



Photo: Sergey Dzyuba/Shutterstock.com



Nadezhda Kharitonova/Shutterstock.com

Uppsala, just 38 minutes from Stockholm, and 18 minutes from Arlanda airport is one of Sweden's four major cities. And close to everything. You get the selection and pulse of a city and can simultaneously enjoy small-town intimacy and serenity.

Stroll along scenic Årummet, relax in one of the city's cafés, or let yourself be enchanted by the Cathedral, which is just one of the city's exciting attractions.



Shooting Wild Photography/Shutterstock.com



RPBaiao/Shutterstock.com

**QUIZ**

*What Type of Traveller  
Are You Based on  
Your Travel IQ?*

**TAKE THE QUIZ**

**Top 5**



**Uppsala Cathedral**  
Uppsala domkyrka (Uppsala Cathedral) is the largest and tallest cathedral in...



**Uppsala Castle**  
Uppsala Castle, which began construction in 1549 during the reign of King Gu...



**Museum Gustavianum**  
Museum Gustavianum is the oldest preserved building of Uppsala University. T...



**The Botanical Garden**  
Explore Uppsala University's botanical garden, where research, teaching and ...



**The Linnaeus' Garden**  
Inside the gates of Svartbäcksgatan 27 lies Linnaeus's own botanical garden



## THE CITY



*Shooting Wild Photography/Shutterstock.com*

Uppsala is a small city that features the amenities and pulse of a large city combined with the peace and intimacy of a town. You can stroll along the pedestrianized streets lined by an array of shops, or browse around the little boutiques of the old town.

Relax with a glass of wine at a lounge bar or with a coffee alongside the River Fyris. Savour some delicious sandwiches and sumptuous bakery goods at trendy and stylishly-decorated cafés.

Experience the bustling trade at Saluhallen and the tranquillity of the Botanical Garden, or enjoy the view from the Uppsala Konsert & Kongress and feel the presence of the city's enthralling history through the Museum Gustavianum, Uppsala Castle and Gamla Uppsala.

Enjoy the culture and international atmosphere of the 'Culture Night', the Uppsala International Guitar Festival, or another of the many other events taking place.

Uppsala can be reached by train from Stockholm in just 40 minutes, while it takes just 18 minutes from Arlanda Airport. Uppsala: Close to everything since 1286.

## TOP 10



*Lycia Walter/Shutterstock.com*

Uppsala is a beautiful city with many things to see. Whether your interests are art, nature or history, Uppsala has a huge selection of definite "must-sees" to offer you.

### Uppsala Cathedral



Uppsala domkyrka (Uppsala Cathedral) is the largest and tallest cathedral in Scandinavia. Construction began around 1270, with consecration taking place in 1435. The cathedral has undergone several major renovations. Sweden left the Roman Catholic Church in the 1500s and this had a major impact on the appearance of the cathedral during various periods.

The cathedral's treasures include the reliquary shrine of Erik the Holy and a pulpit from the Baroque period. The Skattkammaren (Treasury) museum is situated in the cathedral's north tower and is home to one of Europe's finest collections of medieval church fabrics.

Photo: [visualpower/Shutterstock.com](#)

Address: S:t Eriks torg 7, Uppsala

Phone: +46 18 430 3500

Internet: [www.svenskakyrkan.se/upsala/domkyrkan](http://www.svenskakyrkan.se/upsala/domkyrkan)

Email: [upsala.domkyrka@svenskakyrkan.se](mailto:upsala.domkyrka@svenskakyrkan.se)

More Info: [uppsala.reception@svenskakyrkan.se](mailto:uppsala.reception@svenskakyrkan.se)

## Uppsala Castle



Uppsala Castle, which began construction in 1549 during the reign of King Gustav Vasa, played a central role in the history of both Uppsala and Sweden over a long period of time. Many crucial events in Swedish history took place here, such as the Sture Murders in 1567, and the decision by Gustav II Adolf that Sweden should participate in what would later develop into the Thirty Years' War.

Photo: Niklas Lundengård

Address: Uppsala slott, Uppsala

Phone: +46 18 54 48 11

Internet: [www.uppsalaslott.com](http://www.uppsalaslott.com)

Email: [info@uppsalaslott.com](mailto:info@uppsalaslott.com)

More Info: Rikssalen Uppsala slott ingång E, Uppsala

## Museum Gustavianum



Museum Gustavianum is the oldest preserved building of Uppsala University. Today it serves as a university museum housing several

thousand years of history. The museum's permanent exhibitions are made up of parts of the collections that Uppsala University has gathered since it was founded in 1477.

The museum has everything from mummies and Viking swords to art and ancient coins. You will also find scientific instruments and other types of objects that tell the history of Uppsala University and the scientists Rudbeck, Celsius and Linnaeus, all of whom were active here.

Photo: Niklas Lundengård

Address: Akademigatan 3, Uppsala

Opening hours: Tue - Sun 11am - 4pm

Phone: +46 18 471 75 71

Internet: [www.gustavianum.uu.se](http://www.gustavianum.uu.se)

Email: [museum@gustavianum.uu.se](mailto:museum@gustavianum.uu.se)

## The Botanical Garden



Explore Uppsala University's botanical garden, where research, teaching and the conservation of biological diversity go hand-in-hand with beauty, recreation and education.

Here you'll find greenery and flowering plants in the Botanical Garden all year round. In Tropiska växthuset (the Tropical Greenhouse), Uppsala's only rain forest, there are banana trees, coffee bushes and orchids, but also plants from deserts and other arid areas. Orangeriet (the Orangery) houses cacti, Linnaeus' bay trees, fig trees and olive trees.

Photo: Niklas Lundengård

Address: Villavägen 8, Uppsala

Opening hours: Every day 7am - 9pm

Phone: +46 18 471 28 38

Internet: [www.botan.uu.se](http://www.botan.uu.se)

Email: [bokning@botan.uu.se](mailto:bokning@botan.uu.se)

## The Linnaeus' Garden



Inside the gates of Svartbäcksgatan 27 lies Linnaeus's own botanical garden - an oasis of greenery in central Uppsala. In the periodic plant blocks, more than one thousand species are grown - arranged according to Linnaeus' system, with annuals and perennials grouped separately. Nowhere else can you come as close to Linnaeus' work and achievements as here - in

his garden.

The Garden and Professor's Residence (Linnaeus Museum) is open May-September.

