

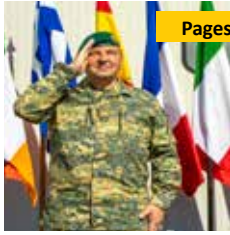


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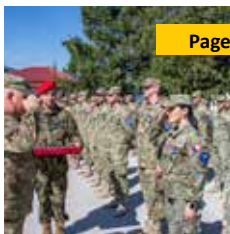
COM EUFOR passed the MNBN colors to the incoming MNBN Commander Lt Col Matthias Lampf.



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Cooperation and Training Contract for the Year 2023

The agreement for the combined military training between EUFOR and the AFBiH was signed on 13th September 2022.



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International Medal Parades

In order to recognize the dedication and service of soldiers from EUFOR's MNBN, Service medals were awarded to MNBN soldiers



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German fitness test

In this edition we want to introduce you to the German fitness test.

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Editor in Chief



Captain Catherine Smyth

Hello all and welcome to the latest issue of the EUFOR Forum. I would like to introduce myself as the new Mission Spokesperson and Editor in Chief of the Forum. My name is Captain Cathy Smyth. I am an Infantry Officer, so the whole Public Affairs role is very new to me. I was born and raised in Scotland, but have

been proudly serving in the Irish Defence Forces for the past 7 years.

This will be our first quarterly issue making a recap of four months of activities, exercises, authority transfers, visits and more ongoing in our AO. The Forum will keep you up to date with the latest EUFOR business as we prepare to enter the busy exercise period for EUFOR Quick Response 2022.

A reminder to all of our colleagues across EUFOR, please feel free to keep the PAO in the loop when you are conducting any activity or doing any sort of project. If the work of EUFOR is worth doing, then it is worthy of a story!

You are welcome to send us stories, pictures, videos, relevant articles or whatever you think is interesting and worth publishing. Send any material to euforpio@eufor.europa.eu

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Chief of Staff EUFOR, Brigadier General Zoltán Somogyi accompanied the EUFOR Joint Military Affairs Chief on the annual inspection of the Igman D.D. ammunition factory. Brig Gen Somogyi had the opportunity to survey the entire production process. <https://tinyurl.com/4tws9zj7>



#euforbih Today marks Armed Forces Day in Poland. Members of the EUFOR Polish contingent organised a multi national Tug of War competition to celebrate.



Yesterday COM EUFOR Maj Gen Anton Wessely had the pleasure to visit a combined exercise with the AF BiH in Zenica. This exercise was the culmination of combined training between EUFOR's MNBN and soldiers of the 1st Infantry Battalion of the 5th Brigade of the AFBiH. Full article: <https://tinyurl.com/5chyxhvj>



On 05 Jun 22 the European Union Military Committee and the Political and Security Committee visited EUFOR where they also took the opportunity to visit the De-mining Battalion of the Armed Forces of BiH in Rajlovac to mark the European Union's donation of €10 Million of de-mining equipment to BiH.

COM EUFOR welcomed the new Operation Commander of EUFOR



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COM EUFOR Major General Anton Wessely welcomed the new Operation Commander of EUFOR Op Althea Lieutenant General Hubert Cottureau to EUFOR HQ, Camp Butmir Sarajevo.

New Operation Commander had the opportunity to meet with the staff of EUFOR and be briefed on EUFOR's role in supporting the BiH authorities in maintaining a safe and secure environment for all citizens of BiH.

Lieutenant General Cottureau Biography

Lieutenant General Cottureau graduated from St Cyr Military Academy in 1990 as part of the Class of Lieutenant Tom Morel. He was commissioned into the Armoured Cavalry at the end of his studies.



