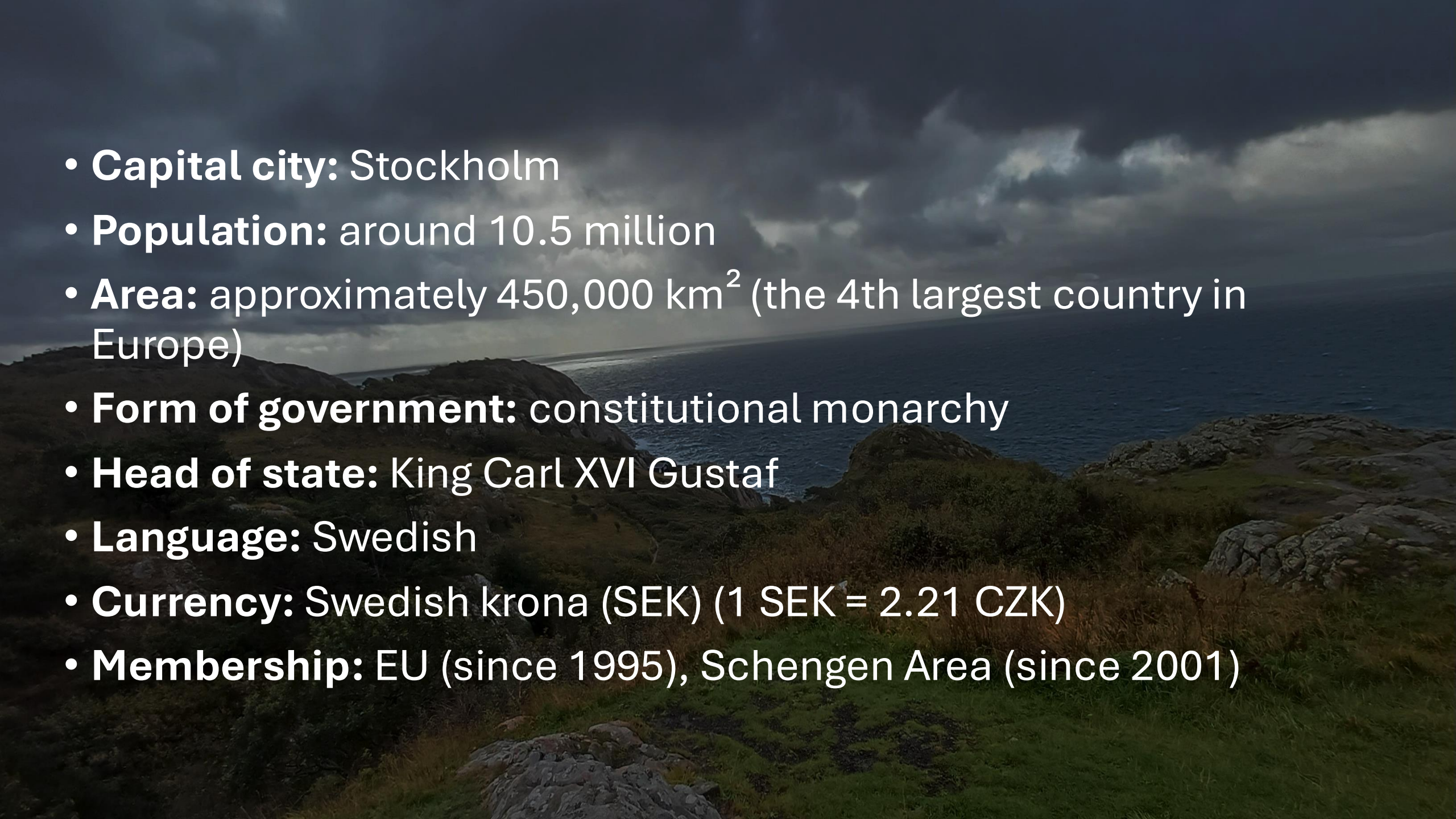


Sweden



- 
- A dramatic landscape of a rocky coastline under a dark, cloudy sky. The foreground shows a grassy, rocky hillside. In the middle ground, the sea is visible, and the background features a dark, overcast sky with some light breaking through the clouds.
- **Capital city:** Stockholm
 - **Population:** around 10.5 million
 - **Area:** approximately 450,000 km² (the 4th largest country in Europe)
 - **Form of government:** constitutional monarchy
 - **Head of state:** King Carl XVI Gustaf
 - **Language:** Swedish
 - **Currency:** Swedish krona (SEK) (1 SEK = 2.21 CZK)
 - **Membership:** EU (since 1995), Schengen Area (since 2001)

The background image is a grayscale photograph. On the left, a tall lighthouse with a red and white striped tower and a dark lantern room stands prominently. To the right of the lighthouse, a city skyline is visible, featuring several multi-story buildings. A cable-stayed bridge with multiple white cables is in the foreground, partially obscuring the buildings. The sky is overcast and gray.

- **Geography:**

- Located in Northern Europe on the Scandinavian Peninsula.
- It borders Norway and Finland, and is washed by the Baltic Sea and the Gulf of Bothnia.
- The climate is mild in the south, subarctic in the north. Winters are long and cold, summers are short.

