



FOLKE BERNADOTTE ACADEMY

The Folke Bernadotte Academy Facilities at Sandö

Practical Information

About the Academy

The Folke Bernadotte Academy is located on the small island of Sandö in the river Ångermanälven, some 500 kilometres north of Stockholm. The surrounding region, known as the High Coast, is a *UNESCO World Heritage Area*. For more information about the Academy please visit our website at <http://www.folkebernadotteacademy.se>. For more information about the High Coast please visit the website <http://www.turistinfo.kramfors.se>.

The Academy is co-located with one of four training centres of the *Swedish Rescue Services Agency*, as well as with the *Sandö Rescue High School*, and shares several facilities with these institutions.

How to Get There

The easiest way to reach the Academy is by flying domestic out of Stockholm Arlanda International Airport to *Sundsvall Airport* (also named Midlanda Airport) which is situated some 50 min from the Academy. The Stockholm-Sundsvall flights, which run all days of the week, are operated by SAS (<http://www.scandinavian.net>). If you depart from Stockholm Bromma Airport there are flights from there to Sundsvall operated by Sundsvallsflyg (<http://www.sundsvallsflyg.se>)

Another way to reach the Academy is by train to Sundsvall (www.sj.se).

Upon arrival at Sundsvall Airport and Central train station you will be picked up by a transport arranged by the Academy. **Please submit your estimated time of arrival as soon as possible to facilitate the arrangement of your transport.**

Accommodation

All participants are accommodated in single rooms of functional standard similar to those at other peacekeeping training centres, each room with shower, WC, TV and a telephone. Hair dryers are available in the reception. There are four washing machines (incl. washing powder) and an iron on the bottom floor of the building where you will be staying. Breakfast is served 06.30-08.30. Lunches and dinners will be served according to the programme.

Services and Spare Time Activities

The main building houses a reception, a restaurant and a cafeteria. The cafeteria is open Monday to Friday and serves lighter snacks, warm/cold beverages as well as beer and wine. Please note that stronger alcoholic beverages are not available in the vicinity of the facilities at Sandö. Within the joint facilities of the Academy and our neighbour institutions, you will also find a workout gymnasium, a running track, inlines, mountain bikes, a sauna and a solarium, as well as a small library with computers. At Sandö, most credit cards are accepted, such as Visa, MasterCard and American Express. It is, however, advisable to bring a smaller amount of Swedish kronor (SEK), since there is no money exchange facility or ATMs available on Sandö.

Phones, Internet and Other Ways of Staying in Touch

Although there will be a few computers available for Internet use, participants are strongly encouraged to bring their own laptops to the course. Wireless connection is available at the Academy's main building.

There are telephones in every room, but please note that any costs for phone calls will be charged upon departure. During your stay, you can, through the Academy, be reached in the following ways:

- by fax addressed to you at Folke Bernadotte Academy, fax no +46 612 820 21;
- by email, either to your own email address (if you have the possibility to check your email from any internet computer), or to info@folkebernadotteacademy.se; or
- through the reception phone no +46 612 822 00 or +46 612 82 + room number
- most mobile phones has coverage at the campus

Weather and Clothing

The temperature in September will most likely be around +5 to +20 degrees Celsius with variation in weather conditions (September is a notoriously unpredictable month in these regions). There are relatively good chances of days with sunshine. It is suggested that you bring warm clothes and footwear. We would also like to suggest that you bring swim suits for sauna raft activities.

Insurance

Unfortunately the Academy is unable to cover health-care costs that you might have in Sweden. Please make sure that you have a valid travel and health insurance.

Healthcare

As Sandö campus is located outside any town it is suggested, if needed, to bring enough of prescription medicine.