

# All about your new home WELCOME TO FÖRVALTAREN





# CONTENTS

- 3. A WARM WELCOME
- YOUR RENTAL AGREEMENT 4.
- 5. **MOVING IN**
- PAYING RENT 6.
- TENANT INFLUENCE 7.
- DIRECT DEBIT APPLICATIONS 8.
- **OPTIONAL ADD-ONS** 9.
- **10. FLOOR MAINTENANCE**
- **11. CUSTOMER SERVICE**
- **12. A PLEASANT BUILDING**
- 14. VERMIN
- 16. TV, INTERNET AND TELEPHONY
- **18. SUSTAINABILITY**
- **19. WASTE AND RECYCLING**





# **A WARM WELCOME**

Thank you for choosing Förvaltaren as your property manager. We want you to feel at home from day one in your new apartment. Therefore, we have put together this folder with everything you need to know about your new home.

For nearly 70 years, we have taken care of thousands of rental apartments throughout Sundbyberg. We know our buildings well and always try to provide a service that gives you care-free accommodation.

Making sure we have well-managed buildings, pleasant surroundings and satisfied tenants is what motivates us. We also know that our tenants appreciate the extra services that we offer.

These services include around the clock security, broadband in all apartments, pick-up of bulky waste, our own emergency service for urgent faults, our own gardeners, extra points in the housing queue for young people living in Sundbyberg, pick-up of old clothes, green electricity and eco-labelled district heating, just to name a few...

You can read more about all our services at www.forvaltaren.se.

If you have any questions about your accommodation, please contact our customer service at 08-706 90 00. You can also log in to My Page or find the answers at www.forvaltaren.se.

Again - a warm welcome to Förvaltaren!

**"WELL-MANAGED BUILDINGS, PLEASANT SURROUNDINGS AND SATISFIED TENANTS IS** WHAT MOTIVATES US."

### **KEYS AND ACCESS TAGS**

You will receive all your necessary keys and access tags from your caretaker (bovärd) after 12.00 (noon) on the day the rental agreement comes into force. During the weekend or on a public holiday, you will receive the keys and access tags on the following business day after 12.00 (noon). In some courtyards, a gate has been installed to reduce motor traffic. Please contact the customer service if you need to borrow a key in order to park your moving truck closer to the entrance.

#### **HOME INSURANCE**

It is very important that you have home insurance. When you sign your rental agreement, you agree to the terms and conditions that you must have home insurance during the whole time you stay in one of our apartments. You need home insurance in case an accident occurs.

#### **CHANGE OF ADDRESS**

You must inform the Swedish Tax Agency and the Post Office or www.adressandring.se of your new address. Also remember to notify your bank, insurance company, newspaper supplier, friends and acquaintances. When you report your new address to the Swedish Tax Agency, you must also provide your four-digit apartment number. You will find the number on the door of your apartment in the upper right-hand corner.

#### **TELEPHONY, INTERNET AND DIGITAL-TV**

Contact your telephone operator in good time if you want to move your telephone number. This also applies to the Internet provider and if you have extra digital channels in addition to your basic package.

#### ELECTRICITY

You need to sign a new electricity agreement with Vattenfall, who owns the grid. You can then decide which electricity supplier you want, but we suggest that you choose someone who offers green electricity. Do not forget to terminate your current electricity agreement. If you do not sign a new electricity agreement, Vattenfall will cut off the electricity in your new apartment when you move in.

#### CLEANING

The entire apartment should be cleaned thoroughly by the previous tenant but, unfortunately, sometimes it is not done properly. If you arrive at your apartment and it has not been cleaned, contact your customer service immediately.

### OWN WASHING MACHINE AND DISHWASHER

You are allowed to install your own washing machine and dishwasher in the apartment. It is important that the installation is done by a professional. If you are unsure of what to do, please contact customer service. Otherwise you may have to pay an additional cost for damage caused by a faulty installation.

# **YOUR RENTAL AGREEMENT**

# **MOVING IN**

Earliest access to your apartment



## **PAYING RENT**

Save paper by choosing e-invoicing or direct debit when you pay your rent. It is free of charge, reliable and much kinder to the environment.

