

# New in Sweden





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This brochure offers all kinds of useful information if you have just arrived in Sweden. Find out how the Swedish school system works, how to find a home and a job, and what to do if you get sick or need other assistance. There is also information about activities, what you need to do if you want to start your own business and much more besides!

# Civil registration and identification

## Before you obtain a permanent residence permit

When you seek asylum in Sweden, you will be photographed. Later you will receive an LMA card. This isn't an identity card (ID card), but proof of the fact that you are an asylum seeker and that you can be in Sweden while you wait for a decision. The card is strictly personal and replaces the receipt you received when you submitted your asylum application.

Present your LMA card when you contact authorities. Sometimes you can use the LMA card as ID when you collect parcels from overseas or recommended post from Migrationsverket (the Swedish Migration Board). Read more at [www.migrationsverket.se](http://www.migrationsverket.se)

## When you have received your permanent residence permit

When you are going to live in Sweden you must register with the civil registry. You will then receive a personal identification number. Go to Skatteverket (the Swedish Tax Agency) and take your passport and documents showing that you have a permanent residence permit or the right of residence. You should also take your marriage certificate and birth certificates for any children, if you have these documents.

Many rights and responsibilities in Sweden depend on you being in the civil registry, and on where you are registered. For example, you must be registered in Växjö municipality in order to study SFI (Swedish For Immigrants) in Växjö municipality. You should be registered at the address you live at. Notify Skatteverket if you have moved to a new address.

## Identification (ID)

You need Swedish ID in order to prove who you are. You may need this in various different situations, for example at the bank or for doctors'

appointments. Swedish ID shows your Swedish personal identification number. You will often be asked for your personal identification number.

The ID can be a Swedish driving licence or an identity card. For Skatteverket to give you an ID card, you must:

- have paid the fee before you visit Skatteverket
- visit a Skatteverket office that issues ID cards
- be able to prove who you are, for example with your permanent residence permit
- be in the civil registry in Sweden

## Meeting Places and Information

Växjö Municipality participates in the Meeting Places and Information project. The project means that the authorities you need to visit when you receive a permanent residence permit are all located in the same place. This makes it easier for you as a newly arrived person and also leads to shorter waiting times. The office can be found on Norrgatan in Växjö.

You will be called to the office when a decision has been made about granting you a permanent residence permit. At the office you will first receive information from Migrationsverket about your permanent residence permit. You can also talk to Skatteverket about civil registration and a personal identification number.

Arbetsförmedlingen (the Swedish Public Employment Service) is also here, and they will help you draw up a plan relating to employment or studies. You will also be registered with Försäkringskassan (the Swedish Social Insurance Agency), and you may need to talk to Pensionsmyndigheten (the Swedish Pensions Agency) and Växjö Municipality. The authorities adapt their support to you and your individual needs.

# Preschool, school and adult education

## Preschool, 1-5 years

Preschool is available for children between 1 and 5 years of age. Play is important at preschool. If you are working or studying, your child is entitled to a place at a preschool while you are at work or at school. If you are unemployed or on parental leave, your child is entitled to public preschool. Public preschool applies from the September of the year in which the child turns 3. Public preschool is 15 hours per week.

## Registration

If you have just arrived in Sweden, the reception facility Landningsbana Växjö will help you to apply for a preschool place. Ring the municipal-

