



Riksidrottsuniversitetet
Swedish National Sports Universities



Mid Sweden University's Sports Academy presents

International Biathlon Training group in Östersund

Follow in the footsteps of Ella Halvarsson, Sebastian Samuelsson, Anna-Karin Heijdenberg, Mona Brorsson, and Zebastian Modin. Like all top Swedish biathletes and many cross-country skiers, they live and train in Östersund, compete at a high international level, and study at Mid Sweden University.

Study and train on the highest level

Since 2024, we have cooperated with the Swedish biathlon federation and IBU – the International Biathlon Union – and offer an international biathlon dual career group.

The international students live and train in Östersund, have a Swedish coach, and train together with the Swedish dual career biathlon students. Are you interested in being a part of that group too?

Contact

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Agnes.Wredenberg@miun.se

Coach, Swedish Biathlon Federation
anna_maria.usitalo@skidskytte.se

More information

For questions about education
internationaloffice@miun.se



miun.se/biathlon



Mittuniversitetet
MID SWEDEN UNIVERSITY

Dual Career

Balancing academic studies with being an elite athlete can be challenging. We make it easier by offering opportunities to combine your sporting career with your education. We adapt your study pace so you can focus on training and competitions when necessary, while still making progress in your academic journey.



Why Östersund?

Östersund loves skiing, and skiers love Östersund. The city boasts a world-class ski and biathlon arena, an 8 km roller-ski track, artificial snow-making facilities for early autumn skiing, excellent cycling infrastructure, several gyms, and endless forest trails for running.

This is what you need to do!

To be part of the international biathlon training group in Östersund:

- You are selected in a junior or senior national team or participate in the national development team
- **You apply for studies** and need to study at least 15 credits at Mid Sweden University during the academic year.
- You register your interest by email: idrott@miun.se

The number of athletes is limited, and selection is made by the involved parties. The fee will be determined later.

This is what you get!

This is what you get when you join the international biathlon training group:

- Access to the gym and one VO_2 -test a year at NVC (National Winter Sports Centre on Campus Östersund) according to the regulations.
- Access to a training group (International RIU group) with a general training program provided by a part-time coach.
- A weekly joint group training session led by the coach, which may be held together with the Swedish RIU biathlon group.
- Access to the shooting range, paper targets, and ski tracks (including early snow) in Östersund.

Mid Sweden University, Östersund

Apply for the international biathlon group, Academic year 2025/2026

Before April 15th, send both documents to idrott@miun.se

1. Fill out the Study inquiry form at next page about education.
2. Fill out [this form](#) about elite level, get it signed by your National Biathlon Federation.

Are you from Norway, Finland, Denmark or Iceland (or have the requirements in Swedish language in other ways) you search education before April 15th at www.antagning.se Then you only need to fill out [this form](#) about elite level, get it signed by your National Biathlon Federation and send it by mail to idrott@miun.se (if you apply for education at antagning.se by yourself you don't need to fill out the form at the next page).

You need to study at least 15 credits at Mid Sweden University during the academic year to be a part of the training group. The group is limited in number of athletes, selection is made by involved actors. The training fee will be determined later.

Information about [accommodation in Östersund](#) Students admitted to Mid Sweden University for fulltime studies of 30 credits per semester are offered a housing guarantee by the Municipality of Östersund.

For any questions, please send a mail to idrott@miun.se

STUDY INQUIRY FORM

NAME	SURNAME
Home Country	Nationality
E-mail	
Current study programme/or previous studies (at University or upper secondary studies).	
Home university (if applicable)	ERASMUS code (if applicable)
Subject area of interest, only courses at campus Östersund is available https://www.miun.se/en/education/exchangestudies/courses/ostersund-autumn/ Or 3 year Bachelor programme in https://www.miun.se/en/education/programmes/ecotechnology-180-credits/	
I'm interested in courses in the following subject area: Or I'm interested in the 3-year programme: Yes <input type="checkbox"/>	
Number of completed semesters at university (if applicable)	
Duration and planned period of study at MIUN	
Other information	