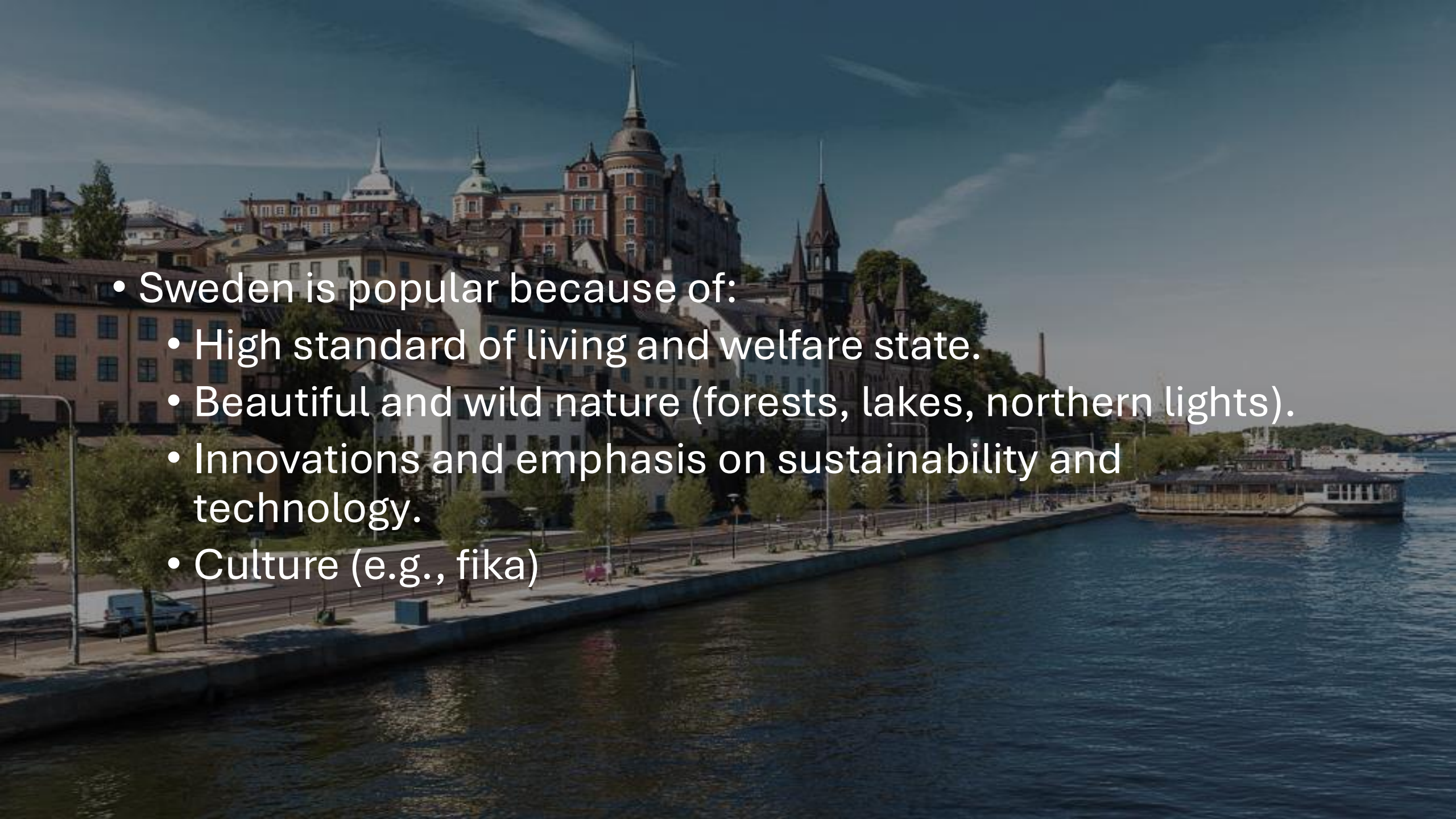
- **Economy:**

- Developed economy, focused on industry, technology, and export.
- High standard of living and emphasis on ecology and education.

- **Famous companies:** Volvo, IKEA, Spotify.

- **Popular Sports in Sweden:**

- Ice hockey
- Football
- Cross-country skiing and biathlon
- Winter sports overall – ice skating, hockey, skiing, snowboarding

- 
- Sweden is popular because of:
 - High standard of living and welfare state.
 - Beautiful and wild nature (forests, lakes, northern lights).
 - Innovations and emphasis on sustainability and technology.
 - Culture (e.g., fika)

Stockholm

- **Population:** Approximately 1 million
- **Location:** It spans across 14 islands connected by more than 50 bridges.
- **Points of Interest:**
 - The historic core of **Gamla stan** (Old Town) with narrow streets and the Royal Palace.
 - It is home to the government, parliament, and the royal family.

Bridge over Öresund



Drottningholmský
palace



Gamla Stan



Malmö

Marek Zelingr

introduction



The third largest city in Sweden



Located in the south of the country, in the province of Skåne



Connected to Copenhagen by the Øresund Bridge



Population: approximately 350,000



A multicultural city with a rich history

History

- Founded in the 13th century as a fishing village
- Was under Danish rule for a long time (until 1658)
- Industrial development in the 19th–20th centuries (shipyards, manufacturing)
- **Industrial crisis in the 1980s → transformation into a modern center of technology and education**

Interesting Facts about Malmö

- **Turning Torso** – the tallest building in Scandinavia (190 m); its shape twists 90° from base to top.
- **Øresund Bridge** – connects Sweden and Denmark; a combination of a bridge, an artificial island, and a tunnel.
- **Multicultural city** – home to more than 170 nationalities and over 150 languages are spoken.
- **Västra Hamnen eco-district** – the first area in Europe powered entirely by renewable energy.
- **City of cyclists** – has over 500 km of bike paths; cycling is the main means of transport for many residents.
- **Malmöfestivalen** – the largest city festival in Scandinavia, held annually since 1985.
- **Malmöhus Castle** – the oldest preserved Renaissance castle in Scandinavia, now a museum.
- **Film “Bron/Broen” (The Bridge)** – a famous Scandinavian crime series set between Malmö and Copenhagen.



