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**Welcome to ESHNR 2024 12th-14th of September**

## Trip Summary

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### Welcome to Malmö

Welcome to Malmö

ESHNR

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### Restaurants and cafés

The food-scene in Malmö

## Welcome to Malmö



### Welcome to Malmö Malmö – the gateway to Sweden

Malmö is where Sweden begins. It's the small fishing village that turned into an industrial hub that turned into a young and international city of experiences.

The compact city centre not only offers a pleasant atmosphere, it also makes it possible to experience the whole city in one day.

Shops are open 362/365 days.  
In some shops you can only pay by card.

Sweden's third largest city is also its youngest and most international.  
The Malmö University hosts about 24 000 students from all over the world.  
Half of Malmö's residents are younger than 35 and about 150 languages buzz in the air.  
It is well known that Malmö is a multicultural city - out of 350 000 residents in Malmö the city has more than 180 nationalities represented.

There is a great access to cuisines from all around the world in the city, last year National Geographic named Malmö a "UN of food".

Make a visit to the Market Hall (Malmö Saluhall) to savor global and local flavors. It's located between downtown and the renowned Western Harbour eco-district.

Tired of walking? Do like the locals – bike your way around town! Malmö is one of the world's top 10 bike cities and rental bike stations are everywhere.  
Welcome to Malmö!



### ESHNR

Welcome to Malmö for "ESHNR 2024" 12th-14th of September.

See you soon!



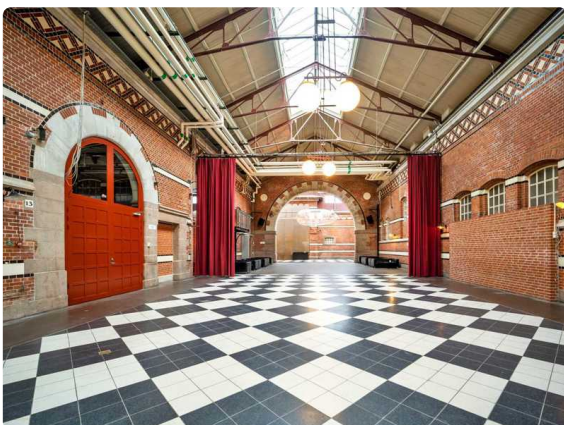
## Slagthuset

The slaughterhouse is, just as the name reveals, the town's former slaughterhouse.

The building was erected in the 1890s and the business as a slaughterhouse started in 1904 in what then was Europe's most modern and perhaps also most beautiful slaughterhouse.

The business was shut down in 1969 and the building has after that housed several different businesses.

Since May 2021, the Slagthuset is run by Nyhamnen Nöje & Events AB, with a focus on meetings & events, cultural events and a very popular lunch restaurant.



## Slagthuset EN

12e Carlsгатan, Skåne län, SE

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## Welcome to Malmö!

Are you searching for tourist information about Malmö? Do you want tips on restaurants, shops, hotels, sights?

### TRIPADVISOR

Visit Malmö on Tripadvisor. The content is based on visitor's experiences and recommendations. You will also find info about the destination. [www.tripadvisor.com](http://www.tripadvisor.com)

### INFOPOINTS

If you visit any of our InfoPoints you will receive personal service, and here you can also pick up a map of Malmö:

Andelshamnen Lagunen, Vaktgatan 9 Limhamn  
 Dockan Marina, Dockplatsen 1  
 Emporia Shoppingcenter, Hyllie Boulevard 19  
 Entré Torup, Torupsvägen 530  
 First Camp Malmö, Strandgatan 101  
 Katrinetorp, Katrinetorps allé 1  
 Kontaktcenter Stadshuset, August Palms plats 1  
 Malmö Airport, Visitors Center, Malmö-Sturup  
 Moderna Museet Malmö, Ola Billgrens plats 2-4  
 Travelshop, Centralplan 10  
 Pottan AB, Central station  
 Pressbyrån, Södergatan 11  
 Skånetrafikens Kundcenter, Central station

### MAP OF MALMÖ

You can also find a map of Malmö on the Kartguiden webpage: <http://maps.kartguiden.com>

### EVENTS CALENDAR

In the events calendar you find what's going on in the city: [www.malmo.se/evenemang](http://www.malmo.se/evenemang)

Don't forget to hashtag all your great Malmö pictures with #malmotown. @malmotown / #malmotown  
 You'll find @malmotown on both Facebook and Instagram.



