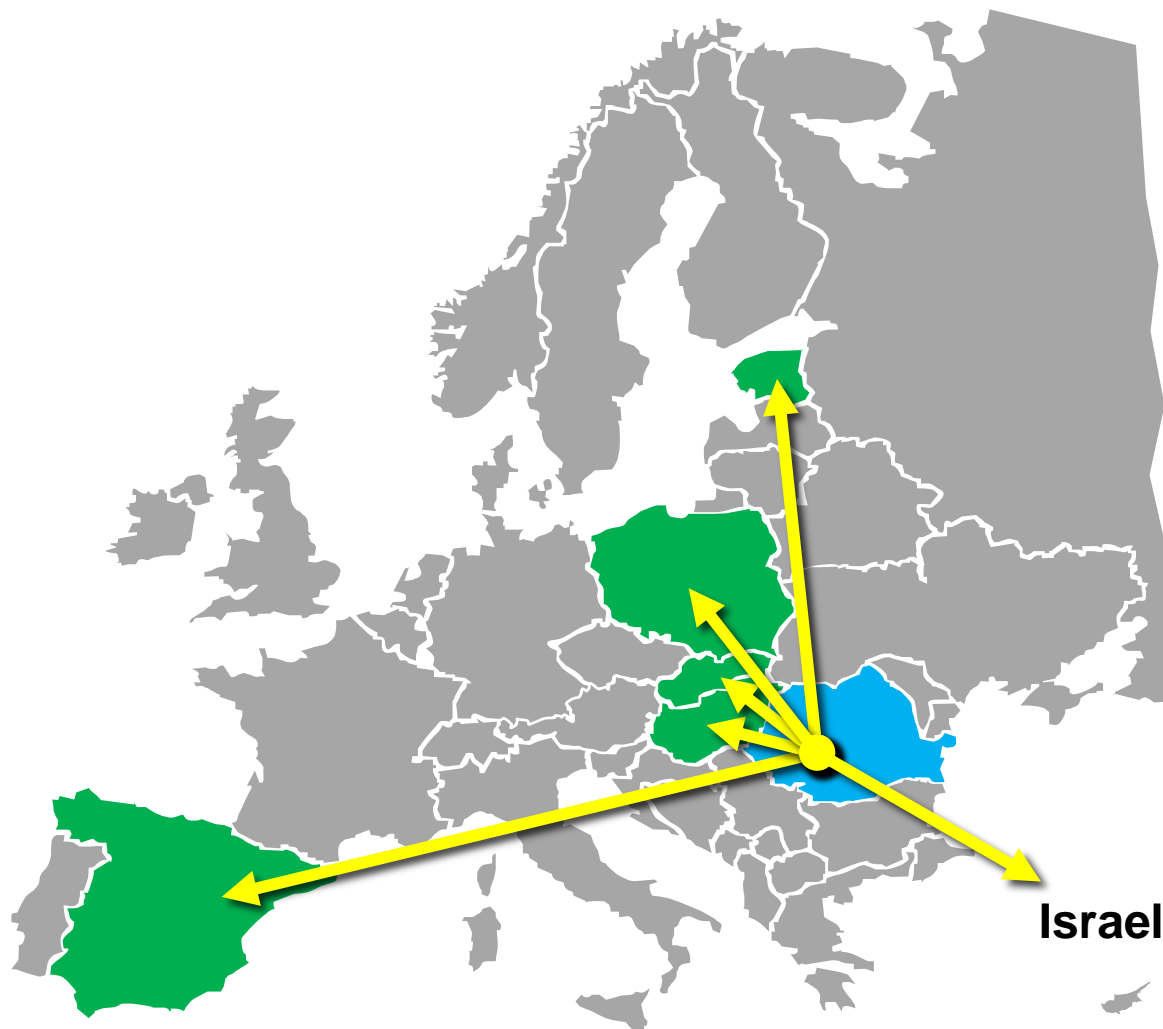




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Forum 2025 in Constanta / Romania

Romania

"Nicolae Bălcescu" Land Forces Academy of Sibiu



Duration of stay

2023- Poland

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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24th-28th
April
2023