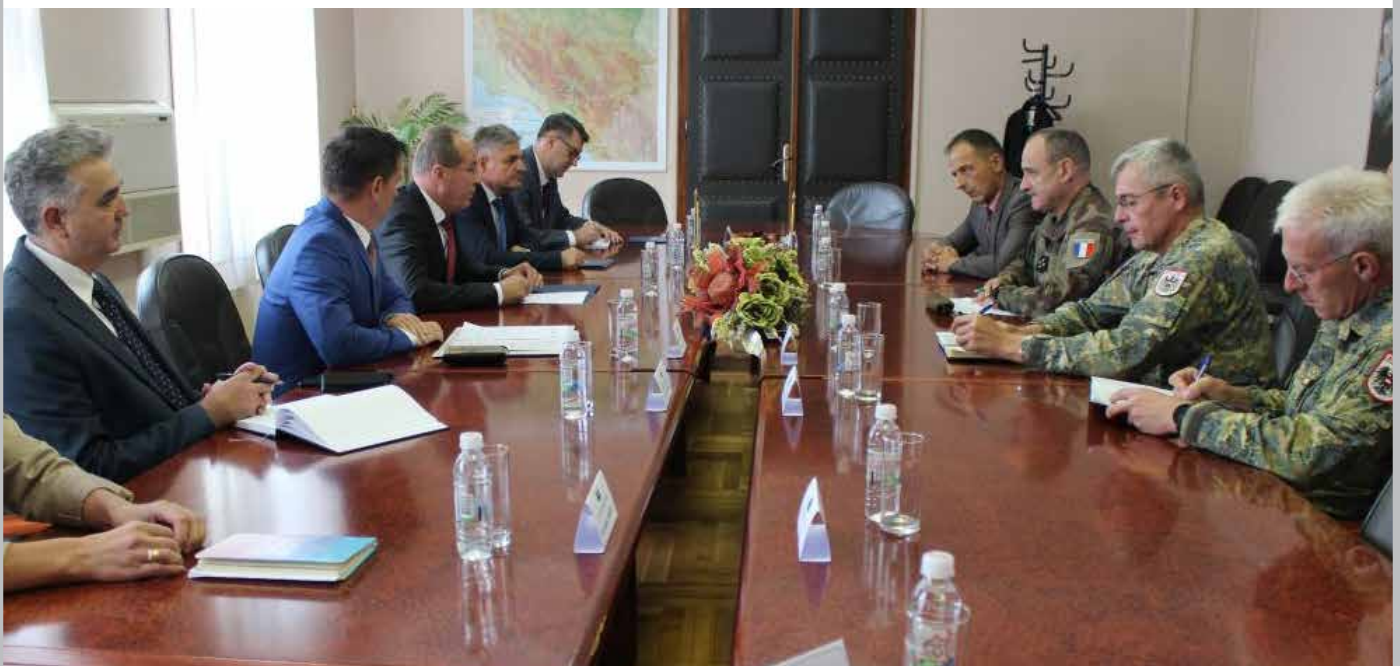
His first military deployment was in 1991 as a Platoon Leader with the 4th Dragoon Regiment to Yugoslavia with the United Nations Protection Force.

Lieutenant General Cottreau has served in appointments and missions throughout France and across the globe. This includes a

period of service in the United States. There he served in the office of the Supreme Allied Commander Transformation (SACT) where he was a Special Assistant, the Director of the Commander's Action Group and the Chief of the Office of Studies. He was also the deputy commander of the 3rd US Infantry Division at Fort Stewart,

Georgia. He participated in 3 Warfighter exercises (including one as an US Corps Commander) and 12 divisional exercises.

On 01 September, 2022, he was promoted to Lieutenant General and appointed Vice Chief of Staff Supreme Headquarters Allied Powers Europe.



The German Military Contingent welcomed to Camp Butmir



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The German military contingent were officially welcomed to Camp Butmir on Tuesday 16 August with a flag raising ceremony at EUFOR HQ.

The contribution of the German contingent brings the total number of nations in EUFOR Operation Althea up to 20. The German contingent are drawn from different units and branches across the Bundeswehr.





The German personnel will contribute to the LOT network manning two LOT Houses as well as contributing to EUFOR HQ and maintaining a National Support Element. Currently, up to 50 troops have been approved by the Bundestag for deployment to Operation Althea.

The German Military Contingent were warmly welcomed by COM EUFOR Major General Anton Wesseley and a representative body of personnel from the 20 nations that make up EUFOR Mission Althea.

It has been ten years since German soldiers were last deployed in Bosnia and Herzegovina having contributed to peace and stability within the region first as part of NATO, then as EU forces from 2004.



Change of Command Ceremony for EUFOR's MNBN



On Tuesday 20 September, a change of command ceremony for EUFOR's Multinational Battalion (MNBN) took place in EUFOR HQ, Camp Butmir, Sarajevo.