### Outdoor activities

Malmö offers a lot of outdoor activities. Here are some of them. You can always find more at [viator.com](http://viator.com) or [getyourguide.com](http://getyourguide.com)

#### Bookaboat

Here you control your own boat and glide around the canal at your own pace with boats with electric motors. <https://bookaboat.se>

#### Marint Kunskapscenter

Become aware about the life in the ocean by netting, snorkeling or learn by educational exhibitions. <https://www.naturumoresund.se>

#### Stand up padel

Learn to paddle SUP or improve your paddling technique. <https://www.ystersup.com/sup-malmo/>

#### Stapelbäddsparken

Creative center and a skateboard park in Västra hamnen. <https://skatemalmo.se>

#### Selfguided food tour

Experience places and enjoy wonderful flavors. <https://travelshop.se/kategori/upplevelser/food-tour-in-malmo-selfguided>



**The food caravan**

Get to know new ingredients and be confronted with both exotic and more familiar food cultures.

<https://www.matkaravan.se>

**Kayaking**

Try it for the first time or go on a slightly bigger adventure.

<https://ramsilwal.com>

**Ribersborgs Kallbadhus**

Cold bath house with sauna and restaurant. Try a dip in the Öresund ocean.

<https://www.ribersborgskallbadhus.se>

**Indoor activities****Sherlocked**

Escape room with different themes.

<https://sherlocked.se>

**Fox in a box**

Escape room with different themes.

<https://foxinaboxmalmo.com/se>

**Malmö Boulebar**

Play boule the real french way. Boule court both indoor and outdoor.

<https://www.boulebar.se>

**The Alley**

Escape room with historical themes.

<https://www.thealley.se>

**Big Bowl**

Bowling, bars, restaurant, arcade and nightclub.

<https://bigbowl.se>

**O'Learys bowling**

Sportbar with bowling.

<https://olearys.se/entre-malmo-bowling>

**Rage room**

Get rid of your anger. In the breakroom it is allowed to cross, hit and break things.

<https://www.malmobreakroom.se>

**Laserdome**

<https://malmo.laserdome.se/boka-laserdome/>



## Laser Malmö

<https://www.entremalmo.se/butiker/nojen-fritid/laser-malmo/>

## Extreme Zone

Ninjawarrior, parkour, freerunning, climbing walls, foampits and trampolines.

<https://www.entremalmo.se/butiker/nojen-fritid/extremezone>



## Sights in Malmö

**S:t Petri church** – built in the early 14th century.

**Turning Torso** – Malmö's tallest building.

**Folkets park** – Sweden's oldest "Folk park". This is where the locals meet.

**Ribersborgs Kallbadhus** – Historic cold bath house from 1898.

**Malmö Opera** – The opera house inaugurated in 1944.

**Malmöhus Castle** - Buildings with a lot of history. Today houses the city's museums.

**Malmö Art Gallery** – Art gallery with shop..

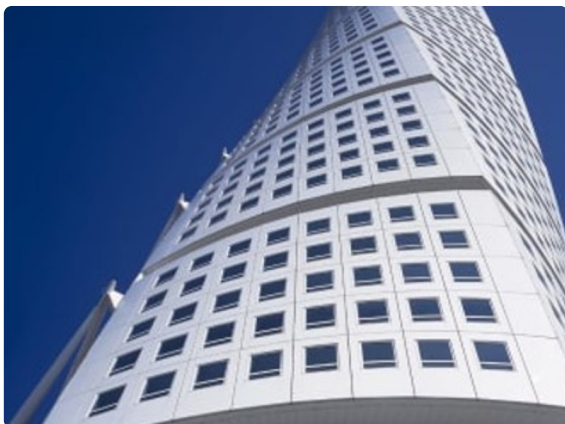
**Malmö Live** – The entire living room of Malmö. Contains a concert and congress section.

**Modern Museum** – Museum of contemporary art.

**Lilla torg** – Established in 1590 and surrounded with bars and restaurants.

**Malmö City Library** – One of the buildings is called "The Calendar of Light", designed by the danish architect Henning Larsen.

