



# Local Guide: Helsingborg

# Contents

Welcome to Helsingborg! .....	4
Skåne: Sweden's Sweet Spot .....	7
8 Quick Facts About Helsingborg .....	8
Higher Education, Careers, & Business in Helsingborg .....	10
A Day in Helsingborg .....	12
Meet Our Ambassadors .....	13
Innovation & Pioneering the Future – For a Sustainable Tomorrow .....	16
Helsingborg's Big 5 .....	18
Expatriate Communities .....	20
Malmö .....	25
Lund .....	26
Copenhagen & Helsingør .....	29
A Day in Helsingborg .....	31
International Schools .....	32
Helsingborg Family .....	36
Local Glossary .....	38
Useful Websites and the sources for this brochure .....	40
Notes .....	41

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# Welcome to Helsingborg!

# Welcome to Helsingborg!

Helsingborg really is a city of beautiful contrasts. Here, modern architecture stands alongside medieval buildings, blending innovation with tradition. With stunning sea views, lush farmland and green forests, Helsingborg is a city that delights the senses.

An entrepreneurial hub, Helsingborg offers a range of coworking spaces, an e-commerce park, and a lively calendar of events for business owners.

Helsingborg stands out for its commitment to environmentalism, quality of life, and innovation. In 2022, it proudly hosted a major city expo, showcasing its vibrant spirit. Both the city centre and out-of-town shopping centre were voted Sweden's best in 2022, promising a delightful shopping experience.



## A Word From the Mayor

Meeting people in Helsingborg, whether locals or visitors, is the highlight of my day. I'm excited to welcome students and talent looking to make this city their home! Having lived here for 26 years, I can vouch for its charm. From top-notch restaurants to captivating film, theatre, and concerts, there's always something happening.

My absolute favourite is those magical sunsets at Fria Bad, perched on the wall with a picnic, taking in the breathtaking view—it's pure bliss. Welcome to Helsingborg to experience the warmth and vibrancy of the city yourself!

**Mats Sander, Mayor of Helsingborg**





# Skåne: Sweden's Sweet Spot

— An Awesome Place to Live and Work

Helsingborg, in Skåne, merges contrasting elements into unique strengths, where rural Scandinavia meets urban Europe. It's a melting pot of diverse cultures, creating an open, innovative, and ambitious region. Skåne offers a high quality of life, subsidised healthcare and education, a strong economy, and scenic landscapes, making it an ideal place to live and work.

The south of Sweden is a vibrant hub with diverse cultures and top universities. Skåne attracts talented individuals globally, fostering career growth and startup opportunities.

That, paired with a beautiful coastline, lush agriculture, and leafy nature, makes Skåne an awesome place to live and work.

## Strategically Located

We're also right across the bridge from Copenhagen, the capital city of Denmark. It's a vital link to continental Europe and has the largest airport in Scandinavia, which helps connect us to everywhere else on the planet.

When you live in Skåne, everything is close. Hamburg is about five hours away by road, and when the Fehmarnbelt tunnel opens, you can travel from Skåne to Germany by train in three hours!

Our well-connected travel network includes excellent cycling infrastructure and other strategic rail and shipping routes, making Skåne a gateway to Europe and the world.

# 8 Quick Facts About Helsingborg

Helsingborg is the **8th** largest city in Sweden, home to **151 000** residents.

Helsingborg's population is diverse, representing **165** different nationalities.

The city boasts **15 000** companies across **610** industries, and more than **1000** new businesses emerge annually.

Helsingborg has a workforce of **76 800** individuals.

The average age of Helsingborg residents is **41**, with the largest age group being **30–39** years.

Campus Helsingborg is home to **4 000** enrolled students.

Helsingborg offers **20** hotels, **182** restaurants, and **380** shops.

The city features **700** metres of beautiful beaches.



Sunbathers at “Fria Bad”. Photo: Lotta Wittinger

# Higher Education, Careers, & Business in Helsingborg

Lund University's **Campus Helsingborg** boasts over 4,000 students, offering not just academic pursuits but also real-world connections. Connect with businesses and organisations from the start, with tailored events for international students to foster lasting relationships.

Our programmes aim to directly engage you with industry leaders. Enrich your learning with guest lectures, seminars, and workshops led by industry experts.

Sustainalink and HIC serve as links to North West Skåne's vibrant business community, hosting events that foster valuable connections and career-

focused activities for future success. Helsingborg's business landscape thrives on innovation, diversity, and community spirit. Whether you're a large corporation, a start-up, or an entrepreneur with a bold idea, Helsingborg provides the resources, networks, and opportunities to flourish in today's dynamic business world.

