

Everything you need to know about the 2026 elections

What kind of elections are they?

Elections to the Riksdag (Swedish parliament) and regional and municipal councils will take place on Sunday 13 September 2026. The allocation of seats in the Riksdag and regional and municipal councils is based on how you and all the other voters vote.

- The Riksdag decides on the laws that apply in Sweden, for example.
- Regional councils make decisions relating to matters such as healthcare and public transportation.
- Municipal councils make decisions relating to matters such as education and care for the elderly.

Where and when can I vote?

You can vote early between 26 August and 13 September (election day). You can vote early at any early voting location in Sweden. You can also vote on election day, 13 September, at your local voting location (the details are on your voting card). Details of all voting locations are published on the Swedish Election Authority's website, val.se.

Can I vote from abroad?

If you are outside Sweden, you can send a postal vote. Alternatively, you can vote early at many Swedish embassies and consulates. You need special materials in order to send a postal vote. You order these from the Swedish Election Agency, your municipality, or a Swedish embassy or consulate.

You can send your vote from abroad from 30 July at the earliest. You can vote early at a Swedish embassy or consulate from 20 August at the earliest.

If you are a Swedish citizen living abroad (i.e., you are no longer registered as living in Sweden), you

will receive postal voting materials and an international voting card by post if your current address is registered with the Swedish Tax Agency. If you have a Swedish digital mailbox, you will also receive your international voting card digitally.

Which elections am I entitled to vote in?

Your voting card will state which elections you have the right to vote in. Your voting card will be sent to you digitally (if you have a digital mailbox) or on paper by post.

You have a right to vote in the elections to the Riksdag provided that you are:

- at least 18 years old on election day
- a Swedish citizen
- currently listed in the Swedish Population Register, or have been in the past.

If you have emigrated from Sweden and are no longer listed in the Swedish Population Register, you need to reregister every 10 years to remain on the electoral roll. You will then receive an international voting card and voting materials from the Swedish Election Authority.

You have the right to vote in elections to your regional and municipal councils if you are:

- at least 18 years old on election day
- a Swedish citizen and listed in the Swedish Population Register as living in the region and municipality

or

- a citizen of an EU country, Iceland or Norway, and listed in the Swedish Population Register as resident in the region and municipality

or

- a citizen of a country other than those listed above, or you are stateless, and you have been listed in the Swedish Population Register for

three consecutive years before election day, and are listed as resident in the region or municipality

What do I need to bring with me?

You must bring your ID with you. If you don't have ID, and you're not known to a polling staff member, another person can confirm your identity. They must be able to show their own ID. There are ballot papers and ballot envelopes at all of the voting locations at which you can vote.

How do I vote?

You select your ballot papers at the voting location. You take one ballot paper for each election in which you intend to vote. There are different coloured ballot papers for the elections to the Riksdag and regional and municipal councils.

These ballot papers are as follows:

- yellow for the elections to the Riksdag
- blue for the elections to the regional councils
- white for the elections to the municipal councils.

There are ballot papers at every voting location at which you can vote.

Voting for a party

You always vote for a party. The name of the party is on the ballot paper. If you can't find a ballot paper for your chosen party, you can write the name of the party on a blank ballot paper. A blank ballot paper has no party names printed on it.

Voting for a specific candidate

If you want to vote for a specific candidate as well as a party, you can put a cross in the box by that person's name on your ballot paper. You can only put a cross in a box for one candidate. Alternatively, you can vote for a specific candidate by writing their name as well as the party's name on a blank ballot paper.

You must be alone when you select your ballot papers, and when you prepare your vote at a voting booth. Your vote is secret.

Can I get help with voting?

You can get help from a member of the polling staff if you have a disability or need assistance for any other reason. Polling staff have a duty of secrecy and are not allowed to tell anyone how you have voted. You can ask another person to help you, but a polling staff member must also be present.

Accessibility information relating to the voting locations is published on the Swedish Election Authority's website, val.se. You can contact your municipality for information to find out which forms of assistance are available at your local voting location.

If you need voting materials written in Braille, you can order them from the Swedish Election Authority.

How can I vote if I can't get to a voting location?

If it's difficult for you to get to a voting location – for example, due to a disability – a messenger can assist you by bringing your vote to the voting location. To vote by messenger, you need special materials that you can order from your municipality or the Swedish Election Authority.

Alternatively, polling staff can come and collect your vote from you. This is known as mobile voting. For further information, please contact your municipality.

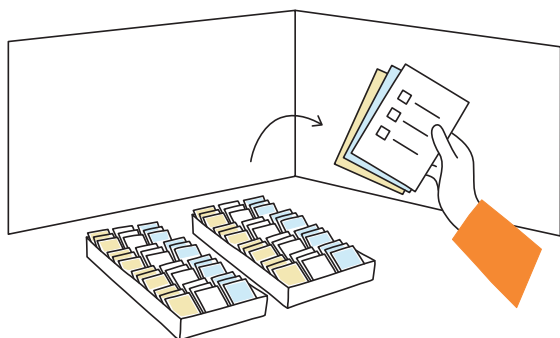
You can find out about voting by messenger and mobile voting from your municipality and on the Swedish Election Authority's website, val.se.

Where can I find more information about the 2026 elections?

You can find out everything you need to know about the 2026 elections on the Swedish Election Authority's website, val.se. Information is also available in easy-to-read Swedish, Swedish sign language and several other languages.

Your voter secrecy is protected

You do not need to tell anyone how you intend to vote. You also choose who to vote for yourself.

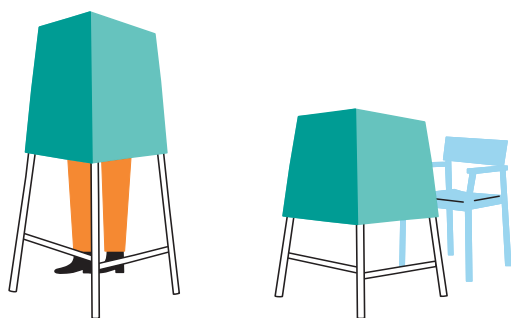


Selecting your ballot paper alone

The ballot papers are in a screened-off area. **You must be alone when you select your ballot papers.**

You can get help from a member of the polling staff if you have a disability or need assistance for any other reason.

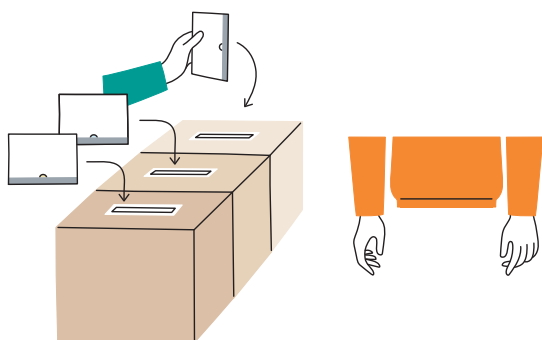
You can ask someone else to help you, but a member of the polling staff must also be present. Polling staff have a duty of secrecy.



Alone at the voting booth

When you have selected your ballot papers, you then prepare your vote. **You must be alone at the voting booth.** If you need help, you can ask a member of the polling staff.

You can ask someone else to help you, but a member of the polling staff must also be present.



No one can trace your vote back to you

When you have prepared your vote, the polling staff will receive it and keep it with the other votes. When your vote is counted, no one can trace it back to you.

Do you have any questions?

Please contact a member of the polling staff or your municipal election committee, or visit the Swedish election authority's website, www.val.se.