

About us

Sweden - Sundsvall - Sundsvall's gymnasium

Erasmus+ Active Citizenship and Environmental Awareness Through Formal and Non-formal Education



Sweden



Capital: Stockholm

Language: Swedish

Inhabitants: 9, 8 million

Area: 450 000 km²

Highest mountain: Kebnekaise (2106 meters)

Largest lake: Vänern (5519 km²)

Sweden is a large country with snowy mountains in the north and flat fields in the south. In Europe, Sweden is the 5th biggest country by area and in the European nation it is only the 18th biggest country by population. Approximately 85 % of Sweden's population is living in the southern part of the country and the most of the people live in the three biggest

cities; Stockholm, Malmö and Gothenburg. In the northern part of Sweden the most of the population is settled by the coast.

Sweden has a various nature that is dominated with forests; about 75 % of the land area is covered in forest. In the northern parts conifer trees, pine and spruce, are the main species and in the south it is the deciduous trees. Besides the forest, the land in Sweden is covered in farmland, mostly in the more southern parts. Sweden has a large variety of weather and temperature; in the winter it can vary from minus thirty to plus ten degrees and in the summer it can be between plus ten to plus thirty degrees. The temperature is depending on where you live, the more north the more coldly it gets.

The north-west Sweden is a part on the mountain range Skanderna, which is divided between Sweden and Norway. In the mountain range Sweden's highest mountain is placed, Kebnekaise. It has two tops, the south and north, witch the south one is a few meters higher. The height changes every year depending on the snow that have fallen during the winter months, the south top are a glacier that changes with the amount of snow and ice.

Because Sweden is a country in the northern hemisphere it has very light summers and very dark winters. The years longest day occurs somewhere in mid-June where the sun takes it highest position on the year, that makes that the sun only sets for a few hours on the night. The opposite thing happens on the winter in late December, on the year's shortest day the sun is only up for a few hours.



Because Sweden is a country in the northern hemisphere we experience northern lights. Northern lights are a phenomenon when particles from the sun hit the earth's magnetic field which causes streaks of light on the sky. It is mostly seen in the northern parts where it is darker, but it can also be seen more south.

The Royal family and the government



Sweden is a monarchy, which means that we have a royal family where the king is the Head of State. Our current king is named King Carl XVI Gustaf and he has been on the throne since 1973. Together with his wife, Queen Silvia, they have three children; Crown Princess Victoria, Princess Madeleine and Prince Carl-Philip. When the king abdicates Victoria will be the Queen of Sweden and her husband Daniel

will be her Prince. The King together with the royal family don't have any actual power in the country; they are only our face outwards to the rest of the world. Our country is ruled by our government where Stefan Löfven is our prime minister. The election to the government is held every fourth year and you have a large amount of parties to vote on. At this moment our government is ruled by the Social Democrats together with the Green Party.

The Sami people

In the northern part of Sweden, Norway and Finland the Sami people lives. There are about 20 000 of them in Sweden and a total of 80 000 altogether. They are the native population of Sweden and they are settled in the snowy mountains where they take care of reindeers. They have their own language and culture.



Worth of visiting

Sweden is a big country with a lot of places to see. Throughout the country we have various places to visit with different kinds of attractions to enjoy.



Furthest up north in Jukkasjärvi close to Kiruna there is an ice hotel completely made of ice, from the foundation and the roof to the beds and the chairs. The hotel is the biggest hotel made of ice and snow in the whole world, it was also the world's first ice hotel and it is one of northern Europe's biggest tourist attractions. The hotel has a complete set of rooms so it can have up to 100 guests, it also has a bar and a church. Each year the hotel is rebuilt from scratch and because of that changes the hotel's architecture each

year and it never looks the same. Every room and every suite is unique and there is no other room that looks the same. The hotel takes several months to complete and it only exists between December and April before it melts away in spring.



In our capital we have a museum that's called Vasa museum (Vasamuseet). The museum displays the warship that sank in on its maiden voyage in 1628 after it only had sailed about 1 300 meter. It was salvaged in 1961 after 333 years in the water and since then has been displayed on the museum for everyone to watch. The museum is the most visited in whole

Scandinavia and it shows the warship Vasa's history along with other marine history.