**Malmö Saluhall** - Located in a former old goods warehouse since 2016, just opposite the street from Malmö Live. Malmö Saluhall is one of the city's most popular food hubs and an excellent example of innovative Swedish architecture.



## Guided tours



### Rundan Sightseeing

Join a sightseeing tour by boat through the canals of Malmö and see Malmö from a different perspective. With a personal guide, you are given a lively guide about buildings, history, personalities and anecdotes. From April-Sept

<https://www.stomma.com/en-se/malmo/sightseeing-by-boat/rundan-sightseeing/>

### Malmö Walking Tour

A sightseeing tour on foot that takes you around the city's biggest sights with stories and information about Sweden's third largest city.

<https://www.malmowalkingtours.com/>

### Green Bike Tour

A bike ride in Malmö from a sustainable perspective. You will learn more about how the city works for a sustainable future with a focus on, among other things, architecture, recycling, sustainable heating and energy-efficient buildings.

<https://greenbiketours.org/malmo/>

Depending on interest and theme, you can book your own guide and get a tailor-made tour.

<https://travelshop.se>

<http://alakai.se/>

For more guided tours, [www.viator.com](http://www.viator.com)



## Transportation

### Local Transportation

Skånetrafiken is our regional and local transportation company. They run both buses and trains in the area.

Malmö Centralstation, Triangeln station or Hyllie station are our main city train stations.

Buy single tickets from a ticket machine at Malmö Centralstation, Triangeln station or Hyllie station or visit the Skånetrafiken office at the Central station.

You can also buy 24 h cards or buy tickets in the app.

More information: [www.skanetrafiken.se/](http://www.skanetrafiken.se/)

### Travelling from Copenhagen Airport to Malmö

Buy the ticket for the train at Copenhagen Airport in the machines located in the main hall and close to the train tracks. Here you can buy your ticket with a credit card.

The trains leave every 20 minute from Copenhagen Airport.

How to buy your ticket in the app

- Download the app called Skånetrafiken.
- You must be online when you buy the ticket, but you can access the purchased ticket without internet access.
- To activate the ticket just before you start traveling. Your ticket is not valid until you have activated it.
- Pay with credit or debit card, MasterCard and VISA, directly in the app. It works with both Swedish and foreign debit cards.
- You can buy tickets up to 16 days in advance.

Do this:



1. Search your trip. Choose your travel options.
2. Press the "Buy ticket". Select adult, child or Duo / Family. Ticket valid any time for the route.
3. Turn on the ticket before boarding.

With Skånetrafikens app in your smartphone you can buy bus and train tickets in the region Skåne, to neighboring counties and Denmark. You can buy up to ten tickets at once, save them to your phone and enable them when you're traveling.

#### Ticket validity

The ticket is valid for some time and it is clearly visible in the app after you've chosen to activate it.

The ticket to Denmark comes from the days when you turned on until 04.00 the day after.

The ticket is not personal, but belong to the mobile number and mobile. You can not send the ticket on to someone.

You can not buy the return of the app. You need to have a ticket in each direction.

#### How to buy a ticket in the machine

- Buy a single ticket from one of Öresundståg's ticket machines, using a credit card. Follow the instructions. One ticket costs 150 SEK.

For more information: <https://www.skanetrafiken.se/>

#### Taxi transport Copenhagen Airport - Malmö

There are many taxi companies in both Malmö and Copenhagen. Most important is to agree on the price in advance with the taxi driver. A fair price should be about 800-1 000 SEK.

To order taxi in advance we can suggest Cabonline: [www.cabonline.com/en](http://www.cabonline.com/en)

#### Malmö by bike

Malmö is a famous bike city and about 25% of the travelling done by locals are done with a bike.

On the tourist map all bicycle tracks in the city are marked out.

Rent your bike at Malmö by bike (the local bike rental company), [www.malmoobybike.se/en](http://www.malmoobybike.se/en) or at Travelshop, [www.travelshop.se/en/](http://www.travelshop.se/en/)

Some hotels also lend bikes to their guests.