Photo: Kalbar

Address: Svartbäcksgatan 27, Uppsala

Opening hours: The gates to the Garden close at 8 pm

Phone: +46 18 471 28 38

Internet: [www.botan.uu.se](http://www.botan.uu.se)

Email: [bokning@botan.uu.se](mailto:bokning@botan.uu.se)

### The Museum of Evolution



Evolutionismuseet (Museum of Evolution) was founded in 1999 from the former natural history museums of Uppsala University. The museum preserves and displays unique collections of animals, plants, fungi, lichen, minerals, dinosaur skeletons and other fossils. The museum has been collecting the wonders of nature since the 1600s - for research, education and admiration.

Photo: thaloengsak/Shutterstock.com

Address: Norbyvägen 16, Uppsala

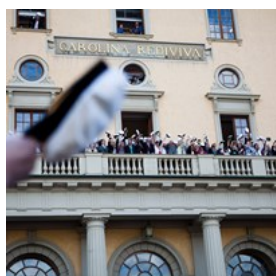
Opening hours: Tue - Sun 12pm - 4pm

Phone: +46 18 471 27 39

Internet: [www.evolutionismuseet.uu.se](http://www.evolutionismuseet.uu.se)

Email: [info@em.uu.se](mailto:info@em.uu.se)

### Carolina Rediviva



Carolina Rediviva was erected between 1817 and 1841 and is home to Sweden's oldest university library, founded in 1620.

Originally three stories high with two mezzanines, the building now spans 12 stories and has about 5 million books and 3,500 shelf meters of handwritten documents.

When you walk through the entrance of the library, you will come to the exhibition room, where you can view the famous Silver Bible from the 6th century, musical notations made by Mozart himself, medieval manuscripts and Olaus Magnus' Carta Marina, printed in 1539.

Photo: Xulio Gonzalez

Address: Dag Hammarskjöldsväg 1, Uppsala

Opening hours: Every day 9am - 6pm

Phone: +46 18 471 39 00

Internet: [www.ub.uu.se](http://www.ub.uu.se)

Email: [fraga.biblioteket@ub.uu.se](mailto:fraga.biblioteket@ub.uu.se)

### Gamla Uppsala (Old Uppsala)



Gamla Uppsala (Old Uppsala) is one of Scandinavia's most noteworthy areas with ancient remains. It is the site of three majestic royal mounds from the 6th century, one of Scandinavia's largest burial areas and ruins of a cathedral built in the 12th century. Today, Gamla Uppsala is a popular excursion spot.

Photo: Niklas Lundengård

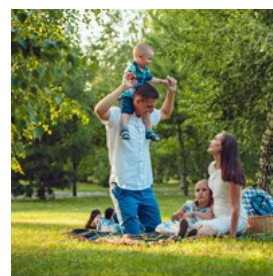
Address: Disavägen, Uppsala

Phone: +46 18 23 93 01

Internet: [www.raa.se/gamlaupsala](http://www.raa.se/gamlaupsala)

Email: [gamlaupsala@raa.se](mailto:gamlaupsala@raa.se)

### Stadsträdgården



At the end of the 1800s, the first steps were taken to develop a beautiful park, which is now known as Stadsträdgården - Uppsala's "city park". The

park, which is open year-round, contains many exciting areas and fun attractions. In the spring and summer, the park is teeming with flowers

out on parade.

Photo: Kanashkin Evgeniy/Shutterstock.com

Address: Centrala Uppsala

### Universitetshuset



Situated in the historic quarter in the heart of the city, Universitetshuset is the main building of Uppsala University. This stately building, in a type of Roman Renaissance style, was designed by architect Herman Teodor Holmgren and built in the 1880s. It was inaugurated in 1887 with great pomp and circumstance.

Photo: Niklas Lundengård

Address: Biskopsgatan 3, Uppsala

Phone: +46 18 471 17 66

Internet: [www.uu.se](http://www.uu.se)

### DO & SEE



Tomasz Wozniak/Shutterstock.com

Uppsala is a city that is full of life and there are many things to experience here. Move easily between beautiful natural surroundings, busy shopping streets, fascinating sights and exciting cultural treasures. The city offers loads of activities and organizes many entertaining events.

### Museum Gustavianum



Uppsala University's oldest existing building is now a museum for the university's collections. There are mummies and ancient coins, as well as artefacts from the age of the Vikings, and instruments from Linnaeus, Rudbeck and Celsius. The building also houses the imaginatively embellished Augsburg Art Cabinet and the Anatomical Theatre.

Photo: Niklas Lundengård

Address: Akademigatan 3, Uppsala

Phone: +46 18 471 75 71

Internet: [www.gustavianum.uu.se](http://www.gustavianum.uu.se)

Email: [museum@gustavianum.uu.se](mailto:museum@gustavianum.uu.se)

### Uppsala Konsert & Kongress



Uppsala Concert & Congress is a multifunctional meeting place with a design and acoustics of world class. The building is eight stories high and spans 14,600 square meters, making it an ideal forum for all kinds of concerts, conventions, events and meetings.

The building itself is well worth a visit for its renowned design and fantastic view. Uppsala Konsert & Kongress sells tickets to its own and other venues in Sweden.

Photo: Niklas Lundengård

Address: Vaksala torg 1, Uppsala

Phone: +46 18 727 90 00

Internet: [www.ukk.se/in-english/](http://www.ukk.se/in-english/)

Email: [info@ukk.se](mailto:info@ukk.se)

### Gamla Uppsala



Gamla Uppsala (Old Uppsala) is one of Scandinavia's most noteworthy areas with ancient remains. It is the site of three majestic royal mounds from the 6th century, one of Scandinavia's largest burial areas and ruins of a cathedral built in the 12th century.

The area is surrounded by myths, with legends of power Svea kings as well as the golden heathen temples, human sacrifices and ancient Nordic blood sacrifices. Today, Gamla Uppsala is a popular excursion spot.

You can also visit Gamla Uppsala Museum, Odinsborg restaurant and the open-air museum, Disagården.

Photo: Niklas Lundengård  
Address: Disavägen, Uppsala  
Phone: +46 18 23 93 12  
Internet: [www.raa.se/gamlaupsala](http://www.raa.se/gamlaupsala)  
Email: [gamlaupsala@raa.se](mailto:gamlaupsala@raa.se)

### Upplandsmuseet



Upplandsmuseet (Uppland County Museum) is a cultural and historic county museum that provides knowledge, experiences and inspiration about Uppland. Situated on an islet of Fyrisån River near the center of Uppsala, the museum is housed in the old Academy Mill from the 1760s.

The museum began its collections in 1909. Come and visit the different exhibitions, both permanent and temporary, spanning four floors.