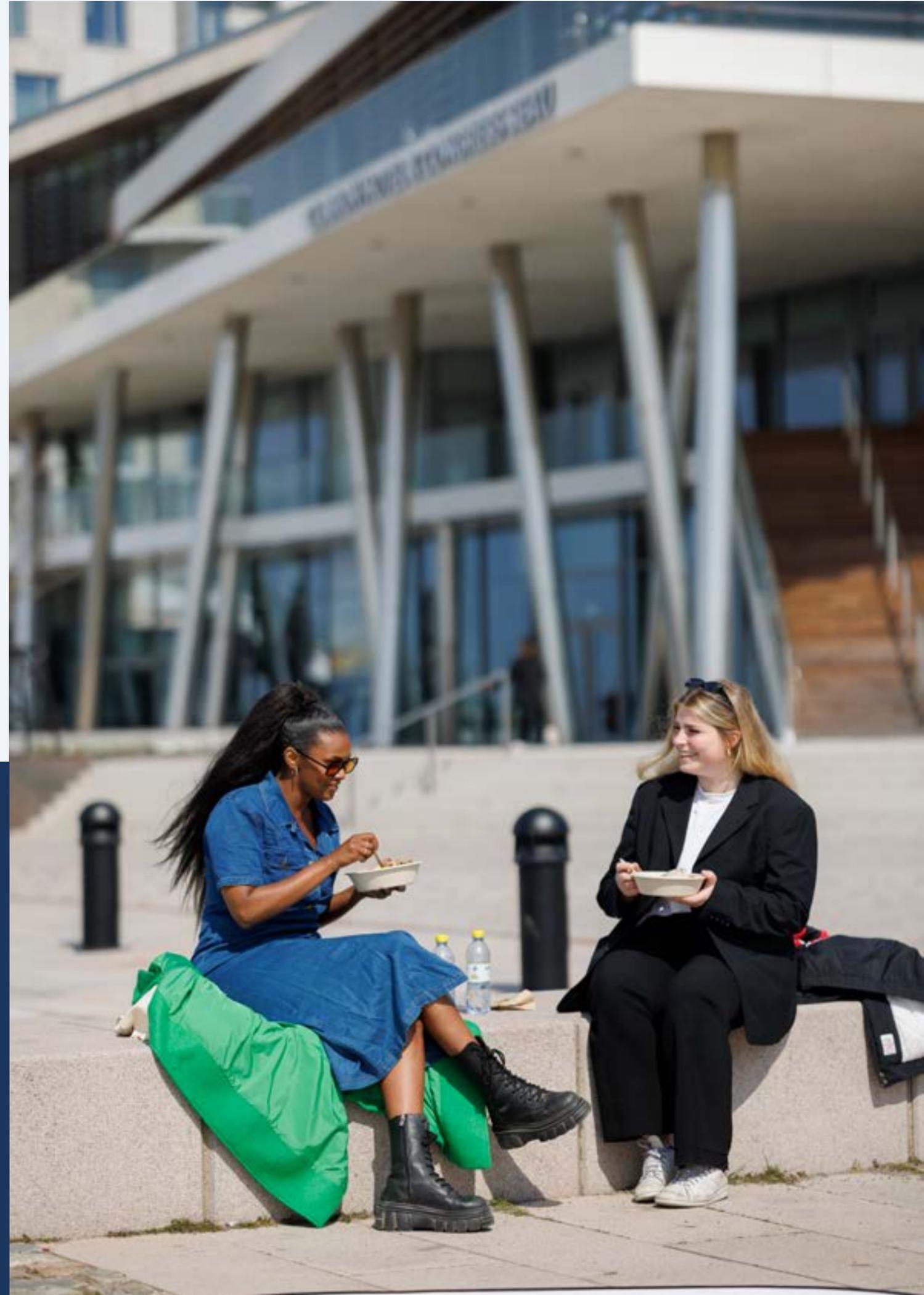
Networking is pivotal in Helsingborg's business world, with various associations, chambers of commerce, and industry-specific groups facilitating connections. Conferences, seminars, and workshops offer avenues for knowledge-sharing, collaboration, and professional growth.

## No 1 in Logistics!

Helsingborg, a key transport hub, offers efficient motorways, railways, ferry links, and Sweden's second-largest container port as well as access to three airports.

Ranked top in Intelligent Logistics' 2024 Swedish ratings alongside Gothenburg, we're dedicated to innovative collaborations. Our vision is to be Europe's top agile, sustainable logistics hub. 40+ companies have committed to the Helsingborg Declaration, aiming for climate neutrality by 2030.

E-Commerce Park, established in 2015, strengthens Sweden's e-commerce scene. Hosting a coworking space and Sweden's sole e-commerce incubator, we collaborate with warehouse providers. We elevate the sector by leading e-commerce networks, events, and trainings.



# A Day in Helsingborg

– With the Jondalen Family

**11.00**

## A red hot dog with bread, please!

We start the day at sea. To tura, to go back and forward to Denmark on a boat, is in the DNA of every true Helsingborgare.



**13.00**

## See you among the tree tops!

There is no better place than the lovely playground and adventure track at Barnens Sofiero.



