



Date: 17 January 2026

Dear Commandant,

It is with great pleasure that the Norwegian Defence Cyber Academy (NDCA), as part of the Norwegian Defence University College (NDUC), invites your institution to participate in the international Common Module Military Leadership C (Physical Training), scheduled 18–28 September 2026, travel days included, in Lillehammer, Norway.

This Common Module, delivered as a Blended Intensive Program (BIP) carrying 3 ECTS, aims to strengthen cadets' military leadership competencies through focused development of physical performance, resilience, and mastery of the five core disciplines of Military Pentathlon: rifle shooting, obstacle swimming, grenade throw, obstacle run, and terrain run. Through theoretical instruction, practical training, workshops, and competition, participants will deepen their understanding of military physical readiness while building international cooperation and camaraderie.

The module includes a virtual preparation phase prior to arrival. The residential phase culminates in participation in the Norwegian Championship in Military Pentathlon, providing cadets with a high-performance setting to test their skills.

The organizer will provide free accommodation and meals for all international participants. Cadets will be lodged at Camp Jørstadmoen (4–6 per room), with nearby cabins used if needed. Staff will be accommodated similarly if single rooms are unavailable. Transportation will be arranged to and from Oslo International Airport Gardermoen (OSL), where uniformed personnel will greet delegations.

Institutions may nominate up to four cadets and one staff member. Cadets must meet English B1/STANAG 2, national physical standards, be injury-free, able to swim 200 m crawl, and be familiar with their service rifle. Additional advantages include strong running, swimming, and throwing performance.

To confirm participation, please submit the attached Application Form to the Points of Contact by 20 April 2026. Guidance for Erasmus+ mobility is provided in the administrative information together with other necessary information.

We look forward to welcoming your institution to Lillehammer and strengthening international cooperation, professional development, and excellence in military leadership and physical readiness.

*With highest regards,*

A handwritten signature in black ink, appearing to read "Silje Nythun".

Commander

Silje Nythun

Norwegian Defence Cyber Academy