2023- Israel

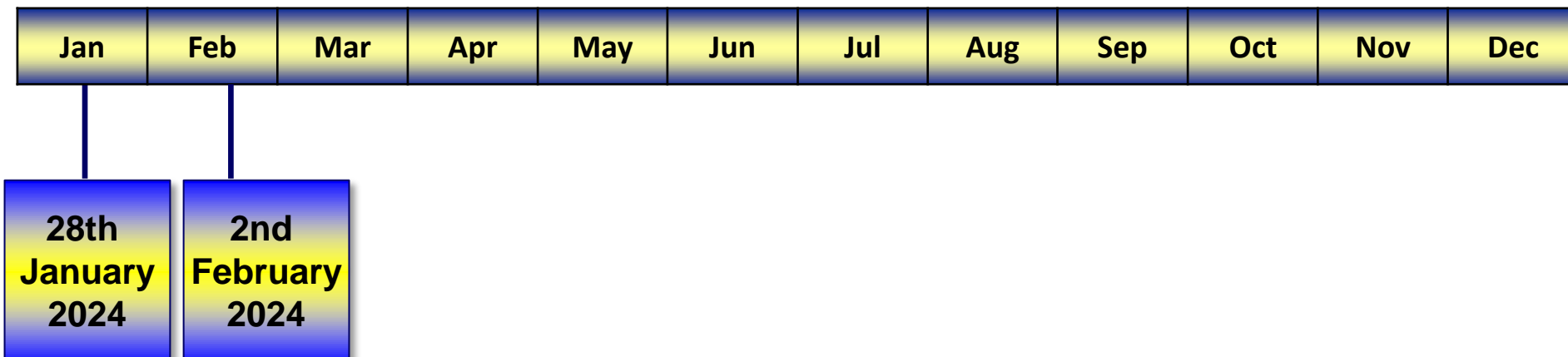
Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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2st-5th
July
2023

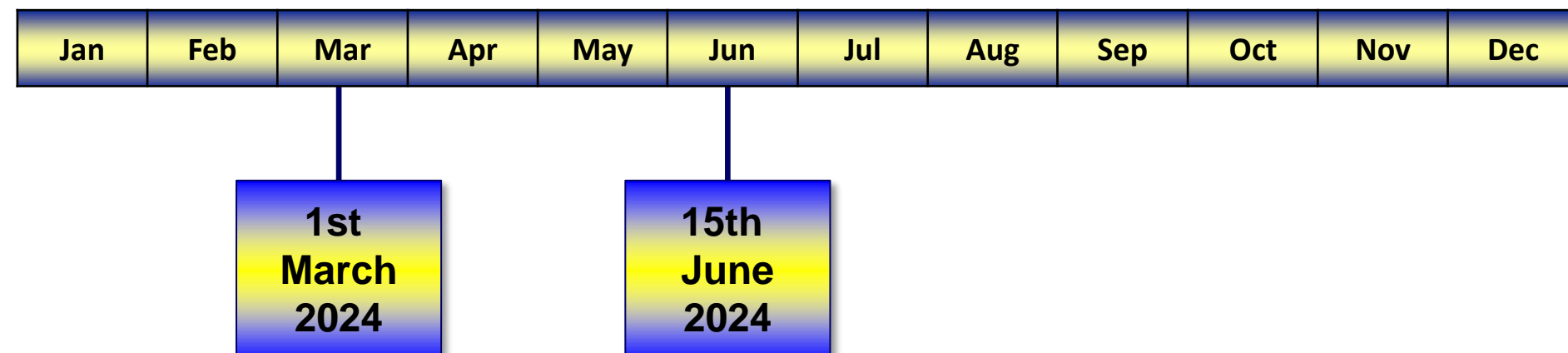


Duration of stay

2024- Slovakia



2024- Poland



Duration of stay

2024- Hungary

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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**1st-5th
July
2024**