**15.00**

## Adventure golf by the sea

Back at Gröningen in the town centre there is a fun miniature golf with varied courses and obstacles fit for all ages.



**17.30**

## Waffles in Pålssjö Forest

Waffles at the leafy Waffle Pavilion in Pålssjö Forest, with cosy outdoor seating and a fun labyrinth to explore.



“We Have Chosen to Stay in Helsingborg – Keep on Reading and We’ll Tell You Why!”



## Meet Our Ambassadors:

Alejandro, Rugare, Kimberly and Kai

## “My Heart and Home is in Helsingborg – I’m Here to Stay!”



**Alejandro Bustos**, a Colombian entrepreneur, came to Helsingborg in 2021 to reunite with his partner of the time, who was studying a Master’s Programme at Lund University Campus Helsingborg. Alejandro had heard of Sweden and Stockholm before, but Helsingborg was a complete blind spot on his world map until he arrived. Alejandro has a background in Journalism and History and is very curious about new cultures. Despite going through a divorce during his first year in Helsingborg, he made the decision he wanted to stay.

Today Alejandro is self-employed and runs two companies in marketing and communication services, one company registered in Colombia and one in Sweden.

– I have found many new friends in Helsingborg, and I have no intention of leaving and going back to Colombia.

## Alejandro’s Top 3 Things About Living in Helsingborg:

1

“Helsingborg has the **perfect balance** between a small city and a big town!”

2

“The city has a **rich cultural life**, bars and restaurants but it is not too crowded and busy.”

3

“Helsingborg is a **very safe city** with a welcoming atmosphere.”

### Anything that has surprised you since moving to Helsingborg?

I still can’t get over the fact that there is such an engaged and thriving expat community in Helsingborg, and a good mixture between Swedes and internationals.

As an entrepreneur, I am impressed by the number of start-ups and innovation hubs a city of Helsingborg’s size can offer. Another interesting fact I had no clue about before is that Helsingborg has Sweden’s second biggest harbour and is a very important logistic node in southern Sweden. For example, all bananas shipped to Sweden arrive at Helsingborg harbour.

### Could you recommend Helsingborg to other internationals?

Yes, there is something here for everybody! No matter what your incentives are for moving to Helsingborg, there will always be activities and services to help and guide you. Helsingborg is also a greenhouse for new ideas, where you can find both public and private capital to develop projects. Swedes make really good friends as well.

– You might think about Swedes like popcorn, says Alejandro and laughs. They can be a bit hard at first, and when it’s cold, but once you warm them up and they trust you, they will pop and give you so much in return.

# Innovation & Pioneering the Future

– For a Sustainable Tomorrow

Helsingborg is a city committed to innovation, exemplified by Oceanhamnen—a vibrant new district mixing residences, offices, eateries, and hotels with a strong focus on sustainability. Future plans for 2030 include terraced houses, rental apartments, a preschool, a mobility centre, and a new bathhouse, all designed sustainably.

Ranked among Europe's top hubs for innovation, Helsingborg provides fertile ground for collaborative solutions in sustainable urban development. This attracts forward-thinking companies eager to pioneer a brighter future.

The city's thriving start-up ecosystem offers resources like mentorship programmes, funding, and networking

events. Notable start-ups in fintech, e-commerce, and sustainability have flourished, with co-working spaces supporting entrepreneurs and small firms. Helsingborg supports partnerships and pilot projects through four dynamic living labs, actively reshaping society.

HETCH is a tech hub in the heart of Helsingborg. Their mission is to push start-ups and companies towards exponential growth by providing them with the right tools, community, events and facilities. They also actively cultivate investor relations to connect our companies with the right investors.

