

EUFOR forum

MAGAZINE



ANNUAL
EXERCISE
QUICK RESPONSE
30 AUGUST
05 SEPTEMBER **2020**



International Medal Parade

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Interview with Tamas and Ivan

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BiH Ministers join COMEUFOR at demining site **4**

The delegation landed in the area close to Tuzla by EUFOR helicopter and were able to witness demining operations first hand.



Quick Response 2020 **7-26**

20 nations united under EUFOR Command clearly demonstrates our continued commitment to security, stability and progress in BiH.



EUFOR and AFBiH Training and Cooperation plan 2021 **27**

The training plan was signed by EUFOR Chief of Staff, Brigadier General Ernő Baráth, and Major General Ivica Jerkić, Deputy Chief Joint Staff Operations for Armed Forces Bosnia and Herzegovina.



EUFOR LOT House donates supplies to Foča Medical Centre **30**

The donated supplies will be used to equip the COVID ambulances used in the area and are always in demand.

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We also thank
EUFOR Multinational Battalion
EUFOR LOT



Edition #122 of the EUFOR Forum is largely focused on the omnipresent Exercise Quick Response 2020. You will find stories on the key events that took place.

Although the most visible, Quick Response 2020 is not the only event which has occurred within EUFOR during this busy period and I hope you enjoy reading about all that has happened over the last two months including an interview with two of our soldiers who met each other 17 years ago on another military mission.

I would like to take this opportunity to thank all of you who have contributed to the Forum with pictures and stories. As ever please continue to support by sending interesting information to the Public Affairs Office or letting us know in advance about your events so we can gather material in person.

Captain Gregor Jesenko

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The Forum Magazine does not normally return materials and will assume no liability for material submitted.

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





European Force in Bosnia and Herzegovina added 4 new photos to the album Parade and equipment demonstration ahead of Quick Response 2020.

Multinacionalne trupe EUFOR-a okupljaju se na na zajedničkoj paradi prije početka vježbe Brzi odgovor 2020.

EUFOR Multi National Troops join together for parade and equipment demonstration ahead of Exercise Quick Response 2020.

Parade and equipment demonstration ahead of Quick Response 2020
13 photos

1,374 People reached 83 Engagements Boost post

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EUFOR Multi National Troops join together for parade and equipment demonstration ahead of Exercise Quick Response 2020.



ANNOUNCEMENT OF THE EXERCISE QR 2020
29 Aug 2020

Announcement of the Exercise Quick Response 2020



Operation EUFOR Althea @euforbih · Jul 17
Camp Butmir looking like a movie set as @euforbih film an exercise Quick Response 2020 – coming to a screen near you!

1 2 20

Camp Butmir looking like a movie set as @euforbih film an advert for exercise Quick Response 2020 – coming to a screen near you!



euforbih

*** Taking a birds-eye view to demining in Kalesija... Armed Forces BiH show EUFOR Commander how they take a careful approach to clearing old mine fields. COMEUFOR, Major General Reinhard Trischak, Minister of Civil Affairs Ankica Gudeljević and Minister of Defence Sifet Podžić landed in the area close to Tuzla by EUFOR helicopter and were able to witness demining operations first hand.

sattyy_mc bravo ljudi #euforbih

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JUL 14

Add a comment...

BiH Ministers join COMEUFOR at demining site



COMEUFOR, Major General Reinhard Trischak had the pleasure of hosting BiH Ministers and BHMACE representatives on Monday 13 July at a demining site near Kalesija 120km north of Sarajevo. The delegation landed in the area close to Tuzla by EUFOR helicopter and were able to witness demining operations first hand.

Minister of Civil Affairs Ankica Gudeljević and Minister of Defence Sifet Podžić were joined by Saša Obradović of the BiH Mine Action Centre.

EUFOR demining and explosives expert Lieutenant Colonel Markus Haider explained that the Land Release system of demining being used to clear the estimated 928 km² left in the country is working faster than previous strategies.

EUFOR has a training and advisory role for mine clearance with the BiH agencies now, deploying their expert teams to clear the affected areas. International donors contribute to the humanitarian demining effort within BiH by supplying detection tools and heavy equipment. COVID-19 restrictions have made demining activity very difficult this year with EUFOR also planning to restart its Mine Education Teams when schools resume in September.

DID YOU KNOW

BiH currently has 478 active Land Release demining projects containing an estimated 182,000 mines. Employing this approach to demining will shorten the overall effort of clearance and make better use of the funds available.

Land Release is the future for the removal and disposal of old mines and it underpins our continued progression toward a safe environment. COVID restrictions have hampered this work for several months so the resumption of mine clearing activity, gives us collective direction.

COMEUFOR

Facing security challenges collectively



The Minister of Security of BiH Selmo Cikotić spoke with Commander EUFOR Major General Reinhard Trischak about BiH's security challenges and the cooperation of his ministry with the EU-led international peacekeeping force. The Force Commander of the European Union Forces in BiH was the first international official who met Minister Cikotić in his office.

Good relationships and cooperation between local agencies and international actors such as EUFOR are the key to deal with present-day issues, such as irregular migration, border security, or returning fighters from foreign battlefields. Mutual information exchange and joint activities contribute significantly to the management of the overall security situation.