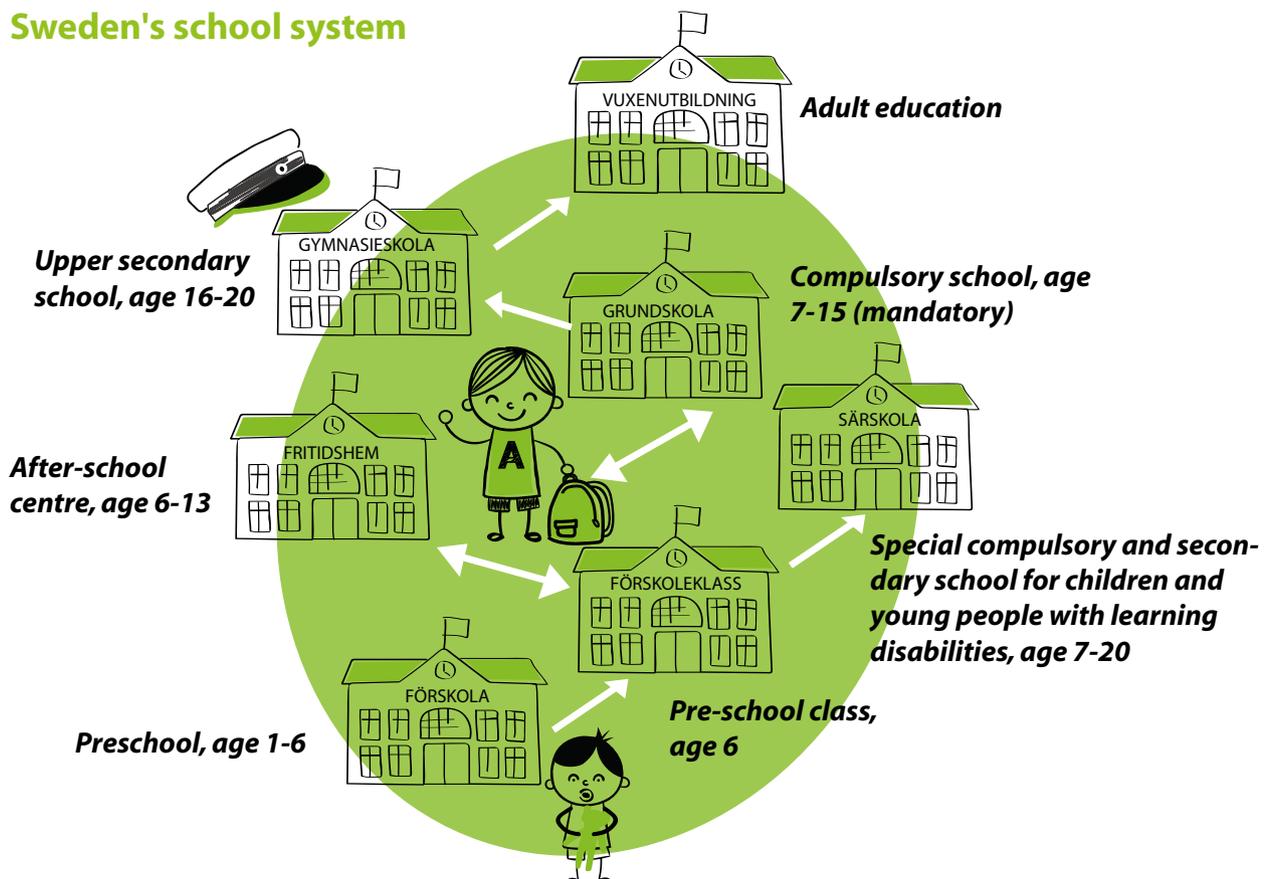
ity's contact centre on 0470 410 00 and they will help you. They will also help, for example, if you have moved to Växjö municipality from another municipality.

It can take up to four months to get a preschool place. The child will be placed in one of the preschools in the area where the child is registered in the civil registry.

## Cost

The fees for childcare depend on the family's gross income (income before tax), how many children the family has at the preschool and how many hours the child attends preschool for. You pay the

## Sweden's school system





fee every month for all of the 12 months of the year.

### Compulsory school, 6-16 years

In Sweden, you attend compulsory school for nine years. It is most common that children start compulsory school in the autumn of the year they turn 7. Each compulsory school has a pre-school class for children who are 6. All children must attend compulsory school; in other words it is not optional. The school is free of charge.

When you have recently arrived in Sweden and are going to start compulsory school, you normally start in a preparatory class together with other recently arrived children. But at the same time you belong to an ordinary class, where you will start when you are ready. There are around 45 compulsory schools in Väjö municipality.

#### Registration

If your child is already in the pre-school class and you want them to continue at the same school, you don't need to do anything. Otherwise Landningsbana Väjö will help you contact the school. Ring the municipality's contact centre on 0470 410 00 and they will help you.

#### Cost

The school, school food and school books are free. However, you must be careful of books, computer tablets and anything else you get from school. If they are damaged or lost you may have to pay for them.

#### Special diet or allergies?

If you have e-identification, you can answer questions about your child's allergies or special dietary needs via the municipality's e-service for child and student information, which can be found on Väjö Municipality's website. If you don't have e-identification you should contact your child's school directly to answer these questions.