COM EUFOR, Major General Anton Wessely formally received the MNBN colors from the outgoing MNBN Commander Lt Col Lukas Lamatsch (AT army) and passed them on to the incoming MNBN Commander Lt Col Matthias Lampl (AT Army). COM EUFOR thanked Lt Col Lamatsch for his outstanding service and gave best wishes to Lt Col Lampl on his new important and challenging role as MNBN Commander.

In his speech, Lt Col Lampl expressed his pride at having taken over command of the MNBN and his gratitude to his predecessor. He quoted Ralph Waldo Emerson "life is a journey, not a destination".

Addressing the assembled troops he said;

"Soldiers of the MNBN. In order to successfully execute the





mission, it is essential to carry out all given tasks with professionalism. For that, I need from each of you, your full commitment. I'm sure you are ready for this assignment so please support me in its execution. To every soldier of the battalion, to the NSE's and to all the other personnel working for the EUFOR mission I wish for and look forward to good cooperation."

EUFOR's MNBN is made up of soldiers from Austria, Bulgaria, Hungary, North Macedonia, Romania, and Türkiye.



Combined exercise with the AF BiH in Zenica



COM EUFOR Maj Gen Anton Wessely had the pleasure to visit a combined exercise with the AF BiH in Zenica.

This exercise was the culmination of combined training between EUFOR's MNBN and soldiers of the 1st Infantry Battalion of the 5th Brigade of the AFBiH.

Combined training such as this helps both forces refine their techniques and procedures to ensure a high degree of interoperability.

Transfer of Authority Ceremony



Thursday 25 August, the Transfer of Authority Ceremony took place between Commanders of the LOT Coordination Centre (LCC).

Lieutenant Colonel Iliško of the Slovak Republic was handed authority and responsibility for the network of LOT houses across BiH. Outgoing LCC Commander Lt Col Medved, also of the Slovak Republic has completed his year long tenure in command of the LCC in EUFOR Operation Althea.

Lt Col Ondrej Iliško is a graduate of the Military Secondary School and Slovakian Military Academy in Liptovský with a background in Management Systems and Military Chemistry. He has served throughout his career as a specialised CBRN Officer rising from Platoon Commander in the CBRN Battalion in 1996 to Battalion Commander in 2020. He has served in multiple international missions, including as a Staff Officer in Afghanistan and Deputy Company Commander in Kosovo.

Lt Col Iliško has completed Officer Command Courses at Battalion and Brigade level at the Military Academy in Liptovský and has specialised training in humanitarian aid and disaster planning from the US Embassy in Kabul.

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Visit of the European Union PSC and EU MC to EUFOR HQ



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EUFOR was delighted to welcome the European Union Political and Security Committee (PSC) and the European Union Military Committee (EUMC) to Camp Butmir, Sarajevo on 05 July and to brief them on how EUFOR supports the authorities in Bosnia and

Herzegovina in maintaining a safe and secure environment.

There was a great sense of importance and occasion to the visit, but what exactly is the EU PSC and the EU MC? We in the military love acronyms, but the EU PSC

and the EU MC might not be the most familiar, despite the fact that they are fundamental to our very existence and govern everything that we do.

The Political and Security Committee is responsible for the EU's Common Foreign and Security Policy (CFSP) and the Common Security and Defence Policy (CSDP).

The EU PSC,

- Monitors the international situation
- Recommends strategic approaches and policy options to the Council
- Provides guidance to the Military Committee, the Politico-Military Group and the Committee for Civilian Aspects of Crisis Management





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- Ensures political control and strategic direction of crisis management operations.

The PSC is made up of member states' ambassadors based in

Brussels and is chaired by the representatives from the European External Action Service. It meets twice a week, and more often if necessary.

The EUMC also takes responsibility for the EU's CSDP and CSFP.

It is the highest military body within the European Council. It:

- Directs all military activities within the EU framework, in particular the planning and execution of military missions and operations under the Common Security and Defence Policy (CSDP) and the development of military capabilities
- Gives military advice to the Political and Security Committee (PSC) and makes recommendations on military matters
- The EUMC is made up of the chiefs of defence of the member states, who are regularly represented by their permanent military representatives.



Cooperation and Training Contract for the Year 2023



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The agreement for the combined military training between EUFOR and the AFBiH was signed on 13th September 2022 by the respective Chiefs of Staff EUFOR and AFBiH.

