersundshem.se
FIND YOUR FUTURE JOB
Are you looking for a new job? There’s a broad and varied job market here with around 4500 companies, many of which are looking for people with new skills. Maybe you have what they need.

**MANY INDUSTRIES.** There’s a broad spectrum of small and medium-sized companies in Östersund covering everything from the manufacturing industry to knowledge, services and tourism companies. The experience and outdoor industry is an important engine in the region’s business community, with access to research and innovation via Mid Sweden University and others.

**INCREASED RECRUITMENT.** There’s a wide range of professions within the public sector. For example, the local council employs approximately 5000 people across 400 different professional groups, including teachers, architects, engineers, financial professionals, nurses, after-school teachers and lawyers. A large number of retirements are expected within the local council. That means a lot of people will need to be recruited in the coming five years, in particular within healthcare, welfare, schools and pre-schools. The IT sector also has an increased need for skills.

**SOME OF THE COMPANIES IN THE AREA**
- H1 Communication
- Saab
- GoExcellent Sweden
- Recall Sweden
- Jonsson & Paulsson Industri
- Deloitte
- CGI
- Cybercom
- Combitech
- Opus Capita
- Niwentec
- Wipro
- Woolpower
- Attacus
- Jämtkraft
- Diös

**YOU CAN FIND JOB VACANCIES AT:**
- Östersund local council: ostersund.se/ledigajobb
- The employment office: arbetsformedlingen.se
- Manpower: manpower.se
- Kornboden: kornboden.se
- Careerjet: careerjet.se
SCHOOLS FOR ALL AGES
As a newcomer to this area we want to make it simple for you to find the right childcare and schools. Whether your children are young or older it’s important for you to quickly and efficiently receive information about the various options available. Mid Sweden University is also located in Östersund for those wanting to continue into higher education.

**CHILD CARE.** Many questions can arise when it’s time to make childcare choices. Get in contact with us and we’ll guide you in the right direction. In brief, there are pre-schools for children from 1 – 5 years old, also 24-hour pre-schools, and family day-care centres. Additionally, there are “open” pre-schools. When your child starts school, afterschool centres are available until 31 July of the year the child turns 10 years old. Thereafter, after-school clubs are available for children between 10 – 12 years old, and they are open from the end of the school day until 5pm.

**SCHOOL AND UPPER SECONDARY EDUCATION.** There are both state and independent schools in the area. Get in contact with us and we’ll help you find the right school for your child. The simplest way to switch schools is to inform the old school where you plan to move. They can then send your child’s school history to the new local council.

**UPPER SECONDARY SCHOOLS**

The state-run upper secondary schools are part of Jämtlands Gymnasium (high school), www.jgy.se.

Private alternatives are also available
Storsjögymnasiet, www.storsjogymnasiet.se
Sjöllins Gymnasium, www.sjolinsgymnasium.se
Östersunds Gymnasieskola, www.ostersundsgymnasieskola.se

**PRIVATE SCHOOL OPTIONS**

If you would like to find out more about alternatives to state-run pre-schools and primary schools go online to www.ostersund.se/barnutbildning.
A CREATIVE BUSINESS COMMUNITY
Are you interested in running your own business? Östersund has thousands of years of history as a trading centre. This history has left its mark. Today we have a long tradition of business and a creative business community. This is most evident in the strong entrepreneurial spirit and belief in the future, and many companies are started up and grow.

**COMPANY SUPPORT SERVICE.** For business owners, newly started or established, it’s sometimes difficult to know whom one can ask regarding different matters. Our Company Support service helps you find your way locally and functions as a coordinator of all the parties involved in your issue. You can also get advice and coaching for your business ideas and development plans. Find out more at www.ostersund.se/foretagslots.

**START YOUR OWN BUSINESS.** If you are considering starting your own business, or have already done so, you can contact NyföretagarCentrum (New Business Centre) Jämtland. Experienced advisors, themselves business owners, are available there to help you with your business vision, budget questions, marketing and other matters you might need to know about. Find out how it works at www.nyforetagar-centrum.se/jamtland.

**STRONG SECTORS**
- Remote service centres
- Energy technology
- IT
- Trade
- Vehicle technology
- Small-scale food production

**VIABLE IDEAS**
You can approach ALMI Företagspartner MITT for help regarding export matters or to develop your innovations. You can receive advice, loans and venture capital for all phases of your business. Find out more at www.almi.se/mitt.

**USEFUL TIPS**
On the website of the Swedish Companies Registration Office, www.verksamt.se, you’ll find useful information about company structures, you can register a company, and access practical checklists on what you need to do to start a business.
A RICH LEISURE TIME

Nature is an obvious feature of Östersund, with its shimmering waters and host of outdoor recreation areas. Views of the mountains and fresh air are everyday luxuries. You’ll find many hidden gems here, as well as fantastic facilities for both indoor and outdoor activities.
THE WINTER CITY. Not many cities can offer downhill skiing right in the city centre. You can go alpine skiing at both Gustavsbergsbacken and Ladängen on Frösön. Right next to the slopes you’ll find Europe’s largest ski playground, which has entertained and inspired generations of school children. The cross-country ski stadium, within walking distance of the city centre, offers everything from competition and floodlit tracks to exercise tracks and dog-permitted tracks. This is one of the country’s largest ski areas with almost 90 km of tracks. During the early spring, you can enjoy the sunny days and fun activities at Vinterparken (Winter Park) down in the harbour. It’s a natural meeting place with a playground for children, fireplaces to grill sausages and a café. There’s also Östersund Arena with an ice-skating, ice hockey and bandy rink, and a top-of-the-line modern gymnastics hall.

