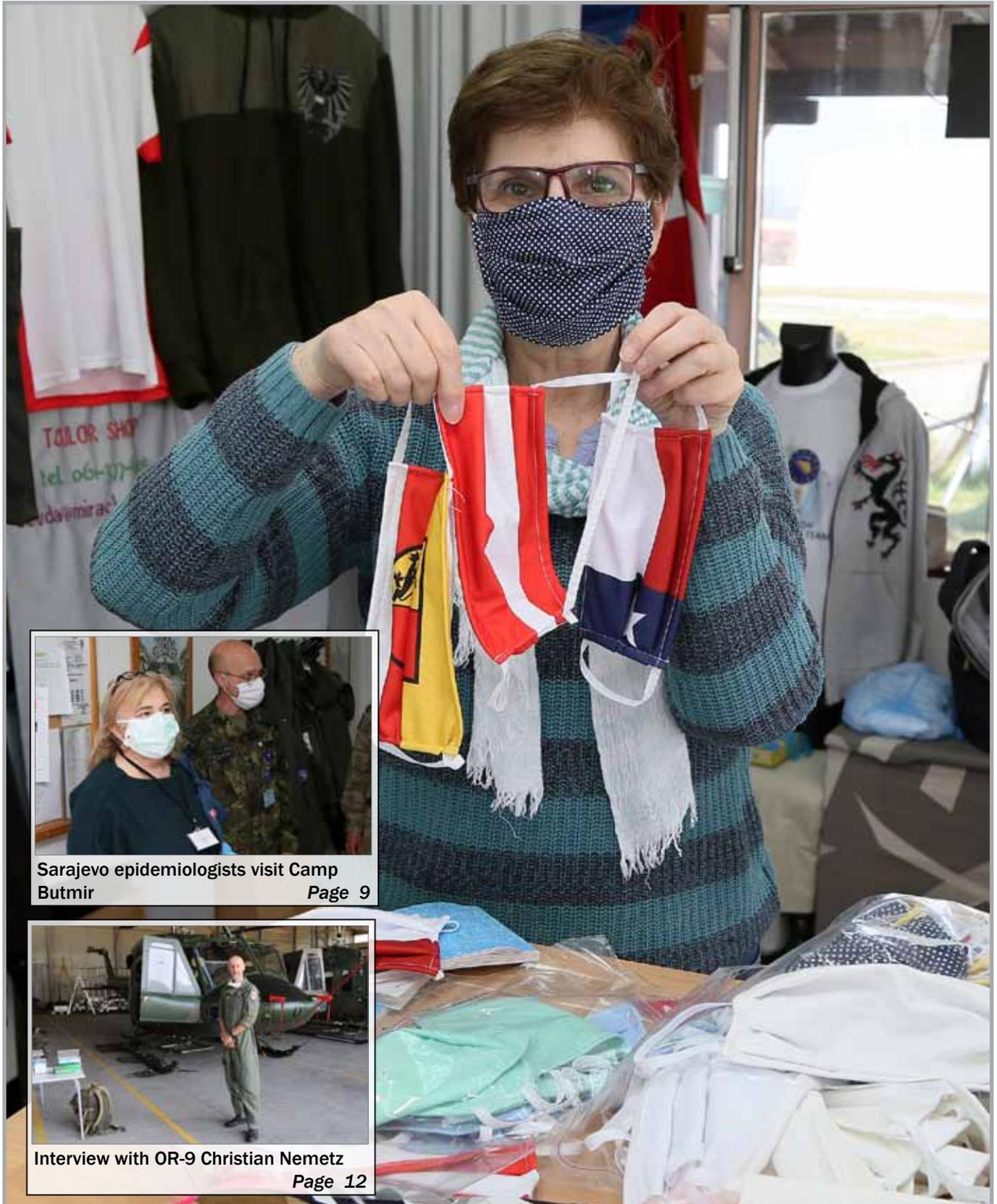


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Commander EUFOR
Major General Reinhard Trischak
 EUFOR Public Affairs Chief
Lieutenant Colonel Nicolai Tschol
 Forum Magazine Staff
 Spokesperson
Lieutenant Commander Carl Perry
 Media Analyst
Captain Karina Sedlacek
 Layout
Mr. Jasmin Zeherović
 Photographs contributed by
Sergeant 1st Class Gernot Payer
Captain Karina Sedlacek
Lieutenant Commander Carl Perry
Mustafa Čomor
Sergeant Dion Hematyar
 We also thank
EUFOR Multinational Battalion
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Editor in chief



Much has changed since I wrote my previous editorial for this magazine!

