

EMILYO Walking Team 2026 CONCEPT

FROM: PhD Radosław TYŚLEWICZ

TO: Col. Assoc. Prof. Hon. Sen. PhD Gell Harald

SUBJECT: DE 4 DAAGSE WALK OF THE WORLD - EMILYO Walking TEAM 2026

1. INTRODUCTION:

The purpose of this report is to present the idea of fielding a joint marching team under the EMILYO flag in the De 4Daagse march in the Netherlands in July 2026. This is to be an opportunity to showcase our organisation in the military community in Europe and around the world. The joint team will also have an integrative dimension. Participation in this major global event will provide material for press and audio reports affiliated with EMILYO, military academies and EU institutions.

2. GENERAL PRINCIPLES:

A. Registration:

- Participant registration deadline by Team Leader: 31 January 2026
- Individual payment deadline: 28 February 2026
- Candidate nomination deadline: 30 November 2025 (to EMILYO team Leader)
- Everyone who qualifies for the team must create an individual participant account on the march organiser's website (this will provide you with the details for the entry fee transfer and your ticket).

B. Rules for participants in small contingents:

- Distance: 160 km in 4 days (real by Germin: 174 km)
- Field uniform (high military boots)
- Mandatory load: min. 10 kg (checked along the route)
- Team composition: min. 11 participants, 12-14 participants recommended.
- Awards: individual medal and possible team medal provided that at least 11 participants complete the march
- The team must walk together in formation, there are ad hoc checkpoints and this is monitored
- Accommodation in tents at the HEUMENSOORD military camp
- The fee includes meals, accommodation and sanitary facilities
- Accommodation is co-educational, the whole team sleeps together in one cubicle on bunk beds

PLEASE NOTE: AS THE NUMBER OF PLACES IS LIMITED, PLEASE REGISTER AS SOON AS POSSIBLE.

C. Fees:

- The individual fee in 2025 was 460 euros per person payable in March
- Travel expenses are not included

D. Proposal for selecting participants:

- Participants volunteer
- Each EMILYO member university may nominate a maximum of two participants (one staff member and one military student, or two staff members).
- The team coordinator is the participant with the most experience in the De 4Daagse march (acts as commander, briefs participants, is responsible for order, discipline and the entire team, solves current problems)
- The final composition of the team is verified by the individual payments of qualified participants; failure to pay on time means withdrawal from participation in the march. NOTE: Individual fees are non-refundable. In the event of injury or unforeseen circumstances, a participant may only 'sell' their place to another person, but no later than May.
- The team marches under the common EMILYO flag, presenting it during the opening ceremony and every day during the march. The team uses a dedicated EMILYO badge on their uniforms throughout the competition. National flags are displayed on uniforms according to general rules.
- One person may be present to support the team. I suggest that this be the highest-ranking EMILYO representative. They will participate in VIP meetings and will be present in the VIP stand in the morning and afternoon, which will allow for better emphasis of EMILYO's participation in this event.
- Because joint training sessions are not possible, after registration closes, each participant will receive a training programme. An internal communication group will also be set up on WhatsApp, as well as a training group on Strava.

3. CONCLUSION:

To summarise the report below, I propose that all EMILYO participants be invited to take part in the 108th edition of the De 4Daagse march in the Netherlands, in accordance with the rules presented. I would like to take on the role of coordinator and group leader. I have participated in and completed five editions of De 4Daagse, including three with the PNA team, and won three team medals. The question of financing participation remains. Can it be financed from Erasmus+ funds? This needs to be checked. If not, everyone will have to bear the costs individually or within the funds of the university where they work.

4. CONTACT DETAILS:

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5. LINKS TO THE OFFICIAL WEBSITE OF THE MARCH, RULES AND REGULATIONS, MILITARY CAMP, MILITARY REVEILLE SIGNAL:

[The 4Days Marches | the Walk of the World | 4Daagse](#)

[Regulations | 4Daagse](#)

<https://www.facebook.com/KampHeumensoord>

[The Instant Reliefs - Wake Up](#)

6. ATTACHMENTS:

1. March schedule

2. Guidelines for participants regarding uniforms and equipment

ATTACHMENTS NO 1

MARCH SCHEDULE

Saturday:

arrival and accommodation, the camp is available from 6 p.m. The first person collects all passes and occupies the box for the team. I suggest entering as a group and setting a meeting time at 10 p.m. in front of the camp gate - this will facilitate accommodation issues. There is no parking available at the camp!!!!

