



## MNBN Transfer of Authority

Pages 4-5



### In this edition:



### International Medal Parade

Page 7



### The Final Flight

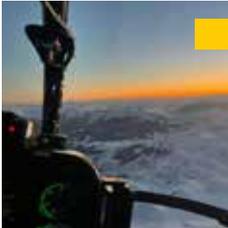
Page 11



Page 6

## International Women of EUFOR Applauded

*International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women.*



Page 10

## EUFOR Helicopter Supports Rescue

*A local civilian had fallen approximately 100m from the peak of Vito in the Bjelašnica mountain range.*



Page 13

## EU Missions and Operations

*"Our missions and operations are an invaluable pillar of European security and defence."*  
**Josep Borrell**



Page 19

## Hungarian fitness test

*Recently, we presented Military Fitness Test of Austria, Poland, Switzerland and Ireland. Here now we have the Hungarian fitness test.*

## Editor in Chief



Lieutenant Colonel

Alexander Kovács

As new Chief PAO it is an honour for me to be Chief Editor for the edition #125 of our EUFOR FORUM and to present the relaunch of our magazine. After the last relaunch was done in 2018 it was time for a soft update and a new style for this information tool.

With our EUFOR Forum we want to inform you about EUFOR activities and some additional information about BiH.

But I also want to invite you to support us with your story for all our information channels if you think you have something worth to share.

Even if COVID-19 is all around and sometimes you got the feeling that life stopped, the last two months have been very busy for all of us and therefore you will find a lot of stories about EUFOR activities.

Within COVID-19 regulations we were running Medal Parades, Transfer of Authority ceremonies, exercises and trainings, we were launching a campaign and we were handling a lot of high ranked visits. We are doing our jobs as usual as countermines officer, helicopter pilot, guard at the gate, watchkeeper in JOC, cook, driver, fireman, and so on. This should give us optimism and should show us that life never stops and will always go on.

Finally I want to invite you to follow given COVID-19 regulations to keep us all safe and healthy. Let us be part of the solution, not part of the problem!

Commander EUFOR  
Major General Alexander Platzer

EUFOR Public Affairs Chief  
Lieutenant Colonel Alexander Kovács

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EUFOR Multinational Battalion  
EUFOR LOT Houses

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Jučer su turski pripadnici EUFOR-a iz Multinacionalnog bataljona proveli vježbu zaštite snaga. Osoblje EUFOR-a za zaštitu snaga je u stalnom stanju pripravnosti i vježbe provodi u više scenarija.

Yesterday #EUFOR personnel drawn from #Turkish Multi National Battalion conducted a force protection exercise. The EUFOR force protection security personnel are alert 24/7 and were exercised in a number of scenarios. #OpAlthea




5,303 People reached      304 Engagements      Boost post

108      4 shares

**Operation EUFOR Althea** @euforbih · Mar 16

Yesterday COMEUFOR Major General Platzer met with a number of @RSrpska officials. First he met RS Minister of Interior Dragan Lukac. Then he visited President of RS National Assembly Nedeljko Čubrilović. #EUFOR #BiH #OpAlthea





3

Follow us on Social Media

The Multinational Battalion of EUFOR conducted a two day long exercise for its Austrian Company in Camp Butmir



EUFOR MNBH conducted a two-day long exercise for its Austrian Company in Camp Butmir

Today, Irish #EUFOR personnel celebrated St. Patrick's Day. COMEUFOR Major General Alexander Platzer presented #shamrock to Óglaigh na hÉireann / Irish Defence Forces personnel who continue their nation's proud history of service in #BiH #OpAlthea.




5,501 People reached      481 Engagements      Boost post

108      1 comment 4 shares

autobahn Rumii Camp

autobahn @autobahn personnel in the Multinational Battalion are drawn from the armed forces of #Austria #Hungary and #Turkey. They continually train for a wide range of scenarios and maintain their high level of performance in a wide array of situations. The EUFOR Multinational Battalion recently completed a successful exercise confirming their ability to conduct manoeuvres and operations of personnel via #helicopter in a number of complex scenarios.

stacythawkins The magical #Route 3

Liked by basovskis and 291 others



# Change of Command Ceremony MNBN



Major General Alexander Platzer, handed the colours of the MNBN to Lieutenant Colonel Reinhardt Janko

*On 23 March at Camp Butmir, Sarajevo, Lieutenant Colonel Reinhardt Janko took command of EUFOR's Multinational Battalion (MNBN).*

Major General Alexander Platzer, handed the colours of the MNBN from Lieutenant Colonel Daniel Wilfing to Lieutenant Colonel Reinhardt Janko to signify the Change of Command. The MNBN is EUFOR's military manoeuvre unit operating in Bosnia and Herzegovina.