Since the publication of the last edition of the Forum the world has witnessed the spread of COVID-19 and the declaration of a global pandemic. We have watched as this new virus took hold across Europe and finally arrived here, in Bosnia and Herzegovina.

Life in Camp Butmir changed quickly as preventative measures were put in place, but we have all adapted, ensuring that we continue to do our jobs, as you can see through some of the articles in this issue.

This is my last issue as Editor in Chief and I would like to thank all who have contributed, without you the magazine would not exist. I would also like to thank Captain Karina Sedlacek for her work on this edition and welcome her as the next editor of this, your magazine.

Lieutenant Commander Carl Perry

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The contents are not necessarily the official views of, or endorsed by, the coalition governments' defence departments.





European Force in Bosnia and Herzegovina
27 April at 18:37 · 🌐

RTV7 interviewed EUFOR Spokesperson Lieutenant Commander Carl Perry about the recent COVID-19 testing by EUFOR and the effects of the pandemic on day to day operations.



RTV7.BA
(Video) Pripadnike EUFOR - a testirali stručnjaci iz Austrije
U proteklom periodu provodena su testiranja na COVID - 19, nječ je o preventivnoj mjeri koja se vrši radi sigurnosti pripadnika EUFOR-a ali i građana. Testiranje, koje je prošle sedmice provedeno u Tuzli, izveli su stručnjaci iz Austrije...

3,989 People reached 201 Engagements Boost Unavailable

You and 44 others 2 comments

Like Comment Share

Most relevant

Comment as European Force in Bosnia an...

Dental Junky
Stay safe 🙏🙏

Brian Bennett
CRATE!!



Operation EUFOR Althea @euforbih · Mar 25

@euforbih stands together with the people of BiH 🇧🇦 during challenging times. Please take preventative measures seriously the authorities in their efforts to keep you safe. #stayhome🏠



👍 🗨️ ❤️ 1 📤 📊



euforbih

euforbih: (to all) changed exactly with measures to combat #COVID-19! Visit the News section of our website. Link in bio. For the full story.



👍 🗨️ 📌

Liked by mananandrea and 121 others

Add a comment...

EUFOR and Camp Butmir adapt to life during COVID-19



Operation EUFOR Althea @euforbih · Apr 4

In 🇧🇦 Bosnia and Herzegovina around 2% of the territory is still contaminated by #mines and #unexploded remnants. Mine action clears paths and creates safe ground. All people have the right to live in security, and not fear their next step.