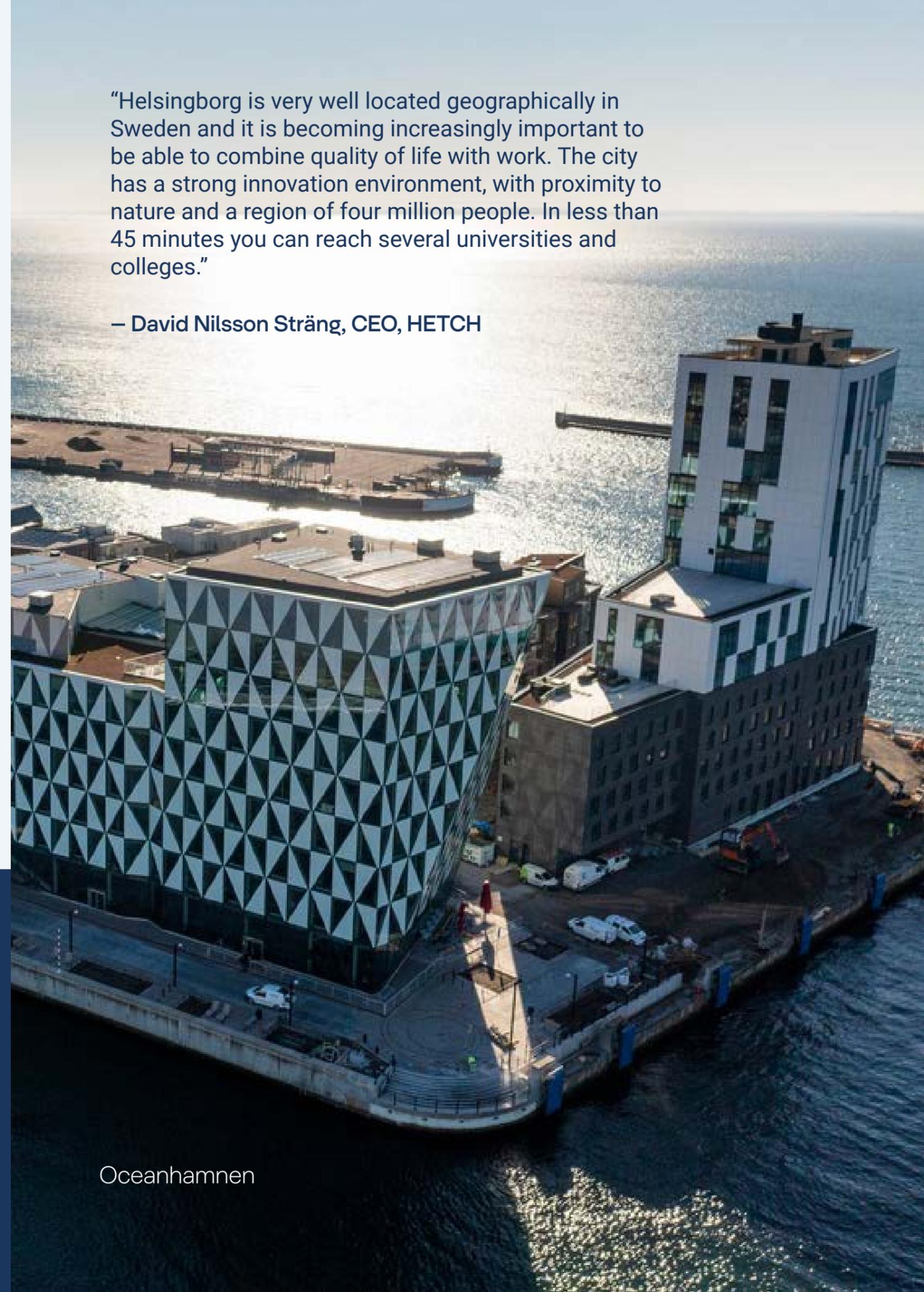
"Helsingborg is very well located geographically in Sweden and it is becoming increasingly important to be able to combine quality of life with work. The city has a strong innovation environment, with proximity to nature and a region of four million people. In less than 45 minutes you can reach several universities and colleges."

– David Nilsson Sträng, CEO, HETCH

## A Climate-Neutral Future

At the forefront of Europe's climate transition, Helsingborg is among the European Union's hundred selected cities, leading the charge and aiming to be climate neutral by 2030.

You'll find unparalleled opportunities to experiment with waste, wastewater, and energy solutions here. This includes live testing of source-separated wastewater, innovative biochar production, and carbon capture initiatives.



Oceanhamnen

# Helsingborg's Big 5



## Kärnan

The medieval tower is Helsingborg's most famous landmark. It stands as a remnant of the historic Helsingborg Castle and offers panoramic views of the city and the Öresund Strait.



## Sofiero Palace and Gardens

A former royal residence renowned for its stunning gardens, including thousands of rhododendrons. Sofiero also hosts cultural events, exhibitions, and concerts.



## Fredriksdal

This open-air museum and botanical garden offers a glimpse into Swedish history with historic buildings, gardens, and cultural displays.



## Dunkers Cultural Centre

Dunkers is a cultural centre housing art exhibitions, performances, workshops, and a museum. It's a hub for arts and culture in Helsingborg.



## Helsingborg Waterfront

The waterfront area, including areas "Gröningen" and the marina, offers scenic views, seaside promenades, restaurants, and cafes. It's a lively spot for strolling, dining, and enjoying the sea.

# Quality of Life

## – Exceptional Work-Life Balance

For Swedes, balancing work and life outside the office is crucial. Thanks to well-established public services and a wealth of lifestyle opportunities, enjoying quality time with loved ones is effortless. Sweden proudly holds the top spot as the country with the best quality of life, according to the 2023 Global Passport Index.

Helsingborg offers exceptional work-life balance, blending career opportunities with leisure activities. Residents can enjoy scenic waterfront strolls, vibrant cultural venues, and easy access to nature for hiking or beach days. With a commitment to sustainability, biking or walking to work is a refreshing choice. This balance sets Helsingborg apart, allowing residents to thrive in work and leisure.



