



ÖSTERSUND



**WELCOME TO
ÖSTERSUND!**



A PULSING MOUNTAIN CITY

Imagine living in a city nestled in the mountains. The people of Östersund are doing just that. Together we create a growing, open-minded city with an inclusive vibe and exciting visions. Here you will find good career opportunities, a creative business landscape and attractive residential areas.

The lively inner-city has a surprisingly wide selection of restaurants, shops and other activities. Mid Sweden University is centrally located and adds a sprawling campus and international innovation and research.

But this is also a place where the soft values in life are valued and leisure time important. Lake Storsjön and the mountains are always close by, with everything they have to offer. Simply put, an exciting, pleasant everyday life. Come and share it with us.

Because this is a city and a place of growth, to which more and more people decide to move, work, start businesses and live the life they have longed for.







From early 1900s to newly developed properties, flats or houses. Choosing a home is a highly personal choice. Here you will find many options; living in the city with a lakeside or mountain view, or perhaps the opposite; a rural place where you can see both the city and the water. You can rent, purchase or build the house of your dreams.



FIND HOUSING

Property construction is booming in Östersund, with many exciting residential areas taking shape, including those at Stadesdel Norr, Storsjö Strand and Mosebacken on Frösön. The municipality is also home to smaller towns and villages for those looking for authentic countryside living. What are you looking for?

Visit levaiostersund.se/boende to find multiple paths to finding a home.

Read more about the residential areas in Östersund at ostersund.se/kommun-och-politik/kommunfakta/stadsdelar-i-ostersund.html

RENTING. If you are looking to rent a flat, there are a number of property owners who administer their apartments in-house, including the municipal housing company Östersundshem. You can also find available flats in the local papers, or websites such as www.blocket.se, www.kvalster.se, www.bovision.se, www.bostadshub.se and www.hyrbostad.se. The municipality guarantees housing for students at Mid Sweden University.

PURCHASING. If you are looking to purchase your home, there are houses and tenant-owner flats located in both the city centre or the child-friendly surrounding areas. Outside the city, you can also find houses and agricultural properties in a pastoral environment. You will find homes for sale on websites such as www.hemnet.se, www.bovision.se, www.bjurfors.se, www.ludvig.se, www.fastighetsbyran.se, www.svenskfast.se, www.storsjomaklarna.se, www.lansfast.se, www.bostada.se, www.ambitionfast.se or www.maklarhuset.se.

BUILDING. If you are considering building your own home, contact the municipality or visit www.ostersund.se/smahustomter for more information regarding which plots of land are for sale. Here you can also find tips about areas currently being developed.

RENTAL HOUSING

These are the property owners.

Alcum AB
alcum.se

Diös
Tel. +46 (0)770-33 22 00
www.dios.se

HSB
Tel. +46 (0)10-303 23 00
www.hsb.se/sodra-norrland

Holmströmgruppen
Tel. +46 (0)8-660 94 00
holmstromgruppen.se

Nischer Properties
Tel. +46 (0)76-635 14 25
www.nischer.se/projekt/gimle-ostersund/

Riksbyggen
Tel. +46 (0)771-860 860
www.riksbyggen.se

Rikshem
Tel. +46 (0)10-709 92 00
www.rikshem.se

Rydells Fastighetsförvaltning
Tel. +46 (0)63-10 33 60
www.rydellsfastigheter.se

Storsjöhus AB
Tel. +46 (0)63-14 14 30
www.storsjohusfastigheter.se

Wikstrands Fastighetsförvaltning
Tel. +46 (0)63-18 32 18

Östersundshem AB
Tel. +46 (0)63-14 04 00
www.ostersundshem.se

LIVE ON THE COUNTRYSIDE

For more information, visit
www.levaiostersund.se

HOUSING GUARANTEE FOR STUDENTS

For more information, visit
www.ostersund.se/student,
www.miun.se and
www.ostersundshem.se

**HERE YOU WILL FIND
FREE JOBS**

www.levaiostersund.se/jobb

www.ostersund.se/ledigajobb

www.arbetsformedlingen.se

www.manpower.se

www.onepartnergroup.se

www.careerjet.se

www.professionalsnord.se

www.studentconsulting.com/sv

www.jeffersonwells.se



Östersund is a city to grow in. To influence. And to develop alongside. Here you will find growth and a belief in the future. The labour market is strong and is full of career opportunities in many different industries. So if you are looking for a new career path, chances are excellent that you will find it here. Östersund is home to around 5,500 businesses, many of them looking for new skilled workers. Maybe they are looking for you.