Trip to Prague

- We left Golčův Jeníkov at 9:00 in the morning by train 
- We arrived in Prague and took public transport to the airport 
- At the airport we had plenty of time, so we went for lunch 
- Then we waited until the baggage check-in opened





✈️ Flight to Copenhagen

- We flew from Prague to Copenhagen ✈️ (the flight took about 30 minutes)
- From the plane, we had a beautiful view of the sea 🌊
- In Copenhagen, we changed to a train to Malmö 🚆
- The train ride took about 30 minutes
- We crossed the Öresund Bridge, which connects Denmark and Sweden
- After arriving, we went to our accommodation



Journey Back to the Czech Republic



- We travelled back by FlixBus 
- The journey was long and without any stops
- Part of the trip included a ferry ride across the sea 
- On the way, we talked, listened to music, or slept
- We arrived tired but full of great experiences 

Joiners: Daniel Horák, Matoušek Kryštof

3.HB Daniel Horák



Stay in Sweden: Malmö - Our rooms.

- Hotel: Forenom Aparthotel Malmö Varvstaden.
- Interior: Rooms- Different sizes of each room. inside room- two beds, kitchen in full set, television bathroom.
- Entrance into the hotel and into the room: both of them are on a same code that you're going to get.



Stay In Sweden: Malmö- Around the city

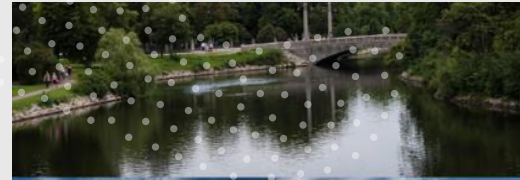
- Surrounding in Malmo: Clean streets, many shops, shopping center, more bicycles than cars, old and modern buildings, museum of Disgusting foods, canals for smaller boat and yachts through City, nice and interesting culture.



- Köttbullar (Swedish meatballs):
- Probably the most famous Swedish dish—served with creamy gravy, lingonberry sauce, and mashed or boiled potatoes.
- Gravlax:
- Cured salmon with dill, sugar, and salt, often served with mustard sauce and crispbread.
- Smörgåsbord:
- A buffet-style meal featuring various fish (especially herring), cold cuts, cheeses, salads, and breads.
- Sill (Pickled herring):
- Extremely popular, especially during holidays like Midsummer, Christmas, and Easter—served in many flavors (mustard, onion, dill, etc.).
- Prinsesstårta (Princess cake):
- A beloved dessert made of sponge cake, pastry cream, whipped cream, and green marzipan.

Stay in Sweden: Malmö - best places to visit

1. Turning Torso (Västra Hamnen)
2. Malmöhus Castle (Malmöhus Slott)
3. Kungsparken / Slottsparken
4. Folkets Park
5. Ribersborgsstranden (Beach)



FOOD

KRYŠTOF
MATOUŠEK





SWEDISH CUISINE

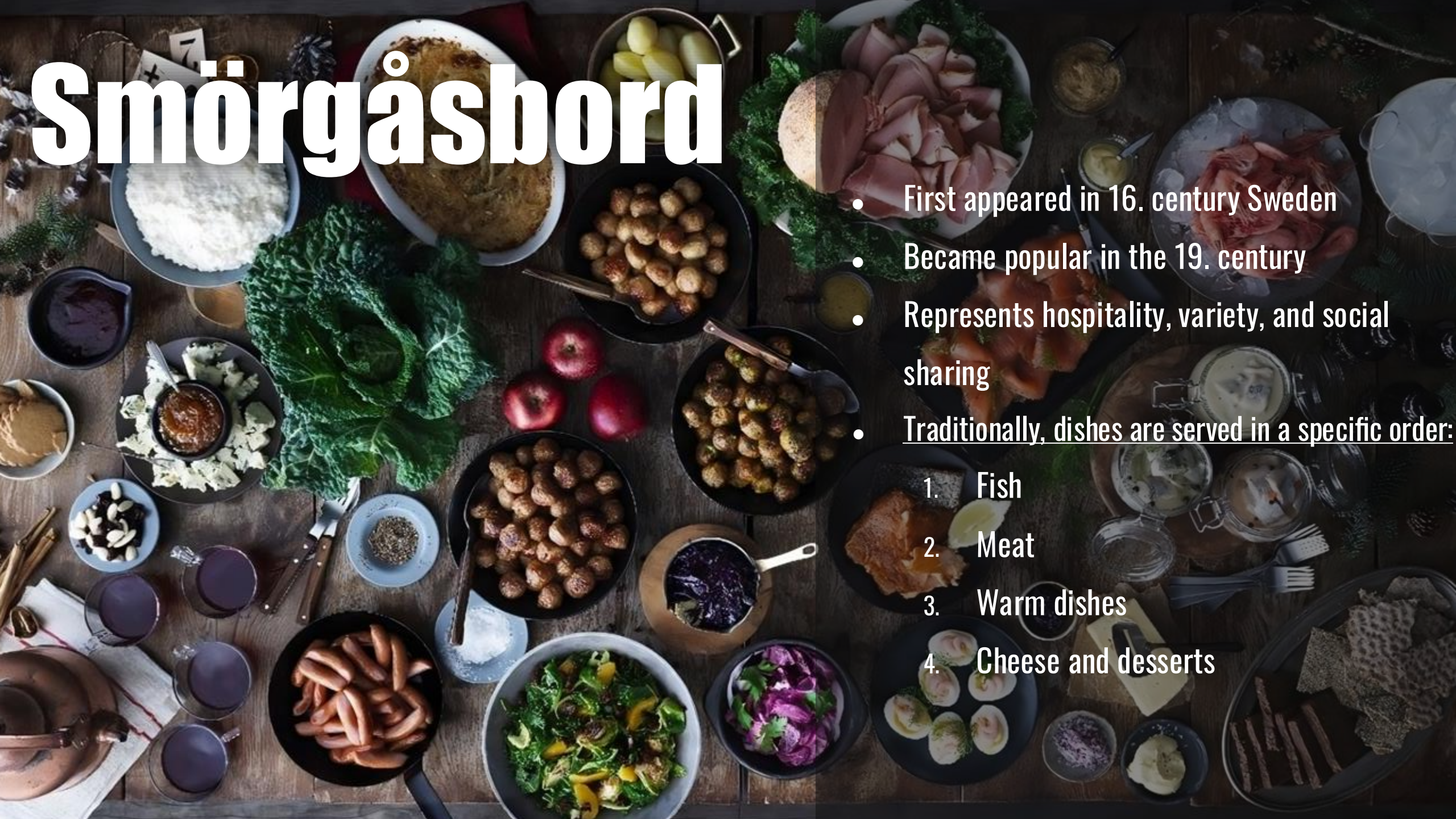
- Simple and natural
- Local and seasonal ingredients
- Influence of climate and history
- Combination of sweet and salty
- Social aspect