# Expats Communities

– Essential Networks for Expats in Helsingborg

**Helsingborg International Connections (HIC)** hosts English-speaking events and drop-in sessions for Helsingborg's international community, offering information on living, working, and studying in the city. The diverse activities provide a glimpse into life in Helsingborg, while their network helps ease the transition to Sweden.

Join them for informative events on various topics, fun social gatherings like coffee mornings and pub nights, and opportunities to expand your professional and social circle. HIC's guests include experts on Swedish culture, family law, volunteering, and

more. Come meet internationals from 60+ countries and enjoy a warm, welcoming atmosphere with our friendly volunteers and ambassadors.

In Malmö and Lund there are also initiatives for expats:

In Lund the **International Citizen Hub (ICHL)** provides helpful information, arranges activities, and offers a warm environment in which to meet.

**Onboarding Malmö** offers a Soft Landing programme, in order to introduce and integrate partners of newly-employed international talents into the Malmö business community.

## Sally Says Hi!

My name's Sally Russell and I moved to Helsingborg from the UK in 2008. My family and I love living in Sweden and think Helsingborg is a beautiful city, with much to offer!

In 2014, a friend and I started Helsingborg International Connections, an organisation that works closely with the municipality to welcome and support the local international community. We run regular events in English, hold drop-in sessions, and share helpful information to ease the transition to life in our city. Look us up if you're planning to move to Helsingborg!



## “In Helsingborg You Get to Co-Create the Future!”



**Rugare Tambo** originally from Zimbabwe, is currently a Swedish Institute Scholarship holder in her second semester studying a Master of Science in Strategic Communication at Lund University, Campus Helsingborg.

Before coming to Helsingborg, she lived for 6 years in the USA where she did her undergraduate in Buffalo, New York, and graduated with a Bachelor of Arts Degree in Interpersonal Communication and Rhetoric. Dedicated to education, gender equality, and sustainable consumption and production, she worked in the United Nations as a Global Communications Senior Assistant specialising in digital content.

Impressed with the international mix of people in the city and the variety of growth opportunities for both business and individuals, Rugare speaks passionately about Helsingborg and Sweden.

## Rugare's Top 3 Things About Living in Helsingborg:

1

“The pace. It’s very **liveable**; not as crazy as in New York, but definitely not too slow.”

2

“Living so close to the **ocean** and the **beach!**”

3

“To **‘tura!**”\*

– Compared to the USA, I find the work-life balance much healthier in Sweden. Swedes are doers, and there is an element of coworking spirit in the Swedish work and study culture that I really appreciate.

### Anything that has surprised you since moving to Helsingborg?

– The Swedes are unstoppable, says Rugare and laughs. Even when it is cold, rainy, or snowy, I am surprised to see so many people doing activities outside.

Rugare admits that the climate and weather have surprised her the most, and it is hard to get used to the winter and dark days. Comparatively, in Harare (the capital city where Rugare is from), the subtropical highland climate tends to feature spring-like weather year-round.

Another thing that has positively surprised Rugare is the people. She had heard many stories about how reserved the Swedish people are. However, having lived here for six months, she would rather call Swedes dignified and authentic than reserved:

– Swedes have a high level of emotional intelligence and give other people space. What they show is what they are. I like that, and it makes me feel at home, says Rugare.

\*Tura, see p. 40 for explanation



Photo: Fredrik Johansson, Malmö stad

# Malmö

## – The Melting Pot of Skåne

“Malmö, Skåne’s largest city, serves as the region’s economic centre, buzzing with innovative companies and startups. It’s renowned for its diverse economy, flourishing tech and games industry, and a multicultural population from 186 countries, making it the 4th most international city worldwide.

This vibrant city seamlessly blends historic charm with modern architecture, epitomised by the iconic Turning Torso skyscraper. Malmö’s creative spirit shines through its numerous art galleries, studios, and

cultural events, including the annual Malmöfestivalen and hosting of the 2024 Eurovision Song Contest.

For food enthusiasts, Malmö offers a year-round culinary adventure, from Swedish classics to global flavours at restaurants, cafes, and food markets.

### How to Get Here From Helsingborg

**By train:** 39 min

**By car:** 47 min

**By bike:** 3h 32 min

## Things To Do

**Malmöhus Castle**, is one of Scandinavia’s oldest Renaissance castles. Discover its history at the Malmö Museum, and see the aquarium at the Malmöhus Sea Aquarium.

Explore the **Technology and Maritime Museum** (Teknikens och Sjöfartens Hus): Discover interactive exhibitions, vintage vehicles, historic ships, and hands-on activities for all ages.

**Folkets Park** is place to unwind. Malmö’s beloved public park offers a range of activities for visitors of all ages. Enjoy concerts, festivals, playgrounds, mini-golf, and the historic dance pavilion.