### E-INVOICING

If you choose e-invoicing, your rent notice will be sent electronically to your Internet bank. This gives you control and a good overview of paid and unpaid rents. Register via your Internet bank. Once connected and approved, all you need to do is log in to your Internet bank and approve the payments.

If you miss an e-invoice payment, you will not get a reminder. The unpaid rent will immediately be passed on for debt collection. The legally required cost for this is SEK 180. This will be charged as a payment reminder plus interest on the balance due.

If you would like to stop the e-invoice service, you can do this by logging in to your Internet bank.

### **DIRECT DEBIT**

If you do not want to keep track of when the rent is due, you should set up direct debit. The money will then be automatically deducted from your bank account. All you need to do is ensure that there is enough money in your bank account on the last banking day before the due date. Your consent will apply until further notice.

If you miss a direct debit payment, you will not get a reminder. The unpaid rent will immediately be passed on for debt collection. The legally required cost for this is SEK 180. This will be charged as a payment reminder plus interest on the balance due.

### **IF YOU LACK MONEY IN YOUR ACCOUNT**

If you do not have enough money in your account on the last banking day before the due date, your rent will not be paid.

### **CHANGING OR STOPPING DIRECT DEBITS**

If you want to change bank, bank account or stop a direct debit payment, contact your bank. The same applies if you want to end your direct debit set-up. Your mandate will terminate within five banking days of your cancellation.

### **TEMPORARILY STOPPING THE MANDATE**

If you would like to stop your direct debit temporarily, contact your bank no later than five banking days before the due date. Once you have stopped the mandate, no payments will be made. If you have not restored permission within two months, your consent will cease to apply.

### THE BANK MAY CANCEL YOUR PAYMENTS

The bank may, but is not obliged to, cancel your direct debit arrangement if you are lacking funds in your account at the right time, if account circumstances change or if you repeatedly stop payments from the account without having a good reason for this. Förvaltaren may also terminate your direct debit mandate in corresponding circumstances.

Rent issues? Contact us at hyror@forvaltaren.se or 08-706 90 00, on weekdays 08.00-11.45.

As our tenant you are important to us. We know that you are the expert on what it is like to live where you live. As your landlord we value your knowledge, ideas and thoughts. We consider it a given that you, as a tenant, can influence your accommodation and local area. This is what we call tenant influence.

### **ACTIVITY ALLOWANCE FOR INCREASED SAFETY AND WELL-BEING**

Do you have ideas on how to increase yours and other's well-being and safety in your local area? If so, you can apply for money from us to carry out local initiatives in your building or the outdoor space belonging to it. Perhaps you and your neighbours want to start a group for growing vegetables or maybe you need new benches for your courtyard. Contact us at boinflytande@forvaltaren.se to learn more.

### **INFORMATION MEETINGS AND RESIDENT'S DIALOGUE**

When we have news that affect your accommodation, we always inform you of what will happen. If there are big changes, we invite our tenants to meetings where everyone will be able to express their thoughts, opinions and wishes.

### SAFETY WALKS

What is pleasant and safe can be perceived in different ways. A good way for us to know more about what improvements we need to do in your area is through our safety walks. Representatives from Förvaltaren, residents and those active in the area then walk around to look at the changes we can do to make the area better and safer, for example through better care of certain areas or better lighting. The walks can differ in different areas and involve different people.

### **RESIDENTIAL MEETINGS**

A few times every year, Förvaltaren will organise residential meetings where we invite all tenants. These residential meetings are yet another way for us to make sure that we do not miss out on your opinions and they give us a chance to discuss how we can improve the local area together. Keep a look out for your invitation in our magazine or on the information board in your building.

#### **ANNUAL CUSTOMER SURVEY**

We distribute our annual customer survey to every third tenant each year. Through this survey you have the chance to influence us by letting us know what we are doing well and what we can approve - this helps us develop our business in the right direction.

# **TENANT INFLUENCE**

# **DIRECT DEBIT APPLICATION**

Are you longing for more modern kitchen cabinets or counter-tops, or a beautiful wallpaper in the living room? We want you to live in an apartment which is furnished to your needs and taste.

With our optional add-ons you can change your home to suit you. The addons are paid through an additional fee on your rent during a limited or permanent period. Below you can see what options you have and the payment times that apply.