### Upper secondary school, 16-20 years

Upper secondary school is a free and voluntary form of schooling that you can choose after you have completed compulsory school. The national upper secondary school programme lasts for three years. In Väjö there are three municipal upper secondary schools and several independent upper secondary schools.

#### Application

If you have just arrived in Sweden, the reception facility Landningsbana Väjö will help you to apply. Ring the municipality's contact centre on 0470 410 00 and they will help you. They can even help people who haven't recently arrived but who want to apply for upper secondary school.

#### Language introduction

Language introduction is for people who have recently arrived in Sweden and who are not qualified for a national programme at upper secondary school. The course focuses on the Swedish language so that you can move on to another upper secondary school programme or course. The course is planned and adapted to the stu-

dents' abilities. At Växjö municipal upper secondary schools, language introduction is available at Kungsmadskolan and Katedralskolan.

If you have recently arrived in Sweden and have a permanent residence permit, you are entitled to start your language introduction course before the end of the spring term in the year when you turn 20 (18 for asylum seekers).

### Special compulsory school and special upper secondary school

Children with learning disabilities can't always cope with a normal compulsory school. Then the child can instead attend a special compulsory school. In Växjö there is a special compulsory school and special upper secondary school.

If you are the parent or guardian of a child who may need to attend special school, contact Växjö Municipality on 0470 410 00 and ask to talk to the head teacher responsible for reception at the special school. The municipality will carry out an educational, psychological, medical and social assessment to determine whether this is the right school form for your child.

At special school, the students receive an education adapted to their own specific circumstances and based on the curriculum. Special upper secondary school prepares the child for adult life, work, housing and leisure. Special schools have classes with fewer students.

### Unaccompanied and asylum seeking children

Unaccompanied children are entitled to education regardless of whether they will stay in Sweden or return to their home country. Asylum seeking children are entitled to education just like other children in Sweden, but compulsory attendance at school does not apply to asylum seekers. Compulsory attendance at school means that you are entitled to education at compulsory school, but also that you must participate in the classes the school organises.

You can read more about school in Sweden in different languages here: [www.omsvenskaskolan.se](http://www.omsvenskaskolan.se)

### Youth recreation centres

In Växjö municipality there are many open and secure meeting places for people at secondary school. Here you can meet friends and be involved in a

variety of planned activities. The staff who work at the youth recreation centres are trained as leisure instructors or to work with young people.

At the youth recreation centre you can play video games, board games, listen to music, take part in activities like competitions, tournaments, discos, film evenings and lots more. Some evenings are only open to girls. Youth recreation centres also arrange trips.

As a parent or guardian you are always welcome to drop in. You may not smoke, drink alcohol or use other drugs at the youth recreation centres. The municipality's youth recreation centres are in the secondary schools and are open in the daytime as well as during evenings, weekends and holidays.

### BG

Bergendahlska gården (BG) is a meeting place for young people. Here you can find:

- BG-musik – rehearsal rooms, studio and concert premises.
- BG Ung – a meeting place open in the afternoons and evenings. Here you can have a coffee, do your homework, play on PS4, watch sport or films and lots more.
- Ungdomskontoret – Ungdomskontoret has information about most things that affect young people, from holiday jobs to summer activities.
- FältNavigator – for people between 16 and 24, who don't attend school or have any other occupation. The aim is to help you find your way to education or work.

### Landningsbana Växjö

Landningsbana Växjö is a reception centre for newly arrived refugee families and unaccompanied children in Växjö. You come here when you have arrived in Växjö and are waiting for a decision from Migrationsverket. At Landningsbana Växjö, children and parents receive support and training in understanding Swedish society and how the Swedish school system works.

The staff who work at Landningsbana Växjö are trained teachers, nurses, student counsellors, language support staff and preschool teachers. The staff speak many different languages. There are also hourly language staff for rarer languages.

### Both for children and parents or guardians

At Landningsbana Växjö, children can demonstrate their previous learning. The staff at Land-

ingsbana Växjö help document the child's competences and knowledge. They also decide if the child requires extra support. Children, parents (or guardians) can get help to prepare for preschool and school in Sweden.

