

Welcome to Teaching seminar

## Family Constellations by Conflicts of Couples,

June 14-15, 2015

### **To participants in the JR & Sieglinde Schneider Teaching seminar, June 14-15**

This document gives you details for how to get to the venue, information about breaks, contact persons, a list over some restaurants, tips for public transportations and a map over the area.

**VERY WELCOME!**

Charlotte Palmgren, Svenska Hellinger Institutet and Gunilla Boivie, ASKIS

#### Address, and how to get there

Address: Tomtebogatan 6A, close to St Eriksplan in Vasastan. See also map on next page.

1. **Stockholm Arlanda Airport - Stockholm St Eriksplan takes 40 min**  
Airport Bus (Flygbussarna), leaves every 10-15 minutes  
<http://www.flygbussarna.se/arlanda>
2. **Subway to St Eriksplan from T-centralen takes 10-12 min including the walk.**  
From T-centralen, take the green line (number 17, 18, 19) to Alvik/Hässelby/Vällingby/Åkeshov (direction west). <http://sl.se/en/>  
Take exit "Torsgatan" and walk north for 3-4 minutes on St Eriksgatan. Take a left on Tomtebogatan.
3. **You can also take blue buses 3, 4 to St Eriksplan**

#### Venue Blå Vinden

Tomtebogatan 6A. Door Code 6212 from the street.

1. Walk straight in
2. Take a left after the last inner door to "A"
3. Go through another door and look for the elevator on your left hand side
4. Take the elevator to floor 5
5. Walk up one more stair to floor 6
6. Open the blue door to "BLÅ VINDEN" (the blue attic).

#### Hours and breaks etc

- Sunday and Monday **starts at 09.30 am**, the doors open from 09.15
- Lunch break usually around 1 pm (13.00), for approximately 1,5 hours.
- Both days end at **5.30 pm** (17.30)
- There will be coffee breaks during the day, with coffee and tea, fruit and cake.

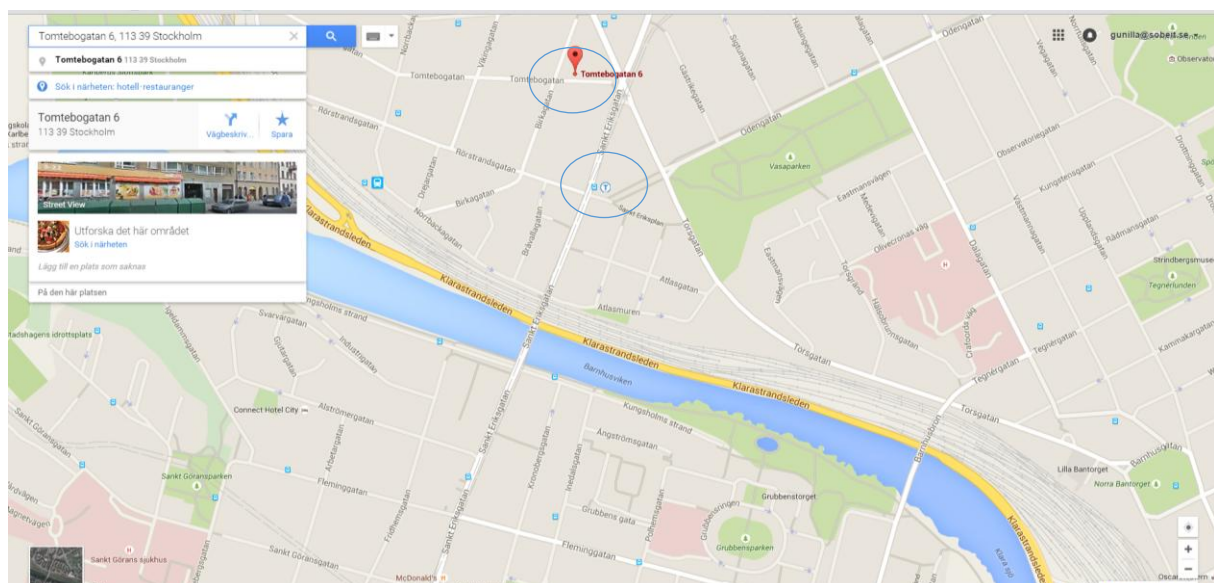
For lunches, there are plenty of restaurants in the area and you find a list of restaurants in this document (see next page).

## Restaurants

Some examples of restaurants with addresses and type of food. There are many more, this is truly a restaurant area!

- **Restaurang Rött**, Rörstrandsgatan 19, Regular, very good food.
- **Angela's Deli**, Rörstrandsgatan 22, Pastas.
- **Rörstrands Slottscafé**, Rörstrandsgatan 5, Stews etc, nice ambiance.
- **Restaurang Lilla Kina**, St Eriksgatan 97, Genuine Chinese food.
- **Thai House Wok**, Birgatan 14, Thai food.
- **Kinoko Sushi Bar**, St Eriksgatan 99, (Mondays), sushi

## MAP showing Tomtebogatan 6, subway station St Eriksplan and neighbouring streets in "Vasastan"



## Public transportation in Stockholm in zone A (e.g. T-centralen or Älvsjö to St Eriksplan)

You can either buy

More info at: [www.sl.se/en/](http://www.sl.se/en/) !

- Two simple fare tickets (each lasts 75 minutes) for SEK 44 (28 reduced price) in zone A
  - SEK 88 /day if you only make two trips on a day
- 24 hour or 72 hour passes and travel all you want, wherever you want in Stockholm, starting from when it's first used and stamped!
  - One 24 hour pass for SEK 115 (70)
  - One 72 hour pass for SEK 230 (140)

You can buy tickets at most subway entrances, or at the SL center at Stockholms central for instance (Stockholm central station), or just ask at the next 7-Eleven, Pressbyrå etc!

Staying longer and need tips for what to do in Stockholm? Go to

<http://www.timeout.com/stockholm/features/339/20-great-things-to-do-in-stockholm>

<http://www.tripadvisor.se/Attractions-g189852-Activities-Stockholm.html>

<http://www.destination-stockholm.com/citypass/?gclid=CNyWuYPn8MUCFev3cgodwgoAGg>