

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

EMILYO • Blended Intensive Programme (BIP)

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NO NDUC 2025 - The 69th Meeting of the Implementation Group

Why Orienteering?

Operationally relevant: navigation + movement under stress

- Decision-making under fatigue (route choice, pacing, risk control)
- Land-navigation competence: map symbols, compass work, azimuth, terrain association
- Motor readiness: endurance, agility, coordination on complex terrain
- Teamwork & leadership via relays / small teams and after-action reviews
- Safety culture: planning, hazard recognition, accountability



Pilot Edition (2025) — Proof of Concept

2025 results (AWL / Wrocław – Mt Ślęza)

Date

- 7–14 May 2025

Format

- E-learning + in-person training

Participants

- 15 (8 Slovakia, 7 Greece)

Added value

- Integrated with Military Academies Cross-Country Championships



Outcome: scalable model for an EMILYO BIP in 2026 (mountain terrain).

Learning Objectives & Outcomes

By the end of the BIP, participants will be able to:

- 1) Use basic orienteering equipment (map, compass, control descriptions)
- 2) Read and interpret orienteering map symbols correctly
- 3) Navigate point-to-point in forest and urban terrain using map & compass
- 4) Move efficiently using linear features and accurate azimuth
- 5) Apply training drills to improve technical + motor preparation
- 6) Deliver a short, safe orienteering training session (methodology)



Focus: technical competence + motor readiness + teaching methodology

BIP 2026 Concept

- AWL / Wrocław – Mt Ślęza
- 18–25 September 2026 (field-intensive) + pre-event online module

Training focus (technical + motor preparation):

- 1) Mountain orienteering: contour interpretation, route choice, downhill control
- 2) Sprint/urban sessions: precision at speed, micro-route decisions
- 3) Night-O and reduced visibility drills
- 4) Motor microcycles: strength-endurance, coordination, injury prevention
- 5) After-action reviews: decisions, errors, and teaching methodology



Venue & Logistics

Basecamp: AWL or Mountain Training Center
“Wysoki Kamień”

- Full on-site delivery in Szklarska Poręba (Lower Silesia, PL)
- Accommodation at the AWL facility (group lodging)
- Daily access to mountain orienteering terrain and training infrastructure
- Safety: briefings, risk controls, first-aid coverage, accountability procedures
- Arrival options: Wrocław (airport/rail) + transfer to Szklarska Poręba



Outdoor classroom: steep, technical terrain +
varied micro-route choices

Draft Programme (18–25 Sep 2026)

Two-week intensive field block (example flow)

Day 1-2

Online component (pre-module)

Baseline map literacy

Video demos (controls, pacing)

Short quiz + preparatory task

Day 3

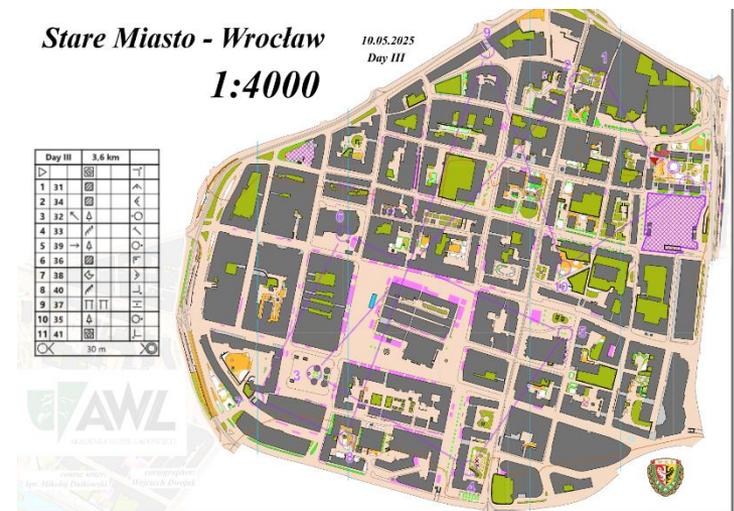
Arrival & admin

Check-in, kit issue, safety brief

Day 4

Intro lecture + basics

Map symbols, compass, linear features



Draft Programme (18–25 Sep 2026)