The EUFOR-led Exercise Quick Response was held from 31 August to 5 September as one of the joint activities with BiH Law Enforcement Agencies and Armed Forces of BiH, testing contingency plans and the coordinated rapid response to potential security threats that BiH could face.

by Lieutenant Colonel Nicolai Tschol



EUFOR continues to partner BiH hospitals



The General Hospital Abdulah Nakaš in Sarajevo added to the list of hospitals cooperating with EUFOR. These agreements are of mutual benefit: the healthcare sector receives funds when services are required and EUFOR does not need to set up specialised facilities as long as the situation in BiH permits.

The Memorandum of Understanding was signed by Major General Reinhard Trischak and the director of the hospital, Prof Dr Ismet Gavrankapetanović. EUFOR relies on a number of hospitals, practices and laboratories throughout the country to ensure specialised medical care for its personnel thereby increasing the broad cooperation with the institutions of BiH.

All of them have complied with standards set out by the European Union Forces. Recently the University Clinical Centre in Banja Luka also signed a memorandum with EUFOR.

by Lieutenant Colonel Nicolai Tschol



International Medal Parade at Camp Butmir



On 31 July 2020 EUFOR Camp Butmir was proud to hold an International Medal Parade for 180 Service personnel from 14 different Nations.

The soldiers, sailors and airmen based at Butmir and serving throughout BiH were addressed at the formal ceremony by the Commander of EUFOR, Major General Reinhard Trischak.

He thanked all attending for their effort and dedication and the service they have provided in supporting local authorities to deliver a safe and secure environment.

Also in attendance to witness the parade was the Consul of the Republic of Poland to BiH and the Military Attachés to BiH of the Republics of Austria,

Bulgaria and the Slovak Republic. COMEUFOR awarded the medals along with EUFOR Chief of Staff Brigadier General Ernő Baráth, Colonel Gökçegöz and Colonel Petkov.

As the single member within EUFOR representing Portugal, Master Sergeant Moreira said;

“For me it is an honour to be part of the Story and the fact that all nations are here together as one has huge significance.”

The medal, bearing the name of the EU Operation Althea was first awarded in 2004 to every International member who serves with EUFOR. It is inscribed with the Latin phrase “Pro pace unum”, meaning “United for peace”.



UK Troops arrive at Sarajevo International Airport while vehicles arrive in Antonov Aircraft



After a compulsory period of 14 days in isolation and a long trip from their UK base, a Company of troops from The United Kingdom arrived on 3rd August 2020 in Camp Butmir in preparation for Exercise Quick Response 2020.

The UK's contribution to the exercise this year comes from A Company 3Para with their Foxhound protected patrol vehicles. With a top speed of 115 kph

they have been designed to be agile, versatile and are a perfect design to deploy quickly from transport aircraft.

After a period of integration training, they will be a part of EUFOR's Multinational Battalion which will be reinforced by additional elements from Austria, Bulgaria, Romania and troops from the NATO Kosovo Force Tactical Reserve Battalion.





All passport documentation and COVID test certificates were examined by Customs Officials and Military Police before the troops headed off for another medical screening at Camp Butmir.



Austrian soldiers arrive to join Quick Response 2020



Travelling by road after isolating in their own country, the main body of Austrian soldiers arrived on Monday, 24 August, at Camp Butmir to join Exercise Quick Response 2020. The four buses left Vienna at 07:00 and arrived after a 13 hours drive in Camp Butmir, two hours later than planned due to delay at the Austrian Slovenian border.

EUFOR medical staff scrutinise the COVID



certificates and conduct screening tests on every member before they can proceed.

They had an intensive week of integration training with the EUFOR Multinational Battalion before deploying across BiH when the exercise started on 31 August.

End of Integration parade and equipment demonstration





MNBN's UK Company training Crowd and Riot Control on Thursday 27 August in Camp Butmir



MNBN's Austrian Infantry Company boosting their knowledge and expertise in Crowd and Riot Control





Commander EUFOR gets a ride in a Foxhound



The Commander of EUFOR, Major General Reinhard Trischak joined up for a ride with some of the quick-reaction forces who are in the country for Exercise Quick Response 2020.

Soldiers from the UK, A Company 3Para showed COMEUFOR around the vehicle before whisking him around the airfield and explained how they had been using it during the Exercise. The UK Company Commander, Major Shaun Clarke said, “COMEUFOR was impressed with the vehicle’s capabilities and how the Parachute Regiment had used it during our time in Čapljina.”



EUFOR Exercise Quick Response 2020 Opening Ceremony



Sunday, 30 August 2020 marked the opening ceremony for EUFOR's Exercise Quick Response 2020. The annual exercise tests EUFOR's capability to call up and deploy over-the-horizon reserve forces held at high readiness by contributing nations.

Attended by Ministers of State, International Embassies and representatives from the Armed Forces of BiH, they were treated to a multi-national parade of fully integrated soldiers.

During an opening address, the Commander of EUFOR, Major General Reinhard Trischak said; "The preparation has been conducted in close cooperation with the AFBiH, the Law Enforcement Agencies and the respective ministries and without this cooperation, the exercise would not be possible."



EUFOR reserve troops have arrived from Austria, Bulgaria, Hungary, Italy, Romania, the United Kingdom and KFOR to join and integrate with their colleagues from EUFOR’s permanent Multinational Battalion, before deploying to locations across BiH for the duration of the exercise. Every soldier entering the country has followed strict quarantine and COVID testing regulations in accordance with International, BiH and EUFOR rules.

During the exercise, troops will be tested by a series of un-alerted scenarios to examine their response and ensure the intensive integration programme conducted at Camp Butmir is successful.

EUFOR Operation Althea is currently made up from forces of 20 nations with a mandate to support BiH and help maintain a safe and secure environment.