Take a **Canal Boat Tour!** Enjoy the picturesque waterways on a relaxing canal boat tour. Glide past historic buildings, scenic parks, and modern landmarks right in the middle of the city.

# Lund

## – Sweden's Biggest Student Town

Welcome to Lund, where the charm of medieval times meets the cutting edge of today! With a history stretching back over 1,000 years, this city is a captivating blend of ancient wonders and modern discoveries.

Home to Lund University, a powerhouse of research and innovation, Lund is a global hub of science. The city's vibrant industries thrive on groundbreaking research, and the upcoming Lund Innovation District attracts even more brilliant minds tackling global challenges.

Central to university life are the student nations, representing different regions of Sweden. These lively hubs offer a diverse range of enriching activities for students i.e. sports, balls, choirs and parties.

### How to Get Here From Helsingborg

**By train:** 29 min

**By car:** 44 min

**By bike:** 3h 8 min

## Things to Do

**The Cathedral** with its enchanting medieval clock. If it's good weather, don't miss sitting on the benches along the southern side of the cathedral together with the students of Lund, enjoying some coffee in the sun.

**Kulturen:** Step into the past with historic buildings, then leap into modern art, culture, and history.

**The Botanical Gardens:** A serene green escape in the heart of Lund. A perfect spot for unwinding after studying hard.

If you go here between April 30th and May 1st, you come just in time for Lund's national student holidays "Valborg" (April 30th) and the First of May. This is celebrated with picnics, games, festivities and a big bonfire in the City Park on Valborg. On the First of May the academic choir Lunds Studentsångare greets spring on the stairs of the University.

Photo: Lunds kommun





Nyhavn Waterfront

# Copenhagen & Helsingør

– Denmark is Just Across the Strait

## Copenhagen

The Capital of Denmark is a beautiful and dynamic city rich in culture, history, and charm. Don't miss Nyhavn waterfront with its vibrant cafes and the fairy-tale-like Rosenborg Castle or the modern architectural wonders like the Royal Danish Opera House and the futuristic Black Diamond, part of the Royal Library.

The beautiful Tivoli Gardens, with its enchanting amusement park rides, concerts, and lush landscapes, is a popular place to visit.

Take the opportunity to savour Danish delights such as smørrebrød (open sandwiches) and mouthwatering pastries.

## How to Get Here From Helsingborg

### To Copenhagen

By train: 1h 22 min

### To Helsingør

By ferry: 20 min

\*Hygge – A Danish word meaning a cosy and comfortable atmosphere promoting wellbeing.

## Helsingør

Just across the sea, a 20-minute boat ride away is the legendary beautiful town of Elsinore, or Helsingør as we call it. The Elsinore castle, Kronborg, is famous for being the scene where William Shakespeare's famous play Hamlet took place. Each summer, you can enjoy that very play in the castle.

Helsingør is a great spot to get some Danish hygge\*. It has a very nice food court located in an old shipwharf, where people of all ages can gather, enjoy, and explore amazing foods from all over the world.



Helsingør Flowermarket



Shopping at Spritan.  
Photo: Richard Johansson Studio-e.se

# A Day in Helsingborg

– With Wilma & Tobias

**9.00**

## Breakfast by the Sea

We grab breakfast at our favourite coffee spot, then head to the sea for a morning of swimming and sunbathing.



**12.00**

## Lunch in the Sun

On a day off, a long city lunch is perfect. People-watching and catching up with friends make for a great Saturday.

**15.00**

## A Stroll in Råå

Nearby, Råå is a charming old fishing village. We enjoy a cosy stroll by the harbour before cycling home.



**19.00**

## Dining out - Hard to Choose!

Helsingborg's many great and diverse restaurants make choosing tough. We settle for drinks at one spot, and dinner at another.

# International Schools

## – Accommodating Different Needs

In Helsingborg, we have many options: a variety of Swedish Schools with the Swedish curriculum, International Schools with the IB (International Baccalaureate) curriculum, and bilingual schools with the Swedish curriculum.

### **International School of Helsingborg**

The International School of Helsingborg (ISH) provides state-funded early-to-secondary education to the international community of Helsingborg. It's a non-fee-paying school for students aged 2 to 19, teaching the International Baccalaureate (IB) curriculum in English. The students have many different backgrounds and cultures.

### **Dibber International School**

Is a bilingual Swedish and English-school. Their concept is an international profile where they integrate the Swedish national curriculum & the International Baccalaureate's (IB) pedagogical framework.

### **Helsingborg International English School**

Here, they teach using the Swedish national curriculum, and up to half the education in the school is delivered in English by qualified teachers from English-speaking countries, including Canada, the USA, and the UK.