CREATIVE BUSINESS SECTOR & JOBS OF THE FUTURE

Östersund has a long-standing tradition of creative business life and a strong entrepreneurial spirit, where many businesses are started and collaborate. With an exploring openness, where tradition marches side by side with diversity and the power of innovation.

MANY BUSINESS SECTORS. Östersund has a wide spectrum of small and medium sized businesses in multiple sectors, from manufacturing to companies specialising in knowledge, services and tourism. The experience and outdoor industry is an important driving force in the regional industry and commerce, with research and innovation close by through institutions such as Mid Sweden University. The IT sector is on the rise and is in great need of recruiting new skilled workers. This also applies to care institutions, schools, preschools, teaching and engineering professions, transport and finance. There is a diverse range of professions both in the public and private sector. For example, the municipality has around 5,000 employees from 400 different professions.

CO-WORKING WITH FLEXIBLE WORKPLACES Co-working is a work method of the future and has been gaining a lot of ground. In Östersund, there are several actors who offer flexible workplaces in creative environments. Here you will have the opportunity to collaborate and develop your business, while also providing you with new networks and access to facilities such as conference rooms.

For more information, visit levaiostersund.se/coworking-2

PEAK REGION

Peak Region coaches and guides businesses with innovations from an idea to a market product, coordinates expertise, contacts and capital. For more information, visit www.peakregionsciencepark.se

FÖRETAGSLOTSEN

Företagslotsen provides assistance to those who already have or are looking to establish a business by guiding them in their contact with the municipality.

They serve as coordinators for all the actors involved in your case. Here you can also receive advice regarding business ideas and development plans. For more information, visit

www.ostersund.se/foretaglots

START YOUR OWN BUSINESS

If you have or intend to start your own business, contact NyföretagarCentrum. Here you will find experienced advisers who are also business owners and who can assist you with your business concept, budget, marketing and other useful information. For more information, visit www.nyforetagarcentrum.se/jamtland

VIA BLE IDEAS

If you need assistance with matters concerning export or developing innovations, contact ALMI Företagspartner Mitt. They offer guidance, loans and venture capital in all business phases. For more information, visit

www.almi.se/mitt





EDUCATION THAT LASTS A LIFETIME

We want to make it easy for those who recently moved here to find what they need in terms of childcare and schools. No matter how old your children are, it is important that you have quick and easy access to information about the available alternatives. Östersund is also the home of Mid Sweden University, the university in Sweden closest to a mountain range.

CHILDCARE. When it comes to choosing childcare, there may be many questions. Contact us and let us provide guidance. In short, the municipality offers preschool places for children ages 1–5, including 24 hour preschool care, family day-care homes and open preschools. Once the child starts school, they are also offered a place at an after-school centre until 31 July of the year the child turns 10. Additionally, there are also leisure clubs for children ages 10–12 that are open from the end of the school day until 17:00. You can apply for childcare and schools using the municipality's e-services; eservice.ostersund.se/oversikt/overview/123

SCHOOL AND UPPER-SECONDARY SCHOOL. The municipality houses both municipal and privately owned schools. Contact us and we will provide assistance in finding the right school for your child. The easiest way to change schools is to notify the old school of where you are intending to move. The child's "school history" will then be sent to the new municipality. For more information, visit www.ostersund.se/barn-och-utbildning

THE UNIVERSITY. If you decide to study at Mid Sweden University, you can look forward to an exciting and stimulating student life. Here you will find a wide selection of courses and programmes, with close ties to working life and an active collaboration with the community. This keeps both the research and education closely linked to the community and the region. For more information, visit www.miun.se

PRIVATE ALTERNATIVES

For information on alternatives to municipal preschool and compulsory school, visit:

www.ostersund.se/grundskolor

UPPER-SECONDARY SCHOOLS

The municipal upper-secondary schools are part of Jämtlands Gymnasium, www.jgy.se

There are also private alternatives: Storsjögymnasiet,

www.storsjogymnasiet.se
Östersunds Gymnasieskola,
ostgy.se

STUDY AS AN ADULT

If you are an adult looking to start studying, there are many options available. Visit www.larcentrum.se/ostersund for more information about Mid Sweden University, upper-secondary courses, native language courses, vocational specialisations and Särvux.