TRADITIONAL DISHES

- Köttbullar
- Gravad lax
- Raggmunk
- Smörgåstårta
- Kanelbulle



Smörgåsbord



- First appeared in 16. century Sweden
- Became popular in the 19. century
- Represents hospitality, variety, and social sharing
- Traditionally, dishes are served in a specific order:
 1. Fish
 2. Meat
 3. Warm dishes
 4. Cheese and desserts

FIKA

- A Swedish tradition of taking a coffee break, with the company of others and something sweet
- At work or at home with friends
- Not just about food, but also about relaxation and socializing
- Typically served with coffee and a cinnamon bun (kanelbulle)



- Salty licorice
- Surströmming
- Lutfisk
- Blodpudding
- Filmjöl



UNIQUE SPECIALITIES



WHAT WE ATE



ERIKSHJÄLPEN

SECOND HAND

—Joiners—

-Kryštof
Matoušek-
-Daniel
Horák-





COMPANY OVERVIEW

- Non-profit organization
- Resides in Lund
- Sells donated items
- Focuses on community and ecological awareness
- Profits often goes to charity or local community projects

- Repairing furniture
- Transporting items between storage and store
- Assembly and arrangement of furniture in the store
- Pricing the items
- Assembling a children's playhouse (holding on hopes and dreams)

JOB DESCRIPTION



TRANSPORT



Pros

- Great colleagues
- Ping-pong table
- Easy communication

Cons

- Transportation



ERIKSHJÄLPEN

The background image shows the interior of a thrift store. In the foreground, there are several white shelves with dark brown vertical supports. These shelves are filled with stacks of white ceramic plates and bowls. Some shelves also have glassware, including jars and bottles. In the background, more shelves are visible, some with white dishes and others with various household items. The lighting is warm and the overall atmosphere is that of a well-stocked second-hand shop.

- Their services and activities:
- Sale of used goods
- Donation and acceptance of goods
- Social and employee programs
- Focus on the environment and sustainability
- Helping children



What were we doing?

We valued things

Washed and cleaned appliances

Tested to see if they worked

Pros and cons

- Pros:
- Ping pong
- Long breaks
- Colleagues
- Lots of things
- Cons:
- Working hours
- Commuting
- Colleagues
- Work (always the same)





ZENTROX
EL&VENT

En servicepartner för livet

Zentrox el vent

- The company is engaged:
- Installation and maintenance of ventilation
- Electrical installation
- Roof safety
- Measurement of electrical energy



Job description

- Arranging contracts
- Ventilation cleaning
- Small electrical installation
- Ventilation installation



