

## **International Workshop on Physical Education: Technical and Motor Preparation for Orienteering**

Organized by  
The General Tadeusz Kosciuszko Military University of Land Forces (AWL)

Virtual component: 14–18 September 2026  
On-site component: 28 September – 2 October 2026

Wroclaw, Poland

### **Invitation & Administrative Information**

#### **1. Objectives and Description**

The Military University of Land Forces will conduct the training program “International Workshop on Physical Education: Technical and Motor Preparation for Orienteering” as a Blended Intensive Programme. The virtual component will take place on 14–18 September 2026, while the on-site component will be held from 28 September to 2 October 2026. This intensive program aims to introduce cadets to the sport discipline of orienteering. During the training, cadets will acquire skills in navigation with a map in both forested and urban terrain. In addition, they will improve their motor preparation. The program also aims to foster international cooperation and integration among participants.

#### **2. Participants and prerequisites for participation**

Participants should be cadets/students willing to take part in the event and at least 18 years old. Each nation may send a maximum of 7 cadets (5 men and 2 women) and 1 staff member. It is recommended to appoint reserve participants before departure.

##### **Requirements for participation:**

- English: Common European Framework of Reference for Languages (CEFR) Level B1 or NATO STANAG Level 2.
- Free of injury and disease —medical clearance required.
- Fulfilment of the respective national physical standards of the sending institution.

#### **3. Virtual component**

The blended intensive programme will include a virtual component (VC). The virtual component will take place before arrival and will include study materials, information materials, mandatory assignments, and an online meeting. The workload for the virtual component is estimated at 25 hours.

- Virtual component period: before the event
- End date of the virtual component: 18 September 2026

#### **4. Costs, meals and accommodations**

International participants will receive free accommodation and meals on the university campus. Free meals and accommodation will not be provided for staff members. No participation fee is required.

#### **5. Transportation**

Participating nations are requested to make their own travel arrangements to and from Wrocław Airport (WRO). The organizer will provide transportation to/from Wrocław Airport (WRO) by prior arrangement; this information should be included in the application form. During the workshops, transportation to the scheduled training sessions will be organized.

#### **6. Uniform/Dress code**

- Arrival/departure and formal dinner: civilian clothing.
- Meals and „Welcome Icebreaker”: battle dress uniform.
- Participation in lectures: as described in the programme.
- Participation in training sessions: sportswear, preferably clothing suitable for forest terrain.

#### **7. Culture visits/ Field trip**

The organizer will provide a free guided tour of Wrocław.

#### **8. Registration**

Please complete the attached application form - if you do not know the flight information at this stage, please leave this field blank - and send it to the points of contact by 02 August 2026.

#### **9. Point of Contacts (POCs)**

Military University of Land Forces:  
Assistant Professor Maj. Dariusz Jamro, PhD  
Mail: [dariusz.jamro@awl.edu.pl](mailto:dariusz.jamro@awl.edu.pl)

#### **10. General information about Poland**

- a. Language
  - The official language is Polish.
- b. Local Time
  - Poland is in the Central European Summer Time Zone: CEST (UTC +2).
- c. Currency
  - The currency in Poland is the Polish złoty (PLN). Electronic payment is primarily used everywhere in Poland.
- d. Electricity supply
  - Poland uses standard European plug sockets with two round prongs.
- e. Emergency Numbers in Poland
  - 112 - emergency number for all services.

## 11. Preliminary event schedule

Program Schedule:

TIME	LOCATION	ACTIVITY	DRESS CODE
------	----------	----------	------------

<b>14-18 September 2026</b>			
Befor		Virtual Learning	

<b>27 September 2026</b>			
<b>Sunday</b>			
All Day		Arrival of delegations at Military University of Land Forces	Civilian clothing

<b>28 September 2026</b>			
<b>Monday</b>			
06:00 - 07:00	AWL	Breakfast	Military Uniform
08:00 - 09:00	AWL	Programme presentation and introductory lecture	Military Uniform
09:00 - 14:30	Forest	Training Orienteering	Sport clothes
14:30 - 15:30	AWL	Lunch	Military Uniform
16:30 - 17:30	AWL	„Welcome Icebreaker”	Military Uniform
18:00 - 19:00	AWL	Dinner	Military Uniform
19:00 - 21:00	AWL	Self-studies	Sport clothes

<b>29 September 2026</b>			
<b>Tuesday</b>			
06:00 - 07:00	AWL	Breakfast	Military Uniform
08:00 - 14:30	Forest	Training Orienteering	Sport clothes
14:30 - 15:00	AWL	Lunch	Military Uniform
15:30 - 18:30	City	Culture education visits - Wroclaw	Civilian clothing
18:30 - 19:00	AWL	Dinner	Military Uniform
19:00 - 21:00	AWL	Self-studies	Sport clothes

<b>30 September 2026</b>			
<b>Wednesday</b>			
06:00 - 07:00	AWL	Breakfast	Military Uniform
07:30 - 18:30	Forest	Field trip - Sniezka	Sport clothes
18:30 - 19:00	AWL	Dinner	Military Uniform
19:00 - 21:00	AWL	Self-studies	Sport clothes

<b>01 October 2026</b>			
<b>Thursday</b>			
06:00 - 07:00	AWL	Breakfast	Military Uniform
08:00 - 14:30	City	Training Orienteering	Sport clothes

14:30 - 15:30	AWL	Lunch	Military Uniform
16:30 - 17:30	AWL	Self-studies	Sport clothes
18:00 - 19:00	AWL	Dinner	Military Uniform
19:00 - 21:00	AWL	Self-studies	Sport clothes

<b>02 October 2026</b>			
<b>Friday</b>			
06:00 - 07:00	AWL	Breakfast	Military Uniform
08:00 - 14:30	AWL /Forest	Competition Orienteering	Sport clothes
14:30 - 15:30	AWL	Lunch	Military Uniform
16:30 - 17:30	AWL	Self-studies	Sport clothes
18:00 - 22:00	City	Formal dinner	Civilian clothing

<b>03 October 2026</b>			
<b>Saturday</b>			
07:00 - 08:00	AWL	Breakfast	Military Uniform
08:00		Departure of delegations	Civilian clothing