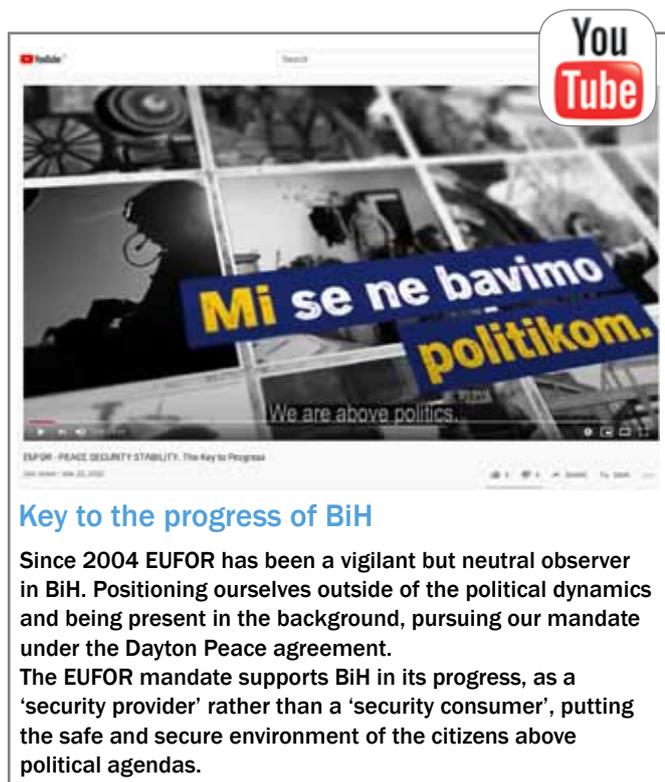


APRIL 4
INTERNATIONAL DAY FOR MINE AWARENESS AND ASSISTANCE IN MINE ACTION

206 Views 1:17 / 1:18

👍 🗨️ 2 ❤️ 10 📤 📊

Saturday, 4 April 2020, is the International Day for Mine Awareness and Assistance in Mine Action 2020. Marking this day is of particular significance to EUFOR, especially the Joint Military Affairs team who work closely with the Bosnia and Herzegovina Mine Action Centre (BHMAC) and partners from the International Community to eradicate the threat of land mines from Bosnia and Herzegovina. In Bosnia and Herzegovina around 2% of the territory is still contaminated by mines and unexploded remnants. Mine action clears paths and creates safe ground. All people have the right to live in security, and not fear their next step.



YouTube



Mi se ne bavimo politikom.
We are above politics.

EUFOR - PEACE SECURITY STABILITY. The Key to Progress

Key to the progress of BiH

Since 2004 EUFOR has been a vigilant but neutral observer in BiH. Positioning ourselves outside of the political dynamics and being present in the background, pursuing our mandate under the Dayton Peace agreement. The EUFOR mandate supports BiH in its progress, as a 'security provider' rather than a 'security consumer', putting the safe and secure environment of the citizens above political agendas.

EUFOR in the middle of the COVID-19 crisis



EUFOR continues Operations

EUFOR Commander, Major General Reinhard Trischak, met with the Director of the Border Police of Bosnia and Herzegovina, Zoran Galić, on 16 March 2020. They discussed the activities of the Border Police, the migrant situation and maintaining the work of the EUFOR mission during the unprecedented situation presented by the Corona Virus.

“EUFOR Althea remains committed to fulfilling its obligations under UN Security Council resolution 2496 (2019), to ensure a safe and secure environment. With the current circumstances EUFOR will apply a maximum of self-restraint to non-operational activities and conduct operational duties with the highest possible care.”

COMEUFOR





Preventive Measures

EUFOR has taken a number of preventative measures, including screening of personnel and reducing movement for non-operational reasons. Furthermore social distancing, wearing of protective equipment and closing of various facilities were introduced on base.

Constant series of COVID-19 testing took place over several weeks. A total of around 770 tests were conducted by specialist teams from different nations. The test results showed a very low number of positive cases which is due to the discipline and efforts of the entire EUFOR staff.

The strict measures employed remain under constant review and will be updated in accordance with the evolving situation.





Immediate Actions

On several occasions EUFOR members with confirmed COVID-19 infections were repatriated to their home country for further medical examination and to ensure the safety of the remaining EUFOR staff. The repatriations were preventative measure organized between EUFOR and the troop contributing country. All soldiers had just mild symptoms and left the base in good condition. The transportation was handled under precise precautionary measures to prevent the spreading of the virus.

EUFOR also formed a COVID-19 Action Group, which conducts meetings on a daily basis to monitor the current situation and establishing orders to act according to its circumstances to ensure keeping possible risks as small as possible.

Furthermore, a focus was placed on internal communication in order to provide everyone with timely and correct information. For this purpose, an internal newsletter ‘The Corona Informer’ was created and distributed on a daily basis. Now that the situation has normalized it is sent out twice a week.

Headquarters Telegram

- Reports to BHJ remain closed for passenger traffic until 1 June 2020.
- Two (2) military underlinings from Italy are scheduled for arrival on 8 May.
- Currently five (5) EUFOR personnel remain in quarantine in B213 while one (1) tested positive is in the University Clinical Centre Banja Luka with mild symptoms.

