

REPORT

Theme: Application of the Swedish experience in controlling the alcohol market in Russia using the Systembolaget as an example

Prepared by Azat Saifullin, the intern of 2020 year



First of all, I would like to express my gratitude to all the members of the Sverker Åström Foundation for your generosity, which has allowed me to see Sweden, get a lot of experience and knowledge and also collect information for my master's thesis. This is really a unique opportunity that not everyone gets. I still remember how happy I was when I received a letter that I get a scholarship and the chance to do research work in Europe. You do a good job giving students this opportunity.

Especially I want to say thanks to Disa Håstad and Lotta Olsson for your support and care during the difficult times of this year.



I have always been interested in the social well-being and welfare issues not only in Russia, but in its entirety. This topic is vital, especially if this involves supporting the health of people and improving the quality of life. That is why the subject of my research was «Application of the Swedish experience in controlling the alcohol market in Russia using the Systembolaget as an example».

This issue is very important for each country and its residents. In all civilized countries, the health of the nation is recognized as the most important social value that determines the high or low level of the state social development. The issue of ensuring, improving and maintaining the population health is one of the priority activities of government.

Sweden has a monopoly system for alcohol. Alcohol is strictly controlled by the government and it can be bought only in one store called Systembolaget. That is why a research In Sweden is the best opportunity to study the object.



In Systembolaget Market

I was living in Malmo since March till July and I have studied practical examples and case studies from different municipalities in Sweden, found information by reading professional literature, laws, studying social polls etc.

In addition, Ulf-Göran Gerdtham, a Swedish professor at the Department of Economics and Health Economics in Lund University, researched and published an impressive article on a similar topic. I contacted him and we

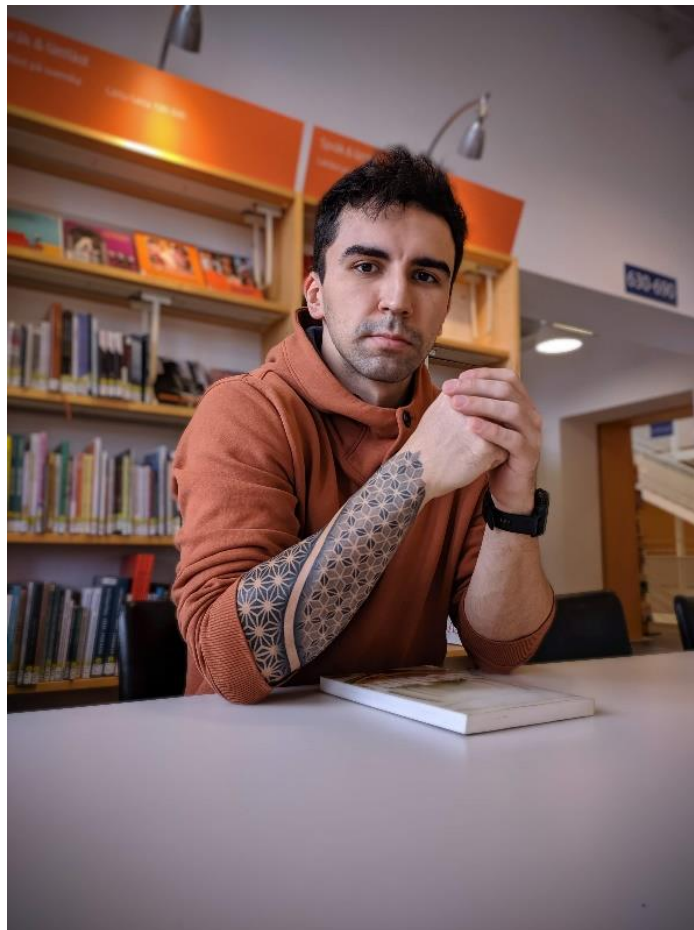
discussed my research topic. He helped me to find useful literature and find suitable information for my research.

In Russia there is very limited information about alcohol market regulation at the legislative level and is poorly implemented in practice, unlike Sweden.

All this helped to study:

- Economic component. Impact and possible consequences for the economy with strict control of the alcohol market.
- Medical component. How changes in the alcohol market affect public health.

Unfortunately, as soon as I arrived in Sweden, all universities and scientific conferences were closed and canceled. Despite this, I managed to work productively and study the topic.



In Malmö City Library

I have conducted social surveys among residents of Sweden, students, as well as foreign students with whom I lived in the dorm.



Student from Canada in my dorm

I also managed to attend several meetings of Alcoholics Anonymous in English. It helped me to study sociological component and impact of alcohol on the society, quality and standard of living of the individual and society as a whole.



At Alcoholics Anonymous Meetings

This all received international experience will have a positive impact on my education and give me valuable professional experience necessary to build a successful career.



Malmö Central Railway Station

To be honest, besides research activities, I planned to take the opportunity to visit other cities in Sweden. Unfortunately, I couldn't do it due to the pandemic. But of course, I cannot but tell about cultural part of the program - Easter holidays in Stockholm. It was one of the most interesting and definitely one of the most memorable moments in Sweden. All researchers got an invitation from Disa for coming to Stockholm. I doubted for a long time because of the quarantine, but I never regretted that in the end I agreed. It was only one day meeting instead of the usual 4-6 days, but very exciting and filled with care and love. I was very happy to meet other scholars. We discussed interesting topics for a several hours, asked each other for our research projects, talked about the nationalities of Russia and Sweden and then just joked and laughed. Moreover, Disa cooked a lot of delicious dishes. Really a lot and really delicious. I remember this well, as I was very hungry after all day walking around Stockholm. I can say that I have met very enthusiastic and friendly people and I hope that we will keep in touch in the future.

I would also like to mention how interesting it was to see the old castles, churches and awesome modern subway stations because it let to know better the historical context and conditions under which the country and its culture were developing.



I think that idea of Sverker Åström was great from the start. This program was an excellent opportunity to gain more knowledge about Swedish politics, economics and form new connections and expand my social network to a global level. Overall, I am sure it will allow looking at the subject of my research from other point of view and apply the gained experience in Russia. I can't wait to share with gained experience and impact on implementation of a similar system in Russia in the future, at least partially. I get a priceless practical knowledge, highly relevant for my master's thesis and profession, which I would never be able to get from books and articles. The best way to know about people by living with them and learning from them. It is a great honor for me to have become a part of the Sverker Åström Foundation team.

With Best Wishes,

Azat Saifullin