Photo: Stavrida/Shutterstock.com  
Address: S:t Eriks torg 10, Uppsala  
Opening hours: Tue - Sun 12pm - 5pm  
Phone: +46 18 16 91 00  
Internet: [www.upplandsmuseet.se](http://www.upplandsmuseet.se)  
Email: [info@upplandsmuseet.se](mailto:info@upplandsmuseet.se)  
More Info: Upplandsmuseet is temporarily closed from the 12/3 2020 and onwards. This is based on recommendations of the Public Health Agency of Sweden to limit public gatherings to prevent the spread of Covid-19.

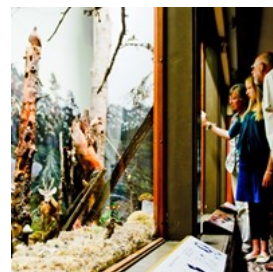
### Uppsala stadsteater - The City Theatre



Uppsala Stadsteater (Uppsala City Theater) is an exciting and successful theater that won an award from Sveriges Teaterkritikers Förening (Swedish Section of the International Association of Theater Critics) for "being daringly hearty and gaining a lot of ground". Each year, the theater puts on 15 own productions on the four stages and also brings in a large number of guest performances in theater, dance and performance art.

Photo: Liu zishan/Shutterstock.com  
Address: Kungsgatan 53, Uppsala  
Phone: +46 18 14 62 00  
Internet: [www.upsalastadsteater.se](http://www.upsalastadsteater.se)  
Email: [bokabiljett@upsalastadsteater.se](mailto:bokabiljett@upsalastadsteater.se)

### Biotopia



In beautiful Vasaparken (Vasa Park) you will find Biotopia, an exciting interactive museum where adults and children of all ages can discover and experience nature. The museum serves as a guide to Uppland nature. A permanent exhibit explains the origins of Uppland and dioramas depict hundreds of Swedish animals, displayed in true-to-life environments.

Photo: Niklas Lundengård  
Address: Vasagatan 4, Uppsala  
Opening hours: Tue - Fri 9am - 5pm, Sat - Sun 11am - 5pm  
Phone: +46 18 727 63 70  
Internet: www.biotopia.nu  
Email: info@biotopia.nu

### The Botanical Garden



The Botanical Garden is a baroque garden in which more than 8,000 species from all over the world are grown. Enjoy the light, the greenery and the tranquillity of the tropical greenhouse, visit the majestic rooms of the orangery, or just have a stroll around the gardens. The café is open during the summer, and there is also a programme of exhibitions, concerts, courses and children's activities. Admission is free.

Photo: Estea/Shutterstock.com  
Address: Villavägen 8, Uppsala  
Opening hours: Every day 7am - 9pm  
Phone: +46 18 471 28 38  
Internet: www.botan.uu.se  
Email: bokning@botan.uu.se

### Fyrishov



Fyrishov is one of Sweden's largest arenas with approximately 2 million visitors every year. The indoor water park attracts many visitors all year round, but there are also sports facilities and swimming pools, along with a spa, gym, restaurant and outdoor swimming pool. Camping areas and cabins are located right next to the arena.

Photo: ESB Professional/Shutterstock.com  
Address: Idrottsgatan 2, Uppsala  
Opening hours: Mon - Fri 6.15am - 9.30pm, Sat - Sun

7.30am - 9pm  
Phone: +46 18 727 49 50  
Internet: www.fyrishov.se  
Email: info@fyrishov.se

### The Linnaeus' Garden



The Linnaeus' Garden is a lush oasis with a beautiful orangery, right in the centre of Uppsala where you can find over 1,000 species arranged according to Linnaeus' 'Systema Naturæ'. Wander amongst the plants and enjoy the profusion of flowers whilst relaxing with a coffee or some lunch in the restaurant and café. The garden is also home to Linnaeus' residence which now features a museum where you can find out more about the so-called King of Flowers and the period in which he lived.

The Garden and Professor's Residence (Linnaeus Museum) is open May-September.

Photo: vetpathologist/Shutterstock.com  
Address: Svartbäcksg. 27, Uppsala  
Opening hours: The gates to the Garden close at 8pm  
Phone: +46 18 471 28 38  
Internet: www.botan.uu.se  
Email: bokning@botan.uu.se

### Linnaeus' Hammarby



Hammarby is a rural 18th century estate, bought by Carl Linnaeus in 1758. In the well preserved manor-house you will find Linnaeus' study with unique plant illustrations. Many of the plants that Linnaeus grew still flourish in the lush park. From the hill above the farm you can enjoy the scenery and dream yourself back to landscape of the 18th century. The manor with a café and

exhibitions is open May through September, the surrounding cultural reserve all year round.

Photo: Camilo Torres/Shutterstock.com

Address: Linnaeus' Hammarby, Danmarks-hammarby, Uppsala

Opening hours: The gates to the garden and grounds close at 8pm.

Phone: +46 18 471 28 38

Internet: [www.botan.uu.se](http://www.botan.uu.se)

Email: [bokning@botan.uu.se](mailto:bokning@botan.uu.se)

More Info: Museum and exhibitions open in May to September but the The Cultural Heritage Reserve of Linnaeus' Hammarby is open all year.

### Bror Hjorth's House



Bror Hjorth's House is a colorful artist's museum. Bror Hjorth (1894-1968) is considered one of Sweden's most important 20th century artists.

Paintings and sculptures are displayed in the artist's home and studio and provides insight into an exciting artistic life. Temporary exhibitions are presented in the art gallery. The museum has a shop and a small café.

Photo: Bror Hjorths Ateljé

Address: Norbyvägen 26, Uppsala

Opening hours: Thurs - Sun 12pm - 4pm

Phone: +46 18 567 030

Tickets: Free entrance

Internet: [www.brorhjorthshus.se](http://www.brorhjorthshus.se)

Email: [info@brorhjorthshus.se](mailto:info@brorhjorthshus.se)

## DINING



Mizio1970/Shutterstock.com

There is a thriving food culture in Uppsala and you will find trendy new bistros alongside classic, familiar restaurants. Organic and locally produced, eccentric crossovers, finger food in its various forms, or old-fashioned Swedish home cooking; there is something for all tastes and moods.

### Domtrappkällaren



The restaurant Domtrappkällaren is situated in some of Sweden's oldest restaurant venues. The restaurant serves

Swedish food infused with ideas taken from kitchens around the world. The kitchen has set high ambitions and everything is made from scratch.

