



Mittuniversitetet

MID SWEDEN UNIVERSITY

Mid Sweden University

– a global university with a regional commitment
where we do research and educate for life





On Campus Östersund, you will find classic stone buildings mixed with architecture that is more modern. The large green areas in a park-like environment contribute to the relaxed atmosphere.

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Building bridges and spreading knowledge

Mid Sweden University is active in the middle of our society. Here, people meet, get inspired and think in new ways. Our most important mission is to develop and spread new knowledge; knowledge that everyone can benefit from, in our region and far away.

Our university offers a broad range of programmes, courses and research. There are two campuses in Sundsvall and in Östersund – and a broad range of distance education. Our collaborations with national and international partners are well established and enrich both our study programmes, courses, and research activities.

In a time when the challenges our society face are growing and becoming more complex, we wish to bridge gaps and reduce polarization. We would like our research and education to be sources to knowledge throughout life, and this is why we offer education in many different formats. The key words in this work are specialization, breadth and accessibility.

A university of great importance for the region

In our region, the presence of Mid Sweden University has led to a significantly contributes to the number of persons with a higher education over the last 30 years. Over the last five years, almost half of our alumni worked in the counties of Västernorrland of Jämtland one year after



Campus Sundsvall is beautifully located along the winding river Selångersån. The area is famous for its beautiful architecture inspired by the German Hansa cities.

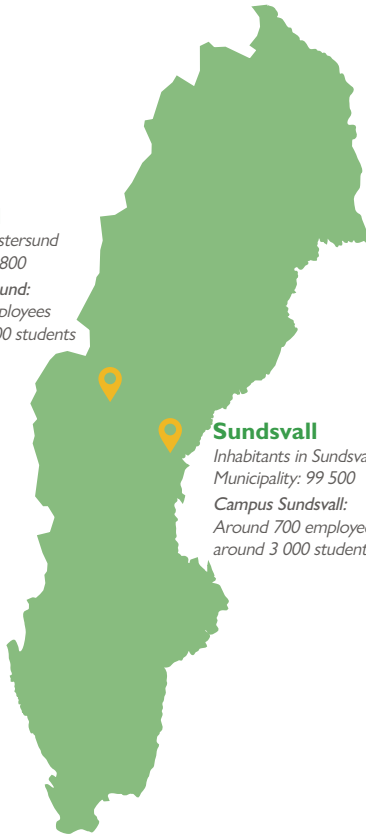
completing their studies. Most of them lived in other parts of the country before their studies. This shows that the activities of the university contribute significantly to the population growth and skill enhancement in the region.

In addition, our research contributes to the development of the region. In Jämtland, for instance, our frontier research and our test environments in sports and outdoor recreation offer great conditions for brands and successful elite athletes. In Västernorrland, research in the field of new application areas for cellulose contributes to the development of our society.

Our activities build bridges between our region and the rest of the world. By cooperating with others, we contribute to the development of the region, and at the same time, the quality of our own work is improved.

Östersund

*Inhabitants in Östersund Municipality: 63 800
Campus Östersund:
Around 500 employees
and around 3 000 students*



Sundsvall

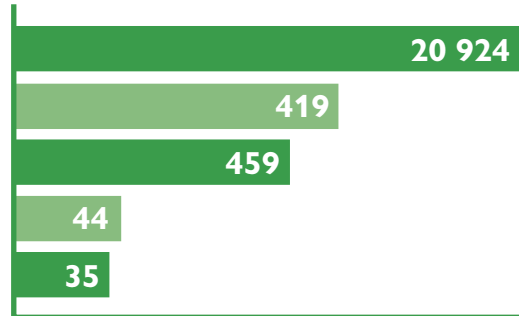
*Inhabitants in Sundsvall Municipality: 99 500
Campus Sundsvall:
Around 700 employees and
around 3 000 students*



135 000 books were lent out, and 1 841 000 chapters from e-books were downloaded at the Mid Sweden University Library. The Library had 256 000 visits to their premises in 2019.

