

Welcome to
Hostel **Fridhem**



Hostel FRIDHEM

A warm welcome to Hostel Fridhem!

Fridhem consists of four, cultural-historical buildings from the 20th century. It is an old military facility and became Västerbottens 1st regiment, which was active between 1900-1909. The building that now serves as a hostel was used as a sub-officer residence and was a part of the officer yard.

After almost ten years, the facility was moved to be stationed in Umeå and in 1981 ELMBV took over the area. 3 out of 4 buildings were renovated and it was made into a missionary courtyard. Fridhem is now a Christian operation owned by ELM-Nord (Evangelical Lutheran Mission – North) which is part of ELM-BV

elmnord.se

elmbv.se

Practical Information

We ask of you to take the high cultural value of Fridhem's facilities into consideration.

Common spaces

In the hallway you will find shared toilets and showers, as well as a **kitchen**. You're free to use the kitchen as much as you'd like, as long as you take other guests into consideration by cleaning and washing the dishes afterwards. Place the washed and dried dinnerware in the cabinets and wipe benches and tables that have been used.

And don't forget to mark contingent goods stored in the fridge with your room number.

Bedding

Use your own duvets, bottom sheets, pillowcases and towels or rent it from us. Remember that it is forbidden to use any bed without linnen.

Prioritize your safety

Don't forget your own safety. Take part of the evacuation plans on your door to make sure of which emergency exits are available.

Remember to always leave the door closed and locked when leaving the building.

The hostel is not responsible for valuables or private belongings. We keep forgotten property for a maximum of 30 days.

Important rules and checkout

- Smoking is forbidden in all buildings and the same applies to the rooms. The building is equipped with automatic alarms which are directly connected to the Rescue Service. If you cause an alarm due to abnormal smoke development, you will unfortunately be charged 8000 SEK, the cost the Rescue Service will charge for an emergency call.
- **If you smoke:** Remember to smoke from a distance to the building, at the ashtray. By law, smoking is prohibited at an entrance to an accommodation. We also want you to throw your cigarettes in the pipe, and not on the ground.
- **Drugs, alcohol or intoxication are not allowed.** The hostel has the right to reject the guests who may interfere and the guest becomes liable for any damages.
- Only registered hostel guests may reside at the hostel. However, temporary visits are allowed between 10:00 and 21:00. Out of respect for other tenants, it is obligated to be calm and rather quiet between the hours 22:00-07:00.
- Due to allergies it is not allowed to bring animals into the hostel.

Reservation and cancelation

- Room payment must be made at the latest by the day of arrival.
- Room cancellation must be made one day prior to arrival date.

- Check-out takes place before noon.

Before you leave

- As a hostel guest, we ask of you to finish your stay with us by cleaning, so that it looks welcoming and pleasant for the next guest.

Leave the room as you wish to find it yourself!

(Cleaning instructions can be found on the next page)

- o Return the room key to the key box, stationed at the entrance, at the end of your visit. As a guest, you are responsible for a lost key, a lost key is charged 500 SEK

We hope you will have a wonderful time with us!

Cleaning instructions

This is how we want you to leave your room after one night or more:

- o Ventilate and shake the **mattress pad**, **duvet** and **pillow** outside. Vacuum clean mattress if dirty and place the mattress pad over the **bed**. Then fold the duvet and put it, together with the pillow, neatly on the bed. Then gently pull the gray **bedspread** over the bed, as a finishing touch.
(Make sure it looks well done under the bedspread)
- o **Ventilate** the room with an open window.
- o Return any borrowed linen in the laundry basket in the broom cupboard.
- o Dust off and vacuum any carpets.
- o **Toilet** - clean the mirror, washbasin and toilet seat. Then throw the used cloth into the laundry basket.
(This applies to you that has a private toilet in your room)
- o **Dust-dry** windowsills with a damp cloth, as well as used drawers and wardrobes.
- o Throw **garbage bags** in the bin at the entrance outside the building and put in a new trash bag that you'll find in the broom cupboard.
- o At last, **vacuum** and **swab** the floor.

Leave the room as you wish to find it!

Cleaning can be purchased for 200 SEK / or room 300 SEK / room with
WC

Kitchen

Remember to remove all your own items from the refrigerator and clean it from any of your own spillage.

Wash all your own dishes and place them nicely in the cabinets, and wipe off any tables used.

Cleaning equipment

Cleaning tools and materials are available in the broom cupboard. Use the cleaning trolley, where you will find everything you need.

After cleaning: Rinse and hang mops on dryer, twist and discard used rags in the laundry basket.

Remember

Make sure nothing is left behind, lock windows, turn off lights and lock the door. Return key in the key box in the hall

Key not returned is charged with 500 SEK

Missing or poor cleaning is charged 500 SEK



We at hostel Fridhem want to thank you for staying with us
and welcome you back with warmth!

Find us here!



072-223 56 46

Telephone reciprocity 10:00-12:00
monday, wednesday och thursday
during off-season – every weekday
during peak season – remaining
time mail:

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