## Schools in Sweden

From ages 6 to 18, children attend compulsory school divided into three stages: Förskola (preschool), Grundskola (compulsory school), and Gymnasieskola (upper secondary school). Preschool is encouraged for ages 1 to 5, focusing on play-based learning and social development. Schools in Sweden are generally free of charge, and all students in Sweden are entitled to free or subsidised school meals, ensuring that every child has access to nutritious food during the school day.

Choosing the right school is a significant decision, and we understand that one size does not fit all. That's why we offer a diverse range of options. This variety empowers you to find the perfect fit for your educational needs, whether you're staying for a shorter or longer period.

International School of Helsingborg. Photo: Martin Sörbo



## “We Want to Stay in Helsingborg!”



**Kimberly and Kai Fischer** and their two children left Germany for Helsingborg in 2022. Kai was at the time working for Haldex and was offered a position at their Head Office in Landskrona, just south of Helsingborg. It is a big project to move a whole family to a new country and not everyone in the family embraced the idea of moving.

– Our oldest child who was 9 years old at the time was very much against moving, says Kimberly. However, now he loves his life here and has made lots of new friends at The International School of Helsingborg

The original plan was to stay in Helsingborg for about two years and then move back to Germany, but that has changed. We are really happy in Helsingborg and the whole family wants to stay here.

## Kimberly and Kai’s Top 3 Things About Living in Helsingborg:

1

“The **ocean** and closeness to **nature!**”

2

“It’s not so crowded, but there’s still **plenty of activities** and exciting things to see and do.”

3

“Everything is so close and **convenient!**”

We find Helsingborg a very family-oriented city. The city offers a great variety of activities and fun things to do as a family. It is also nice to have such a close connection to Denmark only 20 minutes away with the ferry.

### **Anything that has surprised you since moving to Helsingborg?**

We were surprised to feel so welcome! Immediately upon arrival, we were invited to a welcome reception at Helsingborg International School and other social activities organised by Helsingborg International Connections (HIC). We were not prepared to meet such an engaged international community in Helsingborg and that really made us feel comfortable and at home right from the start.

### **Would you recommend Helsingborg to other internationals?**

Yes, I think it is a good fit for anyone, both students, professionals, and families! We once heard that Helsingborg was referred to as the “pearl of Skåne” and think that is very true.

# Helsingborg Family

— We Are Family!

Located in the northwestern part of Skåne is the Helsingborg Family, a close-knit collaboration of neighbouring towns that come together to create vibrant communities and thriving businesses.

This family includes Bjuv, Båstad, Helsingborg, Höganäs, Klippan, Landskrona, Perstorp, Svalöv, Åstorp, Ängelholm, and Örkelljunga. Together, they form a network of stimulating places and exciting contexts for locals and visitors.

Each town in the Helsingborg Family brings its unique charm and character, inviting visitors to discover the beauty and warmth of Skåne's coastal region.

## Landskrona

Historic charm, parks, culture, and a lovely coastal beach. Discover the well-preserved 16th-century Landskrona Citadel with its museum, art gallery, and gardens. Ferry to the Island of Ven in the Öresund strait.

**27 km away**

## Höganäs

Explore Höganäs for art, coast, and nature. Enjoy the Market Hall's local treasures, delve into ceramic history at the Höganäs Museum, and hike scenic trails at Kullaberg Nature Reserve.

**25 km away**

## Ängelholm

This town has a charming beach, winding river, and scenic bridges. Visit the Local Heritage Park at Hembygdsparken. Try a canoe trip to the city centre or the miniature train for a unique tour.

**29 km away**

## Bjuv

A peaceful rural retreat with quaint villages, scenic roads, and a rich agricultural heritage. Explore birdwatching and outdoor activities in its fruit and grain-filled landscapes. Discover the Viking Age Bjuvstenen runestone

**18 km away**

## Båstad

Coastal charm, quaint harbour, and lively summers. Visit the iconic Tennis Stadium, host of the Swedish Open, and enjoy the beachside beauty. Don't miss the lovely gardens of Norrviken.

**56 km away**

Kullaberg, 36 minutes from Helsingborg

# Local Glossary

– Good Words to Know For Local Flavour

## Bulle med Bulle

Translates to “Bun with bun” in English. It refers to a traditional Swedish pastry consisting of one bun (usually a normal breakfast roll) filled with another type of bun, such as a no-bake treat made with oats, cocoa powder, sugar, butter, and sometimes coffee. These two together make a local, very tasty snack.



## Nimmt

Something going easy peasy, smooth.

## Kaga

Kaga - means cake but can have three quite different meanings:

1. Detta är kaga! (This is great!)
2. Cake or cookie
3. Kom inte här och kaga dig! (Don't try to pick a fight/Don't be cocky!)

## Rälig

[reh-leeg] A local word for disgusting.

## Tura

A very Helsingborg thing to do. That means going back and forth on one of the boats between Helsingborg and Helsingør with no other intention than being at sea. A big part of the experience is eating shrimp sandwiches or red Danish sausage and drinking beer.

