

INTERNATIONAL WORKSHOP ON PHYSICAL EDUCATION: "TECHNICAL AND MOTOR PREPARATION FOR ORIENTEERING"

PILOT EDITION

Maj. Dariusz Jamro, Ph.D.

RO RNA 2025 - 66th IG Meeting & IMAF 2025

GENERAL INFORMATION:

Date: May 7–14, 2025

Location: Military University of Land Forces (AWL) / Wrocław / Mount Ślęza

Participants: Students and faculty members from foreign military academies – 8 from the Armed Forces Academy (Slovakia) and 7 from the Hellenic Army Academy (Greece)



Organization:

The workshop consisted of two parts: an e-learning module and an in-person training component. Additionally, participants took part in the **Military Academies Cross-Country Running Championships** (May 7–14, 2025 – practical, in-person segment).



OBJECTIVES:

- To familiarize participants with the basic equipment used in orienteering;
- To learn and understand symbols commonly used in orienteering;
- To develop skills in using a map and compass;
- To practice running with the use of linear features;
- To improve spatial orientation skills;
- To develop the ability to navigate using azimuth;
- To enhance motor fitness and physical capabilities.





1st leg really?		1.9 km			
▷		↘	↗	×	
1	31	↗			↑
2	36	↑			○
3	41	◇			○
4	32	■			↓
5	33	▨			↘
6	37	↗		<	
7	38	↗			↓
8	39	↑			○
		60 m			×



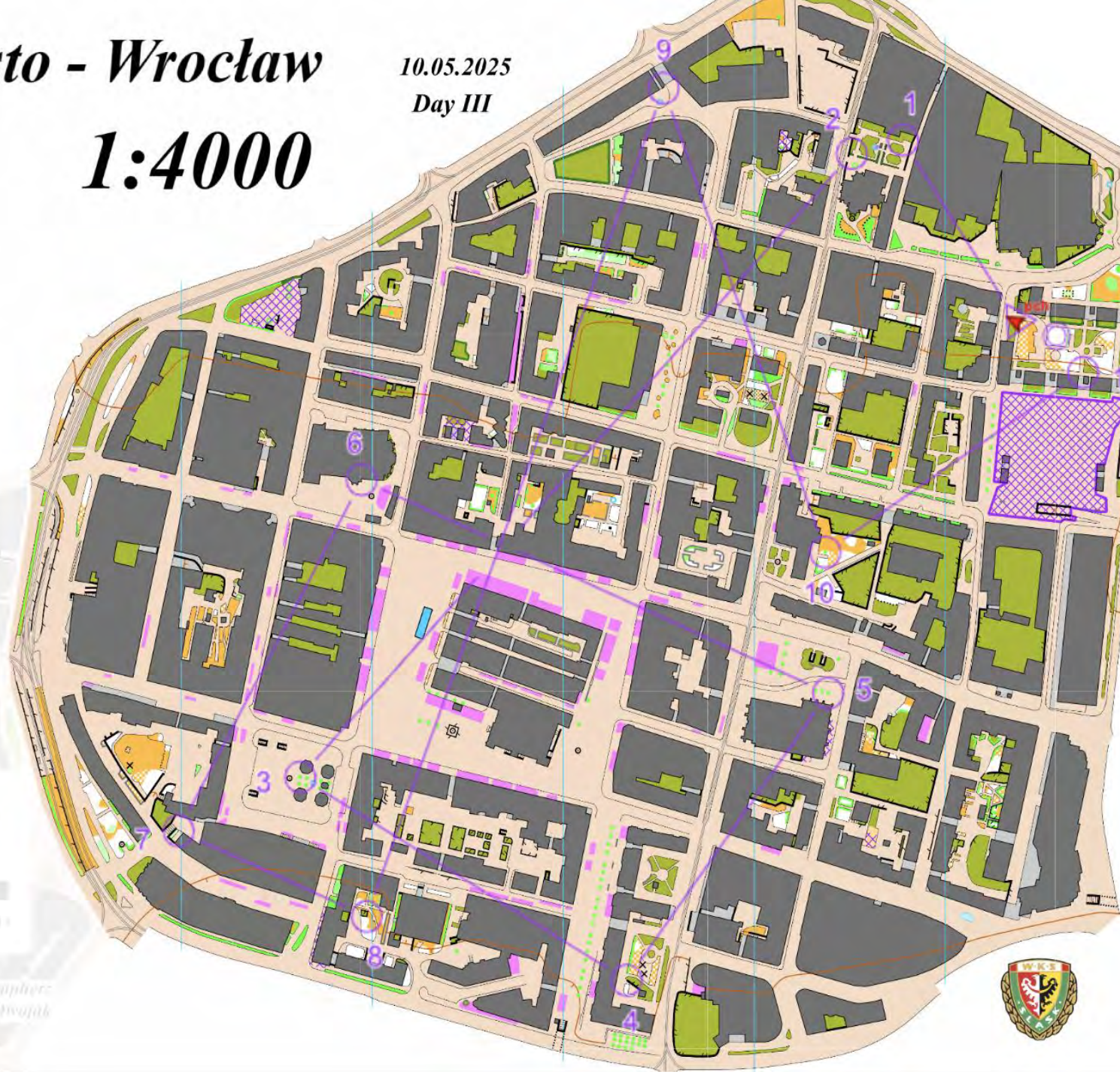
Stare Miasto - Wrocław

10.05.2025

Day III

1:4000

Day III		3,6 km		
▷		☒		└
1	31	▨		^
2	34	▨		<
3	32	↖	♣	⊙
4	33	↗		↘
5	39	→	♣	⊙
6	36	▨		┐
7	38	↙		>
8	40	↖		└
9	37	▢	▢	┌
10	35	♣		⊙
11	41	☒		└
⊙		30 m		⊙