WONDERFUL SUMMERS. It’s easy to be a tourist in your own city here. Lake Storsjön offers bathing, fishing and all kinds of water sports. Boating life is very active with two small-boat harbours, one near Badhus Park and the other over on the Frösön side of the lake. If you want to swim indoors, there are two swimming centres to choose from, with Storsjöbadet being the largest with adventure pools, water slides and outdoor pools.

DAY TRIPS. It’s simple to get out for fun day trips nearby when distances are short. There are plenty of good cycle paths so you can go for shorter and longer trips in the beautiful natural surroundings. Cycling is generally very popular in the city, both for exercise and competing.

TIPS FOR DAY TRIPS
Fine weather and time for an excursion? You’ll find a number of nature reserves in Östersund that are simple to reach, either by foot, bike or bus. Andersön island is perhaps the best known, with lovely beaches, walking trails and ancient ruins. You can get here by bike, car or boat. Other fabulous places for a day out are the culture and nature trails on Frösön island, Peterson-Bergers summer pastures and Ändsjön lake, popular for birds. The lovely Lövberga Park also has walking paths, a play area and a café.

To find your way around and for more day trip tips, collect a cycle map from the tourist office or the reception of the city hall. Also go online to www.ostersund.se/cykling for more information.

SPORTY
Are you more into sport? Then you can choose between many sports and leisure centres in Östersund. You can find out what they are and where to find them at www.ostersund.se/fritidsanlagningar.

INTEREST ASSOCIATIONS
Take a look in the register of local associations to find something that matches your interests, www.ostersund.se/kulturfritid.
Also check out visitostersund.se for tips on events, sports and culture.
Östersund has an unexpectedly wide range of culture, entertainment, sports and interest associations. There’s a long tradition of hosting everything from large music festivals and international sports events to lunch concerts and amateur theatre. The tradition comes from the drive and resourcefulness of people with great commitment. You’re most welcome get involved. What are you interested in?
CULTURE AND ENTERTAINMENT. There are many restaurants, pubs and nightspots in Östersund. More than you might think. You can find authentic ambiances and locally produced food made with craftsmanship, for example. There are also plenty of art galleries. You can keep your eye on theatre events at Storsjötatern theatre or Länskulturen and others. Year round, the Tingshuset association produces many music, cultural, dance, film and lecture events, predominantly for youngsters. You can get tips on current events and entertainment at the tourist office.

EVENTS. Every year a range of large events are held, including Storsjöyran, the biggest city festival in Sweden, which offers its own range of music, food and cultural experiences. In the autumn it’s time for the annual Blues festival which lights up the dark October nights with many Swedish and international artists. Find out more on everything that goes on at www.visitostersund.se.

SPORTS. Östersund has hosted many large competitions and World Championships in different sports. Every year the World Cup Biathlon Premiere is held here, when you can watch the world’s elite compete at the stadium. Another large sports event is the international football tournament Storsjöcupen, an event for youngsters held at the beginning of July, with approximately 400 competing teams. Guests from all over the world fill the city for the week. There are many large spectator sports, including football, with Östersund’s Football Club (ÖFK) in Sweden’s top division. You can also follow Jämtland Basket in the Basketball league, Östersund Ice Hockey (ÖIK) in division 1, visit Östersundstravet (horse-trotting stadium) watch dressage and horse-jumping competitions, American football, scooter racing and motocross. And much, much more.

WHAT’S ON?
- Event calendar: www.visitostersund.se/evenemang
- OSD-kongress/event/nöje: www.osd.nu

A SELECTION OF CULTURE LINKS
- Storsjötatern (theatre), www.osd.nu
- Länskulturen (Regional culture), www.lanskulturen.se
- Östersunds teaterförening (Östersund theatre association), www.riksteatern.se/ostersund
- Gamla Tingshuset, www.tingshuset.net
- FilmPool Jämtland, www.filmpooljamtland.se
- Länsbiblioteket (library), www.jlb.ostersund.se
- Gaaltije samiskt kulturcentrum (Sami cultural centre), www.gaaltije.se
- Jamtli, www.jamtli.com
- Härke konstcentrum, www.harkekonstcentrum.se

SUMMER DESIGN
Sommardesignkontoret (Summer design office) consists of a group of students from different courses that work on design assignments from companies during the summer. The results are displayed in an exciting final exhibition. Find out more at sommardesignkontoretosd.wordpress.com.
CLOSE TO EVERYTHING – INCLUDING STOCKHOLM

It's easy to get around in the area. As a newcomer to the city, it can be good for you to know the best way to get around, as well as how to get to and from Östersund.
**TRAIN AND PLANE.** SJ and Norrtåg run the train lines to and from Östersund. Here are a couple of examples of journey times: Sundsvall approx. 1.5 hours, Trondheim 4 hours, Stockholm 5.5 hours and Umeå 6.5 hours. If you choose to fly, you can travel from Åre Östersund Airport on Frösön to Arlanda, Bromma or Umeå within an hour. There are also direct flights to certain charter destinations.