The exercise director Brigadier General Ernő Baráth said; “We have signed this week an agreement which gives EUFOR renewed momentum to continue moving forward with our partners. Cooperation and liaison with the Armed Forces of BiH will endure.”



VIDEO





DAY ONE



Exercise Quick Response 2020 kicks off in Višegrad with a simulated protest which quickly turned into bottles and smoke grenades being thrown. This prompts a smooth response from the nearby LOT House (Liaison Observation Team) which is permanently staffed with EUFOR Slovak soldiers, who called in the Multinational Battalion to help clear the protest.

The Hungarian soldiers from the Multinational Battalion had little trouble in deterring further violence and soon had the situation under control as the trouble makers were cleared from the street and their makeshift road block moved.

The Exercise Director then adds something else to think about with a simulated casualty from a thrown rock. Medical aid is quickly on hand and the casualty is first treated on the



spot by medical experts before calling in the EUFOR helicopter to further test response capabilities.

Flying quickly from Camp Butmir, the medical helicopter soon collects the casualty and returns them to a medical centre to test the reaction some more.

In Višegrad to witness the exercise first hand was COMEUFOR Major General Reinhard Trischak who said; “The way the multi-national force worked together today was extremely pleasing to see. Integration time is understandably short and we have to make the most if it. It is clear to me that the training staff at Camp Butmir have done a fantastic job.”



VIDEO

DAY TWO



Day 2 sees the main action split across the country. Starting early at Tuzla airport, an important infrastructure hub where a specialist EOD team is needed to make the area safe. The Austrian Company working well with Armed Forces BiH and local police agencies to secure the area and protect the airport from damage.





Meanwhile, 300 km south at Gabela, a weapon storage site comes under threat of attack from a violent group of protestors. The UK Company from The Parachute Regiment are on hand to deal with the situation and disperse the crowd.



VIDEO



DAY THREE



A dynamic exercise took place at Sarajevo International Airport (SIA), which rehearsed the simulation of attempted airplane hijacking and terrorist attack. This is the fourth year in a row that SIA is taking part in the exercise.

After commercial flying had ceased for the day, the EUFOR Multinational Battalion in conjunction with SIPA and other BiH Law Enforcement Agencies (LEAs) quickly moved into the airport, setting up checkpoints, securing key infrastructure and dealing with a hijack and bomb threat situation.



As a part of the exercise, the National Crisis Staff gave permission to police agencies to resolve the hostage situation.

Commander EUFOR Major General Reinhard Trischak was satisfied that the scenarios were dealt with efficiently.



VIDEO



Cooperation “
between EUFOR,
the LEAs and
the Airport
Authority has
been excellent.
Working
shoulder-to-
shoulder with our
colleagues from
BiH, we have
demonstrated the
ability to rapidly
secure and
protect Sarajevo
Airport, being
key infrastructure
vital to
maintaining the
safe and secure
environment in
BiH.

COMEUFOR

DAY FOUR



The last day sees more action from 3Para as they deploy from their Foxhound vehicles at ammunition storage site Kraljević. Another tricky job securing the area and establishing communications with the Head Quarters.





Major General Reinhard Trischak said; “EUFOR troops have been deployed right across BiH over the last week on Exercise Quick Response 2020 as part of Operation Althea. Considering the challenges that a global pandemic has brought this year, the deployment of a Multinational Battalion together with over-the-horizon troops demonstrates our absolute commitment.”



Distinguished Visitors Day



Everything coming together - Watched by BiH Ministers, Law Enforcement Authorities, AF BiH representatives and international ambassadors, the scenario plays out with non-stop action.

Starting with an angry crowd behind 2 heavy roadblocks the information is passed back to HQ from a team of Austrian snipers. First on the scene to

deal with the trouble is the Hungarian Company from EUFOR's Multinational Battalion while the Turkish Company secures road checkpoints.

Quickly pushing the rioters back under a hail of bottles and sticks they are quickly reinforced by a Company of Austrian soldiers who help remove the blockage.





Through the haze of petrol bombs and smoke grenades the angry mob is pushed back to allow the SIPA team to gain access and clear an adjacent building. Gun shots are heard and a medical evacuation is on the way courtesy of the EUFOR helicopter. Quickly swooping in to deliver help right where it is needed. A quick check from the medic and the injured soldier is hoisted up and away to safety.



VIDEO

Closing Ceremony Ex QR2020



VIDEO

Saturday, 5 September marked the occasion for the closing ceremony of Exercise Quick Response 2020.

COMEUFOR, Major General Reinhard Trischak accompanied by the exercise director, Brigadier General Ernő Baráth took the salute in front of EUFOR Headquarters at Camp Butmir.

Considering the challenges that a global pandemic brought, the deployment of a Multinational Battalion together with over-the-horizon troops has demonstrated absolute commitment from contributing nations and EUFOR.



The exercise was conducted in close cooperation with the AFBiH, the Law Enforcement Agencies and the respective ministries and without this cooperation, the Exercise would not have been possible.

Lieutenant Colonel Alfred Steingress, MNBN Commander

EUFOR and AFBiH Training and Cooperation plan 2021



A Training and Co-Operation Plan between EUFOR and the Armed Forces Bosnia and Herzegovina was signed on 25th August 2020 in Sarajevo.

The training plan was signed by EUFOR Chief of Staff, Brigadier General Ernő Baráth, and Major General Ivica Jerkić, Deputy Chief Joint Staff Operations for Armed Forces Bosnia and Herzegovina.