### PRODUCTS

	Kitchen fittings - cabinets, counter tops etc	Payment
	Painting and wallpapering	Payment
	Closet doors	Payment
	Cooker, fridge, freezer (above standard)	Payment
	Flooring – parquet and linoleum	Payment
	Glass balcony	Permane
	Outdoor patio	Permane
	Security door	Permane
	Dishwasher, kitchen fan	Permane
	Kitchen package	Permane

The optional add-ons belong to the apartment and you will not be able to take them with you if you move. If you have an add-on that is paid through an addition on your rent the next tenant will take over the cost.

If you have any questions about the optional add-ons, want to know more about what we can offer or receive a quote, please visit our customer service on Lötsjövägen 1B in Hallonbergen.

# **OPTIONAL ADD-ONS**

- nt time 7 years
- nt time 7 years
- nt time 7 years
- nt time 9 years
- nt time 12 years
- nent increase
- nent increase
- nent increase
- nent increase
- ent increase

### **FLOOR MAINTENANCE**

Since 2011 we have a new way of maintaining the floors. We call it demand-driven maintenance (BGU in Swedish). This means that replacement or polishing of the floors in your apartment can be included in your rent.

When a tenant moves in, we make an assessment of whether the different floors are in need of replacement or polishing. If there is a need, we will fix the floor a few weeks after you have moved in. However, this does not apply in the event of a transfer of an apartment.

If no action is to be taken when moving in, you can ask for a new assessment later during your rental period, but no earlier than one year after the last inspection.

### PARQUET FLOORING INSTEAD OF LINOLEUM

If you wish to have parquet flooring in rooms where there is another type of flooring today, this is possible. However, it would mean an increase in rent of SEK 9 per square metre per month. Customer service will help you calculate what the total increase in rent would be in your case.

#### LIFESPAN OF THE FLOOR

Floors normally have a long lifespan. Of course, minor scratches might occur, but this is considered wear and tear and does not normally require any action. Major damage to an otherwise normal floor will be repaired.

If you want to change the floor before the payment period for your existing floor has expired, you can contact customer service to find out what a replacement would cost.

Our knowledgeable customer service staff will help you with any problems or questions about parking, storage, shared spaces as well as our housing queue and how to apply for an apartment.

Our customer service will also answer general questions about your accommodation such as contract questions, keys/access tags, rental payments and optional add-ons. You can also turn to customer service if you want to get in touch with your housing team.

### CONTACT CUSTOMER SERVICE

### TELEPHONE

08-706 90 00

### E-MAIL

info@forvaltaren.se

Please e-mail us if you have any questions. If you want to report an error, log into My Page on the web or contact us by phone.

### ADRESS

Lötsjövägen 1B, Hallonbergen centrum, Sundbyberg

### **OPENING HOURS**

Monday-Friday 07.30am to 4.00pm\*

\* From May 1st until September 15th we operate on summertime, customer service then closes at 12.00 (noon) on Fridays.

Deviation from ordinary opening hours may occur during Christmas and other holidays.

### **24/7 SERVICE**

On our website www.forvaltaren.se you will find all the information you need concerning your accommodation.

### MY PAGE

By logging into My Page with your personal number and password you can perform the following services 24/7:

- Report errors
- Book the laundry room
- Send us messages
- Look for available apartments

#### NEW PASSWORD

You can set a new password for your account through your login page. A new password will then be sent to your e-mail. If you have the wrong e-mail registered, contact customer service on 08-706 90 00. We will then send you a letter by post to your registered address. Your password is personal; therefore, we will never give it out over the phone.

# **CUSTOMER SERVICE**

The best way to report if something is wrong is through My Page on the web. You will be able to provide us with all the information needed for us to help you.

· Look for available parking spaces • Receive a quote for optional add-ons · Change your contact details

### **A PLEASANT BUILDING**

It is important to us that you are happy in your building and in your local area. We are all different, so for us to reach common comfort it is importnt that we are considerate towards our neighbours.

#### DISTURBING SOUNDS

Some disturbance must be tolerated when you live in an apartment. For example if children are playing during the day in the apartment next door, even if you work nights.

