



## **Shopping in Uppsala!**

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### **Grocery Stores and Markets**

#### **Near Ikea**

##### **Stora Coop**

This grocery store, in my opinion, is one of the best options in the city. Just like the “Giant” American style supermarkets, Store. Coop has a huge store location, bulk offers, a large bakery, and several options of almost everything you could want. Plus, it is literally right next to Ikea and the bus stop. It is a little bit further away in the industrial area of town called Boland City....but is most certainly worth a visit. Check out the Coop website to discover different discounts that you may be able to get as a student or young person.

##### **City Gross**

Located in a plaza across from Ikea and Stora Coop is City Gross. This store is also very large and has everything in many different sizes. However, walk to the back and you will see an outstanding selection of fresh seafood, meats, and pre-made foods. The Candy section in this place is worth the visit! Check out the website to discover different discounts that you may be able to get as a student or young person.

#### **Near City Center and Central Station**

##### **Coop**

This store is located in the basement of the office building just east of the station tracks and on the same path going under the tracks to the station ticket office, bus station, and bike parking. Medium size but comes with a great selection that you can quickly walk to if you have a few extra minutes to wait for your train or bus.

##### **Hemköp**

This medium sized grocery store is located at the base of the building across the street from the central station. Along a gallery with a post office service point and gourmet chocolate shop, you will find the entrance. Great place to shop if you are in the city center and want to get a quick meal or get some things to make dinner. Also, seems to have a regularly stocked discount bin near the main entrance. One of my preferred locations as it is quite convenient.

## **ICA Supermarket City**

This shop is located in St:Per Gallerian. This small mall is on the main toad going north from Stora Torget and just south of the Stadsbiblioteket (City Library). I find that it has most of what you need and is a quick place to grab what you need. You can find a ICA Bankomat (ATM) at the entrance. Plus, it is just across from the stairs leading down to the Public Toilets (Need a card to pay to use, 10SEK).

## **Near Flogsta**

## **ICA Supermarket Väst**

This grocery store is a very good option for student living in or around Flogsta. It is not the largest but it has a great selection at a good price. It also seems to have a good selection of student friendly foods and regular deals that help with keeping to a budget!

## **Willy's Stenhagen**

Willy's is often considered to be the cheapest option by students. The catch is that they are not as prevalent in the city as ICA. While this location may be a short bike or bus ride away, it may be worth your time to catch some of the best deals at more affordable prices!

## **At Gränbystaden Mall**

## **ICA Kvantum**

This is another great and fairly large grocery store in the center of Gränbystaden Mall (Uppsala's largest mall). Located to the northeast of the city, this is a great place to go if you are already going to the mall. One Stop Shopping! Not the closest but worth the trip if you are already going to shop at the many other stores here.

**Note:** This is only a small list of the many grocery stores available in the city. Most neighborhoods have one within a 10 minute walk or bike ride. Check Google Maps, while you may live next to a smaller location, you will not struggle to find the basics. Some of these Grocery stores also offer home delivery, student discounts, youth discounts, and rewards....but you need a personnummer to sign up in most cases.

## **Top Grocery Stores in Sweden**

Coop  
ICA  
Hemköp  
Willys  
Citygross

## **Second Hand Clothing and Home Goods**

Sweden has a very proud and robust culture of reusing and recycling. Why throw something away when someone else can use it? From personal experience, I have found a great selection of clothing and things for around the house. Plus, you can even brag about the great deal that you scored on that “new” winter jacket. These places are a great option to find clothing at a good price especially if you will only be here for a short time or on a strict budget. If you don’t have any, buy your winter clothing here in summer and be ready for when the warm weather is gone without breaking the bank! **Note:** Some of these stores have locations in other cities in Sweden.

<b><u>Stadsmissionens</u> Second Hand Gränbystaden</b>	<b><u>Erikshjälpen</u></b>	<b><u>Helping Hand</u></b>	<b><u>Uppsala Red Cross</u></b>
<b><u>Stadsmissionens</u> Gåvomottagning &amp; Outlet</b>	<b><u>Nya Återbruket</u></b>	<b><u>Myrorna</u></b>	<b><u>Söder Old och New</u></b>
<b><u>Stil</u></b>	<b><u>Restyle Second Hand &amp; Records</u></b>	<b><u>Ruth &amp; Raoul</u></b>	<b><u>Facebook Market</u> <u>Facebook Buy/Sell</u></b>

## **Top Brand Student Discounts**

Your Uppsala University Student email address can be used, along with your STUK or Mecenat card, to get you discounts at some of you favorite store brands! Check out the websites of each to see what benefits or discounts you can get as a Student!

**Ex:** Apple has special educational pricing for student and teachers worldwide!

## **What about Bikes?**

Your Uppsala experience will likely be made better with a bike in this very bike friendly city! While online sites may provide a large selection, there are some bike shops in the City that may offer a better quality product and service if you buy from them! Here are a list of some of the Buddy Recommended places to buy your bike! Here is a link for Uppsala Biking information.

<https://destinationuppsala.se/en/guides/cycling-in-uppsala/?fbclid=IwARORc34xI4GYZc486tWiavzqKlsxKRDosUY2Dip9cVHXCLMFYX5ZsfSoTJA>

**Note:** While Uppsala is a very safe city, Bike theft is an issue. Before you get new wheels, make sure get a good lock and see what options there are for you to secure your bike!