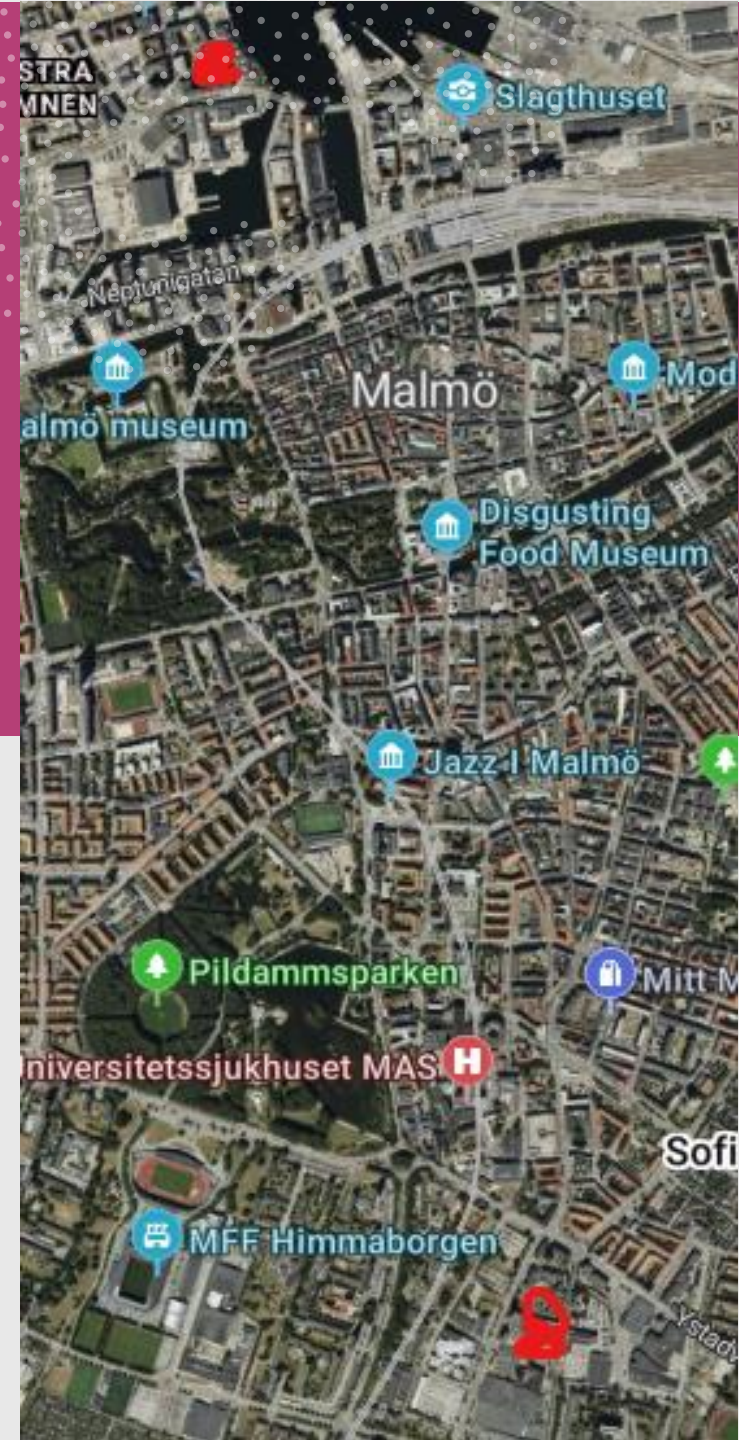


My feeling

- Colleagues - jonas (metor)
- Understanding
- Work hours

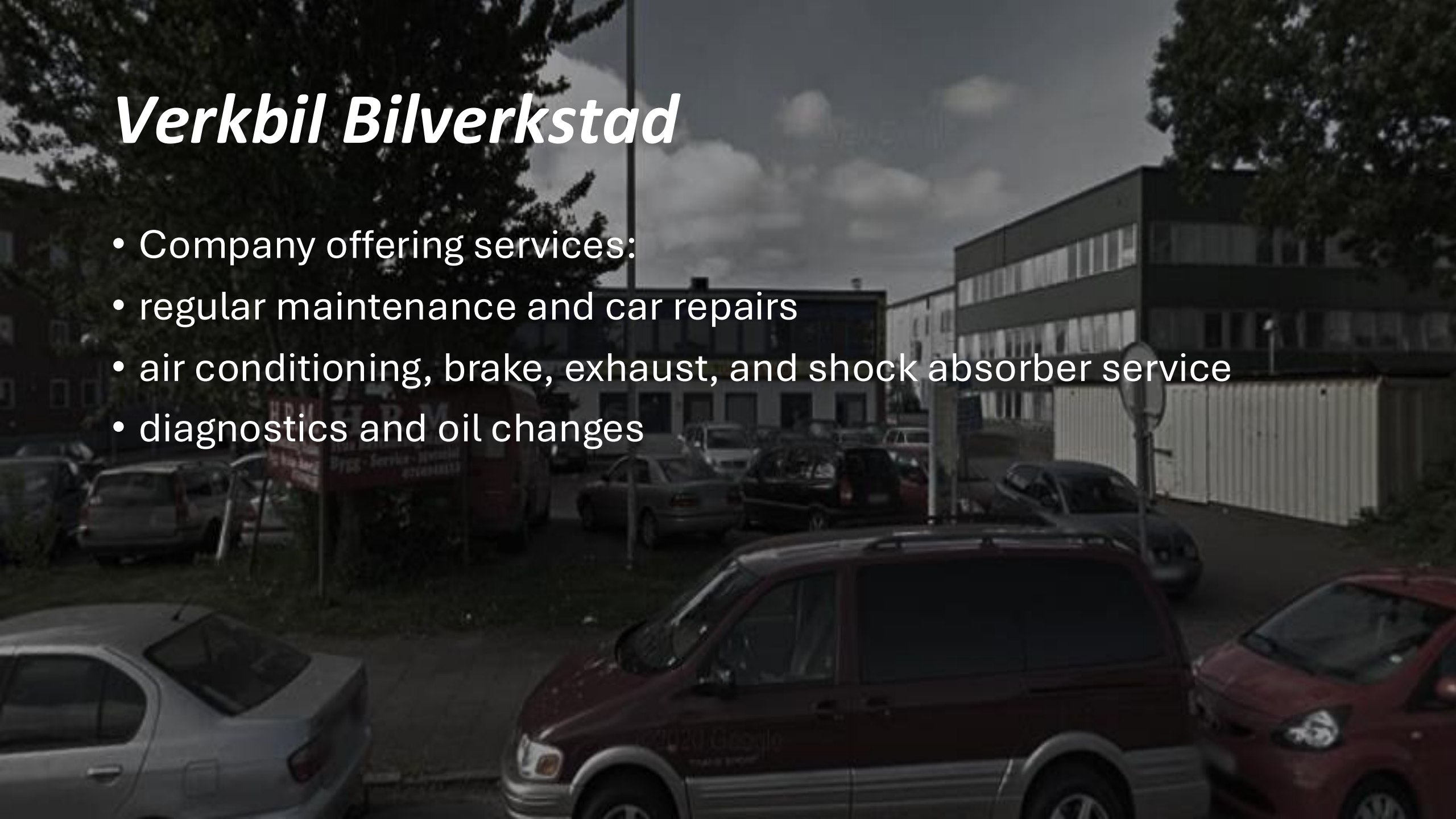
Transportation

- Station Mobilia
- Bus approximately 40 minutes
- Lime scooter approximately 20 minutes



