



EURORDIS

MEMBERSHIP
MEETING

25-27
MAY

#EMM2023

STOCKHOLM, STOCKHOLMSMÄSSAN EXHIBITION
& CONGRESS CENTER

EURORDIS MEMBERSHIP MEETING 2023 PRACTICAL ADVICE KIT

Programme at a Glance

Thursday 25 May

14.00 - 18.00

Training on digital safety and literacy in the context of the ongoing healthcare digitalisation

Workshop: Enhancing Mental Wellbeing in the rare Disease Community

Friday 26 May

09.30 - 11.00

Emm Plenary: Lifelong holistic approach and full inclusion in society

11.00 - 11.30 Break

11.30 - 13.00

Moderated Networking Sessions

13.00-14.30 Lunch

14.30 - 17.30 with Break

Parallel Workshop Sessions

19.00 - 21.00 Welcome Dinner

Saturday 27 May

09.30 - 12.30

Repeated Parallel Workshop Sessions

12.30 - 14.00 Lunch

STOCKHOLM, STOCKHOLMSMÄSSAN
MÄSSVÄGEN 1, 125 30 ÄLVSJÖ, SWEDEN



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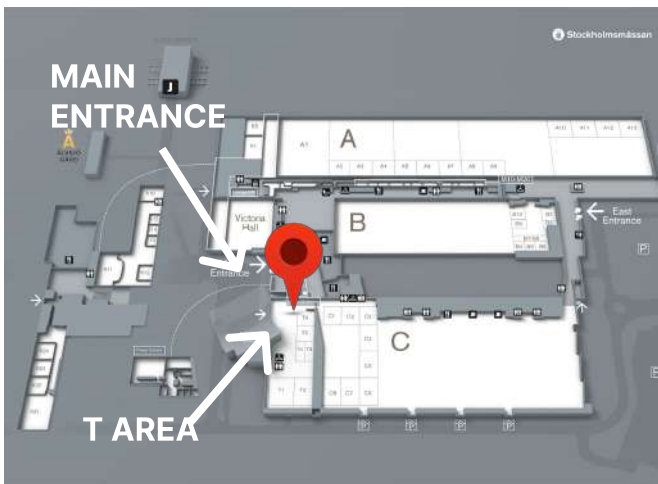
The Venue

Stockholmsmässan, T Area

[Official Website](#)
[See on Google Maps](#)

The EURORDIS Membership Meeting (EMM) will be held at Stockholmsmässan, a large convention and exhibition center located in Älvsjö, a suburban district in southern Stockholm. It will take place in the T Area.

The venue can be virtually toured online in 360°: [virtual tour of venue](#).



The T area is located to the right of the main entrance.



The venue is located across from Älvsjö Station and will have **Stockholmsmässan** written on it.

ACCESSIBILITY INFORMATION

Wheelchairs

A limited number of wheelchairs can be borrowed from the Information Center by the Main entrance – you will need to show valid ID. It is not possible to book wheelchairs in advance. The welcome desk in the T area where the event will be held is accessible to wheelchairs (730cm high).

Restrooms

Disabled restrooms are available near the entrances, in the exhibition halls and in the galleries.



One accessible restroom is available in the T area

SUSTAINABILITY INFORMATION

Mässrestauranger AB is certified with the environmental friendly certification called KRAV. KRAV is Swedens most popular environmental friendly certification for food. A KRAV-certification proves that a product is produced with an organic standard, with additional standards for animal care, health, social responsibility and climate impact. All restaurants that carry the KRAV-certification fulfill the KRAV rules and regulations and are controlled at least once a year. The KRAV-certification is also a way to meet customer's expectations, as the demand for environmental friendly products and services is steadily increasing, this most certainly apply for food, beverage and restaurant visits.

Mässrestauranger actively work to improve the environment and a sustainable society. When choosing KRAV you are making a difference for animals, the environment and for your fellow humans near and far. KRAV means, among other things that: the crops are treated without pesticides or fertilizers; the farmers have a good work environment; the food does not contain any additives or have been produced with GMO. KRAV has more far-reaching rules and regulations than the EU minimum requirements for organic classified production, for instance they also include regulations that benefit the welfare of the animals, the climate and considers social responsibility.