News Title

- BHJ: Total of 1,808 infected, 20 new infections, total death toll 77.
- BHJ has placed on the list of European countries when it comes to the number of confirmed coronavirus cases and deaths per one million of citizens.
- Quarantine measure at the border (checkpoints) near BHJ: number of persons entering BHJ has increased.
- Authorities continue allowing restrictive measures. Coffee stores and hair salons open again.

Web Flash

Tricks for the 2019 novel 'Coronavirus'

How spread and fast it is may vary up-to-date. The plot concerns the spread of a virus transmitted by respiratory droplets and fomites, attempts by medical researchers and public health officials to contain the disease, the loss of social order in a pandemic, and the introduction of a vaccine.

Healthy Check

It only takes a few days to recover from COVID-19.

FALSE

The median time from onset to clinical recovery for mild cases is approximately 2 weeks and it still weeks for patients with severe or critical disease.

Remember!

- ‘Transmission to a new normal’ during the COVID-19 pandemic must be guided by public health principles.
- The strict measures employed at EUFOR remain under constant review and will be updated in accordance with the evolving situation. Stay informed!

Screened from official sources: Europe Direct (Phone: +352 4300 1353) and Coronavirus@europa.eu. The Corona Informer is an internal newsletter available for the entire UN military staff at UNLB.

Donations from three different nations



Slovenia

- Approximately 200 PCR tests for COVID19
- 50 special medical gowns with hoods
- 20 pairs of shoe covers
- 2,000 bottles of disinfectant each of 0,5 liter
- 2,000 disposable medical masks



Slovakia

- 50 fast tests for COVID19
- 300 respiratory masks FFP2
- 300 disposable masks
- 1,000 disposable gloves
- 1,000 surgical face drapes
- 25 disposable gowns



Austria

- 520 fast tests for COVID19
- 520 PCR tests for COVID19



MNBN Commander visits Border Crossing Points



On 26 March 2020, the Turkish Company of EUFOR's Multinational Battalion conducted a patrol to the border crossing points at Zvornik, Karakaj and Sepak. The Commander of the Multinational Battalion, Lieutenant Colonel Alfred Steingress, joined the patrol to witness his troops conducting their operational tasking.

The main purpose of the patrol was to observe the situation along the border and the implementation of the crossing policy, which has been introduced by the authorities at the border points as part of preventative measures against the COVID-19 virus. They found the situation at the crossing points to be quite calm, since casual movements are no longer allowed at present.

Since 23 March 2020, there have been two quarantine tents erected in the vicinity of the Sepak border crossing point. This facility is for use in the event that a person crosses the border and is suspected of being infected by the Corona Virus. Each tent houses 18 beds with electricity and two Dixie toilets inside and a cold water connection outside. A Border Police Officer stated that the tents



“Once again it is very useful and necessary to take an insight in the terrain by personally seeing it and to stay in contact with the local Law Enforcement Agencies and to exchange useful information.”

MNBN Commander

were for use of by all, they are not specifically for migrants, nor are they a migrant camp at border crossing points. They are guarded 24/7 by the BiH military police.

The patrol found the Border Police to be very friendly and helpful, reinforcing the high level of cooperation that exists between EUFOR and the Law Enforcement Agencies of BiH. During the patrol the measures taken by the BiH authorities to combat the COVID-19 pandemic were noticeable, with less people on the streets and those that needed to venture outside were nearly all wearing facemasks.



Sarajevo epidemiologists visit Camp Butmir



On 16 April 2020, epidemiological experts from the Public Health Institute of Sarajevo Canton were invited to meet with senior EUFOR medical personnel at Camp Butmir.

The aims of the meeting were to share information and identify improvements in processes, building trust and transparency in the preventative measures employed to combat the corona virus.

Director of the Cantonal Public Health Institute Sarajevo, Prof. Dr. Aida Pilav, and the Institute's leading epidemiologist, Dr. Anisa Bajramovic, met with EUFOR's Medical Advisor, Major Dushko Minev, and senior doctors at Camp Butmir's Medical Treatment Facility.



“I am happy with the discussion here today and the steps that EUFOR has taken at Camp Butmir.” She continued: “We have agreed to provide our local protocols for dealing with COVID-19 and we look forward to continuing this cooperation in the future.”