To find your way in Malmö on a bike, please visit our website for bikers in Malmö [www.malmo.se](http://www.malmo.se)

Or pick up a city map at one of Malmö's InfoPoints

<https://malmo.se/Welcome-to-Malmo/Visit-Malmo/InfoPoints.html>



The logo for Skånetrafiken, featuring the company name in white text on a red rectangular background.

## Local transport in Malmö

Skånetrafiken is our regional and local transportation company. They run both buses and trains in the area.

Buy single tickets from a ticket machine at Malmö Centralstation, Triangeln station or Hyllie station. You can also buy 24 h cards or buy tickets in the app.

# Shopping



## Shopping in Malmö

Looking for that unique, local item to bring back home after a visit? Or a trendy design piece with that typical Scandinavian style? Or maybe just great everyday design from the best Swedish brands? In Malmö you'll find them all!

More information <https://malmocity.se/sv/oppettider>

### Shopping for design och second hand?

[skanestadsmission.se/](http://skanestadsmission.se/)  
[humanasecondhand.se/](http://humanasecondhand.se/)

### Here is a list of places for design lovers:

[designtorget.com](http://designtorget.com)  
[svenssons.se](http://svenssons.se)  
[norr-gavel.se/en/](http://norr-gavel.se/en/)  
[olssongerthel.se](http://olssongerthel.se)  
[formdesigncenter.com/en/](http://formdesigncenter.com/en/)

### Shoppingcenters

#### Emporia

Hyllie Boulevard 19  
[emporia.steenstrom.se](http://emporia.steenstrom.se)

#### Triangeln

Södra Förstadsgatan 41  
[triangeln.com/en/3startsida-english/](http://triangeln.com/en/3startsida-english/)

#### Hansa

Stora Nygatan 50-56  
[hansamalmo.se/](http://hansamalmo.se/)

#### Åhléns

Södergatan 17  
[ahlens.se/cms/in-english](http://ahlens.se/cms/in-english)

#### Gram

Gram is a new type of "zero waste" grocery store where you won't find any packaging, just great produce from local farms and makers, as well as store-cupboard essentials from around the world.

Address: Mäster Danielsgatan 3  
[grammalmo.se/about\\_gram/](http://grammalmo.se/about_gram/)

Next to Malmö Arena you will find the largest shopping center in Malmö, Emporia. Opening hours: Mon-Sun 10am - 8pm.

More information <https://emporia.steenstrom.seemporia.steenstrom.se>





## Museums in Malmö

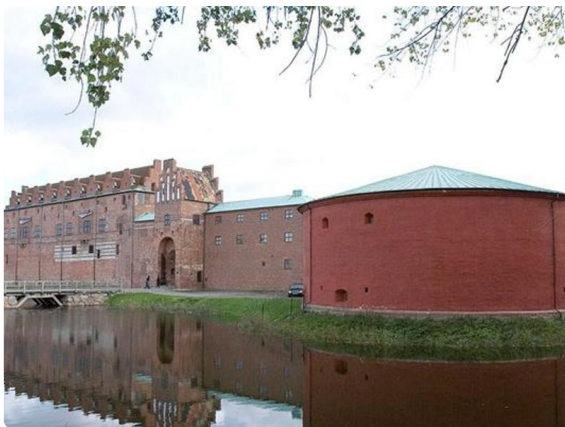


### Malmö Museer

At Malmö Museer you can see everything from the Nordic region's oldest surviving Renaissance castle to a real submarine, a new aquarium and fantastic vehicles. The museum's permanent exhibitions focus on history, natural history, technology and seafaring. There are also about a dozen temporary exhibitions every year.

Malmö Museer is responsible for preservation of the cultural environment and has extensive collections, including those of textiles and photography.

Opening Hours: 11-17



### Malmö Museer

6 Malmöhusvägen, Malmö, Skåne län, SE, 211 18  
+46 40 34 44 00

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### Disgusting Food Museum

Food is so much more than sustenance. Curious foods from exotic cultures have always fascinated us. Unfamiliar foods can be delicious, or they can be more of an acquired taste. While cultural differences often separate us and create boundaries, food can also connect us. Sharing a meal is the best way to turn strangers into friends.

Open: 10:00-18:00.