Liseberg is an amusement park in Gothenburg in the south-west part of Sweden, it has about three million visitors each year and it counts as Scandinavia's biggest. It opened 1923 and has approximately three million visitors annually. The park has over 30 attractions to choose from with a big selection of roller coasters, water rides and children's rides. At the moment it holds Europe's highest and the world's second highest free fall called AtmosFear which is placed 146 meters above sea level and has a 90 meters drop with a view over the whole city.



The Nobel Prize

Alfred Nobel was born to a family full of engineers on the 21 October 1833 in Stockholm. He was a chemist, engineer and inventor and is mostly known for his invention, the dynamite. During his lifetime he had collected a big fortune, mostly because his inventions where the dynamite was his most famous one. When he died 1896 he had written in his Will that 94 % of his fortune would be shared to the persons who make “greatest benefit to humanity”.



Each year a set of prizes is handed to persons who have made important contributions and advances in chemistry, physics, medicine, literature or peace work. The Nobel Prize is seen as the most prestigious award you can get in your area. All the prizes are handed out in Stockholm, Sweden, except the Peace Prize who is handed out in Oslo, Norway. That is because when Alfred Nobel was alive Sweden and Norway was one country and to make it even they shared the prize. In 1968 the Swedish national bank celebrated 300 years and donated a large amount of money to the Nobel found, the following year the economic science prize was handed out. After that did The Board of Directors of the Nobel Foundation decide that to not allow any further new prizes.



The prizes are handed out on the death anniversary of Alfred Nobel, on the December 10th. The day is called in Sweden “the Nobel day” (Nobeldagen). The prize ceremony in Sweden is held at Stockholm concert Hall. Each prize receiver is handed the prize directly from the Swedish king, King Carl XVI Gustaf.

After the ceremony a banquet is held at the “blue hall” in the City Hall of Stockholm. The Swedish royal family is the guests of honor and the banquet holds 1 300 guest and 200 students. During the evening the guest gets a full three course dinner with entertainment in form of speeches from the prize receivers and music.



Swedish holidays

Walpurgis Night (Valborgsmässoafton)



This holiday is a yearly celebrated on the 30th of April or the 1st of May in Estonia, Finland, Latvia, Sweden, Czech Republic, Slovenia and Germany. In Sweden the holiday is not associated with the Saint Walpurga instead it's celebrated to welcome the summer and the light.

In Sweden the holiday is celebrated on the evening of the 30th of April and in the common tongue it's called Walpurgis (Valborg). The celebration usually starts with a dinner with you family and friends and after that you go and watch local bonfire. At the bonfire there are activities as lotteries, question walks, a singing choir and games.

At many places around Sweden, Walpurgis is the day when students at university put on their student caps. If you are in Uppsala, Lund, Gothenburg or Stockholm you can most definitely see the student celebration.

Midsummer

This holiday that is celebrated close to the summer solstice, the year's longest day when the sun only sets for a few hours. The summer solstice usually occurs between the 20th and the 26th of June and the holiday is somewhere between the 19th and the 25th of June.

The holiday is celebrated with family and friends. The younger kids and the women traditionally wear a handmade flower crown during the celebration. Together you have a traditional lunch with pickled herring, dill potatoes, sour cream and chive together with snaps. For dessert you usually have something with fresh strawberries, for example a strawberry and banana cake. After the lunch you usually go to your local place where a maypole is raised, which is decorated with flowers and leaves.



Tradition is that you together with other people dance around the maypole to traditional songs as: små grodorna (small frogs), räven raskar över isen (the fox hurries over the ice) and prästens lilla kråka (the priests little "raven"). The songs also have coordinated movements that you do while singing as you move in a circle around the maypole.

The history of Sundsvall

Sundsvall was founded in the 17th century, when the town received its charter. The new town contained three small villages in a valley, well protected between two mountains. The area had since the middle ages played an important role as a marketplace and a harbor, something that continued to characterize the town. Thanks to the appropriate location close to the sea as well as the two rivers Ljungan and Indalsälven which made the place suitable both for fishing and trading, Sundsvall started to grow to become a real town. During the 19th century, it became one of the most important market towns and seaports in the north of Sweden. After some time, with a little help from the steam power, the already widespread forest industry grew, giving the town an even more important role as a center of the forest industry in the country. Sundsvall continued to be an important city for the forest industry, and still is today.