Prof. Dr. Pilav

The meeting began by understanding EUFOR's general medical provision, before moving on to matters focused on COVID-19.

Major Minev said: “Today's meeting was very positive. It gave us an opportunity to see that we are already following very similar processes to the local approach to this public health emergency. In addition, we were able to dispel any rumours or concerns.”

He added: “Our levels of hygiene and sanitation are high and we have the ability to use separate isolation and quarantine buildings. We look forward to continuing to build a confident relationship with the Public Health Institute.”

EUFOR and Camp Butmir ad



“This is a situation where military training and skills come to the forefront. Being faced with an unfamiliar situation, adapting to it and overcoming adversity is something we have all trained for. We are all putting this into practice as we face COVID-19 together.”

COMEUFOR

The global situation regarding the COVID-19 virus continues to evolve rapidly. The medical community’s understanding of the virus also advances at pace and, consequently, so does the guidance issued by World Health Organisation.

Procedures and policies change and evolve to fit the situation; EUFOR and Camp Butmir has also moved forward, adapting to the situation. EUFOR Headquarters staff have been working hard to put in place the right measures, and reasonable measures, to cover a range of issues including isolation and quarantine.

On 3 April 2020, Aida Pilav, Head of the Sarajevo Canton Ministry of Health Crisis Staff, stated in a press conference that EUFOR is in continued contact with health services in Sarajevo. She said: “...their healthcare service has made adequate isolation and self-isolation measures.”

Wearing face masks when performing duties outside, phone and video conferences instead of face-to-face meetings, frequent workspace disinfection, working from home for many of the BiH civilian staff and closure of cafes and welfare facilities on the base are just some of the measures employed. All this contributes to reduce movement of people and the potential exposure to and spread of the virus.

The most recent measure introduced involves the use of temperature sensors at the main gate of Camp Butmir. These temperature sensors allow guards to identify if someone wishing to enter the base has an elevated temperature, which can be a symptom of infection.

“I believe that we are in a strong position now at Camp Butmir and we will continue to adapt together as the situation dictates. I thank everyone for their continued dedication and support.”

COMEUFOR



Adapt to life during COVID-19



If the virus doesn't have a cell it will die

Warrant Officer 1st Class Christian Nemetz born 1960. Joined the military in the year 1978 where he was trained to be a medic. In 1987 he specialized in aviation medicine where he completed several intensive courses in international environments. 2015 he became senior medical NCO in the institute for aviation and medical services. 2016 he joined a course on Management of Infectious Diseases. With this interview we want to share the insight of a specialist in several areas, providing you with professional background information.



How did you become a specialist in viruses?

My normal work in Vienna in Austria is as a nurse in the military hospital and there was a requirement raised some years ago to have specialists for epidemic, pandemic situations all over the world, for problems like Ebola and so on. This was an area that I had an interest in and the German's are quite good in this respect, so I was sent to Hamburg in 2016 to join a course on Management of Infectious Diseases.

What is it that you find interesting about the COVID-19 pandemic?

During my course in Hamburg it was interesting to work with diseases that we know, now there comes a new virus, working with something unknown. At some points it may work like other viruses, but this is new and interesting to see how it develops compared to others. It was very interesting to see how the virus spread all over the world, it began in Austria

at the beginning of March, having heard about it in January, suddenly it was in Austria. I knew I would be here from 15 March and I was wondering what things would be like here in Sarajevo.

What makes this virus dangerous?

Because it is new, not well known, there is not enough information from across the world so far. Many scientists are working on it, but information on things like incubation times that are normal to have for other disease aren't available yet.

This virus spreads very quick, over the whole world, it's not affected by climate, the death rate is quite high, not as high as Ebola, but in this short time it's quite high, so there are a lot of people infected in a short time, like in Italy, overwhelming healthcare resources. You cannot predict where it will strike and how badly in an area. Also if you have an underlying condition it can hit you harder.

How does a person get infected?

The virus cannot move on its own, it needs some way of entering the body. This can be done by breathing it from the air or by a smear infection, where you touch something to get the virus on your hands and then touch your eyes or lips.