It is based in Camp Butmir, Sarajevo and comprises troops from Austria, Hungary and Turkey. The MNBN is configured to respond to different situations as well as to train and exercise with the Armed Forces of Bosnia and Herzegovina (AFBiH).

If the situation requires, EUFOR can be reinforced by reserves provided by EU nations and NATO. This is exercised on a yearly basis through the exercise series 'Quick Response'.





Lieutenant Colonel Reinhardt Janko, new Commander of this EUFOR unit spoke optimistically about the upcoming mission and tasks as head of the Multinational Battalion.

*It's a great honor and a great responsibility to lead a unit consisting of SEE nations, soldiers from SEE nations and I just want to outline the mission statement. Something like a store sign for the Multinational Battalion. The mission statement for the next seven months says "lead, follow, fight". What does it mean? Lead means that the Multinational Battalion is the military power of EUFOR, the spearhead if you want. To follow means that we are strictly loyal to the given mission to fulfill EUFOR's tasks. And fight means that we are ready, that we are willing to use military power if necessary, if required. And as long as it is not necessary we will show the flag and we will fulfill the tasks, the given task for EUFOR according to the mission.*



Lieutenant Colonel Daniel Wilfing

Departing commander of EUFOR MNBN

*First of all I want to mention that it was a very interesting and exciting time here for me as commanding officer of the Multinational Battalion in this mission. I am very proud to had the possibility to be the commanding officer of this special battalion. Although there was a really challenging time because of the restrictions due to COVID-19, I think we fulfilled all our tasks in a very professional way and so I mean yes we have this mission accomplished now and I hope that we all can go home in a good way. The Multinational Battalion, you can say, is the working muscle of the Mission, is the only maneuver battalion and the only, you can say the only troop in this mission and so we have to do much tasks for EUFOR, especially to ensure that security of the camp here or provide reaction force for escalation situation and also to make combined trainings with the Armed Forces BiH. I must say the Multinational Battalion is certainly the most important unit in this mission from my point of view.*

5



Major General Alexander Platzer  
is inspecting the troops

# International Women of EUFOR Applauded



EUFOR female soldier receiving flower from COMEUFOR

On 8 March EUFOR in BiH celebrated International Women's day. This morning COMEUFOR met with his Gender Advisor, Nikolina Marceta, deputy Gender Advisor Sanja Grabovac and was accompanied by his staff officer. The meeting addressed gender related issues pertinent to EUFOR and the marking of International Women's Day 2021.

Following the positive meeting with his Gender Advisors COMEUFOR joined the EUFOR women's forum in a COVID-19 compliant marking of the day. Here COMEUFOR addressed EUFOR's female soldiers and civilian employees, praising the achievements of women, encouraging them continued efforts towards gender equality.



International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender equality. In EUFOR there are 13 nations currently represented by women soldiers. EUFOR in Bosnia and Herzegovina along with the rest of the world is proud to mark International Women's Day on 8th March.



Ms. Gorana Govedarica receiving flowers from the member of LOT House Mostar



Commander of LOT House Livno Captain Eren Ünal presented flower to translator Ms. Amira on the occasion of March 8, International Women's Day.

EUFOR in BiH

along with the rest

of the world

is proud to mark

#internationalwomensday.

#choosetochallenge



# International Medal Parade for personnel from 11 Nations

On 5 February 2021 EUFOR Camp Butmir was proud to hold an International Medal Parade for 105 Service personnel from 11 different Nations. The soldiers, sailors and airmen based at Camp Butmir and serving throughout BiH were addressed at the formal ceremony by the Commander of EUFOR, Major General Alexander Platzer. He thanked all attending for their effort and dedication and the service they have provided in supporting local authorities to deliver a safe and secure environment.