Education

Students, campus and distance education 2019
Inbound international students 2019
Courses 2020/21
Study programmes, first-cycle, 2020/21
Study programmes, second-cycle, 2020/21



Teacher education and maritime education start in Härnösand

Socialhögskolan starts in Östersund

Högskolan i Sundsvall/Härnösand and Högskolan i Östersund start as a result of the higher education reform

Both university colleges are merged and become Mitthögskolan, which has the ambition of becoming a full university

The Colleges of Social Health in Sundsvall/ Örnsköldsvik and in Östersund become part of Mitthögskolan





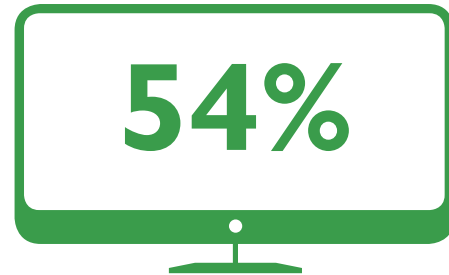
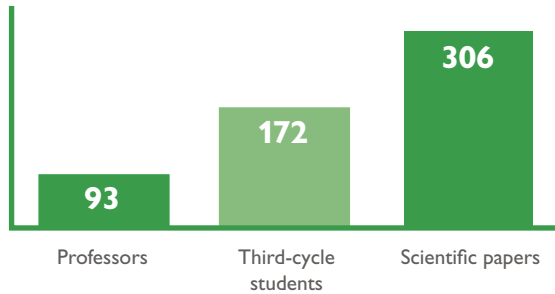
At Mid Sweden University, 15 Degrees of Doctor and 17 Degrees of Licentiates were awarded in 2019



1 032 835 000

Mid Sweden University's turnover in 2019 exceeded SEK 1 billion

Research 2019



54 % of the courses and programmes offered at Mid Sweden University are distance education

Mitthögskolan becomes a full university, Mittuniversitetet (Mid Sweden University)

The research centres FSCN and STC are appointed KK research environments

All activities at Campus Härnösand are moved to Sundsvall

Mid Sweden University is appointed Riksidrottsuniversitet (Swedish National Sports University) as one of five universities

2005

2011

2016

2018

The distance education we offer includes study programmes and courses, both full-year and summer courses. Our range of distance education is one of the largest in the country.



Education for lifelong learning

Mid Sweden University offers a broad range of longer programmes, shorter courses and distance education. More than half of our students are distance students.

For students who cannot study at campus, the university offers distance education, and our range of distance programmes and shorter courses is one of the largest in the country. In the summer months, we offer our popular distance summer courses. Many of our students choose our summer courses to broaden or deepen their education, or to gain in-depth knowledge in a specific area. Some of our distance students are already working and wish to continue their professional development. Our aim is to stimulate and contribute to the competence enhancement of our society as well as to the personal development of the individual.

Facilitating by means of technology

For many people, distance education is the only way to get an academic education. For others, it is a complement to on-campus education. To offer a broad range of courses and programmes with flexible formats and technological support is a way of facilitating lifelong learning. By using new technology and pedagogical development, we ensure high-quality study programmes and courses. Our

University Library offers support for both campus and distance students.

Our campuses

In Östersund, the university is located in the city centre, in a place full of history – the buildings used to be the military headquarters of the region, built in the late 1900s. Classic stone buildings are mixed with more modern buildings in a park-like environment. At both campuses, there are large green areas inviting visitors to relax and socialize.

In Sundsvall, our campus is located at the very spot where the river Selångersån bends slightly before running through the city to the sea. The beautiful architecture of Campus Sundsvall reminds visitors of a Hansestadt and there are exciting, carefully renovated cultural buildings on campus.