How likely is it to pick the virus up through a smear infection?

There are different answers from scientists. COVID-19 is the same sort of virus like SARS or MRSA, so because we have no scientific tests about the lifetime of the virus on surfaces, we draw a comparison with SARS and MRSA. These viruses can survive on surfaces like a table for 'some days', now what is some days? Some scientists say 5-7 days, but it's also a question of the material it is on, on a flat hard surface the virus can survive longer than on clothes for example. Copper is a material on which viruses can't survive for very long. The information can be quite contradictory from different sources

Inspection of an Ammunition Storage Site



This building looks to be in reasonable condition from the front...



...however, inside the picture tells a different story.

On 23 April 2020, Colonel Johann Jamnig, Chief Joint Military Affairs (JMA) conducted an unannounced inspection of an Ammunition Storage Site near Jahorinski Potok. This site was last visited in 2014 and has previously been closed, but has been declared as a prospective site for future use. The site was seen to contain a number of buildings in varying states of repair. The team were unable to view the whole site due to the contamination of mines and unexploded ordnance there.

The JMA team regularly conduct inspections of weapons and ammunition storage sites in Bosnia and Herzegovina. This tasking is part of EUFOR's mandate under the General Framework Agreement for Peace (GFAP). It allows EUFOR to assess sites and issue guidance on storage and security issues.

right now, more research is required. For me, a smear infection is not very dangerous because a smear infection begins with the virus on your hands, not in your body, so if we learn not to put our finger in our eyes, nose, mouth, wash our hands a lot, its less likely to happen.

What are typical COVID-19 symptoms?

Coughing, a dry cough that persists, you cannot regulate it. High temperature and some scientists say losing your sense of taste and smell. These are the typical symptoms, but there are patients without symptoms and there are many others in between. This can make it difficult for doctors to diagnose, so at this time the doctor always has to have COVID-19 in their mind. There will be a lot of analysis following this to help determine further symptoms.

Why do we use quarantine, isolation and restrictive measures?

We talked about the infection cannot move, it needs someone to spread it to another person. The virus always needs a cell to survive, if it doesn't have this the virus will die. This is the why we use quarantine etc, to make it harder for the virus to move between people. If people live far apart in the mountains for example, the virus can't find another individual, so it can't replicate. This is the same idea with vaccinating, if many people are vaccinated it can't find a host.

How can you protect yourself from such an aggressive type of virus simply by washing your hands?

Firstly, smearing and getting the virus on your hands is not so dangerous. The virus has a fatty

lipid acid covering protecting it, this can be dissolved with soap, but it's necessary to wash your hands for a minimum 20 seconds, so for soldiers we always say 30 seconds. So it's like washing a greasy pan, the soap washes it away.

What could happen with relaxing of restrictions, is another outbreak likely?

Yes, that is possible, and it's the questions for all nations now in Europe. In Austria they are saying, it is ok for the shops to open, slowly, and I think the schools begin in the middle of May, so when we do this we always need to look at the number of patients and deaths and so on, because if there are more people, with more contacts, there are more chances for the virus to spread.

But now that people have learned to wear masks, keep distance etc, so if they can remember to do this it may not have such a chance of coming back.

What tips can you give for soldiers now and in the future?

This virus may be with us for a year or maybe two, until we have vaccines. We still have to be cautious and keep distance for some time. I think that keeping 2 meters is necessary and for soldiers it's necessary to have easy measurements, so I don't speak about 2 meters, I speak about 2 arm lengths, that's easy.

In situations where it's not so easy to keep distance, wear masks. There is discussion about necessity of masks, but it works. It's not necessary to wear special masks, but wear something. Try to keep meetings short. Wash your hands and try not to touch your face.

If many people are vaccinated the virus can't find a host

EUFOR troops sharpen their shooting skills



On 3 April 2020, Austrian and Hungarian members of the Headquarters of EUFOR's Multinational Battalion, took part in a live firing exercise, at the firing range located near Pazarić. This exercise was part of a regular programme of activities designed to ensure the maintenance of soldiers' military skill set.