After signing the training plan, Major General Jerkić said; “This ceremony is of great importance and confirms the relationship of cooperation and trust that we have with EUFOR”.

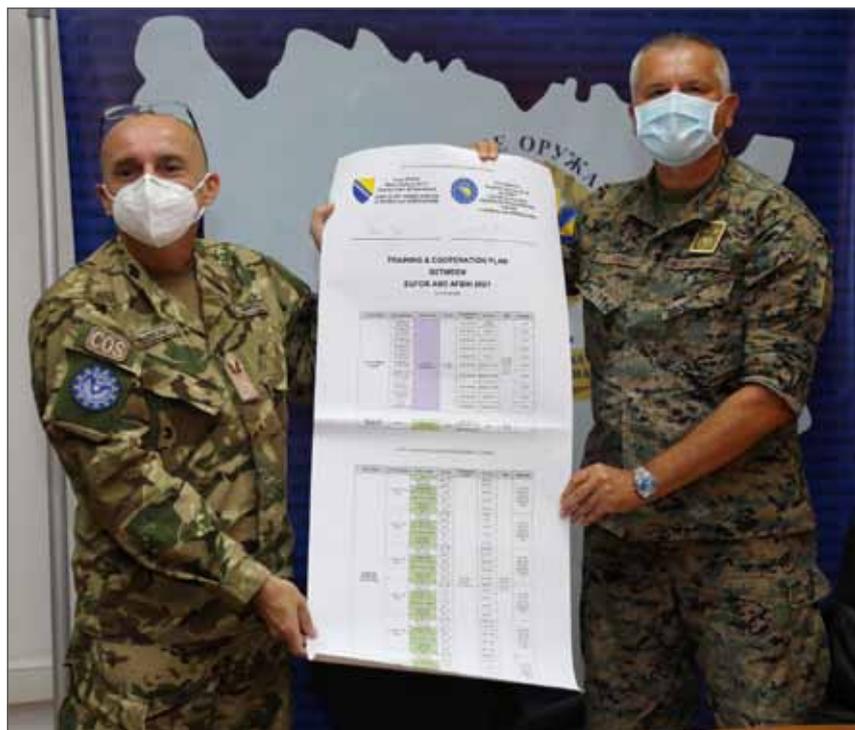
The agreement between AFBiH and EUFOR covers liaison and co-

ordination, specialist mentoring, combined training, and joint exercises.

Brigadier General Ernő Baráth added; “This agreement gives EUFOR renewed momentum to continue moving forward with our partners. Cooperation and liaison with the Armed Forces of Bosnia

and Herzegovina will continue through 2021.”

AFBiH is now self-sustaining in terms of all individual training after the successful conclusion of EUFOR/AFBiH Capacity Building and Training programme, which has delivered courses to more than 5000 soldiers.



Cooperation and liaison with the Armed Forces of Bosnia and Herzegovina will continue.

Ivan and Tamas, a and a soldier - and mission friends since 17 years

Left: Ivan HANTAK, OR-8, is a Slovakian MP Soldier. Until the 23rd of August he served as a MP soldier here in EUFOR. He has been on 8 missions so far: 4x Cyprus, 2x Afghanistan, 2x BiH, in total 5,5 years.

Right: Tamas RAJKOVICS, Hungarian OR-8, currently the MNBN S5 Training NCO works back at home in the Hungarian Army in Logistics. He has been on 4 missions and is currently here at EUFOR: 3x Cyprus, 1x Kabul, 1x BiH, in total 4,5 years.

The first time they met was on a mission and by coincidence they met up again this year here at EUFOR.

A few days before Ivans departure we had a talk about it.



How did you meet up? When and where did it happen?

Tamas: It was in 2003/2004 when I was for one year in the UN Mission in Cyprus. I was a member of the Patrol of the Hungarian Company, directly in the Buffer zone. That time we met because there was also the Hungarian MP in the UN mission.

Ivan: Yes, I was back then in the FMPU – Force Military Police Unit of the UN but in another camp/position than Tamas. In the FMPU we had Hungarian MP friends and they introduced us to each other and so we became friends.

Do you have any anecdotes from this mission?

Tamas: In the second half of the year I had still left my 4 ‘Recreation’-days, the UN-equivalent of the 96hrs here in Bosnia. So I decided to spend those four days at the position of Ivan. You know, Cyprus itself is not so big but using his position as a base for trips in his part of the Island was still pretty useful, besides that he was (still is) good company. However, Ivan’s comrades were one British and one Argentinian MP Soldier and they didn’t cook. So at some point on the first day

they asked me straight away if I can cook and if I would cook for them (I was a bit surprised about this question), I said yes and asked what ingredients they have in their fridge. There was only chicken! So I made a typical Hungarian stew, chicken paprikash and they loved it! So much that the following three days they always wanted to eat it again! So I cooked it for three days (laughing).

This was the first time, 17 years ago. When and where was the second time you met up again?

Tamas: The second time we met was in 2018. I was part of the Hungarian NSE in Kabul for six months from May 2018 until December 2018. We were only two Hungarian soldiers in the NSE.

Ivan: Yes, we met in Kabul, Afghanistan, but only for ten days. I came and Tamas left the mission. While Tamas was part of the Hungarian NSE with two soldiers, the Slovakian NSE consisted of 7 soldiers back then and I was part of it as a Military Policeman. I arrived there in December 2018 and came back home after six months in June 2019.

Was it a coincidence that you met in Kabul or did you text each other in advance so that you knew you will meet up again?