Photo: Niklas Lundengård

Address: S:t Eriks gränd 15, Uppsala

Opening hours: Mon - Fri 11am - 2:30pm, 5pm - 10pm

Phone: +46 18 13 09 55

Internet: [www.domtrappkallaren.se](http://www.domtrappkallaren.se)

Email: [info@domtrappkallaren.se](mailto:info@domtrappkallaren.se)



## Hodja



This popular meze restaurant focusses on providing a sense of togetherness, as well as culinary enjoyment, serving lighter dishes with a Turkish influence: dolmades, spinach borek and Turkish sausages, as well as more substantial main courses. Its colourful interior features gold mosaics, while the rich textiles and fresco ceiling turn your dinner into an experience.

Photo: Prometheus72/Shutterstock.com

Address: Sysslomansgatan 13, Uppsala

Opening hours: Mon - Thur 5pm - 11pm, Fri - Sat 5pm - 1am

Phone: +46 18 14 59 59

Internet: [www.hodja.se](http://www.hodja.se)

Email: [info@hodja.se](mailto:info@hodja.se)

## Stationen



Since it was built in 1866, Uppsala's old station building has been the city's link to the wider world and continental Europe. An arena for farewells and homecomings, meetings and yearnings, waiting and bustle, tears and laughter.

145 years later, Stationen has opened its doors again, welcoming you to one of Uppsala's most popular restaurants. Partake of life's pleasures at the brasserie in Paris, the bar in London and the café in Rome. Three European classics at Stationen, with food and drink that is timeless. Open from early in the morning to late at night.

Photo: Niklas Lundengård

Address: Olof Palmes Plats 6, Uppsala

Opening hours: Mon 9am - 11pm, Tue 9pm - 12am, Wed -

Thur 9am - 1pm, Fri 9pm - 2am, Sat 10pm - 2am, Sun 10am - 11pm

Phone: +46 18 15 35 00

Internet: [stationen.se](http://stationen.se)

Email: [info@stationen.se](mailto:info@stationen.se)

## Åkanten



This tavern with outdoor seating is situated close to the river and adjacent to the Saluhallen. It serves grilled meat dishes and seafood dishes with views across the River Fyris, the mill pond, and the cathedral. This would be the perfect start to a night of partying that can be continued over in the Saluhallen.

Photo: Niklas Lundengård

Address: S:t Eriks Torg, Uppsala

Opening hours: Mon - Fri 11.30am - 1.30pm, Sat 12pm - 12am

Phone: +46 18 150 150

Internet: [akanten.se](http://akanten.se)

Email: [reservation@svenssonskrogar.se](mailto:reservation@svenssonskrogar.se)

## Hambergs Fisk



Enjoy fish and seafood in a French-themed setting, with both a shop and restaurant. The menu is seasonal, and is one of the most varied fish menus in Uppsala with alternating seafood medleys thanks to its own imports. Both lunch and dinner are served here.

Photo: chuckstock/Shutterstock.com

Address: Fyristorg 8, Uppsala

Opening hours: Tue - Sat 11.30am - 10pm

Phone: +46 18 71 21 50

Internet: [www.hambergs.se](http://www.hambergs.se)

Email: [bordsbokning@hambergs.se](mailto:bordsbokning@hambergs.se)

### Il Forno



This Italian restaurant in an historic setting is located in the quaint district of Övre Slottsgatan, serving wood-oven baked pizzas, fresh pasta, antipasti dishes and authentic tiramisu all within a 'Lady and the Tramp' style setting. Open for both lunch and dinner and with outdoor seating during the summer.

Photo: Denizo71/Shutterstock.com

Address: S:t Olofsg. 8, Uppsala

Opening hours: Mon - Fri 4pm - 11pm, Sat 1pm - 11pm, Sun 1pm - 10pm

Phone: +46 18 10 35 20

Internet: [www.ilfornoitaliano.se](http://www.ilfornoitaliano.se)

Email: [ilfornoitaliano@hotmail.com](mailto:ilfornoitaliano@hotmail.com)

### Jay Fu's



A crossover kitchen where American tenderised beef meets Asian lemongrass. In just a couple of years, this restaurant has become one of Uppsala's most popular, situated in the classic Saluhallen with views across the River Fyris.

Photo: Lesya Dolyuk/Shutterstock.com

Address: S:t Eriks torg, Saluhallen, Uppsala

Phone: +46 18 15 01 51

Internet: [www.jayfu.se](http://www.jayfu.se)

Email: [reservation@jayfu.se](mailto:reservation@jayfu.se)

### Koh Phangan



This Thai-inspired kitchen features a kitschy, exotic setting which is decorated in Thai style and serves authentic Thai food prepared by Thai chefs. A dinner here is like a little trip to paradise. Located on Övre Slottsgatan, near the cathedral and university accommodation.

Photo: wing f chen/Shutterstock.com

Address: Övre Slottsgatan 12, Uppsala

Opening hours: Mon 4pm - 10pm, Tue - Fri 5pm - 11pm, Sat 1pm - 11pm, Sun 1pm - 10pm

Phone: +46 18 13 48 48

Internet: [www.kohphangan.se](http://www.kohphangan.se)

Email: [contact@kohphangan.se](mailto:contact@kohphangan.se)

### Villa Anna



This well-preserved and totally modernized 1870s building in the heart of classic Uppsala offers an atmosphere and tastes over and above the ordinary. Villa Anna is an award-winning restaurant. Using local ingredients, the chefs prepare business lunches, tasting menus, à la carte and conference meals from its noted Swedish kitchen.

Photo: Kzenon/Shutterstock.com

Address: Odinslund 3, Uppsala

Phone: +46 18 580 20 00

Internet: [www.villaanna.se/english/](http://www.villaanna.se/english/)

Email: [info@villaanna.se](mailto:info@villaanna.se)

### Aaltos



Between the columns under Alvar Aalto's famous building in Uppsala, you will find Aaltos. This Italian grill is a generous meeting point and a tribute to world-renowned Finnish architect Alvar Aalto and his love of Italy and the Renaissance. Here, you will be welcomed by the scents and tastes from the charcoal grill, Bellinis, Italian wines and Grappa.

Photo: Gaus Alex/Shutterstock.com

Address: Sysslomansgatan 14, Uppsala

Opening hours: Mon - Thur 5pm - 10pm, Fri - Sat 5pm - 11pm

Phone: +46 18 10 09 08

Internet: [www.aaltos.se](http://www.aaltos.se)

Email: [info@aaltos.se](mailto:info@aaltos.se)

More Info: [reservation@aaltos.se](mailto:reservation@aaltos.se)

### Picnic, Radisson Blu Hotel



Highlighted by a stunning glass façade, the hotel's bar and restaurant in Uppsala offer convenient and enjoyable dining. Indulge in the well-prepared lunches with fresh, locally-sourced ingredients. Picnic's a la carte menu boasts small dishes served all at once, allowing guests to explore and enjoy different flavours of the world. Some dishes are designed for a full-size menu, and others for a tasteful children's menu. Guests are sure to enjoy the food, laughter and company in a relaxed atmosphere. Life is a picnic!