You can choose between studies via Lärcentrum at the various universities, regardless of where in the municipality you live.

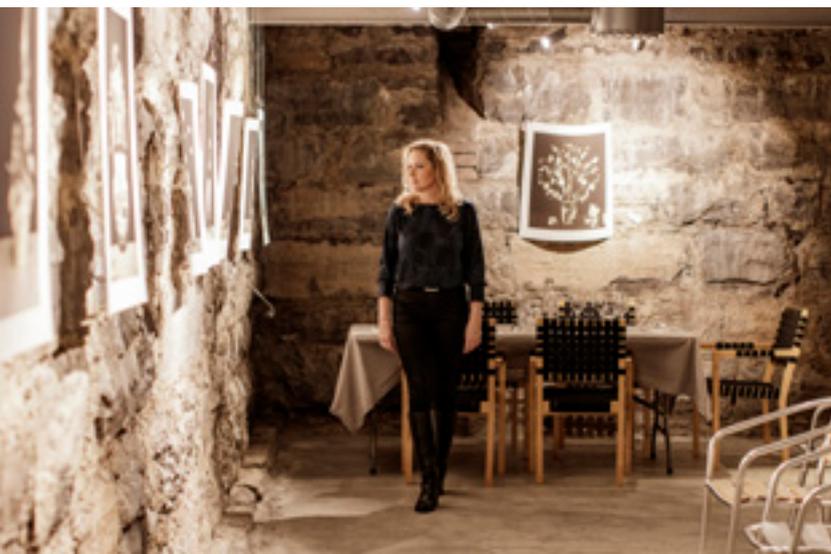
CHECK THE MAP

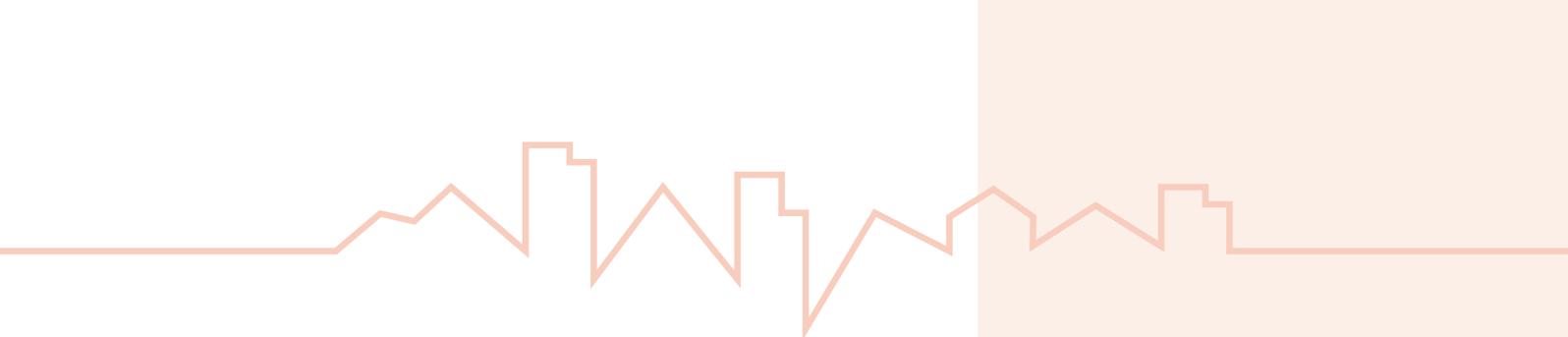
By looking at the service map, available at www.ostersund.se/flyttahit, you can see where the schools are located and which is closest to your home.



**ÖSTER
SUND** 







VALUABLE LEISURE TIME

Nature is a given part of Östersund, with its glittering waters and numerous open-air recreation areas. The view of the mountains and the fresh air are both everyday luxuries. There are also well-kept facilities for both outdoor and indoor activities.