If you live in a house with several apartments, you should be considerate 24/7. It is important to avoid disturbing activities such as drilling, hammering or loud music during late evenings, nights or early mornings. Please be aware that you are also responsible for any disturbances caused by your guests. This also applies to shared spaces in and around the house.

If you are disturbed by something, please try and talk to your neighbour first. If the disturbance continues and if our customer service is closed, please contact störningsjouren (the disturbance jour) on the same number as customer service 08-706 90 00.

When we receive notifications from störningsjouren, we will note down what caused the disturbance and when it happened. The reports are then collected by our housing consultant. This makes it possible for us to see if the same tenant is repeatedly causing disturbances. This could then lead to a termination of the lease. We never disclose the name or address of the person who reported the incident. Anyone who repeatedly interferes with their neighbours may have to pay for security checks (carried out by störningsjouren).

### **ELEVATORS**

It is important for everyone that the elevators are functioning as they should. Do not let your children play in the elevators - they could get hurt. Always report malfunctioning elevators as soon as you discover them. Firstly, you should call the company who are providing the elevator, the contact information is displayed inside it. If that is not possible, contact customer service on 08-706 90 00 to report any faults.

#### **PARABOLES AND ANTENNAS**

There are specific rules about how and where you can rig paraboles, antennas, awnings and the like. It could cost you unnecessary money if you do not take this into account. Always contact customer service to find out which regulations apply to your building.

### **ENTRANCES**

Help keep entrances and stairwells free from objects. Nothing should be stored in the stairwells or hallways due to risk of fire. Please keep bikes, strollers and other equipment in the storage room. In most neighbourhoods there are specific bike sheds by the entrance. Shoes, carpets and the like should not be kept in the hallways. If the stairwell or entrance is blocked, the fire brigade, cleaning staff or ambulance personnel might not be able to get into the building. In some cases, we may therefore have to throw away items that are blocking the path, this could lead to unnecessary costs for you.

### **BALCONY AND OUTDOOR PATIO**

It is not allowed to use a barbecue on the balcony or on your outdoor patio as the smoke and smell might reach your neighbours and it poses a fire risk. Most of our residential areas have special places for barbecuing. Do not hesitate to ask your housing team if there is a barbecue place nearby. Due to the fire risk you must not use the balcony or outdoor patio as storage space.

Many people are sensitive to dust and mites. Because of that, it is not allowed to whip or shake rugs and beddings from the balcony. Please keep flowers on the balcony but remember to hang the flower boxes or pots on the inside of the railing so that they do not fall down and injure someone.

If you have an outdoor patio you are responsible for its maintenance. This includes, for example, to cut hedges and grass when needed. You are also responsible for snow removal and sanding of the patio area. If you have an outdoor patio with a fence, you are responsible for regularly oiling or painting the fence. Read more in the terms of your lease agreement.

#### SMOKING

Due to the risk of fire and because many people are sensitive to smoke it is forbidden to smoke in shared spaces such as entrances, laundry rooms, elevators, basements, attics and garages.

#### **BIRD FEEDING**

You are not allowed to feed birds from your balcony, your windows or on the ground around the house - it attracts pests such as mice and rats.

### PETS

Many children are allergic, so it is important to keep cats and dogs away from playgrounds and sand boxes. Make sure that your pet does not taint the inside of or around the property. A dog that barks a lot is very disturbing for the neighbours. Cats and dogs must be kept on leashes.

More rules regarding pets can be found in the municipality's local rules.

### GRAFFITI

When we find graffiti, we sanitize the area after we have photographed it and reported it to the police. If you see graffiti, please report it to our customer service.

#### TRAFFIC

The courtyard should be a place for relaxation for you and a playground for the children. Therefore, cars or other motor vehicles are not allowed there. The exception is moving trucks, mobility services and emergency vehicles.

#### LAUNDRY ROOM

You will find the local rules that apply to your laundry room on the notice board.

# **A PLEASANT BUILDING**

### VERMIN

It is unfortunately becoming more common for vermin, such as cockroaches and bedbugs, to turn up as uninvited guests in many homes. The sooner you report it, the quicker you will get rid of them.