Ivan: We text once a week or month, but for Kabul we didn’t chat, we didn’t organize it. But this time I texted him before he arrived

here and I told him that he will be surprised when he comes to Sarajevo...

Tamas: and I asked him what do you mean? What will happen in Sarajevo?!

Ivan: So I said: 'You will see' (both laughing) and maybe he knew that I will be here. I knew that he will go to this mission because he told me that in advance. Then in March when he arrived I texted him and told him that I am here as well, so we met up again.

Tamas: Yes, it was a pretty nice surprise for me, considering how we met up in the past.

Did you both start your tour here in Bosnia at the same time in March 2020?

Ivan: No, I started here in Bosnia in December 2019. June 2019 I came home from Kabul and in December 2019 I arrived here in Sarajevo.

Tamas: And I arrived here in Sarajevo three months later. We Hungarians deployed in March 2020.

And for how long will you stay this time in the mission?

Tamas: I will stay for one year until March 2021.

Ivan: And I will go home in one week, Sunday in seven days.

Do you already know, if you will meet up for future missions?

Ivan: Ah no, this is my last mission. But I already said this three missions ago – yet now it is again or still my last mission (laughing)

Tamas (laughing too): Your last mission? No, this will be next summer – you will come to Hungary!

Ivan: Yes, I am planning to go to the Balaton Lake. Tamas invited me so my next mission will be a private holiday mission.



At the circle of national flags in front of Kabul airport
December 2018



After five months in the same mission the day of truth
- a good friend has to go. Rotation of the Slovakian
Contingent 23 August 2020

Comrades of EUFOR!

If you met a comrade from another nation on a previous mission, here in Bosnia or somewhere else on our planet, and now you met again here in EUFOR, even if it is just for the Exercise QR2020 – let us know and share it with us!

COMEUFOR visited LOT houses Višegrad and Foča



COMEUFOR, Major General Reinhard Trischak, visited two EUFOR Liaison Observation Team (LOT) houses in the area of Eastern Bosnia and Herzegovina. He spent time with soldiers who man the LOT houses in Višegrad and Foča.

Major General Trischak began his day with a helicopter flight to Višegrad, where he was welcomed by the Commander



of the Slovakian troops stationed there. He received a briefing on the local area and any issues of concern to the local community. COMEUFOR was also given a walking tour of the surrounding town to see a newly constructed church and a spectacular view of the river Drina.

EUFOR LOT House donates supplies to Foča Medical Centre

Captain Vladimír Satka from EUFOR's Liaison Observation Team (LOT) based in Foča, donates a box of medical supplies to the local Medical Centre.

Receiving the donation was the centre's Director, Dr Miroslav Ristanović who said;

“We are very grateful for this donation as supplies are continually needed in the local area and we are always pleased to see the soldiers from the LOT House.”

The Medical Centre in Foča is currently treating people with symptoms of pneumonia and screens people for COVID-19 infection every day. The donated



supplies will be used to equip the COVID ambulances used in the area and are always in demand.

The LOT House in Foča is staffed by a EUFOR team from Slovakia who meet and liaise with

local residents and community leaders daily.

The network of 17 Houses covers the entire country and allows EUFOR to quickly understand local issues.

M60 rifle grenade was found in Camp Butmir



Camp Butmir on Thursday the 30th of July, as every week it started as a regular day. Until 14:30, when an employee of the Department of Public Works (DPW) is in the middle of his work, thinking on nothing but digging, right next to the containers of the ammunition storage site in Camp Butmir.

The ammunition storage site is located along the fence behind the Warehouse and the tailor. Visible from the street is mainly the earth wall behind which are containers. But after years also this place needs a clean-up, from removing of earth and plants that were growing where they shouldn't grow. Prior to the arrival of the Exercise Quick Reaction 2020 the DPW finally the task of maintenance work to clean up the area around a container.

But at 14:30 it happened. Then, during digging works behind the earth wall, the DPW employee



discovered one M60 rifle grenade. As he realizes the danger the works were stopped immediately. He informed his office who then immediately called the International Military Police (IMP).

After the IMP arrived at the scene, the place of scene has been secured by the IMP. Photographic evidence of the grenade and the area was taken. How long the grenade was lying there is unknown. The JOC and the chain of command have been informed. Since they dealt with an unexploded rifle grenade, the EOD team has been tasked as well, who then removed the grenade successfully.

For the sake of completeness: there were luckily no damages, nor injuries that day. Everybody handled the situation professionally and due to that it can be seen that once Camp Butmir has to deal with a dangerous situation we don't need to worry.

By Captain Gregor Jesenko

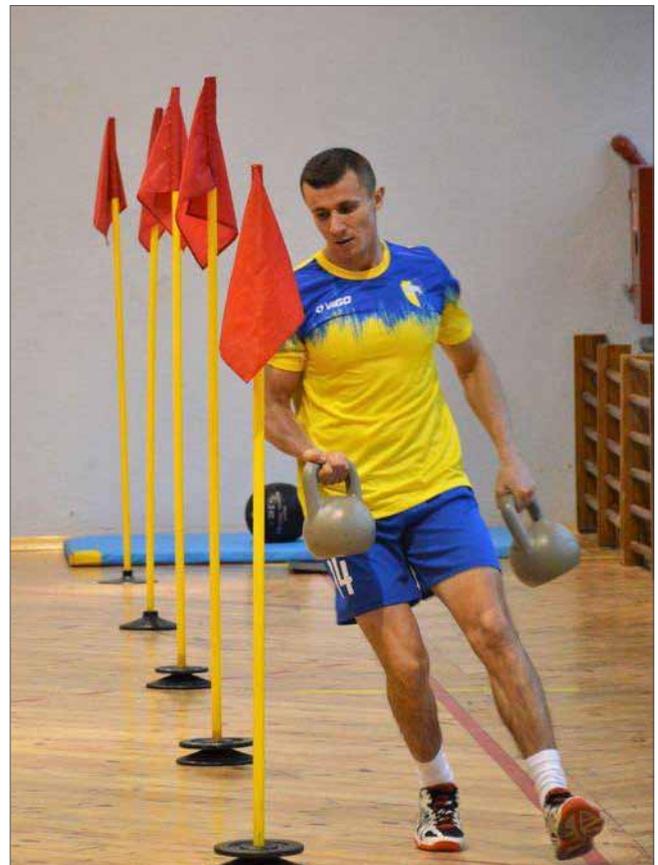
Military Fitness Tests of EUFOR contributing countries