Public Transport

Travelling by bus, tram, train or metro

Nearly all metro stations (T-Bana) in Stockholm are accessible with level access between the platform and the metro train and with at least one accessible entrance / exit point.

There are digital information displays in the new metro trains informing passengers of the name of the approaching station.

Disabled passengers requiring assistance with boarding and alighting must book assistance in advance, by contacting the SL Customer Centre at **+46 (0) 8 600 10 00**.

If there are any issues when trying to access the metro (e.g. an out of service lift), disabled passengers can call an accessibility priority number at **+46 20 120 20 22** or send a text message to **+46 70 256 46 81**

The majority of buses have low-level access and are also equipped with a ramp. The main bus station, Cityterminaen, is located in the city centre. This bus station has level access entrances from street level. Once inside the bus terminus, there are lifts and escalators, including one lift leading to Stockholm Central Station.

There are audio announcements of arrivals and departures for blind and 5 partially sighted travellers.

Purchasing a Ticket

Tickets and travelcards can be purchased at the SL Center and at Metro and commuter railway stations. A single ticket is valid for 75 minutes, costs 38 SEK (approximately 3.35€), and can be purchased at SL's ticket machines, through their app, or directly at the turnstiles using a credit card.

It's also possible to buy 24 hours, 72 hours, and 30-day tickets. A parent with a stroller gets to ride for free on any of Stockholm's busses.

It's not possible to pay cash for tickets on buses in Stockholm. Failure to show on-demand a valid ticket during a control will result in a penalty fee of 1200 SEK (approximately 105€).

ACCESSIBILITY INFORMATION

Stockholm Public Transport, SL, is responsible for buses, underground trains, commuter trains, trams, and certain ferry lines in Greater Stockholm. SL has an accessibility guarantee in place to help travelers with disabilities reach their destination, should anything unforeseen happen. In short, this guarantee means that SL will help you to reach your destination or an alternative station where you can continue your travel.

If you feel like the accessibility guarantee applies to your situation you can call SL's customer support at **+46 20 120 20 22** or send a text message to **+46 70 256 46 81**, the Stockholm accessibility hotline. Specially trained staff will be able to answer your questions or book assistance for your entire journey. You can also ask any of SL's station personnel for help.

Public transport in Stockholm is extremely accessible for all, and staff are usually very willing to assist when needed.

You can also visit this page: <https://www.swedavia.com/arlanda/special-needs/>

Guide dogs and assistance dog are allowed on all public transport if needed.

Airport to Stockholm

From Stockholm Arlanda Airport to Stockholmsmässan

There is a direct train from Arlanda Central station to Älvsjö station. From Älvsjö station, Stockholmsmässan is only a 5–10 minute walk away. The train leaves every 30 minutes and takes around 50 minutes.

To find more information: [Stockholm Arlanda Airport to Stockholmsmässan](#)

NB: We recommend participants to choose public transport over taxis as a taxi journey from Stockholm Arlanda Airport to Stockholmsmässan would take approximately 50 minutes and cost approximately 60€. However, if taxis are needed for health reasons, more information can be found here: [Stockholm accessible taxis](#).

From Stockholm Arlanda Airport to the city center

- A local commuter train runs from Arlanda Norra station to Stockholm City station, next door to Stockholm Central station.
- The train from the airport leaves every 15 minutes and it takes around 18 minutes.
- This train costs 320 SEK, approximately 29€.

From the city center to the venue

There is another commuter train from Stockholm Central Station to Älvsjö station. From Älvsjö station, the Stockholmsmässan is only a 5-10 minute walk away. The journey only takes 10 minutes and the trains depart 8-14 times per hour.