Sundsvall- the town on fire

In 1721, Sundsvall was robbed and burned by Russian troops. About eighty years later, in 1803, the town burned again- this time by accident, and the city center was destroyed. However, the town seemed to have recovered relatively fast, since the number of inhabitants started to increase significantly during the first part of the 19th century.

In 1888, the city suffered another fire, which destroyed almost the entire city center. Considering the size of the fire, the number of deaths was very low- one person was reported dead. However, the material damage was devastating, leaving the town's 11 000 inhabitants homeless.

The new city

Sundsvall was rebuilt during the 1890's. The aim was to create a big European city, and architects from Stockholm and other cities were hired. The new city center, almost entirely built in stone to prevent destruction in case of another fire, is nowadays called "Stenstan" (in English, the Stone Town), and is one of Sweden's most well-kept city centers from the 19th century.



Industries

As mentioned earlier, Sundsvall is an important city for the forest industry. SCA (Svenska Cellulosa Aktiebolaget) is a leading global hygiene and forest products company, and also the largest forest owner in Europe. The leading and the administration of the forest department is located in Sundsvall, and the unit is named SCA Forest Products. It manages SCA's forest holdings, with a size of 2.6 million hectares.

SCA's operation in Sundsvall also comprises three factories: Tunadal, Ortviken, and Östrand. In these factories SCA produces paper for different purposes, such as magazines and packages. Sawnwood and wood pulp are also produced in these factories.



AkzoNobel

The forest industry isn't the only industry in Sundsvall. AkzoNobel AB is one of the world's leading chemistry companies, which produces and provides other companies with different types of special chemicals, which in their turn are used in

hundreds of products, such as paint, glue and soap. AkzoNobel is also the company that invented a unique product called Expancel. It consists of small plastic balls which when heated, can expand up to 60 times its size. This product is used as an additive in for example shoe soles and artificial marble.

AkzoNobel has a factory in Stockvik, Sundsvall. This factory produces Expancel, but also sodium chlorate, which is a chemical used in paper bleaching. The annual production of sodium chlorate is 50 000 tonnes.

Kubal

Kubikenborg Aluminium AB, or Kubal as it's called in the everyday language, is Sweden's sole producer of primary aluminium. It was



launched in 1942 by a Swedish aluminium company called SAKO (Svenska Aluminiumkompaniet), and is now owned by the Russian company, Rusal. The annual production of primary aluminium is 134 000 tonnes, and the company is shipping the products to Swedish as well as European customers.

Worth visiting Sundsvall

Sundsvall is surrounded by two mountains which are called northern mountain and southern mountain. Those mountains have different activities and stuff you can experience but they both have in common that they have a beautiful view over the whole inner city. At the northern mountain you can experience the old traditions with old buildings, animals and old-fashioned activities. In the summertime you can also watch outside theatre where they put up Swedish childhood stories, for example The Brothers Lionheart and Ronja.

From one side of the southern mountain is Sundsvall's biggest ski slope, where you can ski with your friends and family in the winter. Each year a set of competitions is held at the slope, for example it held the Swedish national alpine championship once. The southern mountain also has a big hotel with lot of activities. Except from the hotel it has a big spa, a bowling alley and Prison Island. Prison Island is an activity where you compete against your friends, it has a number of cell rooms where you need to complete tasks with the use of your brain and muscles.

2010 inaugurated the adventure bath Himlabadet (the heavenly bath) with a correspondent relax department. The adventure bath contains three waterslides with the longest one at 133 meters. The adventure bath department was the first in Europe to have a surf simulator, it is called Surfstream. There you get the feeling of surfing on real waves and together with your friends you can be



taught by instructors how to surf. The relax department has a various kinds of baths; inside or outside and hot or cold, and several different types of saunas; steam saunas, wood heated sauna and aroma saunas. Himlabadet is popular among young and old and many visit each weekend



Year 2011 started a project in Sundsvall that was Europe's biggest at the time. Three years later a 2109 meter long bridge was built over the Sundsvall bay and it counts as Sweden's third longest bridge. The bridge's purpose was to lead off the traffic from the inner city to reduce the amount of pollution. With the connecting new highway you now saved approximately 20 minutes while driving by Sundsvall. On the 14th

of December 2014 over 10 000 people walked over the bridge with torches in their hands and set a new world record. That was the world's longest torchlight procession and is now officially in the Guinness world records. It was inaugurated by the Swedish King on the 18th of December 2014 and has since them been open to traffic.