Parents and guardians can learn more about family life in Sweden and ask questions related to their previous experiences. Landningsbana Växjö investigates whether the family has had traumatic experiences or anything else meaning that the family requires health and medical care. You will also receive information about education, being a parent in Sweden, leisure activities etc. in your own language.

It costs nothing to visit Landningsbana Växjö.

#### Contact

Ring the municipality's contact centre on 0470 410 00 and they will help you find the right person at Landningsbana Växjö.

#### Adult education

##### Centre for Adult Learning

At the Centre for Adult Learning, all of the municipality's adult education is collected in one place. Courses are available for all adults who want to study to get a job or change profession. You are entitled to courses from 1 July in the year you turn 20 or if you have a school-leaving certificate from upper secondary school and need to complement it. You can find the Centre for Adult Learning at Kungsgatan 9 in Växjö. Read more on [www.vaxjo.se/vuxenutbildning](http://www.vaxjo.se/vuxenutbildning) or ring Växjö Municipality on 0470 410 00.

#### SFI

If your native language is not Swedish, you can study Swedish for Immigrants (SFI) at the Centre for Adult Learning. SFI is a basic course in the Swedish language. The aim is for you to gain knowledge of Swedish so that you can cope with work and everyday activities. There are four courses: A, B, C and D. You can choose to study in the daytime or evening. The courses lead to a grade. On the SFI course you also learn how Swedish society works.

#### University and college

Linnaeus University is located in Växjö. Here you can take a variety of courses. To study at university you must have upper secondary school education or similar. On [www.studera.nu](http://www.studera.nu) you can read more about what this means and what to do if you

want to study at Linnaeus University or another university.

Validation and assessment of foreign qualifications  
Have you obtained a foreign qualification? Contact Universitets- och högskolerådet (the Swedish Council for Higher Education), which assesses foreign secondary school qualifications, vocational college and academic qualifications. Read more at [www.uhr.se](http://www.uhr.se). Do you have work experience but no certificate? Then you can get help to have your professional skills assessed. Visit [www.valideringsinfo.se](http://www.valideringsinfo.se) and search for different validation bodies.

If your foreign certificates need to be assessed, they must first be translated into Swedish. If the certificates are written in English, French, German, Spanish or the Nordic languages, they need not be translated. The translation must be carried out by an authorised translator.

You can also get help to have your knowledge assessed. This means that a professional assessment is carried out of your knowledge through a conversation and a practical test.

Visit [www.valideringsinfo.se](http://www.valideringsinfo.se) for more information.



# Housing

## Before you have received your permanent residence permit

If you have nowhere to live while you are waiting for a decision on your asylum application, Migrationsverket can help you. You can also choose to find your own housing, for example with family or friends. If you find your own housing, you must notify Migrationsverket of your address so they can contact you. Read more on Migrationsverket's website: [www.migrationsverket.se](http://www.migrationsverket.se)

## Looking for housing

You can join the housing waiting list in Växjö Municipality at any time. You do this at Boplats Växjö: [www.boplats.vaxjo.se](http://www.boplats.vaxjo.se). On the website you can register an account if you are looking for housing. Then you will start to collect points. Being on the housing waiting list costs SEK 100 per year. You can register for the housing waiting list from the year in which you turn 17. This applies regardless of the month in which you turn 17.

You must then be active and go onto the website and look for housing. If you find housing that you're interested in you register your interest. If you are one of the first six people in the queue, you will receive an invitation to go and look at the housing. After this you must say yes or no; in other words you must give an active answer to state whether or not you're interested. The person with the most points who has said yes will be offered the housing first.

There are also a number of private property owners in Växjö municipality, some of which also have waiting lists. In the Smålandsposten newspaper you can also find private housing advertisements from private property owners or residents who want to sublet their housing. You can also advertise the fact that you are looking for housing. You can also look for housing on [www.blocket.se](http://www.blocket.se). There is a shortage of housing in Växjö municipality, so it is sensible to look for housing in a number of different ways and also to look for housing outside the municipality borders.