## Disgusting Food Museum

2 Södra Förstadsgatan, Skåne län, SE

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Wednesday – Sunday: 12:00 -18:00.

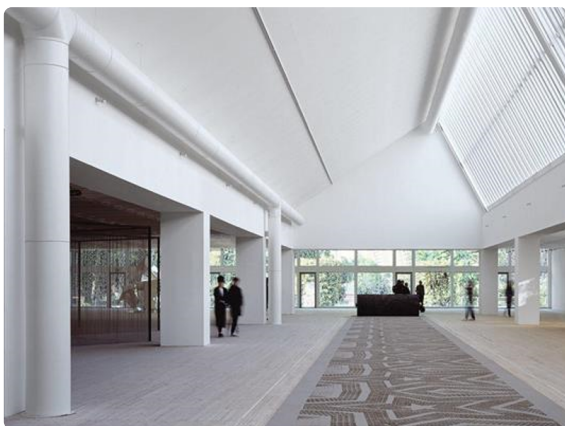


## Malmö Konsthall

Malmö Konsthall arranges annually a number of exhibitions with an international focus, both the classics of modern art and current experiments.

Malmö Konsthall has free admission .

Open 11-17



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Sankt johannesgatan 7, Malmö, Skåne län, Sverige  
+46 40 34 12 86

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Malmö Konsthall has no admission fee.

LUCA FREI

6.6 – 30.8 2020

The large-scale presentation spans over a period of twenty years and contains a number of works that have never before been shown in the artist's current hometown of Malmö. The exhibition is his most extensive to date.

<https://www.konsthall.malmo.se/en/utstallning/luca-frei/>



## Form/Design Center

Form/Design Center is located in an old granary dating back to the 16th century. With a wide perspective and an inclusive approach, this center is a mecca for anyone interested in Scandinavian design and architecture.

Every year, about 20 exhibitions are organised at the center, highlighting interesting aspects of Scandinavian design and architecture. The three story granary comprises in-depth exhibitions and shorter explorations into design-related topics. Form/Design Center has a broad perspective on design, highlighting anything from industrial design to handicraft and fashion. The center regularly organises debates, workshops and lectures where the public, designers, scientists and the industry can come together to discuss the Swedish design scene.

Once you've browsed the exhibitions, pop by the café which has an extensive collection of magazines free to read, and of course plenty of Swedish Fika. And don't miss the shop where you can find classic Swedish design items to bring home.

Open 11-17



### Form/Design Center

9 Lilla torg, Malmö, Skåne län, SE  
+46 40 664 51 50

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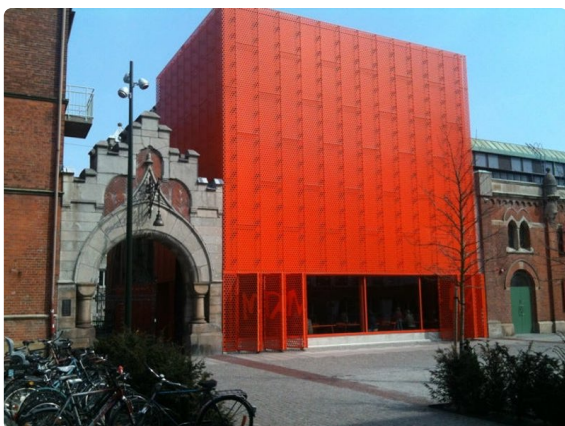
### Moderna Museet

Looking for contemporary art in Malmö? Moderna Museet exhibits art by some of the of the most prominent international and Swedish artists in one of Malmö's most beautiful buildings.

Moderna Museet is Sweden's leading museum for contemporary art. The main museum is based in Stockholm, but a filial was opened in Malmö in 2009.

Moderna Museet in Malmö comprises art collections from the start of the 20th century and onwards. The art exhibitions are ever changing, but always with high-quality modern and contemporary art by some of the most important artists of our times. As if that wasn't enough, Moderna Museet is housed in one of Malmö's most beautiful buildings – an old power station designed by Swedish architect John Smedberg in 1901. A modern orange part has been attached to the original building, designed by Tham & Videgård Hansson, creating an interesting combination of Swedish architecture designed more than 100 years apart.