ACCESSIBILITY INFORMATION

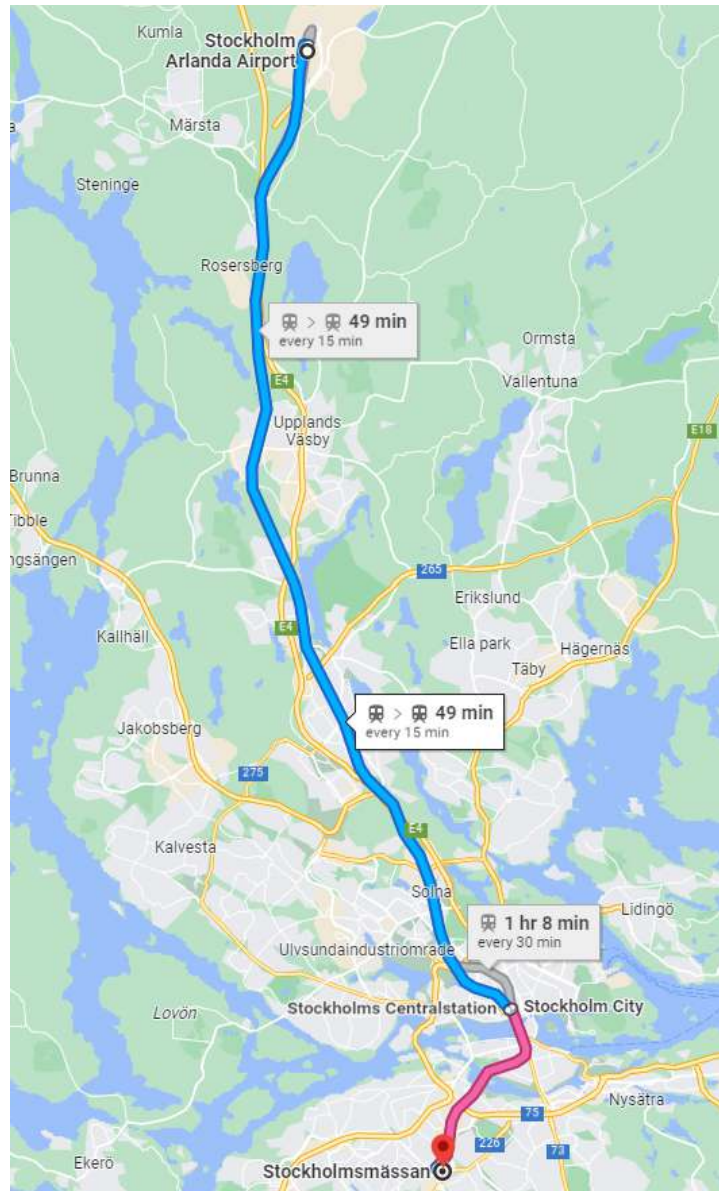
- The airport has accessible drop-off and pick-up points outside all terminals and all terminal buildings are fully accessible.

Access to the station is available from all airport terminal buildings via lifts. The trains are accessible with level access for passengers who are wheelchair users or have reduced mobility.

Further assistance can be booked by calling +46 (0) 771 75 75 99. More information can be found [here](#).

- If you have any questions, you can call (+46 20 120 20 22) or text (+46 70 256 46 81) the Stockholm accessibility hotline.
- For taxis, there are [several accessible services](#) that are wheelchair-user friendly. However, they may need to be booked ahead of travel. There is also a taxi centre at Stockholm Central Station, where wheelchair accessible taxis are available.

From Stockholm Arlanda Airport to Stockholmsmässan



Tourist Information

You can find more information at the [Swedish tourist office](#).

Currency

The currency used in Sweden is the Swedish krona (SEK). As of April 2023, 1 Euro is equivalent to approximately 11.4 Swedish kronor.

Electrical sockets

In Sweden, the electrical sockets and plugs used are Type C and Type F, as in many other EU countries.

Weather in May

In Stockholm, May is a pleasant month. The average high temperature is around 19°C (66°F), while the average low temperature is around 10°C (50°F). The weather is generally mild with occasional rain and wind. It is recommended to bring a light jacket as the evenings can be cool.

