



BLENDED INTENSIVE PROGRAMME (BIP) – International military sports activity ALLROUNDER 2025

**organized by the Armed Forces Academy of General Milan Rastislav Štefánik,
Liptovský Mikuláš, Slovakia**

Date: September 22–26, 2025

Introduction

The Armed Forces Academy of General Milan Rastislav Štefánik is pleased to host the Blended Intensive Programme (BIP) – International military sports activity ALLROUNDER 2025, combining virtual learning and physical mobility. This programme provides participants with the opportunity to enhance their physical readiness, teamwork, and decision-making skills through an internationally recognized competition.

General information

ALLROUNDER in its traditional basic form is an international military sports competition consisting of 6 disciplines / military sport skills related events (obstacle course, hand-grenade throwing, swimming relay in field uniform, SMG and Pistol shooting, cross-country run and rafting) - **NO ENTRY FEE.**

- ⇒ Military educational institutions can send 1 team consisting of 6 members (competitors) and 1 team-leader (additional student or PE instructor or staff).
- ⇒ Team-leaders will join the team-leader meeting and competition draw on the day before competition itself as well as short team-leader briefings before each competition discipline.
- ⇒ There is a limited capacity of a maximum of 12 teams so registrations will be dealt with on **first come first serve basis.**

Registration

Institutions are requested to confirm their interest in participating in activity no later than **July 31, 2025 – please also specify the size of T-shirts requested for participants.**

Participants are kindly requested to register by sending the filled in “**Registration Form**” to the ALLROUNDER POC: Martina HYKLOVÁ: martina.hyklova@aos.sk and Mgr. Peter ŽIŠKA, PhD.: peter.ziska@aos.sk in Cc. Deadline for team registration: **August 31, 2025.**

NOTE: One Registration form per institution / team



The Registration Form can be downloaded at <https://weblm.aos.sk/en/article/281-allrounder> or at the EMILYO website

TRANSPORTATION

Participants may be arriving by air, train, bus, or car

PLANE –teams are recommended to choose to fly to / from the airports in Vienna or Bratislava, in the morning, in which case the AFA will arrange transport (1 bus) from airport to Liptovský Mikuláš and back. The pick-up time will be determined based on the arrival and departure details provided in the Registration Form. *Note: the journey from the airport to Liptovský Mikuláš takes 3-5 hours depending on the airport they are flying in to.*

PUBLIC TRANSPORT- we highly recommend the arrival at the airport in the MORNING whether you fly to, Bratislava, Vienna or Košice, and continue the trip to Liptovský Mikuláš from there by either hiring a car at the airport or taking public transport.

- ⇒ *Košice airport* – take a taxi or bus No 23 (costs about 1-2 EUR) from the Košice airport to Košice – hlavná stanica (main train station) and from there take a train to Liptovský Mikuláš which costs approximately 20 – 25 EUR.
- ⇒ *Bratislava airport* – there is a direct bus No 61 going from Bratislava airport to the Bratislava – hlavná stanica (main train station) about a 30-minute trip. It will cost about 1,50 -2,00 EUR. Then there is a train to Liptovský Mikuláš which leaves approx. every hour.
- ⇒ *Vienna airport* – Slovak Lines company operates buses going directly from Vienna airport to Bratislava main train station – a trip takes 50 minutes – and from there you can again take the train 3:40 – 4 hours. There is also an option from Vienna airport to take the Slovak Lines bus that goes to the Bratislava main BUS station or Bratislava Most SNP but in this case, you will need to take a bus or taxi to the main train station, which is an additional expense of about 1,50 EUR per person.

CAR - Participants are requested to make their own travel arrangements to and from Liptovský Mikuláš. Please remember to specify details about the car **AND** driver in the Registration Form

- ⇒ **ARRIVAL** – participants are expected to arrive on Sunday **21st September 2025**
- ⇒ **DEPARTURE** – is scheduled on Saturday, **27th September 2025** after breakfast.



ACCOMMODATION

International participants accommodated at the AFA facilities will receive free accommodation.

In case the participants decide to book accommodation elsewhere on their own, please inform the ALLROUNDER POC – financial costs will then be up to sending organization.

MEALS

All participants accommodated at the AFA facilities are provided with three meals per day in the AFA mess hall at a specific time, free of charge.

AFA will provide lunches for all participants (even for those accommodated outside the Academy - free of charge.

However, as the AFA mess hall is not a restaurant-type facility, it will not be possible to order a meal on an „I come – I order – basis”. Meals must be **ordered in advance**.

- ⇒ A link to the **Meal Order Form**, including the menu, will be distributed via email to all participants approximately one month in advance, following their registration on the event portal. Participants who wish to have meals at AFA must submit the completed Meal Order Form.
- ⇒ We strongly advise you to check the Menu, to ensure correct choices are made. It will not be possible to change the order during the week of the activity.

We kindly ask you to submit Meal Order Forms no later than **September 15, 2025**.
(Note: If this option does not suit the participants, the POC can recommend nearby restaurants.)

AFA will provide **hosted dinner – Banquet** on Friday evening free of charge

DRESS CODE

Arrival / Departure: Civilian clothes

Activities on Monday and Friday: sports - leisure clothing, waterproof clothing in case of bad weather; swimwear, swimming goggles and towels; hats and gloves in case of snow in the mountains. Sports shoes, trainers for running or lightweight hiking shoes.

Team-leaders' Meeting: Civilian or sport clothes

Practice at the obstacle course: sports clothes

Hosted Dinner: Civilian clothes – NOT sports clothes



COMPETITION dress code:

!!! Opening Ceremony / Closing Ceremony: ALLROUNDER 2025 T-shirt!!! (team-leaders will receive T-shirts upon arrival to Team-leaders' meeting according to the sizes requested by e-mail no later than July 31, 2025) and field uniform or sports trousers.

