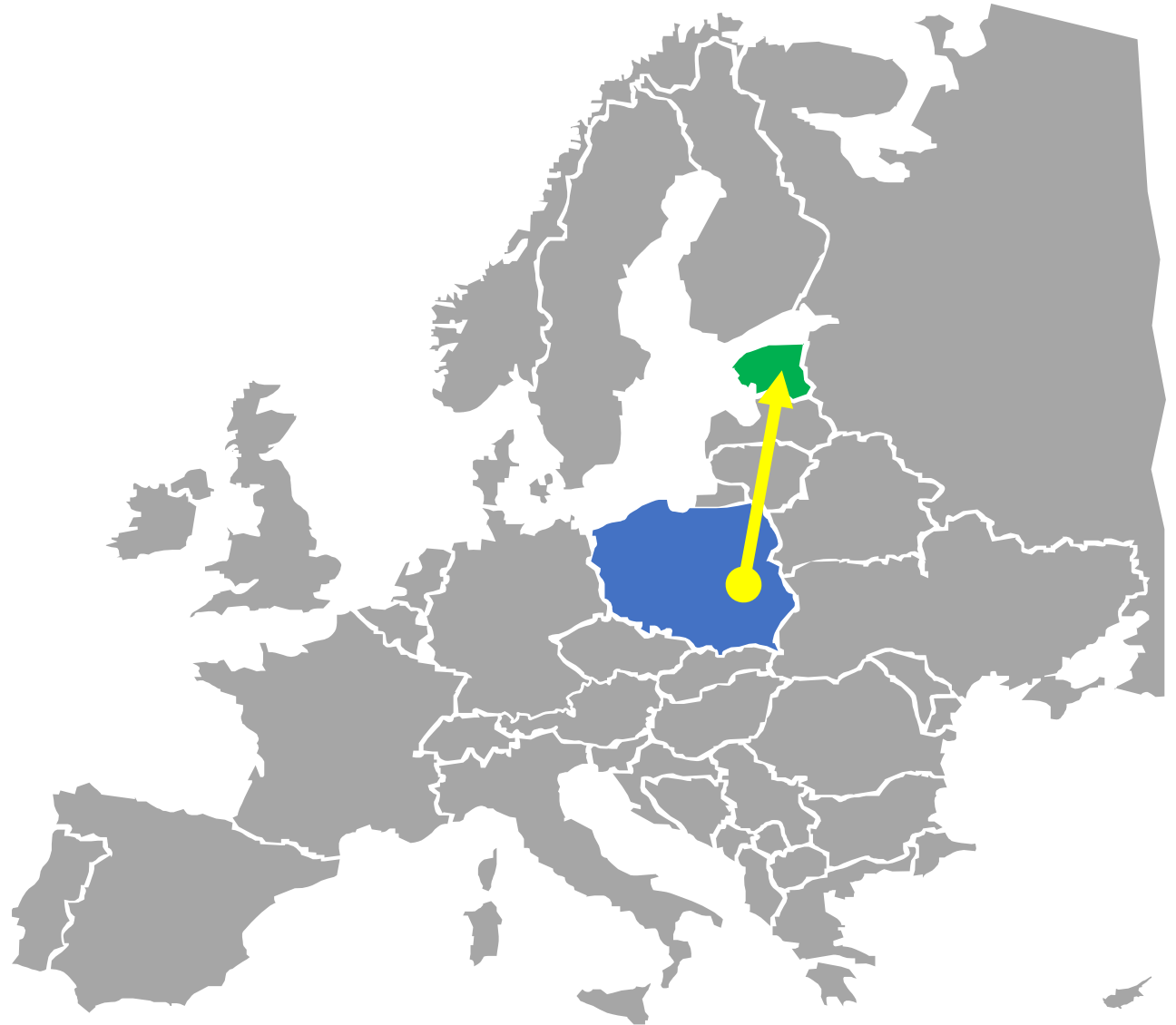




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I am from Polish Air Force University





Duration of stay

2026

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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02nd
February
2026

24th
January
2026





- **Tactical Leadership:** Executed platoon-level tactical operations and maneuvers in extreme winter environments.
- **Technical Proficiency:** Refined advanced skills in tactics, marksmanship, and field leadership.
- **Multinational Interoperability:** Coordinated with international teams to enhance communication and cross-border operational synergy.





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- **Operational Readiness:**
Performed combat readiness recovery and night-time operations in sub-zero temperatures.
- **Survival & Fieldcraft:**
Constructed improvised shelters and managed field logistics under resource-constrained conditions.
- **Resilience & Endurance:**
Demonstrated physical and mental stamina while operating in high-stress, extreme climatic scenarios.



- **Extreme Environmental Testing:** Conducted a controlled ice-hole jump in a frozen lake at -25°C ambient temperature.
- **Tactical Immersion:** Executed the drill in full field uniform to simulate emergency sub-zero breakthrough scenarios.
- **Cognitive Resilience:** Maintained continuous verbal contact with instructors while submerged to monitor mental clarity and prevent physiological shock.





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- **Self-Rescue & Extraction:** Practiced rapid self-extraction techniques and tactical crawling to navigate unstable ice surfaces.
- **Thermal Recovery Protocol:** Implemented immediate dry-clothing transition followed by high-intensity exertion (running) to restore core body temperature.
- **Key Takeaway:** A transformative lesson in stress management, demonstrating the body's ability to operate under extreme physiological strain.





Benefits

- **Advanced Tactical Specialization:** Mastered high-intensity winter warfare operations, including trench warfare techniques and platoon maneuvers in extreme arctic climates.
- **Operational Resilience:** Developed superior adaptability and problem-solving skills while operating under physical and psychological duress in resource-limited environments.
- **Multinational Interoperability:** Enhanced professional English communication proficiency by coordinating complex tasks with officers from diverse international backgrounds.
- **Cross-Border Knowledge Exchange:** Facilitated the exchange of military best practices and tactical experiences, broadening strategic perspectives on modern battlefield challenges.
- **Stress Management & Leadership:** Cultivated the ability to maintain cognitive clarity and lead teams during high-stakes scenarios, such as the emergency cold-water immersion protocol.
- **Survival Mastery:** Acquired specialized fieldcraft skills, including improvised shelter construction and thermal management, essential for maintaining combat readiness in sub-zero conditions.





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Recommendations

- **Program Integration:** Strongly recommend the continued participation of officer cadets in the Winter Warfare Course to standardize tactical proficiency across NATO partner forces.
- **Pre-Deployment Conditioning:** Future participants should undergo rigorous physical and mental preparation, focusing on cold-weather endurance and high-intensity interval training.
- **Specialized Knowledge Transfer:** Implement a series of workshops within the home unit to share acquired survival techniques and trench warfare tactics with other cadets.
- **Language Proficiency:** Emphasize the importance of mastering specialized Military English prior to departure to maximize the effectiveness of multinational tactical coordination.
- **Simulation of Extreme Stress:** Increase the use of high-stress scenarios (such as controlled cold-water exposure) in local training to build psychological resilience among future leaders.





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**thank YOU
for YOUR
attention!**

attention!