2025- Estonia

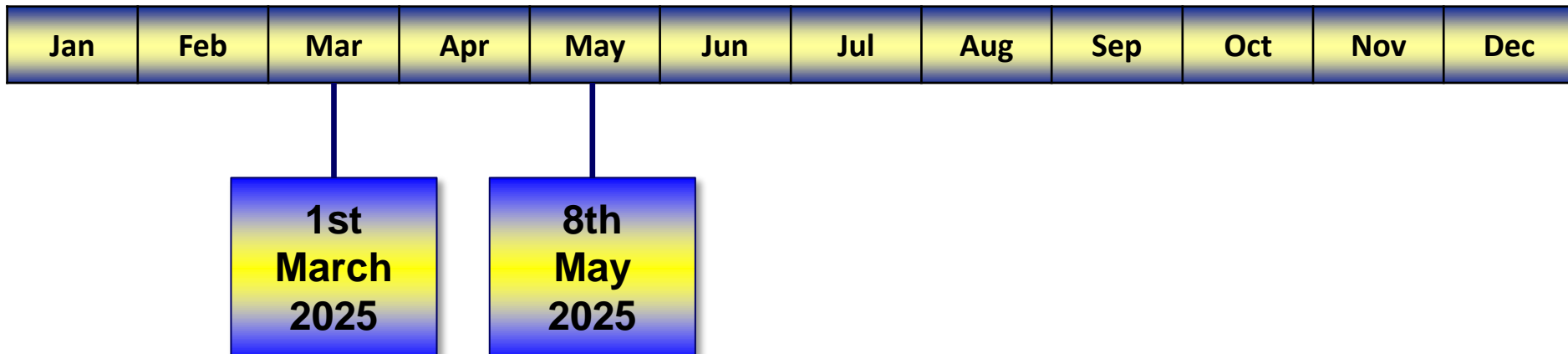
Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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**25th
January
2025**

**3rd
February
2025**

Duration of stay

2025- Spain



1. Participation in the 3rd edition of "Military Multinational Sports and Shooting Games 2023"- Poland

- Military Obstacle Course
- Cross Workout Challenge
- Pnp10 pneumatic gun shooting
- Indoor rowing
- Swimming Challenge



1. Participation in the 3rd edition of "Military Multinational Sports and Shooting Games 2023"- Poland



2. Participation in the 4th Transnational Project Meeting of the Hybrid Warfare Project "Interdisciplinary Education And Training On Hybrid Warfare"- Israel



Understanding:

- The concept of hybrid warfare
- The role of Hybrid CoE
- The design of hybrid COAs
- The role of proxies

2. Participation in the 4th Transnational Project Meeting of the Hybrid Warfare Project "Interdisciplinary Education And Training On Hybrid Warfare"- Israel



3. Participation in the 6th Transnational Project Meeting of the Hybrid Warfare Project "Interdisciplinary Education And Training On Hybrid Warfare"- Slovakia

- Attending some lectures about Hybrid Warfare
- Simulating a situation using the simulation tools
- Shooting exercise on virtual simulator



3. Participation in the 6th Transnational Project Meeting of the Hybrid Warfare Project "Interdisciplinary Education And Training On Hybrid Warfare"- Slovakia



4. Participation in an international semester- Poland



- Attending the classes we had in our schedule
- Having the final exams for each discipline

4. Participation in an international semester- Poland



5. Participation in the 7th Common Security and Defence Policy Olympiad- Hungary

- Completing the e-learning course
- Preparing an official paper on one of the proposed topics
- Presenting of a PowerPoint about the topic I chosed
- Taking part into a knowledge competition



5. Participation in the 7th Common Security and Defence Policy Olympiad- Hungary



6. Participation in an Infantry Officer Winter Warfare Module- Estonia



- Attending some lectures before starting the training
- Learning about the Winter Warfare
- Staying 5 days in the field

6. Participation in an Infantry Officer Winter Warfare Module- Estonia



7. Participation in a practical mobility- Spain

- Studying for my bachelor's degree
- Taking part into a field training for one week
- Participating into a career orientation trip
- Joining a night training



7. Participation in a practical mobility- Spain



- **Swimming with a weapon without drowning (Poland, 2023)**
- **The majority of people speak English fluently, even if their native language uses a different alphabet (Israel, 2023)**
- **Certain shops would close at 6 in the evening (Slovakia, 2024)**
- **Living off-campus provided a valuable opportunity to develop financial management skills and learn to handle things independently (Poland, 2024)**



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Highlights



- I ended up getting a fine on my birthday (Hungary, 2024)
- Crossing two rivers to make sure there was no chance of finding dry clothes in the backpack (Estonia, 2025)
- The first time crossing to another continent by ferry (Spain, 2025)



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Highlights



- **The development of self-confidence**
- **The ability to work in a team with unknown people**
- **Overcoming my own limits**
- **Meeting with high school classmates**
- **I became more financially responsible**
- **Learning about hybrid warfare**

Recommendations

- **Trust yourself, be yourself**
- **Do not compare to others**
- **Do not let this chance (international mobility) go away**
- **Do not be afraid of the unknown**
- **Explore the world as much as you have the opportunity**
- **Work for your dreams**
- **Learn small things continuously**



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**thank YOU
for YOUR
attention!**