If you want to buy housing you can look on [www.hemnet.se](http://www.hemnet.se)

## Waste sorting at home

Most flats or houses in Växjö municipality sort their waste. **This** is important for recycling material and for using nature's resources as little as possible. Your food waste should be sorted into special brown paper bags. You then place the paper bags into a grey waste container. Food waste is, for example, scraps from food preparation, meat bones, fish and poultry and fruit and vegetable leftovers. The food waste is processed and becomes biogas, an environmentally friendly fuel that the town's buses run on. The remains of the food waste are used as fertiliser on fields so that new food can be grown.

Your normal waste – the things that aren't items of packaging or food waste – should be placed in a plastic bag. Then the plastic bag should be placed in a green waste container.

All of your plastic, paper, glass and metal packaging should be sorted and left at a recycling station or a recycling point in your housing area. Packaging should be sorted so that it can be recycled and turned into new packaging.

Larger objects that you can't dispose of in the normal green waste containers can be deposited at a recycling centre. At a recycling centre you can deposit things like wood, furniture, large plastic objects and electronics. Everything is dealt with and either sent to recycling or landfill.

Your hazardous waste should always be deposited at a recycling centre. Hazardous waste means things that can harm the environment if they are discarded in the natural environment. Examples of hazardous waste are chemicals, paint, batteries, mobile phones, lamps and fluorescent tubes.

## Water and sanitation

Water that comes from the taps in your home is



safe to drink and use for food preparation. You don't need to buy bottled drinking water from a shop. Remember to turn off the tap when you aren't using the water. This helps save clean water.

When you wash or clean, use environmentally friendly cleaning products, don't rinse chemicals down the sink and use only a small amount of detergent when you wash clothes. This helps protect the environment and clean water from toxic chemicals.

Grease such as cooking oil should be poured into a plastic bottle or milk carton and then deposited in the waste in the waste disposal room or your green waste container. Grease that goes into the drain can lead to blockages.

Grease from frying pans and stews can be wiped up with kitchen roll which should then be placed in the paper bag for food waste. The municipality then transforms it into environmentally friendly biogas for cars and buses.

You may flush pee, poo and toilet paper down the toilet; nothing else. If paper towels, kitchen roll, wet wipes, cotton wool buds, nappies or sanitary towels are flushed down the toilet the drainpipes will become blocked. This can lead to flooding in your home.

### Home insurance

Everybody needs home insurance. Home insurance is a kind of insurance package that can give you money if things are stolen or damaged. All home insurance policies also contain other types of

protection such as travel protection.

If you live in a rented property, you simply need normal home insurance. If you live in a leasehold property or detached house you need special insurance for your home. Contact different insurance companies and compare the price and contents of the insurance policies to make sure you get the best protection for you and your home.

### Housing benefit

Families with children and young people between 18 and 28 can receive housing benefit if they have low incomes. Försäkringskassan deals with housing benefit.

If you apply for housing benefit, you must usually live and be registered in Sweden to be entitled to the benefit. In general you must also be registered at the address where you are applying for the benefit.

If, as an adult, you live with your child, either the whole time or sometimes, you count as a family with children. The child can be included in the household until they turn 18, or are over 18 and receive student benefit or extended child allowance.

Housing benefit is a preliminary benefit. This means that Försäkringskassan calculates the benefit on the basis of the income you believe you will have during the calendar year. The final housing benefit is decided retrospectively, when the income tax is determined for the year you have received benefit for.

If you have had a lower income than you expected, you may receive an additional benefit payment later. However, if you have had a higher income than you expected, you may have to pay money back. So it is important that you state as correct an income as possible so that you don't risk having to pay back a large amount later.

You can find housing benefit application forms on Försäkringskassan's website: [www.forsakringskassan.se](http://www.forsakringskassan.se)

### Home equipment loan

If you have arrived in Sweden as a refugee and are covered by the refugee reception programme or the Establishment Ordinance, you can borrow money from CSN to purchase articles for your home, such as furniture and kitchenware. Read more at [www.csn.se/hemutrustningslan](http://www.csn.se/hemutrustningslan)

# Work and running a business

There are many routes into work. You will find below the most important information you need to know to find a job, start a business and what you should do if you are or become unemployed.

## Visit the Swedish Public Employment Service (Arbetsförmedlingen)

In order to enter the work force and become part of Swedish society as soon as possible, you should visit Arbetsförmedlingen. Arbetsförmedlingen's mission is to help you on the route to work.