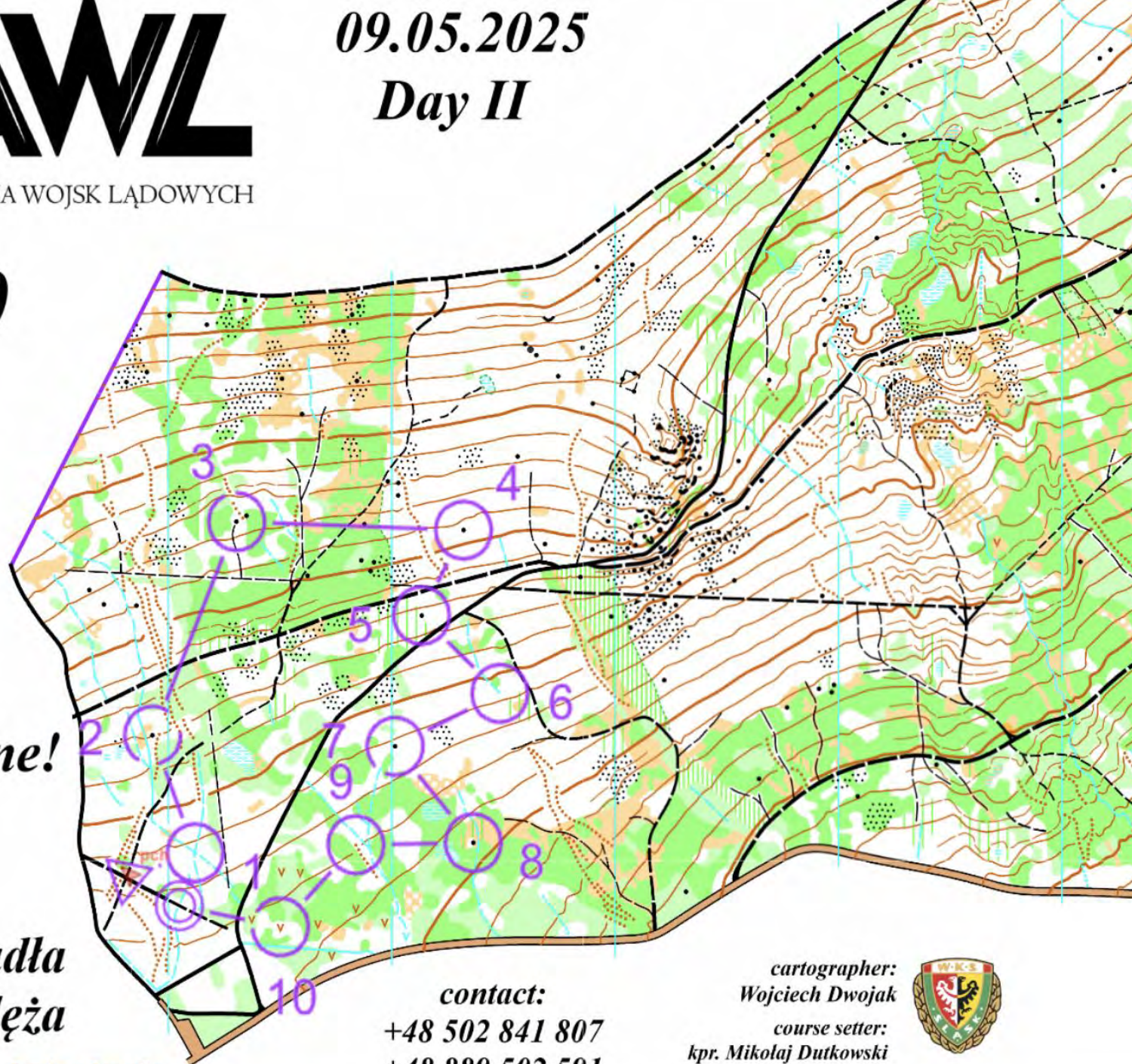


09.05.2025
Day II

1:7500

Day II, 1		1,9 km			
▷		↗	↘	×	
1	31	↗	↘	×	
2	32	▲			♀
3	42	↙	▲		○
4	43	▲			○
5	45	▲			○
6	46	↗			↘
7	33	▲			♀
8	35	▲			○
9	36	↘			↙
10	37	∨			
		140 m			

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Thank You 😊

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