Preparations began on 31 March 2020 with weapons drill training, in less favourable snowy weather conditions. Like many complex activities, weapons handling and shooting are perishable skills, so it is important for the soldiers to refresh skills and all important muscle memory, prior to stepping onto the

"It shows again, that a solid preparation leads to a smooth execution. Especially for a live fire exercise a safe handling of the weapons is the most important value. Once this is secured the day becomes more relaxed."

MNBN Commander

range. Even experienced soldiers are required to undertake these drills; this is all part of the safety measures employed to ensure the exercise runs smoothly.

During the exercise soldiers fired a range of weapons, including AK-47 and StG 77 rifles and 9mm pistols, at varying distances. After each firing, the soldiers inspected the targets to check their accuracy.

Safety is a key aspect of any range shoot. The safety measures in place were called into action when safety guards around the firing range observed civilians

walking towards the shooting area. The exercise was stopped immediately and weapons made safe. Once the attention of the civilians was alerted to the danger the civilians turned around, safety was secured again and the live fire exercise was continued.

All the soldiers fulfilled the requirements and expectations of the Commander of the Multinational Battalion, Lieutenant Colonel Alfred Steingress, who oversaw the exercise.



Hungarian Company prove their capability



On 21 March 2020, the Hungarian company of EUFOR’s Multinational Battalion (MNB) conducted an exercise in Rajlovac, to prove that they had reached Full Operating Capability.

The exercise was based on a scenario simulating civil unrest and was observed by EUFOR Chief of Staff, Brigadier General László Szabó, and Commander MNB, Lieutenant Colonel Alfred Steingress.

During the exercise the company had to deal with several incidents, such as a wounded soldier requiring medical attention, crowd and riot control, removal of an

explosive device and a burning road block. The evaluation team were very pleased with the Hungarian company’s performance, stating that “...the soldiers worked well together and provided quick and full support.”

While the exercise finished there for the majority of the soldiers involved, the company and platoon commanders, together with the MNB HQ staff, will be busy in to the next week with follow up actions. Identifying lessons to learn from the exercise experience and making improvements in procedures is all part of the continuous improvement process.



Operational tasking in Doboj and Jahorinski Potok



On 23 April 2020, the Turkish company of EUFOR's Multinational Battalion (MNBN) mounted a patrol to Doboj. Whilst in Doboj, they linked up with the Liaison Observation Team (LOT) House, manned by members of the Polish contingent.

During the day they visited several areas of the town and engaged in conversation with members of the local community, from a safe distance. They also met with the LOT team, who live amongst the local community, and exchanged information before continuing their patrol.

The MNBN regularly conduct patrols throughout BiH providing a visible presence in the community, assessing the condition of transportation links and coordinating with the LOTs. This important operational activity has been maintained, with patrol teams adopting preventative measures, such as wearing face masks and gloves, and maintaining social distance whenever they are dismounted from their vehicles.



COMEUFOR visits Srebrenica



On 30 April 2020, COMEUFOR, Major General Reinhard Trischak, visited Srebrenica. He was welcomed by the Mayor of Srebrenica, Mladen Grujičić, after which they held a meeting.

Later, Major General Trischak met with the Hamdija Fejzić, the Deputy Mayor of Srebrenica and Chairman of the Organisational Board for the Commemoration, which is coordinating this year's 25th anniversary commemoration ceremony. They discussed plans for the commemoration, due to take place in July, taking into account the current circumstances.



Afterwards, COMEUFOR visited the LOT House in Bratunac, which is manned by soldiers from Austria, one of 20 troop contributing countries to EUFOR. The Commander of the LOT House briefed COMEUFOR on the current situation in the local area and the effects of working under preventative measures.



Women's Day in Camp Butmir

International Women's day was marked worldwide on 8 March 2020. In course of this event COMEUFOR Major General Reinhard Trischak hosted a reception in Camp Butmir inviting all females working for EUFOR.

The reception itself was attended by around 120 females; they were welcomed with flowers and exquisite chocolate candy. Major General Reinhard Trischak gave a speech, thanking all females, military and civilian, for their share of contribution to the mission and improving the work environment with their presence.