WHITE WINTERS. Not every city can offer downhill skiing in the middle of town. Or close to nine miles of skiing trails. In late winter and early spring, you can enjoy sunny days and activities in Vinterparken, including a long-distance skate track on the Storsjön ice.

PLEASANT SUMMERS. Summer sees Badhusparken and Surfbukten become the starting points for everything from swimming and fishing to boat rides and different forms of water transports. Storsjön has a very active boating life with two marinas, one on each side of the strait. If you want to swim indoor, there are several indoor swimming baths to choose from, with Storsjöbadet being the largest with a water park, water slides and outdoor pools.

ACTIVE ASSOCIATIONS. What are your interests? Art, hunting, sports, music, fly-fishing, dancing or perhaps scuba diving? Here you will find plenty of associations and clubs with fun and interesting activities. You can find our association register at www.ostersund.se/kulturfritid. You can also find upcoming events at www.visitostersund.se.

OUTDOOR DESTINATION TIPS

You can visit a number of nature reserves in and around Östersund. They are easy to reach, either by foot or by bicycle, car, or bus. The most well-known of these is probably Andersön, with its beautiful beaches, hiking trails and ancient remains.

Other excellent outing destinations include the culture and nature trails on Frösön, Peterson-Bergers and Sommahagen, and the Tysjöarna nature reserve. Lövbergaparken is also an excellent spot with walking paths, play areas and a café.

You will find more outing destinations at www.ostersund.se/cykling and www.levaiostersund.se

SPORTS

More of a sports person? Then you will find there are plenty of sports and leisure facilities to choose from. Find out which ones and where they can be found by visiting www.ostersund.se/fritidsanlaggningar



Östersund has a surprisingly wide range of culture, entertainment, sports and associations. There is a long-standing tradition of arranging everything from large food and music festivals to international sporting events. And there also a strong sense that we create and develop this city together. So we want to welcome you to be a part of this.



PEOPLE AND FESTIVITIES

If you value taste experiences, locally produced food craft with consideration taken to animals and the environment, then you are in for a treat. In 2010, Östersund and Region Jämtland Härjedalen were awarded the title of Creative City of Gastronomy by UNESCO. Here you will find many culinary creators in one place, and you will be able to choose among cosy patio dining areas, the market hall, or award winning restaurants.

If you are looking for other forms of culture, there is of course also many different art galleries, museums and theatres. Tingshuset hosts a variety of shows involving music, theatre, culture, dancing, movies and lectures, primarily aimed at young people. Here you will also find a branch of Nationalmuseum at Jamtli. There is also the south Sami culture centre, Gaaltije, a unique arena for Sami art, culture, and knowledge with recurring art exhibits, musical events, lectures and festivals.

FESTIVALS AND EVENTS. Östersund is an established organiser when it comes to major events. The Storsjöyran festival is the oldest city festival in the country and offers music, food and cultural experiences that truly are one of a kind.

The city has also hosted a number of different world championship events, as well as international competitions in Paralympics, cross-country skiing and biathlon, including WC opening rounds where the best athletes in the world duke it out at the Swedish National Stadium.

Another event is Storsjöcupen, a recurring international football tournament for young people at the start of July, with 500 teams from around the world. You can also follow many popular sports in person: football, basketball, ice hockey, harness racing, dressage and show jumping, snowmobile racing and motocross, to name a few.

THE PATIOS

The city's old patios has been rein-
vigorated with restaurants, cafés,
shops and galleries.

www.hamngatan12.se

www.jazzkoket.se

www.norra-station.nu

WHAT IS COMING UP?

Event calendar:

www.visitostersund.se/evenemang

Folkets hus

www.fhosd.se/evenemang

A SELECTION OF CULTURE-RELATED LINKS

Storsjöteatern

www.storsjoteatern.se

Länskulturen

www.regionjh.se/kultur

Riksteatern Jämtland Härjedalen

www.riksteatern.se/jamtland-harjedalen

Gamla Tingshuset

www.ostersund.se/tingshuset

FilmPool Jämtland

www.filmpooljamtland.se

Östersunds library

www.ostersundsbibliotek.se

Gaaltije samiskt kulturcentrum

www.gaaltije.se

Jamtli

www.jamtli.com

Härke konstcentrum,

www.harkekonstcentrum.se



TRANSPORT

Getting around the municipality is easy. When you are new in town, it might be useful to know how to best get around or travel to and from Östersund.