Dear EUFOR comrades, in the last edition we presented the Austrian Military Specific Test (MST). The series continues and this time it is polish Military Fitness Test - are YOU able to master it?!

The Polish Land Forces (Wojska Lądowe) use the following test to evaluate the fitness standard of its soldiers – would you be able to pass it?

The evaluation of the excersises seems rather complex: Soldiers have to achieve a score. The more repetitons and the faster accomplished the higher is also the score. There are five different groups of soldiers, from lower health category to air force until combat and special forces units. Each group has different limits to achieve, the limits are gradually rising per group. The limits of each single group are the highest until the age of 25 after that they decrease gradually every five years.

To make it easier we just present the minimum standards to be achieved by the last and the first group of soldiers until the age of 25.

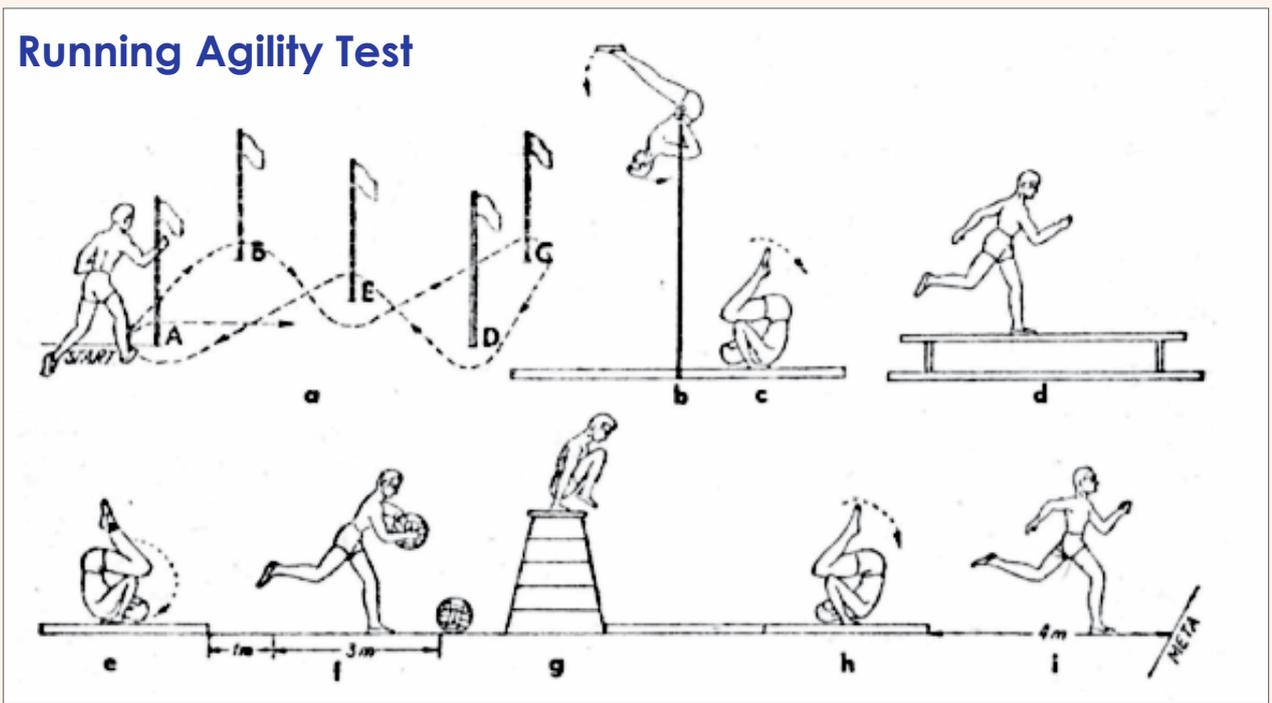


Motorics	Excercise	Unit of measure	Combat teams and assault teams of special forces units	Last category: Other professional soldiers with a lower health category	
			Men and women	Men	Women
Endurance	Run 3000 meters	minute	14,10	17,00	17,30
	Swimming in time 12 minutes	meter	550	450	400
Strength	Pull-ups on the stick	quantity	10	7	3
	Push-ups on the ground	quantity	62	43	20
Speed and agility	Shuttle run 10meters X10meters	second	30,6	32,5	34,1
	ZIG ZAG run	second	24,6	25,3	29,0
Motorics	Torso forward bends in 2 minutes	minute	-	48	30
	Physical Facility Center	second	2,00	2,15	2,30
	Running Strength Test *	second	52	55	55
	Running Agility Test **	second	-	32,5	34,0