Emergency Numbers

112 – Emergencies

Call 112 in case of emergencies, such as urgent medical conditions, active crimes or fires. You can also reach the air, sea and mountain rescue, as well as on-call and the poisons information hotline. Only call 112 in emergency situations. If you have non-urgent questions, use one of the phone numbers listed below. For more information, go to [SOS Alarm](#).

113 13 – Information number in case of accidents and crises

Call 113 13 for information about major accidents and crises in Sweden. If calling from abroad or from foreign cell phones in Sweden, call +46 77 33 113 13.

114 14 – Police number for non-urgent matters

Call 114 14 for all non-urgent police matters, such as providing information or reporting crimes that are not ongoing. If you are calling from abroad or from a foreign mobile in Sweden, call +46 77 114 14 00. [Further Information in English about the Swedish police](#).

ACCESSIBILITY INFORMATION

The pedestrian crossings feature curb cut ramps for persons with disabilities and contrast markings for visually impaired persons. There are about 2,000 digital signs with public transportation information in Stockholm county. The digital information is supplemented with audible information that is helpful for visually impaired travelers.

Hotels

Please note that accommodation is **not arranged** by EURORDIS and that the list of hotels below are not endorsements by EURORDIS, they have been shared with us via the venue. The prices below are estimates from the time that this guide was created (March 2023), and are not fixed, nor negotiated.

1. Scandic Talk ★ ★ ★ ★ ★

Address:	Mässvägen 2, 125 30 Stockholm, Älvsjö
Telephone:	+46 8 517 268 00
E-mail Address:	talk@scandichotels.com
Website:	https://www.scandichotels.com/hotels/sweden/stockholm/scandic-talk
Sleeping rooms:	248
Fully adapted rooms:	10
Approximate price:	1359 SEK/night, approx. 119 EUR
Distance from venue:	80 meters

2. Motel L ★ ★ ★

Address:	Hammarby Allé 41, Södermalm, 12030 Stockholm
Telephone:	+46 8 409 026 00
E-mail Address:	info@motel-l.se
Website:	http://www.ligula.se/motel-l/hammarby-sjostad/
Sleeping rooms:	251
Fully adapted rooms:	3 (2 family room and 1 standard room)
Approximate price:	1187 SEK/night, Approx. 107 EUR
Distance from venue:	7 km

3. Scandic Continental ★ ★ ★ ★ ★

Address:	Vasagatan 22, 111 20 Stockholm
Telephone:	+46 8 51734200
E-mail Address:	continental@scandichotels.com
Website:	http://www.ligula.se/motel-l/hammarby-sjostad/
Sleeping rooms:	392
Fully adapted rooms:	45
Approximate price:	2589 SEK/night, approx. 227 EUR
Distance from venue:	9.4 km

4. Scandic No53 ★ ★ ★ ★

Address:	Kungsgatan 53, SE-111 22 Stockholm
Telephone:	+46 8 517 365 00
E-mail Address:	no53@scandichotels.com
Website:	https://www.scandichotels.com/hotels/sweden/stockholm/scandic-no-53
Sleeping rooms:	274
Fully adapted rooms:	19
Approximate price:	1935 SEK/night, approx. 170 EUR
Distance from venue:	9.7 km

5. Scandic Klara ★ ★ ★ ★

Address:	Slöjdgatan 7, 111 57 Stockholm
Telephone:	+46 8 517 266 00
E-mail Address:	klara@scandichotels.com
Website:	https://www.scandichotels.com/hotels/sweden/stockholm/scandic-klara
Sleeping rooms:	294
Fully adapted rooms:	6
Approximate price:	1965 SEK/night, approx. 172 EUR
Distance from venue:	9.6 km

6. Scandic No53 ★ ★ ★ ★

Address:	Vasagatan 1, Stockholm, SE-101 24
Telephone:	+46 8 50654000
E-mail Address:	info.royal.stockholm@radissonblu.com
Website:	https://www.radissonhotels.com/en-us/hotels/radisson-blu-stockholm-royal-viking
Sleeping rooms:	459
Fully adapted rooms:	9
Approximate price:	1599 SEK/night. approx. 243 EUR
Distance from venue:	9.7 km

For any queries, please get in touch with Martina Bergna at:
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