Sundsvall's Gymnasium

Sundsvall's gymnasium, the largest gymnasium in the entire city with 2600 students, consists of three different schools Västermalm, Hedbergiska and Åkersvik where each school has their own program specializations. Västermalm has for example natural science and technology, Åkersvik social science and Hedbergiska economy and arts program and of course many, many more. The three schools are located in central Sundsvall and easy to get to for all the students either by buss, bike or walk. For students living further away from centrum, Sundsvall's Gymnasium provides free bus passes.



Västermalm



Åkersvik



Hedbergiska

Studying in Sweden

Every class has their own schedule, starting and ending the days at different times. A normal day begins around 8.30 and finishes around 15.00 and usually contains 4 lessons but varies from day to day. Sweden is one of few countries who provide free food for all the students. From kindergarten to graduation the students are served free food every day. Often there are two different alternatives plus a vegetarian dish!

During the gymnasium every student has to choose a course called the individual choice that runs over two years. You can choose everything from massage and art to further math or English courses. It's a great way for students to have an impact on their own education and to decide for them self what to study. During the last year every student has to make a project related to your program and you could choose to work with almost whatever you want. The project is a fun way to learn how things work in real life by doing something that interest you.

National sports program

NIU is one unique obligation for Sundsvall's Gymnasium and stand for nationally approved sports programs. It allows students who want to take their sport to an elite level to practice their sport during school time. They have scheduled time for practices three times a week and other events during the year to get the best conditions for success. Sundsvall's gymnasium provides this education for nine different sports, basketball, alpine skiing, wrestling, football, disability sports, floorball, orienteering, judo and swimming. Football and floorball are the two most popular sports amongst NIU athletes and for this school year NIU got expanded by one sport, alpine skiing. For the alpine skiers Sundsvall's gymnasium provides a number of skiing camps in both the European Alps and Scandinavian mountains. It's common that athletes from other cities move to Sundsvall just so they can combine their sport with education.



Football

Football that is the most popular NIU-sport has with total of 55 students from all three grades. It started 1982 and has since then formed some great players who have played for the national team and many players in Sweden's greatest football league. The training consists of technical, physical and psychological training during all three years.



Floorball

Floorball is a very popular sport in Sweden and is the second largest NIU education. Sweden has one of the world's best floorball league which means that the students at Sundsvall's gymnasium gets high class floorball training. Many of the players who has finished gymnasium now plays for SSL (Swedish Super League). As well as the football program the floorball athletes also have technical, physical and psychological training.



Alpine Skiing

New for this school year is NIU's program for alpine skiers. As the picture shows there are 7 students along with head coach Hans Nyström. Unlike the other programs the alpine skiing program provides camps around both the European Alps and Scandinavian mountains which give the athletes great conditions to practice their sport. Because of this program's quality Sundsvall's Gymnasium gets applications from alpine skiers all over the country.

Graduation

The third and last year as a student is filled with activities, parties, competitions and other fun events for all the last year students. At Sundsvall's gymnasium every school has their own competition, "The Golden Trophy" at Hedbergksa and Åkersvik and "Vagant" at Västermalm. Every class compete against each other and the winning class gets privilege to graduate first or as we call it "run down the stairs first". Graduation in Sweden is quite different compared to other countries, it isn't very formal. It's a time where all the students party, shout out songs and rides around town on the back of trucks with their classmates. During the last weeks every class prepares their own truck with sound systems, balloons and banderols with humorous quotes to ride the city streets after graduation. In the Stockholm, the capital, they have as a tradition to drain each other in beer while riding around on their trucks.