If you are between 20 and 64 (or alternatively 18-19 years of age and have no parents in Sweden) and have received a permanent residence permit as a refugee or for refugee-like reasons, you are entitled to special support so that you can get into work as soon as possible. This also applies if you are in the same age groups and have come to Sweden because you have a family member who has received a permanent residence permit as a refugee

or for refugee-like reasons.

Read more on Arbetsförmedlingen's website: [www.arbetsformedlingen.se](http://www.arbetsformedlingen.se). You can also find information in different languages.

## Step-in jobs (instegsjobb)

A step-in job is an opportunity for people who have recently arrived in Sweden to more quickly learn the language. If you have received a permanent residence permit in the last 36 months, you can get a step-in job via Arbetsförmedlingen.

## New start jobs (nystartsjobb)

If you have been unemployed for a long time or are new in Sweden, an employer can receive financial remuneration for employing you. This remuneration is called a new start job or special new start job.

If you turn 21-26 during the year you can get a





new start job if you have been unemployed for at least six months in the last nine months. If you belong to any other age group you must have been unemployed for at least 12 months.

#### **Activity grant**

An activity grant is money you receive when you take part in an employment market programme. Arbetsförmedlingen helps you get a place on a programme. When you have got a place, Försäkringskassan pays the money.

#### **Unemployment**

If you are or become unemployed, it is important to register with Arbetsförmedlingen as soon as possible. Then you will become visible to employers looking for staff and you can be matched against job vacancies.

When you have registered and had your first meeting with Arbetsförmedlingen you start looking for work. Arbetsförmedlingen can give you support and advice on the way, such as jobseeking courses on the internet, activities at their offices and tips and advice on their website.

#### **The unemployment insurance fund**

When you are unemployed, you can get financial support from the a-kassa or unemployment insurance fund. To apply for this benefit, you must be

registered at Arbetsförmedlingen. There are also other conditions you must fulfil to obtain benefit.

#### **Starting a business**

Växjö is one of Sweden's most expansive municipalities. Starting your own business in Växjö is a good choice; not only because there is a good business climate here, but also because you can get support to do so. At Växjö Municipality's trade and industry office, the highly knowledgeable employees have many contacts who can make it easier for you to carry out your plans. And to make things even easier, you can also get assistance from a business guide. Contact Växjö Municipality trade and industry office for more information. Either ring 0470 410 00 or visit [www.vaxjo.se/Naringsliv](http://www.vaxjo.se/Naringsliv)

Other actors can also help if you want to start a business, such as:

- Almi Företagspartner Kronoberg
- Coompanion Kronoberg
- Macken Entrepreneurship Centre (offers things like a 20-week entrepreneurship course in simplified Swedish.)

# Healthcare, dental care and pregnancy

If you have a permanent residence permit and are registered in Sweden (i.e. if you have a personal identification number) you are entitled to healthcare just like all other residents of Kronoberg County. On the website [www.1177.se](http://www.1177.se) you can find more information about Swedish healthcare.

Asylum seeking children, paperless children and "hidden children" are entitled to health care just like all other children resident in Kronoberg County. Asylum seeking adults are entitled to acute healthcare and care which cannot wait, and to contraceptive advice, abortion advice and maternity care. In some cases you will pay a lower patient fee if you present your LMA card when you visit a healthcare provider. You will also pay a lower fee for the majority of medicines you buy on prescription from a doctor if you present your LMA card at the pharmacy.

## Important information about healthcare

### SOS Alarm - 112

Ring 112 if someone's life is in danger and you need help quickly.

### Questions about advice - 1177

Ring 1177 if you or somebody else is sick and you want to ask a nurse for advice. You can also get advice about where to seek healthcare. You can ring 1177 24 hours a day. The nurse will speak Swedish and usually English too.

### Health centres

When you are sick or have any symptoms you can always seek healthcare at a health centre. You ring the health centre and book an appointment. Health centres are open in the daytime on weekdays.



### Casualty department

Go to the casualty department at the Central-lasarettet (the main hospital in Växjö) if you or somebody else is very seriously ill or seriously injured and needs help quickly. The casualty department is open all day, every day.

### Psychiatric care

If you are feeling mentally unwell you can always get help. You can always ring 1177 to get advice and support.