If you suspect that you have vermin in your apartment, you must report this in accordance with the Swedish Tenancy Act. You must also allow access to the apartment for decontamination. We may also need to decontaminate or check your apartment in case a neighbour has vermin in their home.

It is equally important to you as the tenant and us as the landlord that action is taken quickly and effectively as soon as vermin are detected, so that they do not spread.

### **REPORT TO ANTICIMEX**

If you suspect or know that you are affected by vermin – call our partner, Anticimex, on 075-245 10 00. You can also report it on their website www.anticimex.se. Decontamination is free of charge for our tenants, so do not hesitate to report if you suspect vermin in your home.

Once you have made a damage description report, the following will happen:

- The decontamination company, Anticimex, will contact you to carry out an inspection.
- · Once they know what kind of vermin there are, and in which quantities they exist, Anticimex will contact us.
- · A time plan will be created.
- Decontamination will then take place.
- It is important that you let Anticimex enter your home on each occasion.
- The more time that passes, the more difficult it is to get rid of vermin.
- If no new report is received, Anticimex will book a final inspection after six months, counting from when the last decontamination was carried out.

### CLEANING PREVENTS MOST VERMIN

Most types of vermin do not thrive in clean and dry areas. You can therefore prevent problems by cleaning thoroughly a few times a year. If you already are suffering from vermin, cleaning can also prevent them from multiplying.

- · Remove kitchen cabinets and drawers. Clean shelves, drawers and behind the stove.
- Clean behind other kitchen equipment that can be withdrawn.
- · Vacuum skirting boards around the whole apartment with a narrow nozzle.
- Clean all crevices.
- Remember to wash all cleaning supplies, both before and after cleaning.

Vermin in the apartment? Report it to Anticimex on 075-245 10 00

### STOP THE BEDBUGS

Unlike other vermin, the bedbug feeds on blood. This means that it thrives in most kinds of environments where humans or animals are present. Therefore, it is not possible to prevent bedbugs by cleaning and they usually enter the home through suitcases and old furniture.

### WHEN YOU TRAVEL

- Look under the bed in your hotel. Black dots are signs of bed bugs. If you find these traces - change room.
- Keep suitcases far from the bed, or sofa, and don't leave them on the floor. Never store them under the bed.
- Leave clothes in the suitcase and keep all luggage closed.

### WHEN YOU COME HOME

- Put all your laundry in plastic bags and seal tightly.
- Wash all clothes after the journey or put them in the drying cabinet at 60 degrees, or in the tumble dryer for 50 minutes. You can also put things in the freezer for seven days.
- Clean your luggage. Vacuum the suitcases and place

### IF YOU BUY SECOND HAND

- If you buy second-hand textile furniture or clothes, inspect them carefully. You never know where they have been or if the former owner had bed bugs at home.
- Never bring home discarded furniture that you find as bulky waste. There is a great risk that such furniture is infected with bed bugs.

### **BIGGER VERMIN**

Rats and mice are also counted as vermin. Therefore, do not feed birds from the balcony or the patio - the spilled food attract rats and mice.

### IMPORTANT TO KNOW

As long as there is vermin in your apartment, you cannot exchange it with someone else or apply for a new apartment. If you would like to terminate your tenancy agreement, you need to give three months' notice according to the Tenancy Act.

### FOR FURTHER INFORMATION

At www.anticimex.se you find out more about different vermin, why they appear and what to do to avoid them. If you have any questions, you are welcome to contact our customer service on 08-706 90 00.

# VERMIN

# TV, INTERNET AND TELEPHONY

### TV, INTERNET AND TELEPHONY FROM THE CITY NETWORK

Sundbybergs Stadsnät is your open, municipal fiber-supplier. The fiber network today offers speeds up to 1G (1000/1000 Mbit/s) both up and down.

### **CHOICE OF AROUND 20 SERVICES**

Freedom of choice is important to us. Therefore, we offer around 250 broadband-services when it comes to Internet, TV and telephony - from more than 20 different service suppliers. This gives you the chance to choose the one that best fits your needs. Freedom of choice means you can easily change to a different supplier or order new services when you want to.