Days 5

Mountain technique

Contours, route choice, downhill controls

Day 6

Recovery + cultural

Guided visit / team-building

Days 7

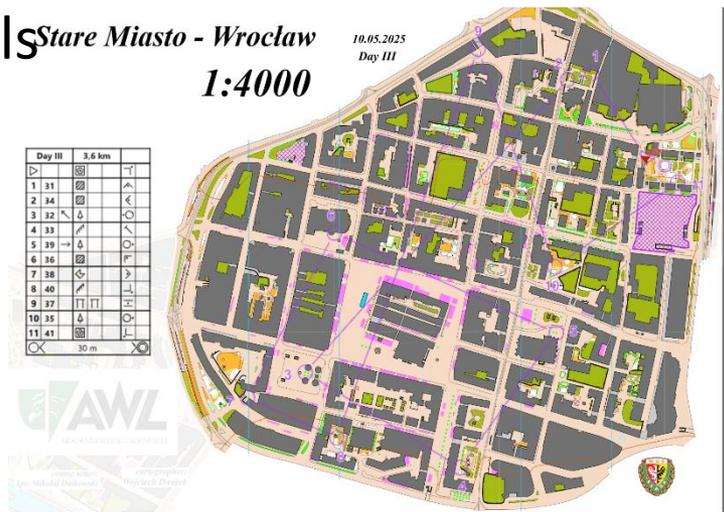
Speed & precision

Sprint/urban, intervals, error control

Day 8

Night-O

Reduced visibility procedures + drills



Who Should Join?

Target group

- Cadets / students from EMILYO partner academies
- PE instructors / military sport staff (optional)
- Mixed-nationality teams to maximise peer learning

Prerequisites (recommended)

- Basic running fitness (terrain sessions, variable pace)
- Willingness to learn map work (no prior orienteering required)
- Personal equipment: running shoes for trail + headlamp (night-O)
- Working language: English

Suggested cohort size

20 learners (plus staff)

Safety & inclusion

Progressive difficulty, clear cut-offs, buddy system, and options for different fitness levels.



Call to action: please signal interest

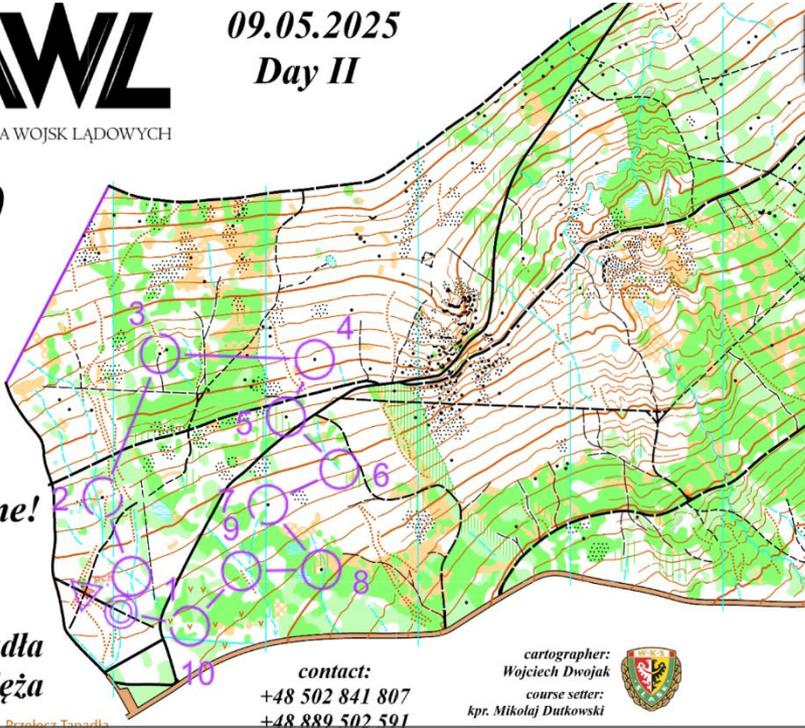


AKADEMIA WOJSK LĄDOWYCH

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 | ✓ | ○ |



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LOSNICA
AKADEMIA
WUSKOWA

WODKOWA
AKADEMIA
TECHNICZNA

AKADEMIA
MARYNARKE
WOJENNEJ

Thank you 😊

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Military University of Land Forces

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