From the beginning to end of the last year parties and celebrations are arranged. The "count-down-parties" are placed at different clubs around Sundsvall. It means that when it's 200, 150, 100 and 50 days left to graduation a party is arranged at one of Sundsvall's best clubs where all the students gather to celebrate. There is also a celebration for the student hats, in the middle of central Sundsvall all students gather to officially put their hats on. During the last week the so called "week party" takes place and all the students party for an entire week to celebrate the final days before graduation. In the middle of all this there is of course a prom arranged where everyone dress and suit up to have a nice dinner and dance together at Hotel Södra Berget.



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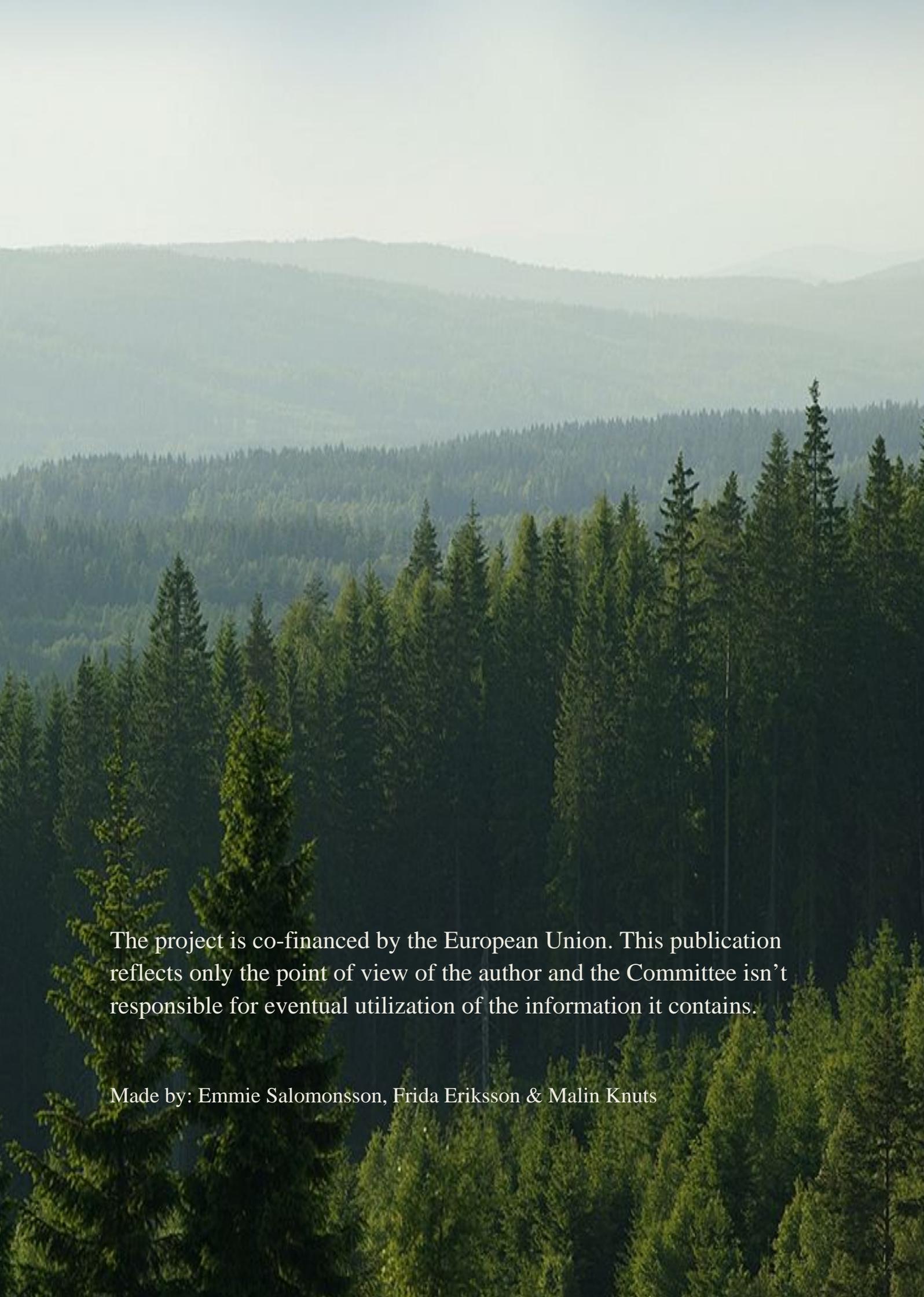
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