

Passionate interests

Basketball 08 Stockholm Human Rights

is a basketball club that combines social work among young people with elite teams for men and women. 08 Stockholm Human Rights considers basketball to be not just a ballgame, but also a useful tool for educating and influencing young people. In addition, basketball attracts young people from all parts of society and from all ethnic groups, from upper-class areas to the marginalized suburbs. Therefore it has a unique capacity for enhancing integration.

For more information, please contact 08@fryshuset.se

Southern Basket

This youth basketball society consists of around 100 teams based at Fryshuset.

Young players (between 10 - 16 years old) from all parts of Stockholm get involved in sports and social interaction. Basketball has a large movement among young people from all parts of society. It is not only a game - it is a way to learn tolerance and fairness.

For more information, please contact soderbasketkansli@hotmail.com

Fryshuset Christmas Market

Every Christmas Fryshuset organizes a Christmas market with around 70 market stalls at Sergels Torg, the main square in central Stockholm.

Fryshuset Church

The church was established in cooperation with the Salvation Army, the National Ecumenical Council and the Diocese of Stockholm. The purpose is to encourage and support contemplation about major issues such as the meaning of life, good and evil, etc.

Fryshuset Kitchen

The restaurant at Fryshuset, often referred to as "the café", has been the heart of the house for many years. Its real name is Fryshuset Cuisine and it has developed into a modern restaurant with an international menu. For several years the local business community has honoured Fryshuset Cuisine with the distinction of best restaurant in the area.

F.U.S.E

is both a record company and a project for young musicians between 15-25 years. F.U.S.E is an abbreviation of the Swedish words for; publishing company, education, support and commitment - which is what F.U.S.E is all about. Young musicians, performers and bands get all the guidance, feedback, advice, tips and information they need in order to create their place in the music industry. F.U.S.E Music also produces and releases records.

For more information, please contact nanny.marianovic@fryshuset.se

The Gym

The sports club at Fryshuset is a well-equipped fitness centre for everybody from beginners to skilled athletes. Our goal is to create an open and pleasant atmosphere, where all kinds of people feel welcome. We believe that we offer the most affordable gym in Stockholm. You must be at least 16 years of age to get admission.

For more information, please contact gymmet@fryshuset.se

The Kärsö Estate

Fryshuset and the YMCA run Kärsö estate, situated by Drottningholm on Lake Mälaren. The estate consists of a beautiful detached wooden house built in 1860, and conference facilities. Guests can water-ski and swim, play Frisbee, golf, beach volleyball, basketball etc. A wide variety of activities take place at Kärsön: for example; courses, camps, educational programs, basketball training and scouting.

Lovely Days

Providing sports and cultural activities during school holidays. Every school holiday Fryshuset arranges a wide variety of activities for young people. The venue offers everything from street basketball, floor ball, dance- and music classes, excursions, movies, discos, music and games to contests and concerts. Lovely Days has become the meeting place for teenagers from all over Stockholm.

For more information, please contact lorentina.ruander@fryshuset.se

The Music Department

is home to around 600 musicians and 100 bands rehearsing in 39 music studios. The Music department also has courses in playing the guitar, keyboards and drums, in singing and DJ-mixing. Fryshuset has two concert halls; the smaller The Club and the bigger The Arena, arrange concerts with many of the world's most renowned bands and performers.

For more information, please contact monica.larsson@fryshuset.se

Night Courses

Fryshuset offers a variety of evening courses in music, dance and theatre, including electric guitar, electric bass, drums, keyboards, DJ mixing, DJ-courses for girls and music production.

For more information, please contact monica.larsson@fryshuset.se

Stockholm Skate Park

This is the only indoor arena for skateboarding, inline skating and BMX biking in all of Stockholm. The hall covers 1600 square meters and is open all year round. It is also the home ground for student skating training at Fryshuset gymnasium.

For more information, please contact skatereceptionen@fryshuset.se

Theatre Fryshuset

Writes, produces and sets up plays about contemporary social issues such as "Burn the ghetto" or "Top Boys - a hooligan's story".

For more information, please contact ulf.stenberg@fryshuset.se

The Wave

For many years, Fryshuset has hosted various kinds of youth parties. The current one, The Wave, is Sweden's only permanent disco for people aged 15-20 years. It is also one of the biggest discos in Scandinavia with three floors and capacity to host 3 000 guest. Thousands of young people from all over Stockholm dance, hang out and love being alive at the Wave. The hottest DJ's in the business work the music and our guests are constantly showered with various happenings, competitions and surprises altering the scene. The Wave is constantly changing - the only thing that stays the same is that it is an alcohol- and drug-free environment.

For more information, please contact daniel.lonn@fryshuset.se