**LOCAL BUSSES.** Länstrafiken i Jämtland is responsible for public transport across the wider region, while the city public transport and the airport bus (flygbussen) is operated by Stadsbussarna. Bus transport outside the city, for example to Brunflo, Lit, Håggenås, Orrviken, Hara, Tandsbyn and Fäker, as well as other places in the county, is operated by several different bus companies. You can get current timetables directly in your mobile phone. Find out how it works and what it costs at www.lanstrafiken-z.se.

**CARPOOLING** If you don’t need to use a car daily, Bilpoolen (the carpool) might be a good option. At www.bilpool.org you can find how owning a car with other people works.

**CYCLING.** Cycling is a simple, environmentally friendly and healthy way to get around. There’s a well-developed network of almost 90 km of bike lanes in Östersund. Collect a cycle map at the tourist office or in the reception of the city hall to find the best routes for you.

**TRANSPORT FACTS**
- Stadsbussarna AB  
  +46 (0)771 100110,  
  www.stadsbussarna.se
- Länstrafiken  
  +46 (0)771 100110,  
  www.lanstrafiken-z.se
- Ybuss  
  +46 (0)771 334444,  
  www.ybuss.se
- Norrtåg  
  +46 (0)10 1300100,  
  www.norrtag.se
- SJ  
  +46 (0)771-757575,  
  www.sj.se
- Åre Östersund Airport  
  +46 (0)10 1095600,  
  www.swedavia.se
- SAS  
  +46 (0)660 234044,  
  www.sas.se
- BRA flyg  
  +46 (0)40 6602900,  
  www.flygbra.se
- Taxi Östersund  
  +46 (0)63 199000
- Taxi Häggenås  
  +46 (0)642 20065
- Taxi Söder  
  +46 (0)63 100080
WELCOME HOME

Are you considering moving to Östersund, or have you just moved here? Then you can get help from us at Newcomer Services. We have the latest information on everything from the job market to small house plots to make it as simple as possible for you to make the right choices. To come home.
NEWCOMER SERVICES. Moving to a new place can raise so many questions. The most important ones usually concern work and housing. At Newcomer Services we’re here to help and guide you right into life in Östersund. So don’t hesitate to get in contact with questions about jobs, housing, schools or leisure activities. We can tell you about everything that’s currently going on in the city, for example which companies are looking for new skills, where you can find housing, which plots of land are for sale, where the nearest pre-school is located, or when the ski-slopes usually open. Whatever your questions, we’re here. You can reach us at inflyttarlots@ostersund.se and find out more at www.ostersund.se/flyttahit.

ARE YOU CURIOUS about Östersund and want to keep up-to-date about what’s happening here? Read our newsletter that is sent out once a month. You’ll find it at www.ostersund.se/boleva/flyttahit/nyhetsbrev.

EVERYDAY INSPIRATION. A lot of things have to fall into place when you move to a new place. So having access to a bit of practical information about the everyday matters can help simplify things. This brochure provides some information, and at ostersund.se/boleva you’ll find more information and inspiration for your home, daily life and leisure time.

SIMPLIFY LIFE. Living in Östersund can make life simpler in many ways. Most things are close by, schools, pre-schools, work, leisure activities and nature experiences, and maybe even friends and family for those of you originally from Östersund. On the Newcomers website of the local council, you can read more about what the city has to offer and how it might be to live here.

HEALTHCARE
There are four medical centres in the city: Z-gränd, Frösön, Lugnvik and Odensala as well as a healthcare centre in Torvalla. There are also medical centres in Lit and Brunflo. The national dental service (Folktandvården) has clinics on Frösön, at Campus and in Brunflo. Specialist dental services are available at Östersund hospital, located in the city centre. You can find out more about Jämtland region’s health authority at www.jll.se.

PHARMACIES
www.apoteksinfo.nu/ort/östersund

CAR PARKING
It’s good to know that when you park in the Östersund area on the road, or in public spaces, parking is permitted for up to 24 hours if not otherwise indicated. You should also remember that “dated parking” is in force from 1 Oct – 31 May. If you drive an environmentally friendly car you can apply for free parking, find out how it works at www.ostersund.se.

FILL UP WITH BIOGAS
You’ll find a biogas station in Göviken – in Östersund there are almost 300 biogas vehicles.

WASTE MANAGEMENT
There are many recycling stations located around the area. You’ll find the entire list at www.ostersund.se/sopor. You can see the opening times for the recycling stations in Odenskog, Brunflo and Lit.
Östersund – in the centre of Sweden