In the course of the signature ceremony, the Deputy Chief of the Joint Staff of the AF BiH, Major General Ivica Jerkić and EUFOR's Chief of Staff, Brigadier General Zoltán Somogyi elaborated on lessons learned during previous Combined Training activities and the aims and objectives of the upcoming training.

Major General Jerkić emphasized, that it would be a privilege for the AF BiH to implement a combined training programme with EUFOR. He further stated, the AF BiH's main goal would be their interoperability with different nations and the Combined Training would be a milestone to achieve this goal.

EUFOR Chief of Staff Brig Gen Zoltán Somogyi explained in his

speech, that the Combined Training agreement would be a great opportunity for EUFOR to continue the successful cooperation with the AF BiH. Regarding training objectives, the EUFOR COS announced that emphasis will be laid upon force interoperability and exercising the Military Decision Making Process at Battalion and Brigade command levels.

The agreement for the combined military training is the continuation of a long standing and fruitful partnership between the AF BiH and EUFOR which aims at further harmonizing the Bosnian Armed Forces' Command and Control procedures with international standards.



Polish Armed Forces Day

On August 12, the Polish Military Contingent marked Polish Armed Forces Day.

The celebrations commenced with a multi national Tug of War competition, where teams from contingents across EUFOR battled against one another in a show of strength and force. Prizes and certificates were presented to the winning team by the Polish Contingent Commander, the Ambassador of the Republic of Poland, and the EUFOR Commander.

Following the Tug of War, a formal ceremony took place. After raising the national flag and the playing of the national anthem, all gathered were greeted by the Commander of the contingent, who in his speech recalled the genesis of the Polish Armed Forces and reflected on the Polish Armed Forces in its modern form.

The solemn importance of the celebrations was emphasized by the presence of the guests, The Ambassador of the Republic of Poland in Bosnia and Herzegovina, the Ambassador of Japan in Bosnia



and Herzegovina, the Commander of EUFOR, Senior National Officers from individual nations, as well as the Polish diaspora and local friends cooperating with the contingent.

During the ceremony, the Contingent Commander presented awards on the occasion of the Polish Armed Forces Day. Congratulations were given to personnel who were promoted in rank, commemorative medals and letters of commendation were presented to personnel who had excelled in the execution of their duty.

The commander of the Polish Contingent addressed the soldiers and assembled guests with wishes of all prosperity, happiness in their personal and professional lives, at the same time giving thanks for the service and dedication so far.

At the end of the ceremony, the Representative Song of the Polish Army was played, after which a commemorative photo was taken, and the Commander invited the soldiers and guests for a gala dinner.

By Dariusz Dołęga



International Medal Parades



Two EUFOR medal parades were held in recent months.

On Thursday 30 June, 98 soldiers from 9 different nations received their Common Security and Defence Policy Medal for Operation Althea.

Then on Thursday 08 September the Multinational Battalion held a medal parade for soldiers of the MNBN from Austria, Hungary, Romania, North Macedonia and Turkiye.

The medal was first awarded in 2004 and is given to every international member who served in EUFOR. It is inscribed with the Latin Phrase “Pro Pace Unum” meaning “United for Peace”.

The medal is awarded by the high representative of the EU for Foreign Affairs and Security Policy, Mr Josep Borrell Fontelles.

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Camp Butmir Gym Facilities



Camp Butmir Gym Team

Elmir Bjelan - Gym Supervisor; Fitness Trainer
 Željko Đurović - Gym assistant; Fitness Instructor
 Dragana Krstić - Gym assistant; Zumba Instructor
 Dragana Antunović - Gym assistant; Zumba Instructor

Sport is an essential activity for everyday life in today's society and an integral part of military life that has multiple benefits to the individual, team and community.

In addition to improving psycho physical abilities and health, sport has a very strong influence on the improvement of teamwork in addition to relieving/reducing stress of everyday tasks in military missions abroad.

In Camp Butmir, responsibility for planned sport activities and associated equipment rests with

HQ CMDT. The CMDTS Gym team maintains the mission funded infrastructure that includes cardio & weight rooms, crossfit training, marked sport courts, external training platform, indoor/outdoor soccer & volleyball areas whilst also developing individual training programs for personnel, monthly competitions and national sporting events on behalf of EUFOR/NHQ Sa.