Captain Anca Ciornei receiving the medal from COMEUFOR

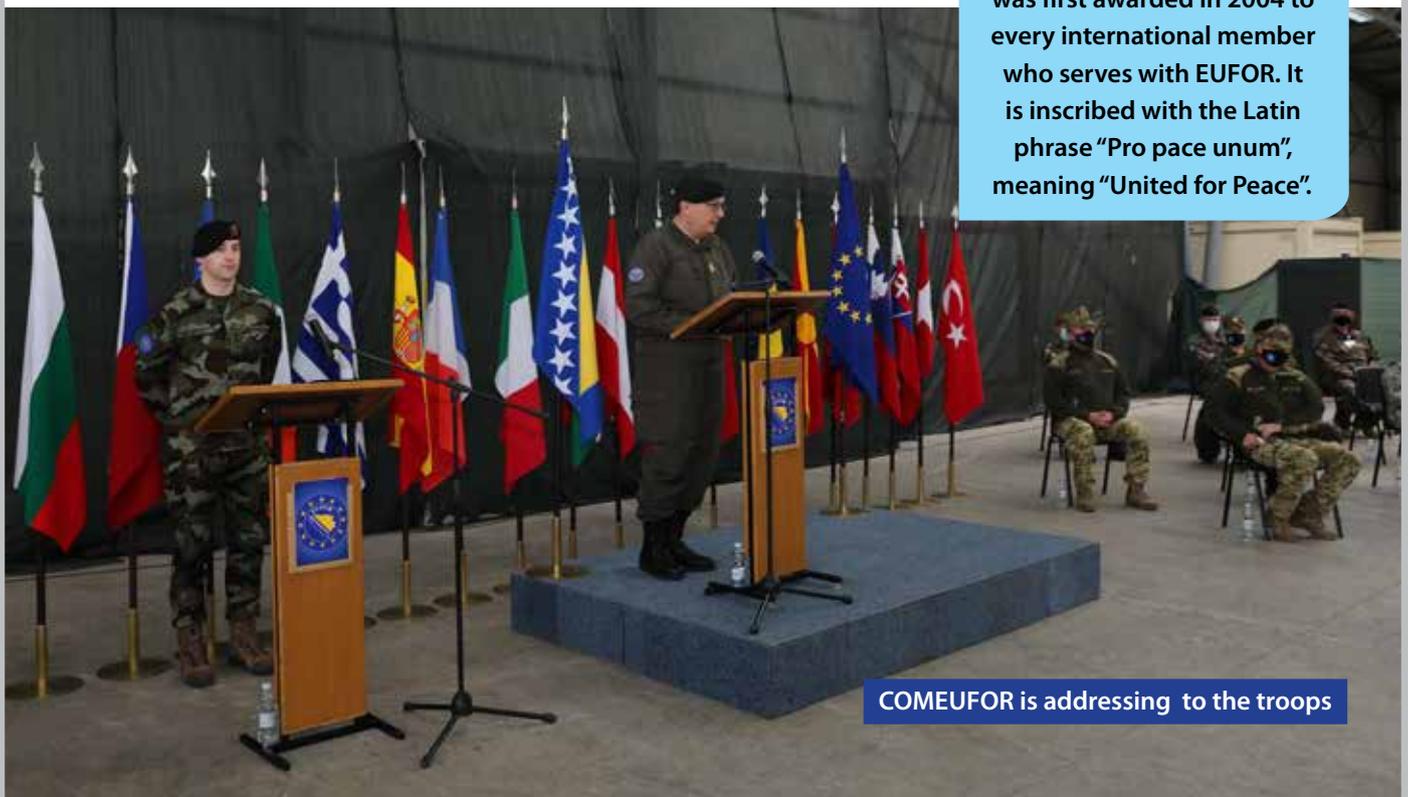
Also in attendance to witness the parade were a number of Ambassadors and representatives from the embassies of the troop contributing nations on parade today. COMEUFOR awarded the medals along with EUFOR Chief of Staff Brigadier General Ernő Baráth, Colonel Gökçeğöz and DCOS Support Colonel Bakalov.

During his address Commander of EUFOR, Major General Alexander Platzer highlighted the importance of the multinational constitution of the EUFOR personnel;

*"You represent the practical and positive affirmation of support from your governments and your armed forces to EUFOR and to the people of Bosnia and Herzegovina."*



The medal, bearing the name of the EU Operation Althea was first awarded in 2004 to every international member who serves with EUFOR. It is inscribed with the Latin phrase "Pro pace unum", meaning "United for Peace".



COMEUFOR is addressing to the troops

# “WATCH OUT, MINES!”

**Play only in the safe areas and you will be the winner!**

*“Mines are dangerous and in our country there are many  
We must not approach them, when a red sign is before us  
Stop we must because down there is a big minefield  
Big and small, green and black, square and straight,  
mines are a danger to health  
They hide in a forest, tall grass, sand or a river  
Never touch them and always say to all  
Mom and dad will call for help, to clear the mines, so our land could shine again  
Play and run only where it is safe, because there are no mines there  
We want our country to be free of mines, to be beautiful and to shine”*

was accompanied with full scale multi-media information campaign including TV-advertising, radio, newspaper, magazines, bus ads, public transport vehicles, billboards, content on internet and social media. The campaign was presented and announced in TV Show N1 and on breakfast TV at BHTV and RTBN.