***Running Strength Test: From the whole Polish Forces only commanders of batallions and units below, the Special Forces, combat teams, paratroopers, sports unit**

****Running Agility Test: Only the air force corps**

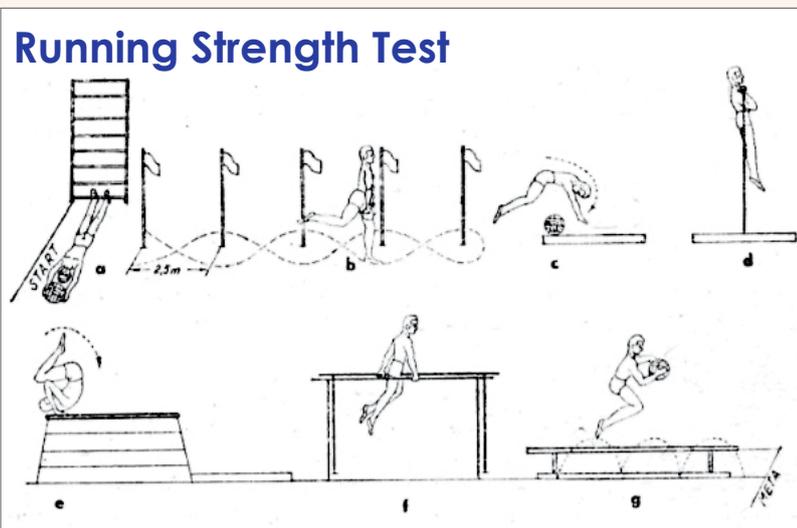
Running Agility Test



At the command “Start” or a sound signal, a professional soldier starts his run by performing: a zigzag run (one run over the envelope with the final flag circling around the end), sneaking out on a high bar (men 220 cm, women 180 cm) from a jump or overhang, followed by a forward roll on the mattress,

crossing an inverted bench gymnastics (minimum length of the bench 3 m, with at least double contact of the feet), roll back on the mattress, change two medicine balls in the 3 m zone, squat jump through parts of the box across (men 5, women 4 parts), roll forward on the mattress, run 4 m to the finish line.

Running Strength Test



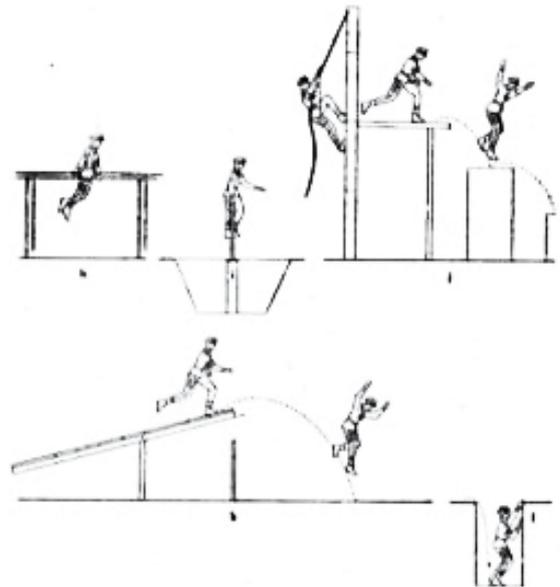
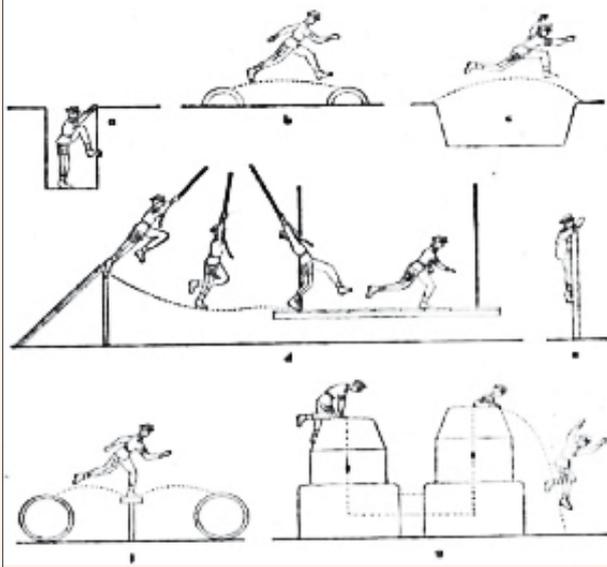
At the command “Ready”, the professional soldier takes the starting position (lying with his back on the mattress, feet hooked on the bottom rung of the ladder, medicine ball (3 kg) held behind his head on straight arms). At the command “Start” or a sound

signal, the soldier performs: 5 bends forward with the ball touching the bottom rung of the ladder and back to the starting position, slalom run between five flags 160 cm high (set every 2.5 m, with two 17.5 (men), 9 (woman) weights kg, at a distance

of 20 m, 2 x 10 m), a tiger jump over a medicine ball placed on a mattress, pulls up on a hanging rod with the overhang – men 3 times, the first from a jump, the next from an overhang (minimum height of the bar 220 cm for men, women pull up only once from a jump, height 200 cm), roll forward on the box along (4 parts), entry to the support on the shoulders on the poles of the railing (jump and the first grip in front of the supports, the last grab and jump down behind the supports).

For women: possibility of resting the legs on the front supports), alternate jumps along the bench with the medicine ball (minimum 3 jumps) and run to the finish line with the ball.

