The Birka Warrior focuses on the martial aspects of life in the Viking Age trading post of Birka, particularly its Garrison. The long-distance contacts of the warriors are reflected through an extensive find-material, illustrating their work and worldview, and their relation to the contemporary warriors of eastern and western Europe. Through studies of style and artefact distribution, Birka is set in an international context, revealing political and diplomatic contacts with such power-political centres as Kiev and Constantinople.

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