The members of EUFOR LOT Teams from all LOT Houses, under the supervision of EUFOR’s Mines Information Coordination Cell (MICC) and in cooperation with the Armed Forces BiH (AFBiH), are teaching Mine Risk Education (MRE) classes in every corner of BiH. Almost every day EUFOR’s MRE teams are visiting schools, various associations and clubs with the sole aim of helping to decrease the number of the mine and Explosive Remnants of War (ERW) casualties to the bare minimum.

However, due to the COVID-19 restrictions the possibilities of LOT Teams to give MRE instruction in schools was limited. In order to enable a continuation of the MRE



and achieve a high mine awareness, despite the COVID-19 restrictions, the idea of a Virtual Educational Tutorial Video as support for schools and LOT Houses was born.

If it is successful, this campaign could set an example as showcase model for other EU missions dealing with mines or other similar hazards. So watch the video on [www.euforbih.org/PAZIMINE](http://www.euforbih.org/PAZIMINE) and EUFOR’s social media channels (#euforbihPAZIMINE).

by 1st Lieutenant Dietmar Trinkl

8

These rhymes are the Lyrics in the Video of a Virtual Educational Tutorial Video as an educational support for schools and LOT Houses. The Video is embedded into EUFOR’s Mine Risk Education Campaign which started at the end of March to coincide with the beginning of the demining season in BiH. The dissemination



# #testing #disinfection #vaccination

**EUFOR is dealing with COVID-19**

Let's take some extra steps to maintain good health especially to protect ourselves from COVID-19.



9



**fight against  
The Corona Virus 2021**

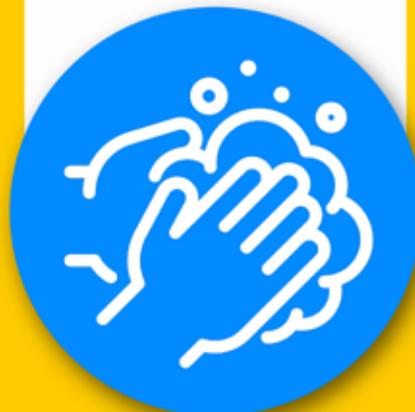


**COVID-19**

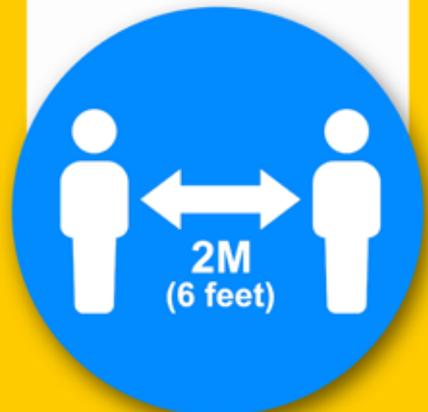
**WEAR  
A MASK**



**WASH YOUR  
HANDS**



**KEEP  
DISTANCE**



# EUFOR Helicopter Supports Rescue During Mountain Accident



10

On the afternoon of 21 February EUFOR received a request from Mountain Rescue Novi Grad for assistance in their response to a mountain accident. A local civilian had fallen approximately 100m from the peak of Vito in the Bjelašnica mountain range. The civilian had sustained injuries to his head and lower limbs. Commander EUFOR, Major General Alexander Platzler authorised the deployment of the EUFOR Search and Rescue Alouette Helicopter.

At approximately 1600hrs a EUFOR air medical evacuation helicopter team deployed from Camp Butmir to the scene of the accident. The patient was extracted from the scene of the accident and was flown to Koševo Stadium for transit by road to nearby Koševo Hospital Sarajevo, where he was admitted for necessary treatment.

EUFOR have previously assisted Mountain Rescue teams in similar rescue situations, and have completed cooperative training together on a number of occasions. EUFOR Search and Rescue helicopters regularly conduct internal training for rescue scenarios and only two weeks ago rehearsed the extraction of a number of patients over a period of two days with the EUFOR Multi National Battalion.



Pilots during the rescue



In the last episode of the serial *Naša snaga* you can see reconstruction of the event.