### Buying and collecting medicine

You can buy your medicine at Apoteket. Some medicines can be bought without prescription. Other medicines can only be bought if you have a prescription from a doctor or dentist.

### Dental care

Dental care can be carried out by Region Kronoberg's public dental service or by a private dentist.

If you are an asylum seeker in Sweden you are entitled to emergency dental care. You will usually get care from the public dental service and it is the dentist who decides if the symptoms you have are acute. Asylum seeking children and young people under 18 receive dental care just like other children and young people in Sweden; in other words, without having to pay for it. Adult asylum seekers must pay for emergency dental care from a dentist or dental hygienist.

### Prenatal care

During a pregnancy the future parents can visit an antenatal clinic. Here, the parents can regularly meet a midwife who will investigate the condition of the child and the mother. The visit is free and

voluntary.

### Child health clinic

All children up to the age of 6 should have contact with a child health clinic. This is where child health checks are carried out and vaccinations are given. You can also get advice regarding your child's development.

### Interpreters

When you seek healthcare you can get help from an interpreter if you don't speak Swedish. The healthcare personnel at the hospital or healthcare centre will help you book an interpreter. Tell the healthcare personnel that you need an interpreter when you book your visit. The interpreter service is free.

### Elderly care

When you get older you can get help from the municipality with practical things. In Sweden there is a law that says that older people or people with disabilities are entitled to get support and help with things they can't do themselves. If you have a permanent residence permit you have the same rights as Swedish citizens to apply for such help. Ring the municipality's contact centre on 0470 410 00 and ask to talk to the support case officer for the area where you live. The support case officer will contact you and investigate what you need help with. You will later receive a decision about the help you will receive.

If you don't have a permanent residence permit but need help and support to cope you have the right to apply for home help. Your application will then be examined according to another section of the Social Services Act.



# Support and benefits

Sometimes people need support; for example if someone is feeling poorly, has been a victim of crime or needs help with their finances. Växjö Municipality and other authorities and organisations offer help with many of the phases of life.

## **Support in difficult situations**

If you have been a victim of domestic violence, if someone in your family is poorly or if you are a victim of crime you can get help from Växjö Municipality. Here you will find Familjefrid Kro-noberg, where you can meet people who specialise in the area of domestic violence. All the staff have a duty of confidentiality and the visit is free of charge. Read more at [www.vaxjo.se/familjefrid](http://www.vaxjo.se/familjefrid)

Växjö Municipality's Children, Young People and Families department (Barn, ungdom och familj) can help you if you have problems relating to children, young people or parents. You can ring 0470 410 00 or send an email to [barn.familj@vaxjo.se](mailto:barn.familj@vaxjo.se). You can also visit the department at Willans Park 3, Växjö.

Växjö Municipality can also give you support and help if you or somebody close to you drinks too much alcohol or uses drugs. You can ring or send an email and ask your questions. You can be completely anonymous. If you want to make an application or seek help for yourself or somebody else, you can also contact 0470 410 00.

## **Useful telephone numbers for help and support**

In Växjö Municipality there are several organisations and authorities you can ring if you need support, acute help or if you simply need someone to talk to. Here is a list of useful telephone numbers.

### **SOS Alarm - 112**

If you or somebody else is in an emergency situation and needs immediate help from the police, ambulance, fire brigade, coastguard, mountain rescue service, poisons information centre, duty doctor or air rescue, you should always ring 112.

### **BRIS, Children's helpline 116 111**

Everyone under 18 years of age can ring and talk to an adult about anything at all. This is free of charge and your number will not be displayed on their telephone.

### **BRIS, Adult helpline - about children 077 150 50 50**

All adults are welcome to ring anonymously. You can ring about your own or other people's children and obtain information about where you can go to get further help.

### **Brottsofferjouren (victims of crime helpline) 0470 456 94**

Brottsofferjouren is a non-profit organisation that works to ensure all victims of crime obtain the support they need. email: [info@vaxjo.boj.se](mailto:info@vaxjo.boj.se)

### **Kvinnofridslinjen women's helpline 020 50 50 50**

A support line for victims of threats and violence. If you are a relative or friend you are also welcome to ring. Your call will be free regardless of where you live. Your call will not appear on your telephone bill.

Växjö  
kommun



*Europas grönaste stad*