TRAIN AND AIRPLANE. SJ and Norrtåg offer railway transportation to and from Östersund. A few examples of travel times: to Sundsvall around 2.5 hours, Trondheim around 3.5 hours, Åre around 1 hour, Stockholm 5.5 hours and Umeå 6.5 hours. By plane you fly from Åre Östersund Airport to Arlanda or Umeå Airport in about an hour. There are also direct flights to certain charter destinations.

LOCAL BUSES. Länstrafiken i Jämtland is responsible for public transportation, while urban traffic in Östersund and the airport buses is managed by Nettbuss AB. Bus traffic outside the city, such as to Brunflo, Lit, Häggenås, Orrviken, Hara, Tandsbyn and Fåker, as well as the rest of the county, is handled by several different bus companies. You can access the current time tables directly from you mobile phone. For more information regarding practical details and costs, visit www.ltr.se

CAR CLUB. If you do not need to use a car on a daily basis, it might be a good idea to join a car club. There are several to choose from. For more information, visit www.ostersund.se/hallbartresande

BICYCLE. Östersund is city well-suited to both everyday cycling and bicycle outings. The area has a well-developed network of bicycle roads spanning close to 150 km in Östersund, Lit and Brunflo. Visit the tourist information office or the municipal reception at the old Österäng school to pick up a bicycle map, or download one from the municipality website and discover the best routes.

TRAVEL FACTS

Stadsbussarna AB
+46 (0)771-100 110,
www.nettbuss.se

Länstrafiken
+46 (0)771-100 110,
www.ltr.se

Norrtåg
www.norrtag.se

SJ
www.sj.se

Åre Östersund Airport
+46 (0)10-109 56 00,
www.swedavia.se

SAS
+46 (0)770-727727
www.sas.se

Taxi Östersund
+46 (0)63-19 90 00
www.taxiostersund.se

WELCOME HOME

Are you considering moving to Östersund or have you just done so? Then you should take a look at our welcome website or contact us. We will do everything we can to help you.

LIVING IN ÖSTERSUND can make life easier in so many ways, especially with leisure and nature experiences so close by, and perhaps family as well, if you are returning home.

Visit our welcome website at **www.levaiostersund.se** to get an idea of what it is like to live here. You can also find job vacancies, be inspired by what other people who moved here did, and learn more about housing, schools and leisure activities in Östersund.

If you have any questions regarding your move, be it childcare, housing or queues for buying plots of land, please contact the municipal customer service by calling **+46 (0)63-14 30 00**.



SPEAK TO JESSICA. She is our move-in advisor and can provide more specific advice and job tips, or who you should contact before moving.

Jessica Stenbäck
+46 (0)63-14 35 95
jessica.stenback@ostersund.se





USEFUL INFORMATION

HEALTHCARE

In the city and surrounding towns you will find the health centres: Z-gränd, Ripan, Frösön, Lugnvik, Odensala, Torvalla, Lit and Brunflo. Folk tandvården (public dental care services) has clinics on Frösön, Campus and in Brunflo. Specialist tandvården (specialist dental care services) can be found at Östersund Hospital, located in the city centre. You can search for health centres at www.regionjh.se

PHARMACY

apoteksinfo.nu/ort/Östersund

PARKING

When parking in Östersund, be aware that you are allowed to park for up to 24 hours on roads and public parking spaces, provided there are no signs to indicate otherwise. **Also remember that alternate-side parking applies between 1 Oct–31 May.**

REFUELLING WITH BIOGAS

There is a biogas fuelling station in Göviken – Östersund is home to almost 300 biogas vehicles. www.ostersund.se/biogas

CHARGING ELECTRIC CARS

Here you can see the location of the charging stations: www.ostersund.se/elbilar

REFUSE AND RECYCLING

There are many recycling stations around the municipality. You will find the full list at www.ostersund.se/sopor

Here you will also be able to see the opening hours for the recycling stations in Odenskog, Brunflo and Lit.

ÖSTERSUNDS MUNICIPALITY – IN THE MIDDLE OF SWEDEN



kundcenter@ostersund.se
www.ostersund.se/flyttahit
www.levaiostersund.se

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