Photo: HQuality/Shutterstock.com

Address: Stationsgatan 4, Uppsala

Opening hours: Open for breakfast, lunch and dinner

Phone: +46 18 474 79 30

Internet: [www.radissonblu.com/hotel-uppsala](http://www.radissonblu.com/hotel-uppsala)

Email: [picnic.uppsala@radissonblu.com](mailto:picnic.uppsala@radissonblu.com)

More Info: Located at Radisson Blu Hotel

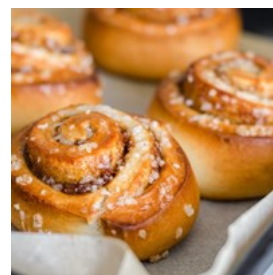
### CAFES



StudioByTheSea/Shutterstock.com

Uppsala's cafés are well-frequented at all times, and are where students meet to study, where business owners have their meetings, and where the people of Uppsala come for a moment of relaxation or for a get-together. There is something for all tastes and moods why not savour a sandwich made with stone-baked bread, enjoy a cup of fair-trade coffee, sink into a comfy sofa in opulent surroundings, or simply just people-watch while sitting outside. It's your choice.

### Kardemumma



This café situated in the old premises of the city library, features locally-sourced produce, both organic and fair-trade. You can find light lunches, baked goods, and sumptuous sandwiches on stone-baked sourdough bread all with locally-produced fillings. Local specialities are the order of the day at Kardemumma.

Photo: vasanty/Shutterstock.com

Address: Svartbäcksgatan 17, Uppsala

Opening hours: Mon - Thur 9am - 7pm, Fri 9am - 6pm, Sat 11am - 5pm, Sun 12pm - 4pm

Phone: +46 18 10 43 02

Internet: [trillermat.se/kardemumma/](http://trillermat.se/kardemumma/)  
Email: [info@trillermat.se](mailto:info@trillermat.se)

### Güntherska Hovkonditoriet



This traditional café and Swiss-style bar has a high-class atmosphere and similarly high ceilings, located in premises dating back to the early 20th century. The patisserie is also famous for its cakes and baked goods while sporting Uppsala's best outdoor seating area in the middle of the city alongside the River Fyris.

Photo: [santypan/Shutterstock.com](https://www.shutterstock.com/author/santypan)  
Address: Östra Ågatan 31, Uppsala  
Opening hours: Mon - Tue 9am - 7pm, Wed - Fri 9am - 7.30pm, Sat - Sun 10am - 6pm  
Phone: +46 18 13 07 57  
Internet: [guntherska.se](http://guntherska.se)  
Email: [info@forsahembageri.se](mailto:info@forsahembageri.se)

### Konditori Fågelsången



This traditional patisserie has a fifties-style atmosphere, retained from when the patisserie was opened. The café serves a wide variety of cakes and baked goods from its own bakery. Its cosy surrounding makes it popular with the regulars and the large terrace quickly fills up on sunny days.

Photo: [Prostock-studio/Shutterstock.com](https://www.shutterstock.com/author/prostock-studio)  
Address: Munkgatan 3, Uppsala  
Opening hours: Mon - Fri 7.30am - 7pm, Sat - Sun 9am - 6pm  
Phone: +46 18 14 52 65  
Internet: [www.konditorifagelsangen.se](http://www.konditorifagelsangen.se)

### Broströms Café



Broströms is situated in the Godsmagasinet adjacent to the transport interchange. There is an array of cakes, sumptuous sandwiches, light lunches, homemade bread and organic fair-trade coffee. This is a popular hangout for families with children, commuters and other rail passengers. There is also an exhibition of local artists every month.

Photo: [Ton Kung/Shutterstock.com](https://www.shutterstock.com/author/ton-kung)  
Address: Godsmagasinet, Östra Station, Uppsala  
Opening hours: Mon - Fri 7.45am - 6.30pm, Sat 10am - 5pm, Sun 11am - 4pm  
Phone: +46 18 60 45 50  
Internet: [www.brostromskafe.com](http://www.brostromskafe.com)  
Email: [info@brostromskafe.com](mailto:info@brostromskafe.com)

### Café Linné Hörnan



This cosy and charming café is furnished in vintage style and offers an array of cakes and sandwiches, as well as fair-trade coffee and huge Swedish buns. The enormous Linné buns are the signature dish of the café, so this is a must-try. There is ample outdoor seating where you can sit as long as you like without feeling uncomfortable.

Photo: [Ossile/Shutterstock.com](https://www.shutterstock.com/author/ossile)  
Address: Svartbäcksgatan 22, Uppsala  
Opening hours: Mon - Sat 8am - 10pm, Sun 9am - 10pm  
Phone: +46 18 15 55 10  
Internet: [www.cafelinne.com](http://www.cafelinne.com)  
Email: [info@cafelinne.com](mailto:info@cafelinne.com)

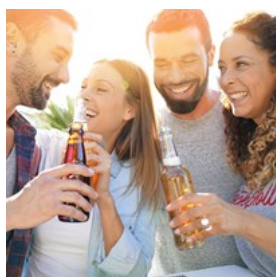
## BARS & NIGHTLIFE



Niklas Lundengård

Uppsala's nightlife has something for all ages and all tastes. Unwind after work at a relaxing lounge bar, or why not try new beers and innovative drinks at one of the many bars. You might also enjoy one of the stimulating and good-value dishes on offer at a tavern, dancing to the sounds of talented DJs, or listening to a live band in historic surroundings. The choice is yours.

### Flustret



This long-established restaurant, beautifully situated by Svandammen and the City Park, has been enjoyed since the 1840s. Even today it

attracts people of all ages for dancing, entertainment, food, and a refreshing drink. The restaurant features outdoor seating overlooking the City Park, while there are two dance floors, a nightclub and DJ, as well as after work events, among other things. It's also possible to reserve a table in the lounge.

Photo: Goodluz/Shutterstock.com  
Address: Flustergränd 5, Uppsala  
Opening hours: Fri - Sat 10pm - 3am  
Phone: +46 18 10 04 44  
Internet: [www.flustret.se](http://www.flustret.se)  
Email: [info@flustret.se](mailto:info@flustret.se)

More Info: [drinkbord@flustret.se](mailto:drinkbord@flustret.se)

### London (Stationen)



Meet your friends over lunch, afternoon tea or an ice cream in an atmosphere reminiscent of the buzz of London.