Towards a more international university

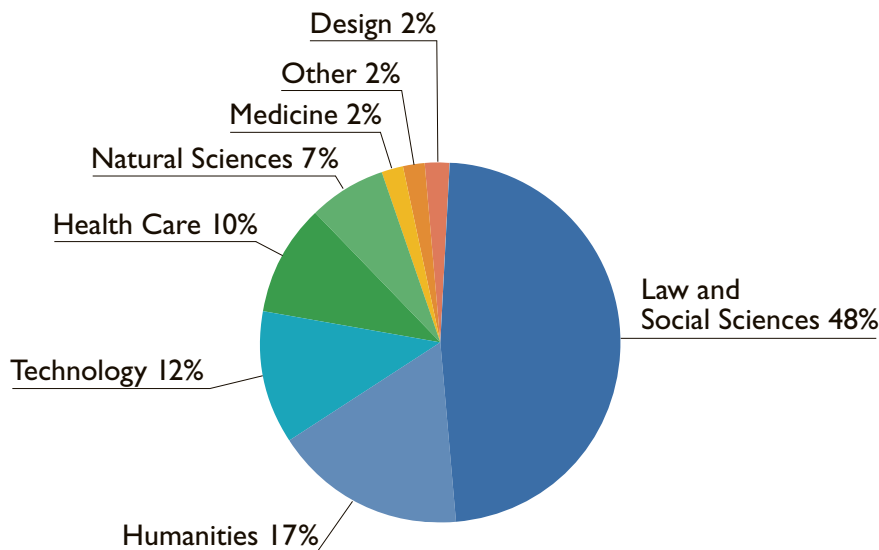
Mid Sweden University aims to increase international exchange and cooperation on all levels, among other things in order to ensure a good balance between inbound and outbound students, and to strengthen our cooperation with a number of international universities all over the

world. By cooperating with international partners, we can offer teachers, researchers and students excellent opportunities to go abroad and to gain valuable international experience.

The international collaboration contributes to a multicultural classroom with Swedish and international students on campus, as well as a broad range of courses

and programmes in English. We offer student exchange with more than 185 different partner universities within the framework of different scholarship programmes, such as the EU funded Erasmus+. In 2019, there were 106 outbound and 419 inbound students, which is a somewhat lower number than a few years ago – in 2016, the numbers were 111 outbound and 441 inbound students.

Number of full-time students per education area 2019



Mid Sweden University has a wide selection of courses and programmes

Computer Science and IT

Business, Law, Social Sciences and Tourism

Sports, Health and Nursing

Media and Design

Natural Sciences and Environment

Languages, Literature, History and Religion

Technology

Teaching and Human Behaviour



Research for a sustainable world

In our research, we aim for a sustainable development by collaborating with different partners, taking in and sharing influences and new knowledge. We aim to see things from new perspectives, including the strength diversion brings. Our incentive is to create research that the surrounding world can benefit from, thus helping our society to develop.

We constantly aim to deepen and broaden our research cooperations in order to be able to meet the challenge of our society in innovative ways. We cooperate to stay relevant and to improve the quality of our own work. This is why we expand, strengthen and deepen our international network.

We live in a global world, in a global time, and our international activities push and contribute to regional development, not only today, but also for the future. This is the reason why we have employed two sustainability coordinators to support the integration of sustainable development in all of our activities, not least in our research. Our research, education and external relations can be linked to the Sustainable Development Goals of the UN 2030 Agenda.

The research at Mid Sweden University is organized both in research centres and in forums. The research centres are platforms for cooperation and expertise in the respective research areas. A forum is a university-wide and multidisciplinary unit that serves as an academic venue for researchers and their stakeholders. High-quality research is also conducted in areas that are not part of a research centre or a forum.

The subject-specific research at Mid Sweden University has a clear connection to big and important first-cycle areas. Together, they constitute a broad range of research projects; bring high quality to the programmes and courses as well as great competence among the researchers and teachers.

Our researchers want their research to be useful to society – and they succeed. Some examples where our research stands out include research in the fields of cellulose, winter sports, tourism, risk and crisis, and communication. Together with our partners in trade and industry and the surrounding society, we create new knowledge for a better world.

We work actively towards a sustainable future. This is why we constantly seek to deepen and broaden our research cooperations, both on national and international levels.

Mid Sweden University offers third-cycle (PhD) programmes and courses in the following subjects:

- | | | |
|---|---------------------------------|--------------------|
| Biology | Engineering Physics | Psychology |
| Business Administration | English | Social Work |
| Chemistry | Health Science | Sociology |
| Chemical Engineering | History | Sports and Quality |
| Computer and System Sciences | Mathematics | Technology |
| Ecotechnology and Environmental Science | Media and Communication Science | Subject Didactics |
| Education | Nursing Sciences | Tourism Studies |
| Electronics | Political Science | |

Mid Sweden University's research centres

CENTRE FOR RESEARCH ON ECONOMIC RELATIONS (CER)

CER conducts research on economic relations among companies and individuals, bringing together trainees, researchers and students. The centre is primarily focused on the banking, real estate, insurance, pension and auditing sectors, as well as their suppliers and customers.