### **HOW DO I ORDER BROADBAND SERVICES?**

You place the order on the website www.sundbybergsstadsnat.se, or at the service provider that you have chosen. If you want guidance on your order, call customer service on 08-706 91 35. When you order, enter your ID which can be found on the city network box (example ID 601A0401B13).

You can then retrieve your Stadsnät network box, along with a free cable at Förvaltaren's head office. It also comes with an installation guide so you can easily connect your computer, TV and telephone to the box.

### **TV VIA FIBER**

In Sundbyberg's Stadsnät you can choose between two different TV solutions - open broadband-TV or traditional supplier-bound broadband-TV. Regardless of what you choose you will receive a high quality service with many choices.

### **OPEN TV**

With open TV you buy a TV box from the service provider Kaljdo which contains a basic selection of channels. In addition to the basic range from Kalejdo, you can combine channels and packages from different service providers through the same TV box.

### **SUPPLIER-BOUND TV**

Traditional broadband-TV (IP-TV) via the fiber network is a stable service with high quality and good images. With traditional broadband-TV your digital TV box is bound to one supplier from whom you can choose basic or package services.

### TELEPHONY

Telephony through Stadsnätet is a more cost-effective choice than the old traditional telephony as the fixed monthly rate is lower. Choose between Standard or Pro. Standard is a phone service which goes through the Internet, this means you need an Internet provider. Pro offers maximum security since it is a separate service which does not require internet.



### SERVICE SUPPLIERS WITH SUNDBYBERG'S STADSNÄT



### IN THESE BUILDINGS YOU NEED A TV BOX FROM STADSNÄTET

In some of our buildings you need a TV box from Sundbyberg's Stadsnät to gain access to the basic service.

This goes for the following addresses:

• Esplanaden 4-8

• Stallgatan 26 + 29

• Vasagatan 1-9

- Ladugårdsgatan 20–24
- Mönstringsvägen 7–9
- Oxenstiernas Allé 25–29

#### **DO YOU HAVE ANY QUESTIONS?**

Contact Sundbybergs Stadsnät's customer service on 08-706 91 35 or info@sundbybergsstadsnat.se. For more information about Sundbybergs Stadsnät and the services we offer, please visit www.sundbybergsstadsnat.se.

### EXTRA SOCKETS

If you want extra TV sockets, we recommend that you contact Centralradioservice AB on 08-29 90 70. Please not that you need to pay for the installation yourself.

### **TV FROM COMHEM**

ComHem delivers a basic selection of TV-channels in most of our buildings. At present, the cost is 35 SEK per month and is added onto your rent.

#### CHANNELS OFFERED THROUGH ANALOG TV

SVT 1, SVT 2, TV 3, TV 4, Kanal 5, TV 6, Sjuan, TV 8, Kanal 9, TV 10, Kanal 11, TV 12, TLC, Barnkanalen, Kunskapskanalen, SVT 24, Fox.

### CHANNELS OFFERED IN THE DIGITAL BASIC PACKAGE (UNCODED DIRECTLY INTO YOUR TV)

SVT 1, SVT 2, SVT 24, TV 4, TV 6, Barnkanalen, Kunskapskanalen, AXESS TV, Fox, Öppna kanalen.

### **REPORT AN ERROR**

Call ComHem on 0771-55 00 00 to report an error, technical support or any other questions regarding cable TV.

### PARABOLE

If you want to have a parabole or antenna you have to contact us to receive instructions and permission before making any installations. A parabole should not pose a risk to your neighbours or the building. To avoid unnecessary costs it is important that you follow the rules that apply.



# **TV, INTERNET OCH TELEFONI**

• Urviks Allé 14–16

### **SUSTAINABILITY**

We use a large amount of energy and water in our homes every day. To contribute to a more sustainable world we all need to work together. Through small and simple actions, we can make a difference. No-one can do everything, but we all can do something. Below you can find some simple tips on what you can do to save water, electricity and contribute to a more sustainable world.

#### **FRIDGE AND FREEZER**

- Defrost your fridge and freezer on a regular basis, unless your units do that automatically.
- Keep your freezer full. A halfempty freezer uses more energy.
- Normal temperature in your fridge is +2-6 degrees C.
- Normal temperature in your freezer is -18 degrees C.
- Defrost frozen food in the fridge.
- Check the sealing strip on the door to the fridge and freezer.