The bar's specialty is gin with an array of stimulating gin-based drinks and unique brands. Now and then, DJs show up to give impromptu performances that enliven the evening and rack up the pulse even further.

Photo: Aim Right Media/Shutterstock.com  
Address: Olof Palmes Plats 6, Uppsala  
Opening hours: Mon 9am - 11pm, Tue 9am - 12am, Wed - Thur, 9am - 1am, Fri 9am - 2am, Sat 10am - 2am, Sun 10am - 11pm  
Phone: +46 18 15 35 00  
Internet: [stationen.se/london](http://stationen.se/london)  
Email: [info@stationen.se](mailto:info@stationen.se)  
More Info: [reservation@stationen.se](mailto:reservation@stationen.se)

### O'Connors'



This Irish restaurant and bar has a relaxed atmosphere and is situated on the main square. You can choose between 300 varieties of whisky and 1,000 varieties of beer. There's also live music every night, often with some spontaneous dancing between the tables. There are also beer tasting sessions and a loyalty bar that offers a relaxing corner to try some more exclusive beers. Open seven days a week.

Photo: Dan Klotzsche/Shutterstock.com  
Address: Stora Torget 1, Uppsala  
Opening hours: Mon - Thur 3pm - 3am, Fri - Sat 1pm - 3am, Sun 1pm - 1am  
Phone: +46 18 14 40 10  
Internet: [www.oconnors.se](http://www.oconnors.se)

Email: [info@oconnors.se](mailto:info@oconnors.se)

### Plock



This well-frequented bar is popular for after work tapas in laidback lounge surroundings. Drop in for a coffee or drink, or enjoy dinner here too. Plock is situated in the middle of the city in Galleria Dragarbrunn adjacent to Dragarbrunns torg.

Photo: [santypan/Shutterstock.com](#)

Address: Dragarbrunnsgatan 24, Uppsala

Opening hours: Mon - Tue 12pm - 12am, Wed - Thur 12pm - 1am, Fri - Sat 12pm - 2am, Sun 12pm - 1am

Phone: +46 18 12 16 12

Internet: [www.plock.nu](http://www.plock.nu)

Email: [info@plock.nu](mailto:info@plock.nu)

### Birger Jarl



This nightclub and restaurant has a wonderful location at the foot of the castle with views across Svandammen the swan pond. You can dance to the latest beats or hang out in one of the bars with a cooling drink. There's a large outdoor area in the summer with music, a bar, and lounge areas. Birger Jarl is nicknamed BJ among locals.

Photo: [cha cha cha studio/Shutterstock.com](#)

Address: Nedre slottsgatan 3, Uppsala

Opening hours: Fri - Sat 10.30pm - 3am

Phone: +46 18 13 50 00

Internet: [www.birgerjarl.nu](http://www.birgerjarl.nu)

Email: [bokning@birgerjarl.nu](mailto:bokning@birgerjarl.nu)

### Katalin And All That Jazz



One of Sweden's top music venues that attracts popular artists who perform in close proximity to the audience. There is a wide selection of Czech beer and food with a twist in rough but homely surroundings in Godsmagasinet adjacent to the transport interchange.

Photo: [Galiullin Ruslan/Shutterstock.com](#)

Address: Godsmagasinet, Östra Station, Uppsala

Opening hours: Mon - Thur from 3pm, Fri - Sat from 1pm

Phone: +46 18 14 06 80

Internet: [www.katalin.com](http://www.katalin.com)

Email: [info@katalin.com](mailto:info@katalin.com)

### Magnussons



A tavern with attitude and something to suit every time and occasion. Here you can drop in for a snack, eat lunch in spacious surroundings, or while away the whole evening. Perch yourself at the bar, have an appetiser, and tantalise your taste buds as you choose between dishes of various sizes. There's also a popular after work event on Fridays, or chilled-out Sundays with cheese, wine and other goodies.

Photo: [archimede/Shutterstock.com](#)

Address: Drottninggatan 1B, Uppsala

Opening hours: Mon - Tue 11am - 10pm, Wed - Thur 11am - 12am(night), Fri 11am - 2am, Sat 12pm - 2am, Sun 12pm - 10pm

Phone: +46 18 14 00 18

Internet: [www.rmagnussons.se](http://www.rmagnussons.se)

Email: [info@rmagnussons.se](mailto:info@rmagnussons.se)

## SHOPPING

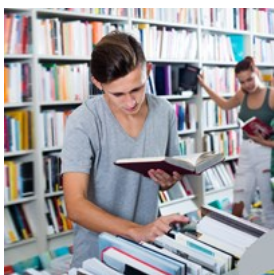


Niklas Lundengård / Destination Uppsala

Uppsala is a lively shopping city. There is a nice mix of modern malls, specialty shops, cafés and restaurants. Shop, have a coffee or just enjoy the pulse of the city and the beautiful Uppsala surroundings.

You can take a walk among the charming shops in the cobblestone cultural district around the Fyris River and St. Erik's Square, or along the popular pedestrian street where most of the city's fashionable malls and chain stores are located. If you continue under the railroad tracks, you will find small shops and the old Godsmagasinet, a former goods warehouse that now serves as a popular design and art gallery.

### The English Bookshop



Sometimes you just feel the need to escape the world and what other way to do that is to emerge yourself in the worlds of book. There is a perfect place for you in Uppsala to get the book you need and deserve. The English Bookshop sells, you probably guessed it, an enormous variety of English books.

Did you not find the book that you and your craving for literature was looking for? No

problem. The shop will happily order the books that you want, that's what we call service.

Photo: Iakov Filimonov/Shutterstock.com

Address: Svartbaecksgatan 19, Uppsala

Opening hours: Mon-Fri 10am-6.30pm, Sat 10am-5pm, Sun Noon-3pm

Phone: +46 18 10 05 10

Internet: [www.bookshop.se](http://www.bookshop.se)

Email: [upsala@bookshop.se](mailto:upsala@bookshop.se)

### Godsmagasinet



Caught in the world of the most modern and fancy shopping malls, a change of venue could be a sigh of relief. That's exactly what

Godsmagasinet is all about. It's a small shopping mall with three shops: Stickspike, Broströms Café, and Kaleido Arts.

When you visit Stickspike, you'll find the typical, Scandinavian design, a variety of clothing and sparkling jewellery. You can look and pick up a well-deserved treat at Broströms Café. Kaleido arts will provide you with every type of art that you desire.

