Best & Cheapest Shopping Options 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 everyone 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 BolandCity….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 Story 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.

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.
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 your 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!

https://www.apple.com/se-edu/shop/back-to-school

Essentials of Uppsala and Sweden

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<th><strong>Clothing &amp; Personal Care</strong></th>
<th><strong>Home</strong></th>
<th><strong>Electronics</strong></th>
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<td>English Book Shop</td>
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<td>Department Store</td>
<td>Department Store</td>
<td>Electronics Department Store</td>
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<td>Stora Torget</td>
<td>Home Goods, Electronics, Office Supply, Kitchen, Outdoors</td>
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<td>Clothing, Beauty, Home Goods</td>
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<td>Normal</td>
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<td>Kjell &amp; Company</td>
<td>Akademibokhaneln</td>
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<tr>
<td>Variety Store</td>
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<td>Beauty, Self-Care, Snacks, Home Goods</td>
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<td>Soaps, Body Products, Self Care, Beauty</td>
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<td>Mens Clothing</td>
<td>Home Goods, Furniture</td>
<td>Electronics Store</td>
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<td>Rusta</td>
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<tr>
<td>Fast Fashion, Home, Beauty</td>
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<td>Fast Fashion, Home, Beauty</td>
<td>Department Store</td>
<td>Certified Apple Retailer</td>
<td>Art Supply, Craft, Hobby, Office Supply</td>
<td>Outdoor and Sporting Goods</td>
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Online Shopping

Sweden as a vast selection of online shopping for everyday needs like groceries and clothing, to specialty personal care products. The link below has an excellent description of the many popular online shops by their category. It also shares important advice about buying online in Sweden.

Note: Your home bank’s debit card may not work in Sweden when buying online, so having a Swedish bank account or an internationally accepted credit card is important!

https://globuzzer.mn.co/posts/3662067?utm_source=manual

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, Thaimassage, and Asian Livs 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 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.

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

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

Best wishes,

Nicholas Cialdella

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