After the official part was over the guests were invited to a sweet buffet.

by Captain Karina Sedlacek



We are the women in EUFOR

Almost 250 military and civilian women are working in EUFOR, contributing to peace and stability in BiH. EUFOR's women are an essential and valuable part of the European Union Force, performing as commanders, managers, experts and in supporting functions. Get to know some of the women in EUFOR in our clip on the occasion of the 8 March International Women's Day.



Video footage can be found on:



New memorial to Hungarian Soldiers unveiled at Camp Butmir

On 13 March 2020, COMEUFOR, Major General Reinhard Trischak, and the Hungarian Ambassador in Bosnia and Herzegovina, His Excellency Krisztián Pósa, gathered at the Memorial Park in Camp Butmir to unveil a Memorial Stone in honour of all the Hungarian Soldiers who have served in Peacekeeping Missions throughout the World.

The ceremony was also attended by COSEUFOR and the Hungarian Senior National Representative, Brigadier General László Szabó, officials from the EUFOR Headquarters and all the Hungarian soldiers in Camp Butmir. Representatives of the Hungarian community in Bosnia and Herzegovina were also present.

After the speech of the Hungarian Ambassador, a blessing was given by Hungarian military priests, followed by a wreath laying ceremony at the Memorial Stone. The Commemoration ended with the speech of Major General Reinhard Trischak.

“EUFOR has and will continue to support the Bosnia and Herzegovina authorities in maintaining a Safe and



“Hungary is the largest contributor to EUFOR ALTHEA with 238 personnel. Your contribution is one of proud and loyal service. Today, as EUFOR we celebrate the Hungarian Peace Keepers and we mourn the loss of those who did not return home to their beloved families. We celebrate all their lives and their dedication and devotion to duty,”

COMEUFOR

Secure Environment for its peoples. EUFOR’s presence, the Hungarian Contingents presence, enhances the feeling of security among the local population. It is really important that we remain an overt, visible and tangible representation of commitment on behalf of the EU and of the wider international community to assure and reassure the citizens of BiH that we care about their security.”



EUFORIA – The section for Health, Training and Nutrition

The current situation with its restrictive measures, forces us to be more creative in terms of physical health. No training, because the gym is closed, and just eating pizza from CJ10 shouldn't be the solution. This article gives you some suggestions on how to organise yourself in camp to keep fit and healthy.

Keep up the training

Bodyweight Training

Many wrongly believe that you can only train effectively with weights. A well-designed and holistic bodyweight workout can not only replace dumbbells, but also reflects natural body movements and is therefore very promising and recommended. If you don't know where to start, feel free to contact PAO .

Running & walking

When it comes to cardio opinions differ, nevertheless endurance training is not only essential for your vascular, but also for your mental health.

Try running when your mind is occupied and I assure you the endorphins which are released during or after a cardio session will help clear things up. If you don't feel like running, try walking; you would be surprised how much walking can do for you. Both of them boost your immune system, improve your mood, strengthen the heart and elevate energy levels.

Making healthy choices is essential

- Try to quarter your plate when you have lunch in the DFAC. One quarter is protein (lean meat, fish, eggs, legumes), One quarter of healthy carbs (such as rice or potato), one quarter vegetables (pick the less greasy ones) and one quarter salad.
- If you want to lose weight, you could skip carbs in one or two of your meals, try not to eat in between meals or try intermittent fasting (for further information contact PAO)
- Otherwise listen to your body, don't distract yourself while eating and ask yourself, "When you are really full?"

Try to make healthy food choices

Keeping active is one side of the coin, the second and far more important side, is nutrition. A good workout covers around 1-2 hours of our day, while good nutrition is not only the fuel for the day, but also determines sleep and our well-being in the long term.

If you have any questions on certain topics feel free to contact our physical and nutrition coach in the Public Affairs Office.

Keep moving forward ;-)





We are above **politics.**

We contribute **to peace and stability.**

We enjoy support **beyond ethnicities.**

We are your **partners.**

We are the largest **international military presence in BiH.**

We support **you on your way towards the EU.**

We **run a marathon, not a sprint.**