DEMICOM

DEMICOM's research is in the field of media and communication sciences. Their focus is on the relationship between democracy and communication, in a rapidly changing society.

ETOUR

ETOUR develops and communicates knowledge on tourism and travel, conducting research in dialogue and close collaboration with participants in society and the tourist sector. Its four focus areas cover nature-based tourism, e-tourism, destination development and the financial, political and spatial dynamics of tourism.

FIBRE SCIENCE AND COMMUNICATION NETWORK (FSCN)

FSCN focuses on research that will improve the forest industry's profitability and create new applications and

business opportunities based on sustainable bio-materials from cellulose and fibre materials. Their research is developed in close collaboration with the forestry sector and its associated businesses. Their aim is to increase profitability by improving energy efficiency and supporting the development of new products and businesses. Resource management, environmental issues and new technologies are the focus of their research. This research contributes to the development of the industrial ecosystems.

THE SWEDISH WINTER SPORTS RESEARCH CENTRE (SWSRC)

SWSRC is a multidisciplinary sports science research centre with extensive international research partnerships that collaborate closely with leading companies in the sports and outdoor sectors. Its primary areas of research include sports performance, physical activity and health. One objective of SWSRC is to utilise knowledge from elite sport in the sphere of health.

RISK AND CRISIS RESEARCH CENTRE (RCR)

RCR gathers researchers studying risks and crises in society. RCR's activities provide a unique opportunity to access research on the ways in which risk is perceived, how organisations manage crises and which factors affect the vulnerability of society.



Research at the Swedish Winter Sports Research Centre, SWSRC, is focused on improving sports performances and physical activities.

SENSIBLE THINGS THAT COMMUNICATE (STC)

STC develops sensor-based systems and services for the Internet of Things. Their research is conducted within electronics and computer technology, focusing on smart industries, the next generation of measuring systems and functional surfaces. Their research is often conducted in close cooperation with Swedish companies as well as with universities from all around the world.

SPORTS TECH RESEARCH CENTRE

The Sports Tech Research Centre is a multidisciplinary research centre engaged in research relating to innovative development and verification of products, materials, technology and methods for sports, recreational and outdoor activities, including rehabilitation support, medical applications and equipment for the physically challenged.

The importance of cooperation permeates all of our activities. By working together, we develop and grow.



Together, we are even better

It is natural for us to collaborate with our students, partners and the surrounding world. Collaboration is also vital in order to be able to offer the broad range and the depth we seek, both in education and in research.

Collaboration and common goals are a key to success and good results, which is why we emphasize them in our activities. We do so by offering our programmes and courses in close cooperation with the related branches of industry, and by carrying out research projects together with organizations and trade and industry. This way, our programmes and courses meet the demand of today and tomorrow, and both individuals and the society can benefit from our research.

By means of our Collaboration Agreements with the municipalities of the region – Härnösand, Sundsvall, Timrå, Örnsköldsvik and Östersund – we wish to contribute to mutual and sustainable development and growth. With our different backgrounds in terms of knowledge, competence and aims, we team up to strengthen the region, and to make trade and industry, the university and the region attractive. There are many examples of our common projects and activities in terms of development and research collaboration with the municipalities,

ranging from strengthening young peoples' mental health to sustainable energy solutions and tourism.

Among our many current collaborations with trade and industry, authorities, the public sector, and organizations, there are a number of interesting sports-related collaborations with different partners. In 2018, we were appointed a Swedish Sports University (Swedish: riksidrottsuniversitet) by the Swedish Sports Confederation, which gives elite athletes the possibility to combine their studies with their elite sports activities. We also carry out projects in the field of parasport.

Our door is always open if you wish to suggest or discuss collaboration and ideas!

Collaborate with us!

miun.se/en/meet-mid-sweden-university

Contact us in other matters:

miun.se/en/contact

internationaloffice@miun.se

+46(0)10-142 80 00

Contact

Phone +46(0)10-142 80 00
Web miun.se/en

Campus

Sundsvall Holmgatan 10, SE-851 70 Sundsvall
Östersund Kunskapens väg 8, SE-831 25 Östersund