- ⇒ **Obstacle Course:** Battledress (Field uniform) – cap is allowed / glasses are forbidden / gloves and knee pads are allowed.
- ⇒ **Hand-grenade imitation throw at the target:** Battledress (Field uniform) – cap and gloves are allowed
- ⇒ **Swimming relay in military clothing:** Battledress (Field uniform) and belt (bandage) are provided by the organizer – swimming cap and glasses are allowed
- ⇒ **Shooting:** Battledress (Field uniform)
- ⇒ **Cross-country run:** Battledress (Field uniform) and athletic shoes (use of sports clothes might be the subject of discussion / voting at Team-leaders' Meeting on Tuesday)
- ⇒ **Rafting:** Organizer provides rafts, life jackets, helmets. Neoprene or wet suit is recommended but not compulsory, AFA can provide neoprene equipment to some competitors, unfortunately, not to all participants.

Note: Teams are encouraged to bring their country flags

HEALTH

Insurance – Insurance is the responsibility of the sending country. We recommend bringing with you an insurance certificate in case of medical care in a civilian health care facility.

- ⇒ Throughout the competition the AFA medical service staff as well as rescue service during rafting will be on standby at venue.

USEFUL LINK

- ▶ <https://weblm.aos.sk/en/article/allrounder> - information about the competition as well as past videos



PROGRAMME

Date	ACTIVITY
Between September 8–20, 2025 (exact days and times will be specified)	Virtual Component (online lectures and workshops on sports strategy)
Sunday September 21, 2025	Arrival day
Monday September 22, 2025 (programme will be adjusted according to the weather conditions)	Welcoming participants, specifying the agenda, instructions. Military fast-track transfer / aerobic run at Tatra Mountain area. Demonstrations of drowning rescue and military-practical swimming, basics of rafting and wild water movement. Visit to thermal springs.
Tuesday September 23, 2025	Visit to the Simulation centre, demonstration of the basics of close combat. Measurement of somato-metric parameters of competitors, Team-leaders' meeting, training on the obstacle course and in grenade throwing at the target.
Wednesday September 24, 2025 1 st day of competition	Allrounder 2025 competition - according to the programme. - Opening ceremony - 4 disciplines (obstacle course, grenade throw at target, swimming, shooting)
Thursday September 25, 2025 2 nd day of competition	Allrounder 2025 competition - according to the programme. - 2 disciplines (6 km cross-country run, rafting). - Evaluation of the competition - Closing ceremony - award ceremony
Friday September 26, 2025 (programme will be adjusted according to the weather conditions)	Military practical climbing, moving on flowing water in case of favourable conditions, cave visit. - banquet / Hosted dinner
Between Sept 29, 2025 - Oct 5, 2025	Virtual Component (feedback on online lectures and workshops on sports strategy)



COMPETITION AND DISCIPLINES

1. Obstacle Course
Compete in field uniform in Joint Control Exercise No.1 at the land forces obstacle course. Each member of the team runs. The team result will be determined by total of the individual times.
2. Hand-grenade imitation throw at the target
Each team member throws 10 grenades weighing 350 g at a target 3 x 6 m, 30 m away. The sum of the hits of all team members will determine the result in the discipline.
3. Swimming relay 6 x 50 m in military clothing
Swimming in open water or in a pool (to be specified / voted for at the Tem-leaders' Meeting). The team swims a 6 x 50 m relay in military clothing (provided by the organiser). The order in the discipline is determined by the time achieved.
4. Shooting - the short and long weapon
Each team member shoots standing up: Round 1 - pistol - 5 test shots and then 10 shots at 15 m on an uncovered dummy with a target with circles in a time limit of 2 minutes / shooter. Round 2 - submachine gun - 5 test shots and then 10 competition shots at 25 m on an uncovered dummy with a target with circles in a time limit of 2 minutes / shooter. In the event of a tie between teams, the greater number of hits of the higher value will be decisive. The result of the team is determined by the sum of the points achieved by its members when shooting both long and short guns. Allowed equipment - military clothing (trousers, blouse).
5. 6 km cross-country run
It is a two times 3 km circuit in forested terrain on a mostly clay and grass surface with rocky sections. The elevation of the circuit is about 100m. The result of the team is determined by the total of the times of its members. The team with the fastest overall time is the winner of the discipline. Sportswear.
6. Rafting
Competition on a 6-seater raft on the water slalom canal in Liptovský Mikuláš. Each team completes 2 timed trials. The length of the course is about 400 m with an elevation of 7.5 m, difficulty WW 3. The total of the times of both rounds is the final time of the team. The organizer provides rafting boats, life jackets, helmets and rescue service. The water temperature is expected to be around 16 °C, so a light neoprene suit is recommended.

Order of disciplines depends on the weather conditions and will be determined at the first Team-leader's meeting.



BIP- Blended intensive programme

Student Workload 2 ECTS for physical mobility and 1 ECTS for the virtual part

Virtual Component:

Between September 8–20, 2025 and September 29, 2025 -October 5, 2025

- Online sessions on sports strategy, competition rules, and team discussions.
- Completion of theoretical assignments and performance analysis.

(The virtual part will be open for two weeks before the competition on virtual platform, where general information, rules, a training plan, and a multiple-choice test will be available)

Physical Mobility: September 22–26, 2025

Upon successful completion of the BIP, participants will receive:

- Transcript of Records (3 ECTS)
- Certificate of Participation

This program meets Erasmus+ Blended Intensive Programme (BIP) requirements and ensures that all activities align with ECTS workload standards.

**Approved by the Head of Department of Physical Education and Sports
and Head of Department of Science and International Affairs**