**"ARE YOU READY TO ZUMBA
 IN CAMP BUTMIR GYM"**

Gym in numbers:

Gymnasium visits daily are approximately 200 personnel (soldiers and civilians) with 60000 personnel accessing mission Gym facilities annually.

As the main welfare provider in the HQ, Camp CMDT Gym team provides supervision of sport facilities on the missions behalf and are responsible to develop monthly sport competitions and individual or group training.

These may be seen in an individuals 6 month tour as CrossFit, football, basketball, volleyball, badminton, table tennis, beach volleyball and running competitions.

For many years the Gym team have developed circuit classes three times weekly where an estimated 5000 personnel attend annually and with recently qualified ZUMBA instructors the team plan to roll out ZUMBA classes from Oct 2022 for all personnel working, living or visiting CB.



German Military

The Soldiers Basic Fitness Tool

In previous editions of the EUFOR FORUM we presented you with our fitness test series covering the military fitness tests of Austria, Poland, Switzerland, Ireland, Hungary, Turkey, Slovakia, France, Italy, Romania, Bulgaria and North Macedonia. In this edition we want to introduce you the German fitness test.

In predeployment training, it is up to the care and subjective discretion of superiors to assess the level of physical fitness of subordinate servicemen and women and to train them according to their own specifications.

Background

The only mandatory physical requirement for participation in overseas deployment is a positive verdict from the health-oriented assessment for foreign service and/or tropical service fitness.

The introduction of the SGT provides the supervisor with another tool to measure and target physical fitness for deployment.

The SGT was developed on the basis of activity analyses in operational training as well as evaluation of operational experience and tested according to scientific criteria.

The SGT consists of four skill-oriented tasks that reflect a physical requirement profile of important general military stresses from deployment:

- Dynamic movement with (protective) equipment.
- Working with loads (lifting, carrying, pulling).

The figure shows examples of situations that all soldiers must be able to adequately cope with in the field and the



respective equivalents in the SGT.

The individual tasks are performed in one run with field suit, helmet and weight vest, e.g. ballistic vest protection class IV (total weight of clothing and equipment approx. 20 kg) on a course (55 m x 10 m) in the open.

Evaluation system

The SGT focuses on the use of the procedure as a planning and decision-making aid for training and deployment. Therefore, a "traffic light system" is used to categorize the performance.

The individual times of the SGT tasks are decisive for the classification of the review performance into a category. In this way, individual performance deficits can be identified more precisely and used for training planning.

The total time does not

allow this fine differentiation, but offers the possibility of a quick overview, especially of larger groups.

Indication of training measures

The SGT is used to check the capability-oriented requirement profile Soldier Basic Fitness. The performance results in classification into one of the categories "Green", "Yellow" or "Red". The indication of training measures is derived from the classification.

Matrix for planning training priorities in the case of identified performance deficits; the strength facet here includes maximum strength, strength endurance and rapid strength.

Modul A: Moving in the terrain

Illustration of the motoric stress form

Speed with multiple changes of direction and speed as well as changes of position with predominant use of anaerobic energy supply, such as in firefighting; the total distance is approximately 130 m, 10 m of which must be covered in the deep gait of gliding.



Modul B: Pulling loads

Illustration of the motor stress form strength/strength endurance with pulling a load, such as when rescuing a wounded person to the next cover; the weight of the simulated wounded person with equipment is set at 100 kg. Since the task was usually observed in two-person teams in activity analyses, the individual load of the module is 50 kg. The distance is set at 40 m.

Modul C: Carrying loads

Illustration of the motor stress form strength endurance with lifting and carrying a load over longer distances, such as: during stretcher transport in a team; the load to be transported manually is 18 kg twice over a distance of 100 m.

An adapted physical performance is an essential prerequisite for the long-term and successful accomplishment of military tasks and requirements. Against this backdrop, physical fitness must be developed in a targeted manner over the entire service period of the soldiers.



Modul D: Lifting and depositing loads

Illustration of the motor stress form force/force endurance with repeated lifting of a heavy load onto an elevated storage surface, such as lifting a wounded person (100 kg) into a vehicle; the height of the storage surface of 1.25 m is derived from the averaged loading platform height of the emergency vehicles. The load to be lifted is set at 24 kg.



EXERCISE

EUFOR QUICK RESPONSE 22