Photo: giggsy25/Shutterstock.com

Address: Roslagsgatan 1, Uppsala

Opening hours: Mon-Fri 7.45am-6.30pm, Sat 10am-5pm, Sun 11am-4pm

Internet: [www.godsmagasinet.nu](http://www.godsmagasinet.nu)

### Svenska Delikatesser



and more.

Ever wondered what kind of traditional food the Swedes love the most? No need to worry, this shop will give you all the answers that you need

From Focksta cheese, cloud-berry jam to sourdough bread and sea buckthorn marmalade. Even better, all the ingredients are from local Swedish farms. So if you buy something, you don't just satisfy your appetite, but you also support the local farmers in Sweden!

Photo: sarsmis/Shutterstock.com

Address: Styrbjörnsgratan 16, Uppsala

Opening hours: Wed 11am-6pm, Thur 11am-8pm, Fri 11am-6pm, Sat 10am-3pm

Phone: +46 0732 63 35 49

Internet: uppsala.com/svenska-delikatesser

Email: eva@work.utfors.se

### Ulva Kvarn



Ulva Kvarn is an estate with an old, traditional Swedish mansion surrounded by an enormous park. Inside of the estate you will

discover a variety of shops owned by craftsmen who make the most astonishing products.

For instance, there is the Silversmedja, which is a silversmith with its own jewellery and can make any type, form or shape of jewellery that you desire. It's impossible not to mention Glashyttan Ulven, this is a place where you can find glass-blown products and even book classes if you want to learn the craft of glassblowing!

Photo: jurra8/Shutterstock.com

Address: Ulva Kvarn, Uppsala

Opening hours: Mon-Sun 11am-6pm

Phone: + 46 18 32 20 60

Internet: www.ulvakvarn.com

Email: info@ulvakvarn.com

### Gränbystaden



If you are looking for the traditional shopping mall with all the stores that you could possibly dream of, look no further.

Gränbystaden is exactly what you are looking for, the mall has over 100 shops, including places to eat and relax, and a huge playground which is perfect for the kids.

A bonus, there is a huge parking place underneath the shopping mall, which means that you don't even have to go outside to step inside Gränbystaden!

Photo: adriaticfoto/Shutterstock.com

Address: Marknadsgatan 1, Uppsala

Opening hours: Mon-Fri 10am-8pm

Phone: +46 70 687 87 19

Internet: granbystaden.se

Email: info@granbystaden.se

### Flea Markets



Who is not familiar with a flea market and their bargains of second hand goods? Uppsala is known for their many flea markets which sell a

variety of goods, such as antique, furniture, clothes and toys.

One of the most known flea markets is the one located on Vaksala Torg, on every Saturday. They are mostly focused on antiques with professional dealers who offer a good bargain. In Fyrspark you can find a selection of clothes and items for children. In the summer it turns into a popular car boot sale.

Photo: Peryn22/Shutterstock.com

Address: Vaksala torg 1, Uppsala



Opening hours: Sat 8am-6pm  
Phone: +46 18 727 00 00

### Tantens Gröna Skafferi & Garderob



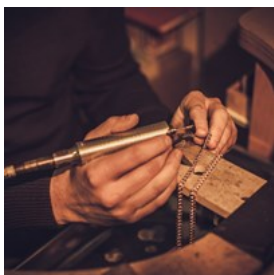
This store has it all. When you walk into the foyer, you will find a café filled with vegan and vegetarian dishes and drinks. Walk a little bit

further and it turns into a cultural center where frequent music events are held. Finally, when you walk outside, you will discover a children's clothing and toy shop.

The shop is known for its organic, fair-trade, and eco-friendly products. Because of the popularity, the shop has turned into the largest alternative store of Sweden!

Photo: GRSI/Shutterstock.com  
Address: Hågavägen 188, Uppsala  
Opening hours: Mon-Fri 10am-6.30pm, Sat 11am-3pm, Sun 11am-5pm  
Phone: +46 18 46 25 79  
Internet: [www.tantensgrona.se](http://www.tantensgrona.se)  
Email: [giesela@tantensgrona.se](mailto:giesela@tantensgrona.se)

### Lindahl & Färnert Guldsmeder



You may wonder how it's possible to create a delicate piece of jewellery. Luckily, there is an extraordinary shop in Uppsala where you

can't only buy jewellery, but you can see how it's made!

Most of the design is made by the shop itself, so you won't find a piece of jewellery like it anywhere but in Lindahl & Färnert Guldsmeder. The shop and its methods has existed for over a hundred years and for the people from Uppsala

it's still the place to be to buy jewellery or get your broken/damaged pieces fixed.

Photo: Nejron Photo/Shutterstock.com  
Address: Sankt Eriks gränd 13, Uppsala  
Opening hours: Mon-Fri 11am-6pm, Sat 11am-3pm  
Phone: +46 18 10 20 60  
Internet: [wp.farnert.se](http://wp.farnert.se)  
Email: [smycken@farnert.se](mailto:smycken@farnert.se)

### Bergmans



Sometimes it can be difficult to find the perfect suits for you gentlemen, it would be great to have a shop who is specialized in this.

Luckily, you can find one of the best tailor shops for men in Uppsala.

Bergmans is known for their custom-made suits and the great and splendid selection of ties. If you can not find the right clothes for you, no problem. They have a personal shopper who has you back and is ready to help. You will always receive a warm and fashionable welcome at Bergmans!

Photo: Pressmaster/Shutterstock.com  
Address: Drottninggatan 4, Uppsala  
Opening hours: Mon-Fri 10am-6.30pm, Sat 10am-4pm, Sun Noon-4pm  
Phone: +46 18 13 06 63  
Internet: [www.bergmanskonfektion.se](http://www.bergmanskonfektion.se)  
Email: [info@bergmanskonfektion.se](mailto:info@bergmanskonfektion.se)

### Forumgallerian



If you are interested in shopping with a historical twist, look no further. Forumgallerian was the first shopping mall in Uppsala and has been

around for 64 years.. and counting. The mall exists out of 21 design and clothing shops and you can pick between five cafés and restaurants.

The name of the mall changed in the 70s in to 'Domus', but after a decade the city decided to change it again. Why you may ask, the residents of Uppsala refused to acknowledge the new name. Now, that's called loyalty.