Open 11-17





## Moderna Museet

Ola Billgrens plats 2–4, Malmö, Skåne län, Sverige  
+46 40 685 79 37

N.B.

In regards to the current Covid-19 situation the museum takes in a limited number of visitors per day. This means that you will have to book a visit in advance. Please contact Sofia Alsterhag, Communications manager at Moderna Museet Malmö: [s.alsterhag@modernamuseet.se](mailto:s.alsterhag@modernamuseet.se)  
+46 40 685 79 40 / +46 734 22 87 39

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## Restaurants and cafés



### The food-scene in Malmö

A restaurant, pub or café?

You will find one in almost every corner of the city centre. Here are just some teasers..

#### *Lunch time?*

##### **Hollandia**

Classical café along the pedestrian streed. Enjoy your coffee in an old-fashion environment.

Address: Södra Förstadsgatan 8

[www.hollandia.se/smallcafe.htm](http://www.hollandia.se/smallcafe.htm)

##### **Saluhallen**

The food market of Malmö. A food-lovers paradise.

Address: Gibraltargatan 6

[www.malmosaluhall.se/en/](http://www.malmosaluhall.se/en/)

##### **Spill**

Lunch served made by raw material that stores where about to throw away. To good to go. As simple as that. Check out the barometer of waste food on the website.

Address: Stora Varvsgatan 11

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

#### *Have difficulties choosing a restaurant for the evening?*

*Here are some tips.*

#### **Restaurants**

##### **Lyran**

We create our best dishes and drinks each day from what we have at hand.

Address: Simrishamnsgatan 36A,

[www.lyranmatbar.se/english](http://www.lyranmatbar.se/english)

##### **Farm2table**

A restaurant with Plant-based food and natural wines.

Address: Sankt Knuts väg 13

[farm2table.se](http://farm2table.se)

##### **Johan P**

The fish restaurant in Malmö. Always with the day's fresh catch on the menu.

Address: Hjulhamnsgatan 5

[www.johanp.nu/en/home/](http://www.johanp.nu/en/home/)

##### **Namu**

Korean food meets food from south part of Sweden. Made by the Swedish Masterchef (2013) Jennie Walldén.

Address: Landbygatan 5

[namu.nu/](http://namu.nu/)

##### **Riket**

We have a varied menu with a bunch of seasonal dishes and a great selection of wines.

Address: Erik Dahlbergsgatan 5

[riket.net/](http://riket.net/)

**Sajvva**

Vegetarian food from all over the world. In Malmö. Even the range of drinks are completely vegan.

Address: Östra Förstadsgatan 29

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

**Vegan bar**

Homemade Vegan food can be a mouthwatering and a delicious experience. Vegan bar brew their own vegan beer and have their own clothing brand.

Address: Södra Skolgatan 45

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

**MJ's**

Step in to the world of MJ's with food inspired by the Mediterranean countries. Enjoy lunch, dinner or a nice cocktail in the bar.

Address: Mäster Johansgatan 13

[mjs.life/restaurant/](http://mjs.life/restaurant/)

***Let the evening continue...******Pubs and bars*****K&T**

Malmö with a view. Enjoy fab cocktails at the sky bar.

Address: Dag Hammarskjölds Torg 2

[kitchenandtable.se/malmo/](http://kitchenandtable.se/malmo/)

**Malmö Brewing Co & Tap room**

A meeting place for the craft beer community. They serve lots and lots of beer and they have a great selection of in house brewed beer.

Address: Bergsgatan 33

[malmobrewing.com/](http://malmobrewing.com/)

**Bishops Arms**

The pub has its own brewery in the basement (Gustav Adolfs torg). The pub is famous for the large assortment of both whiskey and beer.

Address: Norra Vallgatan 62 and Gustav Adolfs torg 49

[www.bishopsarms.com](http://www.bishopsarms.com)

**Lilla Torg**

The small square in the old part of town. The square is surrounded with restaurants and bars and a popular place in the evening both for locals and visitors.

**Davidhallstorg**

The square close to the pedestrian street. In the area you find design shops, galleries and restaurants.

**Möllan**

This is the part of Malmö where you can find a bar and a restaurant in every corner and every street. Around the square Möllevångstorget you find bars, restaurants and shops with food from all over the world.