Verkbil Bilverkstad

- Company offering services:
- regular maintenance and car repairs
- air conditioning, brake, exhaust, and shock absorber service
- diagnostics and oil changes



Pros and Cons

Pros

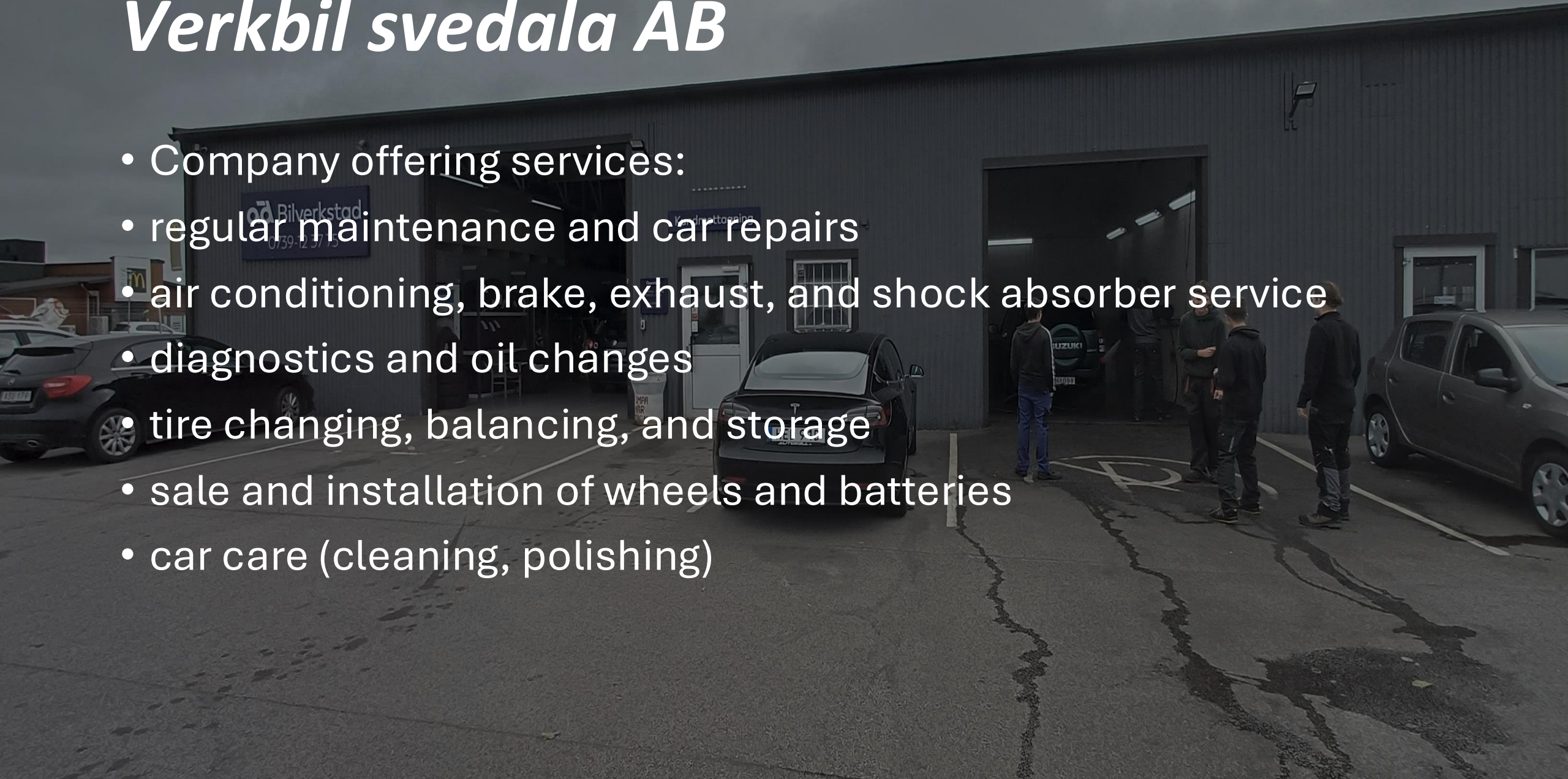
- Usually only 2–3 hours of work
- Polish employees
- Good community

Cons

- Nothing related to the electrical field
- Mostly boring
- Little work (complex jobs)

