



BLENDED INTENSIVE PROGRAMME (BIP) – International military sports activity ALLROUNDER 2026

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

October 5 - 9, 2026

INTRODUCTION

The Armed Forces Academy of General Milan Rastislav Štefánik is pleased to host the Blended Intensive Programme (BIP) – International military sports activity ALLROUNDER 2026, 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/ teacher or staff).
- ⇒ Team-leaders will join the team-leaders' meeting and competition draw on the day before competition itself as well as short team-leaders' briefings before each competition discipline.
- ⇒ There is a limited capacity of a maximum of **11 guest** 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, 2026** – send “**Confirmation of interest**” form to martina.hyklova@aos.sk and Cc to peter.ziska@aos.sk.



Participants are kindly requested to register their team by submitting the filled in "Registration Form" to the ALLROUNDER POC: Martina HYKLOVÁ: martina.hyklova@aos.sk and Cc to Mgr. Peter ŽIŠKA, PhD.: peter.ziska@aos.sk.

Deadline for team registration: **September 4, 2026.**

NOTE: ONE REGISTRATION FORM PER TEAM

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

TRANSPORTATION

- ⇒ **ARRIVAL** – participants are expected to arrive on Sunday **4th October 2026**
- ⇒ **DEPARTURE** – is scheduled on Saturday, **10th October 2026** after breakfast.

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, Poprad 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 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 and costs up to 20 EUR.
- ⇒ **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.



⇒ *Poprad airport* – take a taxi or bus No 804 (costs up to 5 EUR) from Poprad airport to Poprad – autobusová stanica (bus station), which is next to Poprad-Tatry train station and from there take a train to Liptovský Mikuláš which costs approximately 20 – 25 EUR.

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

ACCOMMODATION

All cadets will be accommodated at the AFA facilities free of charge. Team-leaders (non-cadets) are recommended to book their stay at the nearby B&B or hotels.

AFA can provide accommodation for team-leaders (non-cadets) for 22,50 per person / per night- limited number of rooms.

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

Meals for cadets are provided free of charge. AFA will also provide **Icebreaker** on Monday and **hosted dinner – Banquet** on Friday evening free of charge.

Team-leaders (non-cadets) may pre-order lunches at the Academy for 5,00 EUR per lunch. Payments will be collected on Monday morning in CASH.

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 pre- ordered in advance.

- ⇒ A link to the **Meal Order Form**, including the menu, will be distributed via email to all participants approximately 3 weeks in advance. Participants who wish to have meals at AFA must submit the completed Meal Order Form.
- ⇒ **It will not be possible to change the order during the week of the activity!!!**

Meal Order Forms are to be submitted by no later than **September 23, 2026.**
(Note: If this option does not suit the participants, the POC can recommend nearby restaurants.)

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: Smart civilian clothes (no tie but no sports clothes either)

COMPETITION dress code:

!!! Opening Ceremony / Closing Ceremony: ALLROUNDER 2026 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, 2026) 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 upon request.

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.

DEADLINES

1. **"Confirmation of interest"** form – no later than **July 31, 2026**
send to martina.hyklova@aos.sk and Cc to peter.ziska@aos.sk.
2. **"Registration Form"** – no later than **September 4, 2026**
send to martina.hyklova@aos.sk and Cc to peter.ziska@aos.sk.
3. **"Meals Order Form"** – no later than **September 23, 2026**
send to martina.hyklova@aos.sk and Cc to peter.ziska@aos.sk.



USEFUL LINK

- ▶ <https://weblm.aos.sk/clanok/erasmus-bip-allrounder> - information about the competition (Invitation, Registration Forms, Admin details) as well as past videos
- ▶ <https://www.emilyo.eu/mobility-offers-multiplier-events>

BIP- Blended intensive programme

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

VIRTUAL COMPONENT:

September 21, 2026 – September 30, 2026 and after the activity on October 9, 2026

- 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: October 5-9, 2026 (travel days excluded)

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**