1. Bibblans Cykel
2. Återbruket Uppsala
3. Leffes Cykel
4. Uppsala Returcyklar
5. Rosendals Cykel
6. Cykel-Viktor
7. Fyris Cykel
8. Fålhagens cykel

## Essential Stores of Uppsala and Sweden

<b><u>Clothing &amp; Personal Care</u></b>	<b><u>Home</u></b>	<b><u>Electronics</u></b>	<b><u>Books and Supplies</u></b>	<b><u>Sport</u></b>
<b><u>Åhléns</u></b> Department Store Stora Torget Clothing, Beauty, Home goods	<b><u>Clas Ohlson</u></b> Department Store Home Goods, Electronics, Office Supply, Kitchen, Outdoors	<b><u>Net on Net</u></b> Electronics Department Store Online & In-Store	<b><u>English Book Shop</u></b> Book Store selling texts in English	<b><u>XXL</u></b> Sporting Goods
<b><u>Normal</u></b> Variety Store Beauty, Self-Care, Snacks, Home Goods	<b><u>Ikea</u></b> Home Goods, Furniture, Grocery, Decoration, and Restaurant	<b><u>Kjell &amp; Company</u></b> Electronics Store	<b><u>Akademibokhandeln</u></b> Book Store specializing in academic and school texts.	<b><u>Stadium</u></b> Sporting Goods
<b><u>Sephora</u></b> Soaps, Body Products, Self Care, Beauty	<b><u>Jysk</u></b> Home Goods, Furniture	<b><u>Webhallen</u></b> Electronics Store	<b><u>Office Depot</u></b> Office supply store, packing materials, school supply.	<b><u>Stadium Outlet</u></b> Sporting Goods
<b><u>Dressman</u></b> Mens Clothing	<b><u>EKO</u></b> Home Goods, Candy, Clothing, Seasonal, Furniture	<b><u>Teknikmagasinet</u></b> Electronics Store	<b><u>Fantastiskbokhandeln</u></b> Book Store	<b><u>Natur-Kompaniet</u></b> Outdoor and Sporting Goods
<b><u>H&amp;M</u></b> Fast Fashion, Home, Beauty	<b><u>Rusta</u></b> Department Store	<b><u>MediaMarkt</u></b> Electronics Store	<b><u>Flying Tiger Copenhagen</u></b> Variety Store	<b><u>Decathlon</u></b> Outdoor and Sporting Goods
<b><u>Zara</u></b> Fast Fashion, Home, Beauty	<b><u>Jula</u></b> Department Store	<b><u>Cdon</u></b> Electronics Store	<b><u>Uppsala Color City</u></b> Art Supply, Craft, Hobby, Office Supply	<b><u>Intersport</u></b> Outdoor and Sporting Goods

## Online Shopping

Sweden as a vast selection of online shopping for every day needs like groceries and clothing, to specialty personal care products. The list below has an excellent selection of the many popular online shops here in Sweden.

**Tip:** Buying things online in Sweden will prevent you from having to pay an extra VAT (Value Added Tax) when your package arrives in Sweden! It is also important to know that some Websites require a Person Number to make an account or purchase.

**Special Note:** *Your home bank's debit card may not work in Sweden!* When buying online, try having a Swedish bank account card or an internationally accepted credit card like Visa or Master Card!

<a href="https://blocket.se">blocket.se</a>	<a href="https://elgiganten.se">elgiganten.se</a>	<a href="https://cdon.se">cdon.se</a>	<a href="https://netonnet.se">netonnet.se</a>	<a href="https://ikea.se">ikea.se</a>
<a href="https://amazon.se">amazon.se</a>	<a href="https://webhallen.com">webhallen.com</a>	<a href="https://hm.com">hm.com</a>	<a href="https://coop.se">coop.se</a>	<a href="https://apotea.se">apotea.se</a>
<a href="https://telia.se">telia.se</a>	<a href="https://biltema.se">biltema.se</a>	<a href="https://zalando.se">zalando.se</a>	<a href="https://tradera.com">tradera.com</a>	<a href="https://zara.se">zara.se</a>
<a href="https://telenor.se">telenor.se</a>	<a href="https://mediamarkt.se">mediamarkt.se</a>	<a href="https://clasohlson.com">clasohlson.com</a>	<a href="https://ica.se">ica.se</a>	<a href="https://foodora.se">foodora.se</a>

## Specialty Shops

In Uppsala and Stockholm you will find a range of specialty shops, international grocery stores, and unique start ups. Google Maps is often a great help in locating products you want by searching with keywords such as “Asian Grocery” or “American Store.” It is worth both searching online, asking people you meet, and keeping an eye open when you walk around different places. Many of these places are smaller stores and are often connected to a restaurant.

Little Japan, East Asia Market, Thaimarket, Asian Livs, and Ryskasouvenirer (Russian goods) are all shops specializing in international products. In Stockholm You can find similar shops like The American Food and Gift Store, Tasty America, Oriental Supermarket, and Fillimpinska Asian Market.

**Example:** I love Dragon Fruit, after nearly a year I finally found it at the Stockholm Östermalm Saluhall! You may not be able to find all the products from home that you normally like...but I know you will find many other great options here in Sweden.

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**Have I missed anything? Feel free to contact me with any other information that you think need to be on the list!**

**There are more Advise Sheets like this one on the Buddy Program Page on the Uppsala Student Union [Website](#).**

**Hoping this helps better prepare you for your time in Sweden!**

Best wishes,

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