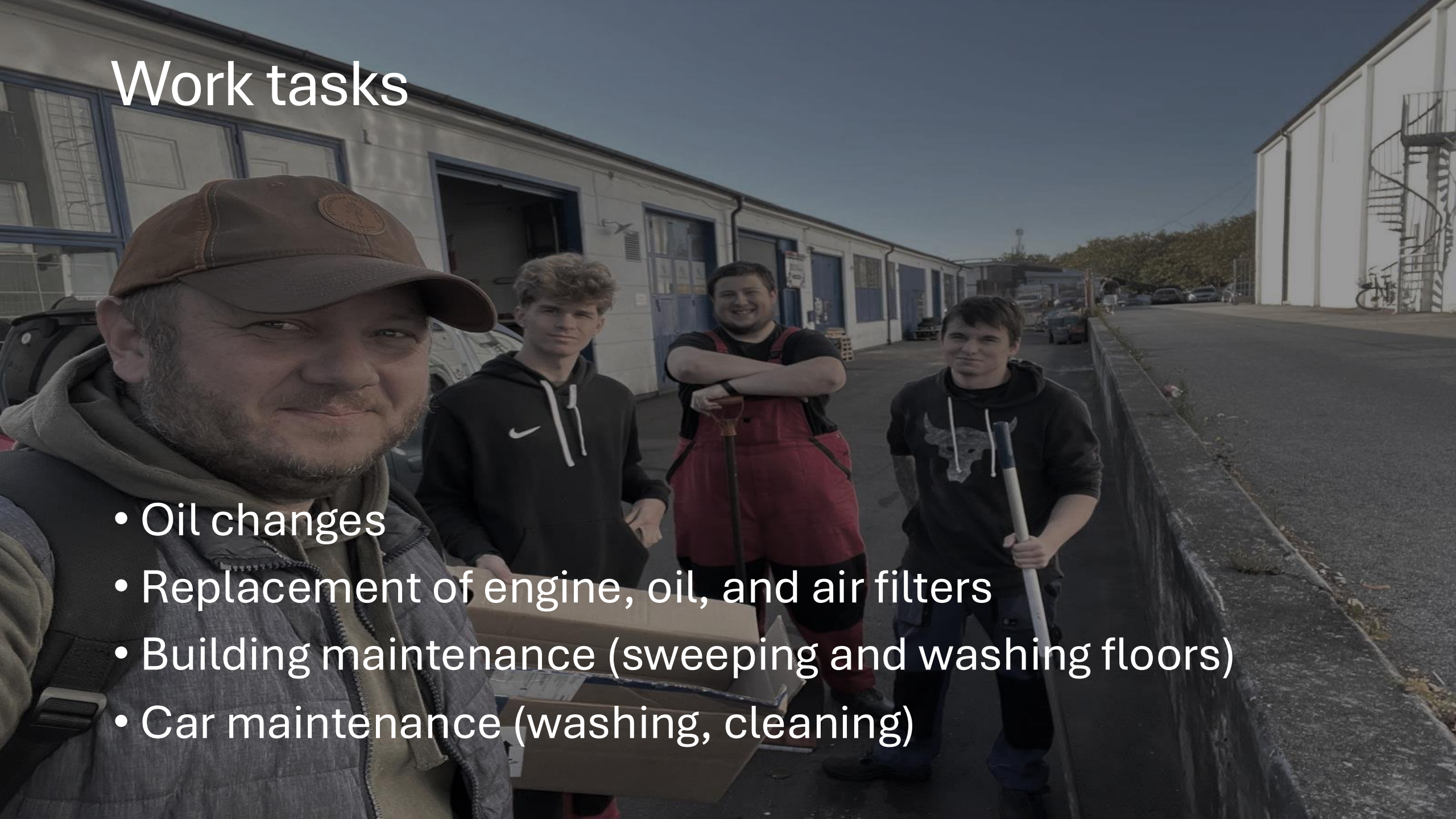
Verkbil svedala AB

- Company offering services:
- regular maintenance and car repairs
- air conditioning, brake, exhaust, and shock absorber service
- diagnostics and oil changes
- tire changing, balancing, and storage
- sale and installation of wheels and batteries
- car care (cleaning, polishing)