Photo: blurAZ/Shutterstock.com

Address: Bredgränd 6, Uppsala

Opening hours: Mon-Fri 10am-7pm, Sat 10am-5pm, Sun Noon-5pm

Phone: +46 18 18 23 70

Internet: forumgallerian.se

## TOURIST INFORMATION



isaia nisoli/Shutterstock.com

### Passport/Visa



Sweden can be visited visa-free for up to 90 days by citizens of Australia, New Zealand, Japan, South Korea, Taiwan, Malaysia, Israel, UAE and

most countries in America. If you are unsure whether or not you need to apply for a visa, we recommend contacting the embassy or consulate in your country. International (non-Schengen)

travelers need a passport that is valid for at least 3 months after the end of their intended trip in order to enter the Schengen zone. Citizens of Schengen countries can travel without a passport, but must have a valid ID with them during their stay.

Photo: TukTuk design

### Airport



Stockholm-Arlanda airport is the biggest airport in Sweden and an important hub for Uppsala. The journey to and from Uppsala and

airport takes only 18 minutes.

There are several ways to transport to and from the airport:

**Train** - The SL's commuter trains just takes 18 minutes to Uppsala. It departs from Arlanda central Station in SkyCity, which is located between Terminal 4 and 5. You can buy your tickets from the normal SL and UL sales points or at Arlanda Central station. ([www.ul.se/en](http://www.ul.se/en) / [www.sl.se/en](http://www.sl.se/en))

**Airport coach** - The public transport company Upplands Lokaltrafik (UL) runs the route 801 between Uppsala and Arlanda. They depart twice an hour between 3am and 12 midnight. Tickets can be purchased at Arlanda Visitor Centre in Terminal 5 or any other information desks in Terminal 2 and 4. There are also self-service ticket machines at the stops at Terminal 2, 4 and 5. Another option to buy your ticket is when boarding the bus, but they only accept card. There are night buses running between the airport and Uppsala (bus 593). For timetable and

more information visit SL's website. ([www.sl.se](http://www.sl.se))

**Taxi** - Taxi stands are located directly outside all terminals. All taxis here have an agreement with Stockholm Arlanda Airport. You can contact a taxi rank officer if you have any questions.

**Rental cars** - Most of the car rental offices are situated at Arlanda's car rental area. You can rent cars at Avis, Budget, Europcar, Hertz and Sixt. For more information of the location, see website below.

Photo: Juan Garces

Address: Swedavia Arlanda Airport

Phone: +46 18 10 109 10 00

Internet: [www.swedavia.com/arlanda/](http://www.swedavia.com/arlanda/)

Email: [info@arlandaairport.se](mailto:info@arlandaairport.se)

### Best time to Visit



Mild summers and cold winters, Uppsala can be visited throughout the year depending what you are looking for. Spring is the time when the city

bursts into life but there can be high levels of pollen so if you suffer from hay fever make sure to take your medicine. The summer months starts from May and the maximum temperature rarely goes over 30° in June, July and August. Uppsala is a wonderful city to visit during spring and summer when the flowers bloom and the birds are chirping smoothly. Winter months are between late November and late March when the average temperatures are between -2°C and -4°C. Uppsala is a delightful place to visit during this period and there are plenty of winter activities to choose from like skiing, skating or jig-fishing. During Christmas time (November and December) there are Christmas markets, Christmas buffets and celebration of Sankta

Lucia to enjoy.

Photo: VectorA

### Public Transport



paths.

The city centre is compact making it easy to walk around and very bicycle-friendly too. You can rent a bike and just follow the manicured bike

Uppland's regional buses UL (Upplands Lokaltrafik) is the main public transport services in Uppsala county. They are running the local city buses in Uppsala, the yellow regional buses and the Upptåget train system including SL-pendeln. If you are visiting for an event and conference, UL provides a flexible visitor pass that gives unlimited travel throughout the county and Uppsala city for the duration of your stay plus to and from the Arlanda airport. UL also offers single and 24h tickets as well as 30-day tickets. There are many different ways to buy your tickets for example through UL mobile app (a smart travel tool), through a UL Card (where you load your Travel Funds) or you can just buy tickets from the ticket machines at all major transport hubs. You can also pay when boarding the bus or train with VISA or MasterCard.

The UL Centre is located in Uppsala central station where you can get information and help regarding tickets and transport.

Photo: Pierre-Luc Auclair

Phone: +46 771 141414

Internet: [www.ul.se/en/](http://www.ul.se/en/)

Email: [kundservice@ul.se](mailto:kundservice@ul.se)

## Taxi



Taxi Kurir has representatives in nearly 30 cities in Sweden. Uppsala Taxi (Tel 100 000) is Uppsala's largest taxi company, and offers

safe taxi travel and a price guarantee, which means that customers know the maximum cost of their journey in advance.

Tel: +46 18-100 000

100000@uppsalataxi.se

Web: [www.uppsalataxi.se](http://www.uppsalataxi.se)

Photo: Destination Uppsala

Phone: +46 18 12 34 56

Internet: [www.taxikurir.se](http://www.taxikurir.se)

Email: [info@taxikurir.se](mailto:info@taxikurir.se)

## Post



Nowadays you will find postal service points in supermarkets and petrol stations across Sweden. Here you can buy stamps, send and receive packets.

Stamps can also be bought at smaller newsagents, for example at Pressbyrå stores.

Photo: Andy Fuchs

## Pharmacy



There are plenty of pharmacies scattered around the city. Apoteket Kronan Svartbäcksgatan 8, Uppsala +46 771 450 450 Mon - Fri 8am - 8pm,

Sat 10am - 6pm, Sun 11am - 6pm

[www.apoteket.se](http://www.apoteket.se)

[kundservice@apoteket.se](mailto:kundservice@apoteket.se)

One pharmacy with late opening hours is:  
LloydsApotek Samariten Uppsala

Photo: Gemma Garner

Address: Kålsängsgränd 10C, Uppsala

Opening hours: Mon - Sun 8am - 10pm

Phone: +46 18 580 21 10

Internet: [www.lloydsapotek.se](http://www.lloydsapotek.se)

## Telephone

Country Code: +46 Area  
Code: 018



Photo: Jardson Almeida

## Electricity

230 volts.



Photo: Stirling Tschan

## Population

210,000

## Currency

Swedish SEK/crowns

## Opening hours

Most shops are open between 10am and 6pm. Shops in central Uppsala in pedestrianized areas and in shopping centres are open between 10am and 7pm, while larger supermarkets are usually open between 8am and 8pm, or sometimes longer.

## Newspapers

Uppsala Nya Tidning is the local newspaper and can also be found online at: [www.unt.se](http://www.unt.se)

## Emergency numbers

112

## Tourist information

Uppsala Tourist Center

Address: Kungsgatan 59

Destination: Uppsala  
Publishing date: 2020-03-13

Opening hours: Mon-Fri 10-18, Sat 10-15  
Tel: +46 18 727 48 00



# Uppsala Centrum