Sunday:

breakfast, 9:00 a.m. roll call and ceremonial raising of national flags, 10:00 a.m. - 2:00 p.m. ceremonial march through the city of Nijmegen with flags and ceremonial opening of the De 4Daagse March in the city centre

17:00 briefing

Monday:

breakfast, no activities, suggested trip to the city to get gadgets from the competition town and possible sightseeing in Arnhem and Nijmegen

17:00 briefing

Tuesday - Day 1 of the march

Breakfast from 2:30 a.m. to 4:30 a.m.

Start between 3:30 a.m. and 6:30 a.m., as decided by the organiser

March approx. 40 km - time limit until 4:00 p.m.

17:00 briefing

Wednesday: Day 2 of the march

Breakfast from 02:30 to 04:30

Start between 03:30 and 06:30, as decided by the organiser

March approx. 40 km - time limit until 16:00

17:00 briefing

Thursday - third day of marching

breakfast from 02:30-04:30

start between: 03:30-06:30 decided by the organiser

march approx. 40 km - time limit until 16:00

5 p.m. briefing

Friday - fourth day of marching

breakfast from 2:30 a.m. to 4:30 a.m.

start between 3:30 a.m. and 6:30 a.m. - to be decided by the organiser

march approx. 40 km - time limit until 4:00 p.m.

at 3:30 p.m. march past the VIP stands and end of the march

Saturday:

breakfast, departure from the camp by 10:00 at the latest

ATTACHMENTS NO 2

Guidelines for participants regarding uniforms and equipment

1. Footwear:

military boots, high or 3/4 length, in accordance with uniform regulations. I recommend lightweight boots with good cushioning, as the march is on asphalt! In Poland, soldiers are free to choose their own boots, provided that they comply with military requirements in terms of purpose, colour and upper height. Personally, I recommend the Zaphyr model by Lowa or similar brands such as Haix or Under Armour. Boots must be chosen in advance, they must be comfortable and tested at least 3 months before the march. We do not start in new boots! Choose boots with at least 1.5 cm of extra space, as your feet will swell every day.

2. Uniform:

everyone wears their national field uniform. However, I recommend a tropical uniform or one made of light material, as temperatures in the Netherlands are high in July. The Finnish contingent deliberately uses tropical uniforms because they are light, breathable and dry quickly. It is worth having two pairs of trousers, two sweatshirts and two combat shirts. Be sure to bring a change of socks and comfortable underwear. We wear jackets at the start and finish, and combat shirts during the main part of the march.

3. Backpack:

everyone must have a military backpack with a required load of 10 kg (the total weight of the backpack plus the load counts). I recommend large 80-120 litre rucksacks, as they have a comfortable carrying system and a wide hip belt, which makes walking easier. Small rucksacks are not suitable. As a load, I recommend 3.5 kg of cat litter + the weight of the rucksack + a rain poncho = 10 kg. Water is not included in the weight of the rucksack!

4. Other equipment

sunglasses, neck scarf, rain poncho, first aid kit (warming ointment, cooling ointment, abrasion ointment, wound disinfectants, sunscreen with filter, foot talcum powder, etc.). Sleeping bag, pillow, towel, toiletries (the camp provides bunk beds with mattresses, accommodation is co-educational, the whole team sleeps together in one cubicle on bunk beds), flip-flops.

5. Food and water on the route:

there is no need to carry large amounts of water; 1-1.5 litres is sufficient. Water is available on the route, so there is no point in carrying it! Food: teams have three food stops per day on the route, so there is no need to carry food or bring food with you.

6. Division of tasks within the team:

The march is not a race; the main goal is to represent EMILYO with dignity and to complete the march with the same team that started it. It is teamwork, and any injury or negligence on the part of one person will affect the entire team. In a team, we always need to divide tasks among each member. We always need a paramedic, press officer/photographer, navigator, logistician, weather forecaster, trainer with a Germin app, flag bearer, etc.

7. Frequent injuries:

90% of injuries are foot injuries – abrasions, blisters, strains, sprains, etc. That is why at every stop we start by checking our feet, airing our boots and adjusting our socks! 10% of injuries are abrasions on the shoulders and groin caused by backpack straps, trousers or poorly fitted underwear. That is why all clothing and equipment should be tested before the march!

8. Attractions at the camp:

The camp also offers entertainment: a disco, pub and café. There are no shops. The camp is located in a park about 4 km from the town. Transport is provided by dedicated bus lines available throughout the day