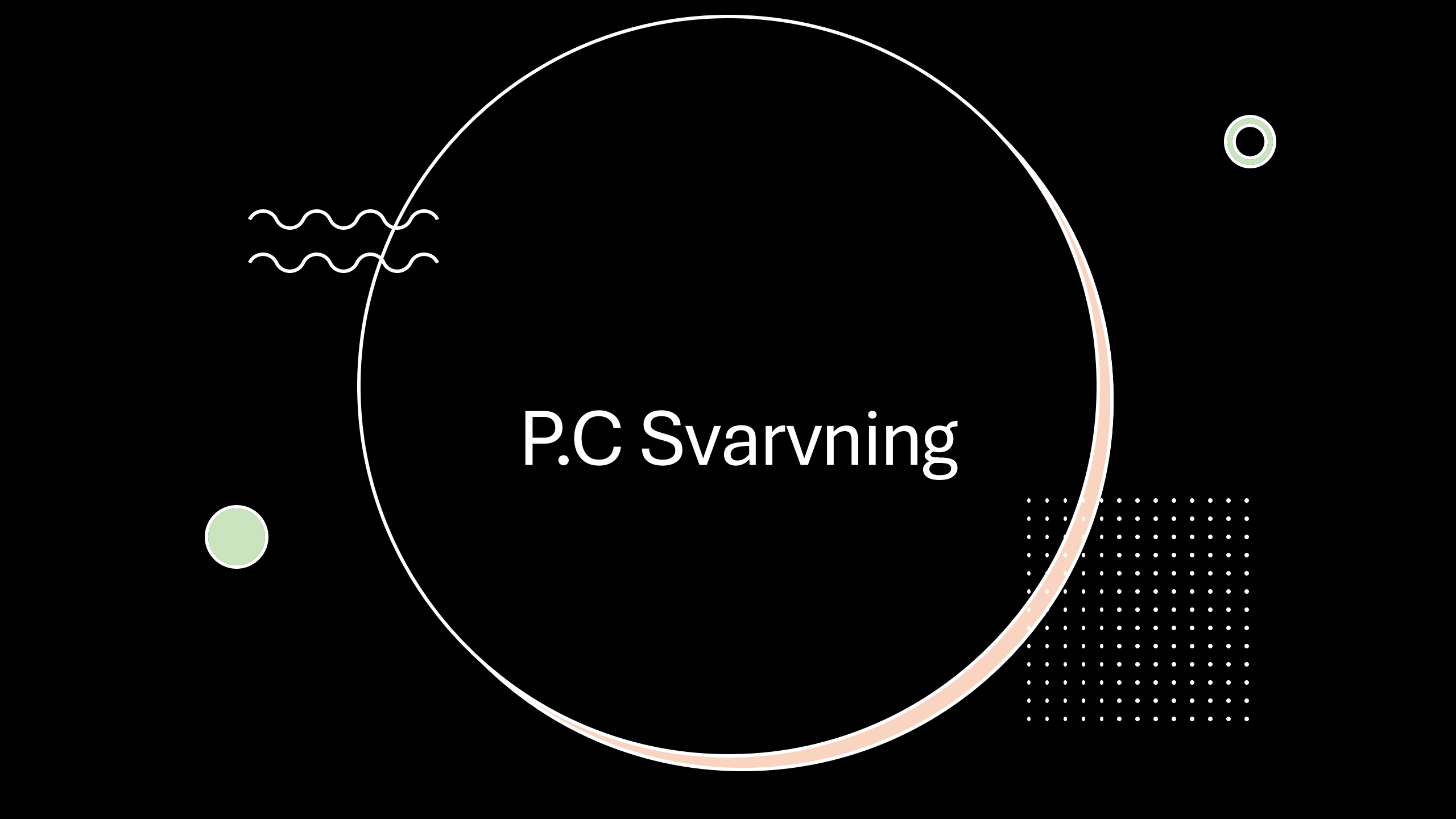


Work tasks

- Oil changes
- Replacement of engine, oil, and air filters
- Building maintenance (sweeping and washing floors)
- Car maintenance (washing, cleaning)







P.C Svarvning



P.C Svarvning

- Adress: Industrigatan 24-26, 212 14 Malmö
- Field of production: Metal, Non-ferrous metal, Plastic



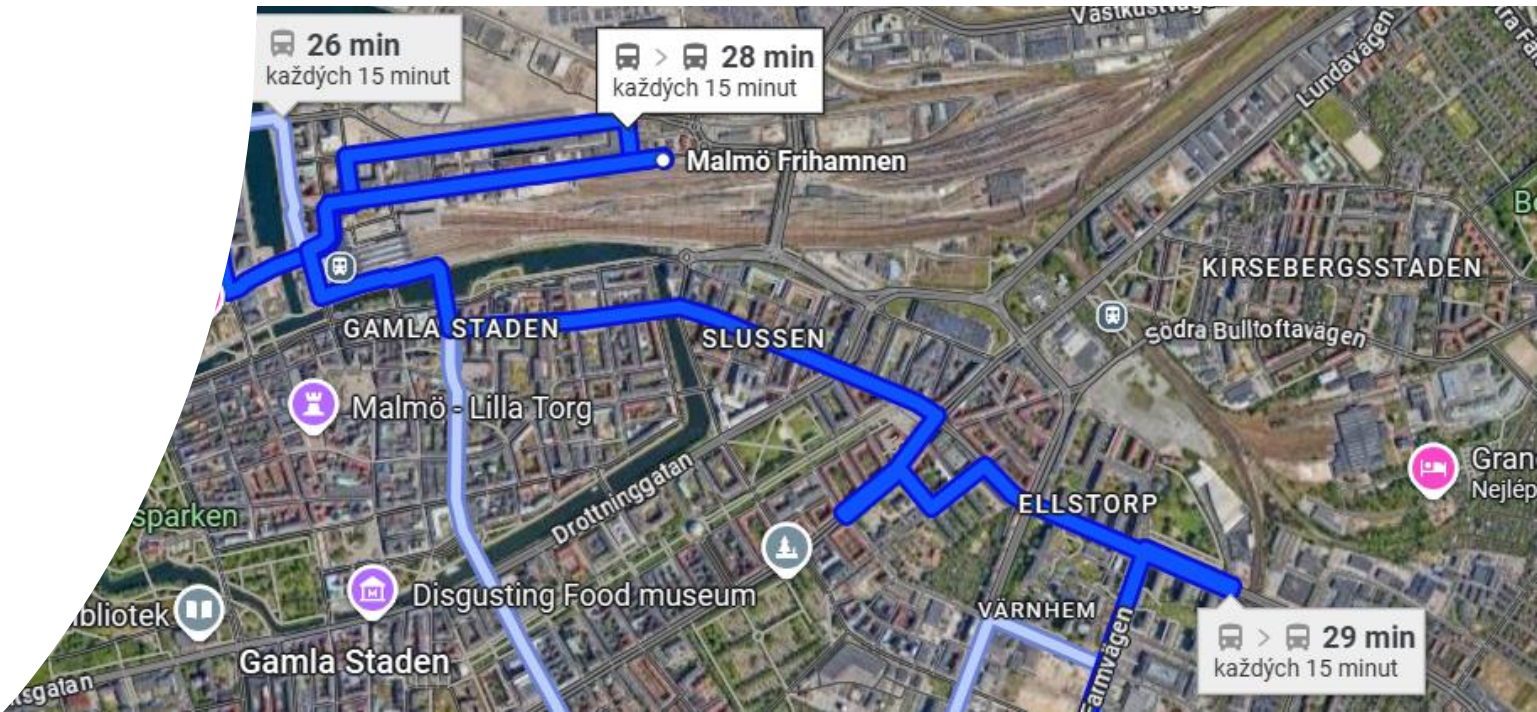
equipment

- The company has CNC lathes and mills
- Conventional machining - lathes
- Grinding – surface finishing



Transportation

- Autobus number 3 and 9
- Starting at 9:00, end at 15:00



Team



- Nice and cheerful
- With yourself: Great mood, smile and enthusiasm to work :)

Freetime activities



BBQ

Location: Öresundslekplatsen





Disgusting Food Museum

- Location: Södra Förstadsgatan





Kullaberg trip







Mölle





Helsingborg





Studieförbundet

ADVOKATFIRMAN
GLIMSTEY

AWA

HELSINGØR

UTPOSTEN

UTPOSTEN

SHANES BOKSLADABANKS AFFÄRINGSKONTOR

THE VAULT

THE VAULT HOTEL

THE VAULT HOTEL

Boat trip

Location: Malmö





Malmö Museum



#malmömuseer