The ferry ride over to Denmark takes about 20 minutes, but with a “Tura” ticket you can go back and forth as many times as you like. This is a common way for locals to socialise and hang out with friends.

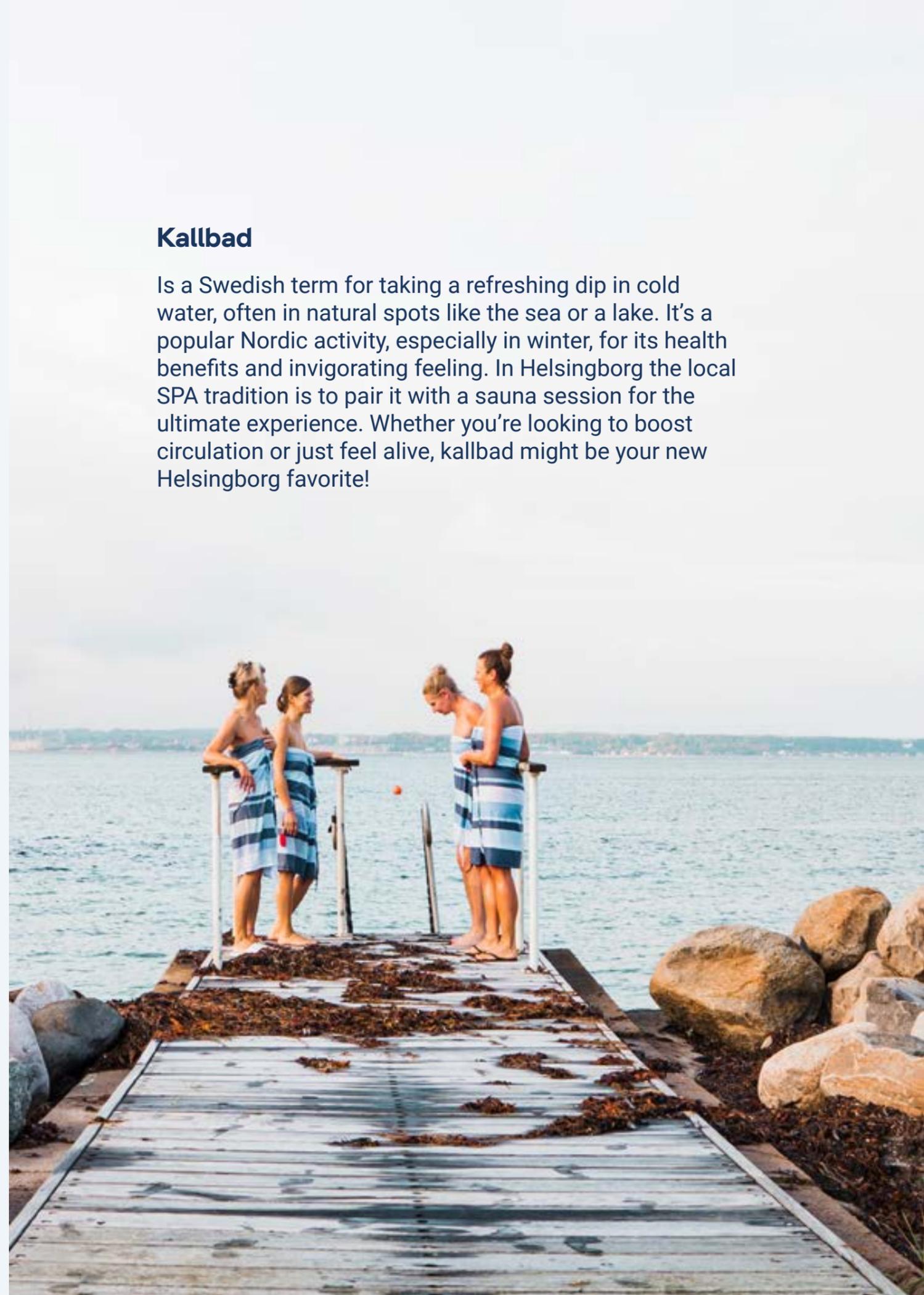
## Ålahued

A direct translation would be Eel head. It means idiot and can be used like “Ditt Ålahued!” (You idiot!)

This is probably in some way connected to the local tradition of eating smoked eel. Nowadays, WWF does not recommend eating eel at all.

## Kallbad

Is a Swedish term for taking a refreshing dip in cold water, often in natural spots like the sea or a lake. It's a popular Nordic activity, especially in winter, for its health benefits and invigorating feeling. In Helsingborg the local SPA tradition is to pair it with a sauna session for the ultimate experience. Whether you're looking to boost circulation or just feel alive, kallbad might be your new Helsingborg favorite!





# Notes

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# Notes

A series of horizontal dotted lines for writing notes.



HELSINGBORG

[helsingborg.se](http://helsingborg.se)