



New student?

exciting!!

Not feeling as excited about your housing situation? We get it. Below, we've gathered some of our best tips regarding the housing market – because you should be able to spend more time on your studies and less time worrying about accommodation. For many more tips and information, visit our website www.jagvillhabostad.nu.



1. Rights and responsibilities

The Tenancy Act (hyreslagen) regulates the rights and responsibilities you have as a tenant. The Tenancy Act is designed in favor of the tenant, so if any terms of the agreement restrict your rights as a tenant, they will not be enforceable unless permitted by law.

Some **rights** you have as a tenant include receiving a written lease agreement, having the residence in good condition and maintained, having your rent reduced in case of faults or deficiencies in the residence that you did not cause yourself, being able to terminate your agreement in case of serious faults or deficiencies if your landlord fails to remedy them, and refusing your landlord access to the apartment if the visit has not been notified in advance. You also have **responsibilities** as a tenant, such as being careful and keeping the residence clean, reporting any damages that occur, paying rent on time, following any rules of conduct, and performing a move-out cleaning when you move out.



3. Other legislation to be aware of

According to **the Discrimination Act (diskrimineringslagen)** it is prohibited to treat someone unfavorably or offensively in the housing market based on the seven discrimination grounds. Despite this, discrimination in the housing market is unfortunately not uncommon. If you feel or suspect that you are being subjected to discrimination, you can contact one of Sweden's anti-discrimination agencies, and they will assist you. You can find all anti-discrimination agencies [here](#).

The Population Registration Act (folkbokföringslagen) states that you should be registered at the address where you reside. Anyone who moves must report their new address to the Swedish Tax Agency, no later than one week after the move. If you knowingly fail to report a change of address or do not reside at the address you have registered for an extended period, it may constitute an offense under the Population Registration Act. This also applies to subletting. Read more at the Swedish Tax Agency's website [here](#).

jagvillhabostad.nu is Sweden's only housing policy association for young people. Our main mission is to advocate for all young people's right to secure housing by monitoring and acting based on the needs, rights, and interests of young people. We inform, educate, and influence within housing policy – for young people's right to safe housing.



4. Avoid being exploited in the housing market

Here are some do's and don'ts to avoid being exploited in the housing market.

Do

Always have a lease agreement before moving in, even when subletting or living as a lodger.

Document any damages before moving in with photos and possibly written notes in the contract.

Be vigilant! Verify that the person you're renting from is reputable and that the apartment actually exists. Be especially cautious if a deposit or advance rent is requested. If it's a housing company, consult the list of unreliable actors at www.hemhyra.se/svarta-listan.

Bring a friend when viewing a property with someone you don't know or as a witness when signing the contract.

Don't

Do not pay a deposit or advance rent before you have received the keys to the apartment. Also, do not send sensitive information such as passport or bank details beforehand.

Do not pay a deposit without a lease agreement clearly stating how much you have paid, what it should be used for, and that you will get it back upon moving out.

Do not pay an unreasonably high deposit. Three months is the standard practice, but it should preferably be lower or nonexistent.

Do not overpay for rent. If you are subletting, you should pay the same rent as the primary tenant, plus a maximum of 15 percent for any furnishings.



5. Housing allowance (bostadsbidrag)

You can receive assistance with your housing costs through housing allowance from the Swedish Social Insurance Agency (Försäkringskassan). You can apply for housing allowance regardless of whether you rent in the primary or secondary market or own your home. However, you cannot get an allowance as a lodger.

It's important to be aware that with housing allowance, you may become liable for repayment if you have had higher income or lower housing costs than what you stated in your application. So, make sure the numbers are accurate and inform the Social Insurance Agency immediately if there are any changes, such as moving or increased income. Learn more and apply [here](#).



2. Finding accommodation

If you're looking for tips on how to find accommodation or what's important to consider when searching for a place to live, you can visit our website www.jagvillhabostad.nu and click on the 'Söka bostad' tab. There, we've gathered a lot of landlords where you can apply for housing, templates for application letters, and useful tips for your search.



Do you want to contribute to a fair housing market?

Housing is a human right. Despite this, hundreds of thousands of young people are affected by the housing crisis. Become a housing activist with jagvillhabostad.nu - we are looking for individuals in Uppsala and Visby who want to join our work for the right of all young people to safe housing. You are needed! Read more about how you can get involved [here](#).

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