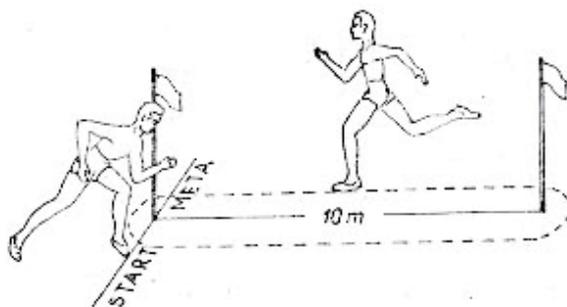
Physical Facility Center



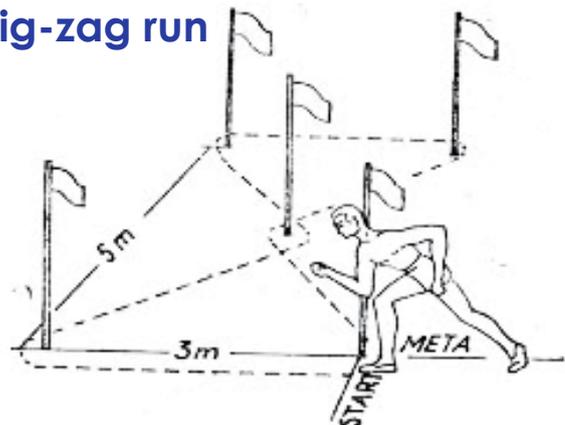
Basic test 200 m (individual assessment). A professional soldier performs the following actions in turn: starts running from the starting position, overcomes the vaults with polygons, jumps the ditch, runs up the ramp, grabs the rope, runs over the movable footbridge and runs along it, overcomes the fence over the top (for women: with the help of a platform in the form of 2 parts of the box), jumps on the front circle, mushroom, back circle, crawls

through the tunnel, goes in the shoulder support along the railing, starting in front of the front supports and ending behind the rear supports, overcomes the moat wall overhead, climbs with a rope to the sill of the façade's upper window (women: or over the façade with gaffs), runs along the balance beam, jumps down the sills, runs along the falls and ends its run in the designated place.

Shuttle run 10x10m



Zig-zag run



Run 3000 m

It is performed in a sports outfit on a track and field track, road or terrain with an even and hard surface (with an equal sum of terrain slopes and hills).

Way of conducting: series (groups) on time, the group should consist of up to 30 professional soldiers. On a "Start" command or a group signal.

Special thanks go to **Captain Tomasz Filipski**, deputy Commander of the **Polish Military Contingent**, for providing us with the explanations and graphics!

EUFORIA – The section for Health, Training and Nutrition

This euforias edition deals with the topic of biohacking.

So, what is Biohacking exactly?

Biohacking is made up of two words. Once “bio”, so this stands for biology and “hacking”, as in: the decoding of systems. Biohacking is about deciphering your own body and optimizing it. You basically get to know and understand your own body and how to insert certain tools to grow in all sorts of areas.

A biohacker wants to become the best possible version of him/herself while improving his performance in a healthy way.

The two main parts of Biohacking are:

1. Biohacking the body through diet and routines

As in the previous EUFORIA editions mentioned, it is possible to hack your body and mind through diet, routines and certain sport activities. Those kinds of behaviors are the most common and the most popular areas of self-optimization. They are done by many of us on a regular basis.

2. Biohacking the mind and the body via different methods and technical help

A lot of people are already using fitness trackers. But this is just the beginning, there are a lot of technical Tracking devises like sleep trackers, hormonal trackers, mood trackers and many more, to measure all sorts of biochemical areas of the body.

Over 50,000 people in Europe already have chips and implants. This is an extreme form to save Key data under the skin.

Interested in the topic of Biohacking?

There are a lot of articles and suggestions in the web, some make sense some don't. Please be cautious when doing your research.

Here a few impressive Biohacking tools which anyone can try immediately:

- Breathing Exercises (Tip: Wim Hof Method)
- Glasses with blue light filter (They can block blue light so that you can fall asleep faster and wake up refreshed in the morning, when working at night on a screen, or reading on a tablet or your phone)
- Cold Showers: Thermogenesis helps your body cause the brown adipose tissue to oxidize

due to the “extreme” cold. This creates heat that is distributed throughout the body via the blood. (Please only apply gradually, since your body needs time to adapt).

- Meditation (Using Apps like Headspace, Calm, etc.)
- Sleep Optimization: Don't forget the importance of a good night sleep.
 1. Sleep enough
 2. Get rid of distractions 1-2 hours before bed (for ex.: Phone, quick tempered movies or video games)
 3. Make sure it's dark and turn your devises off, or put them in flight mode.

by Captain Karina Sedlacek



EUFOR soldier finishes third at Two Cities Marathon

Two runners from EUFOR's Polish contingent finished the recent Two Cities Marathon Sarajevo-East Sarajevo in an outstanding manner with one reaching the third place in the women category in 3:44:58. The race was organized under specific preventative measures due to the current pandemic.

Temperature checks and disinfection before the start were taken serious to protect runners, spectators and volunteers. According to the organizer every competitor additionally supported young athletes in Bosnia and Herzegovina through a part of the entry fee.

by Lieutenant Colonel Nicolai Tschol

ANNUAL EXERCISE QUICK RESPONSE

30 AUGUST
05 SEPTEMBER **2020**



Exercise Quick Response tests EUFOR's contingency plans and high-readiness forces outside the country to fulfill its mandate. Reaffirming and strengthening the close cooperation with local authorities, Law Enforcement Agencies and the BiH Armed Forces. For continued security, stability and progress in BiH.

100% COMMITTED TO BiH