### COOKING

- Use a cooking plate that is the same size as the pot.
- Use a lid and it will boil faster.
- Use a kettle to boil water.
- Turn off the oven and cooking plates before the food is cooked to make use of the final heating.
- Do not open the oven door unless you have to.
- Pour your coffee into a thermos instead of keeping it warm on the coffee maker.
- · Cook food in your microwave.

### DISHES

- Use your dishwasher when doing the dishes.
- Make sure the dishwasher is full before washing.
- · Do not rinse under running water.
- Install a flushing spray for the tap.

### LAUNDRY

- Make sure to fill up your laundry machine before starting it.
- Do not use prewash.
- · Choose lowest possible temperature.
- Centrifuge the laundry properly to reduce the drying time.
- Avoid using the dryer.

### BATHROOM

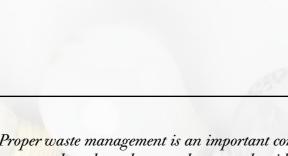
- · Shower instead of taking a bath.
- Turn off the water while using soap and shampoo.
- · Do not flush the toilet unless necessary.
- Always report a running tap or toilet.

### THE WHOLE APARTMENT

- Make sure windows and doors are properly sealed.
- Do not place furniture in front of the radiators.
- Turn off all machines when not in use. Do not use "stand by".
- Turn lights off when leaving a room.
- Disconnect your phone charger when you are done charging.
- Use low-energy lamps.
- Do not use radiators or infrared lamps on the balcony.



In some of our buildings you can control how much you pay for electricity and water and in other buildings you only pay a fixed fee each month. As we renovate more buildings the payment method will change, and you only have to pay for your own usage of electricity and water.



Proper waste management is an important contribution to the environment, but also to keep our homes and residential areas attractive and pleasant. When waste ends up in the wrong place it will affect the well-being of you and your neighbours. It is important that we all help each other to make sure that we manage our waste correctly.

### **RECYCLING PACKAGING**

At our recycling stations all tenants in our buildings can sort and leave newspapers as well as packaging in close proximity to your apartment. You can find your nearest recycling station in the maps section on www.forvaltaren.se.

### **ELECTRONICS AND HAZARDOUS WASTE**

At some of our recycling stations, tenants can sort and leave light sources, electronics and batteries. This and other hazardous (dangerous) waste such as chemicals, paint including water-based paint, nail polish and perfumes can be left at: - Mini recycling Returpunkten at Landsvägen 62 in central Sundbyberg.

- For opening hours see www.savab.se
- The mobile recycling station, for the schedule see www.savab.se
- If you have trouble getting out to leave hazardous waste or electronics you can have someone pick it up, free of charge, at your door by Returkassen. This is free. To book collection, see www.savab.se

### **BULKY WASTE (GROVSOPOR)**

Bulky waste (grovsopor) is household waste that is not combustible or is too large or heavy to put in the garbage bag (not packaging to be left at the local recycling stations). Bulky waste can be, but is not limited to, drinking glasses, frying pans, mirrors, crockery, manual tools, binders and furniture. With our bulky waste tour, we want to make it easier for you to throw away broken things - while taking responsibility for our environment. A schedule of when we are coming to you can be found att www.forvaltaren.se

### COLLECTION

Do you want to book a private collection to your building? Call Sundbyberg Avfall & Vatten on 08-706 65 00 or e-mail service.stadsmiljo@sundbyberg.se. Remember that you will have to pay for this service, the cost is calculated by cubic metre according to the applicable waste fee. Read more on www.savab.se.

### FOOD WASTE

Sundbyberg stad has decided that all people living in the municipality should sort their food waste. We are now working to make this available in all buildings so that the food waste can become biofuel and bio fertilizer. New paper bags for food waste will be available to collect at certain points around Sundbyberg. Find your closest place on www.savab.se.

### CLOTHES

Donating clothes is a good way to take care of clothes that you have outgrown or just grown tired of. We work with Human Bridge when it comes to clothes collections and they will donate clothes or fabrics to people in different countries. Please leave your clothes in their green containers which are placed around the area, see locations on www.forvaltaren.se.

# WASTE AND RECYCLING