# Time to say goodbye “The Final Flight”



Wolfgang on his final flight

For 18 years now, the flying squadrons of the air support brigade of Austria have almost continuously supported the KFOR and EUFOR ALTHEA missions in the Balkans. Some years even operating in both Kosovo and Bosnia and Herzegovina at the same time.

The aircraft types deployed range from rotary assets Agusta Bell 212 (AB212) the Alouette 3 (AI3) from Aigen/Ennstal and the Black Hawk S70. Fixed wing assets were the Hercules C-130 from Hörsching, and Pilatus Porter PC6 from Langenlebarn.

Currently, AB212 and AI3 are stationed at Camp Butmir as Aviation Detachment (AVDET). Their mission is to ensure the air transport of personnel and equipment from EUFOR ALTHEA. Currently, the main task performed by AI3 are Medical Evacuations (MEDEVAC) and Search and Rescue (SAR) with the AB212 performing all other air transport tasks.

These are usually routine personnel transports, but also supply flights during natural disasters, such as floods or avalanche operations, and external load flights. For the past 3 years, the AB212 has also taken over the MEDEVAC/SAR role during the summer months from April to September, acting as secondary responder to AFBiH.

One of the AVDET-Team is Warrant Officer First Class Wolfgang Duchaczek. He has served as a soldier and aircraft technician in the Austrian army since 1977, achieving more than 5000 flying

hours in almost 44 years. After this deployment with EUFOR ALTHEA, he will return to Austria for his well-deserved retirement. In the course of reconnaissance flights for helicopter landing sites from Split to Dubrovnik he recently completed his final flight as aircraft technician.



**Wolfgang explains:** *“It is a special honor to complete my last flight here at EUFOR ALTHEA. Over the years, I have spent 38 months on foreign missions in several countries around the world. I have always been fascinated by the cooperation with other armies, to know where we stand and the subsequent exchange of knowledge.”*

Among the highlights of his foreign assignments are certainly the many exercises where he deployed from the helicopter in the winch. These required a high level of commitment and precision work.

In the course of his career, he met many interesting people, such as former British Prime Minister Margaret Thatcher.

*EUFOR ALTHEA thanks Wolfgang for his dedicated service and wishes the best for his retirement.*

by 1st Lieutenant Dietmar Trinkl

**His most notable experience, however, was the joint flight with Pope John Paul II, when he accompanied him from the airport to the mass in the Basilica of St Lawrence in Enns-Lorch, during his visit to Austria in 1988.**



# Jajce - Bosnian beauty and the living history

Bosnia and Herzegovina has very rich historical and cultural heritage, but also impressive natural beauty. If you travel around the country, you will find numerous proves to this statement. However, you can also visit just one place and find it all there - Jajce. The town is located in central part of BiH, represented the heart of Bosnian state for ages. Jajce was first built in the 14th century and served as the capital of the independent Bosnian kingdom during its time.

The town has gates as fortifications, as well as a castle with walls which lead to the various gates around the town. During this period, the most famous Bosnian queen Katarina Kosača-Kotromanić restored the Church of Saint Luke in Jajce, which was converted to mosque upon arrival of the Ottomans. When the Bosnian kingdom fell to the Ottoman Empire and Sultan Mehmed II the conqueror in 1463, the last Bosnian king Stjepan Tomasevic was executed on its walls. The castle and fortifications still exist including the other interesting sites such as

underground church and never completed royal tomb, which locals used to call the catacombs.

Jajce gained prominence during the Second World War because it hosted the second convention of the Anti-Fascist Council of National Liberation of Yugoslavia (AVNOJ) on November 29, 1943, a meeting that set the foundation and design for the Socialist Federal Republic of Yugoslavia after WWII. National museum called "the house of AVNOJ" has been restored and now open for visits. Inside one could still feel the spirits of partisans and their dreams of brotherhood and unity of Yugoslav peoples.

But once you arrive to the town, you will immediately be astonished by the natural beauty that makes Jajce special. One of the most beautiful Bosnian waterfalls is located in the downtown area, created by Pliva river that pours down into the river Vrbas. To ignore it and just pass by is simply impossible. This magnificent symbol of the town is among the 12 most beautiful waterfalls in the world. It is the only waterfall

that is located in the town's center and created the firth. But if you continue to travel up the stream of Pliva, you will reach the Pliva Lake, equally beautiful as the waterfalls at its end. Clean, green water decorated with water cascades and watermills makes this area perfect for picnic and spending holidays. Those who decide to visit this place nearby Jajce will also have opportunity to choose between several restaurants, motels and camping area.

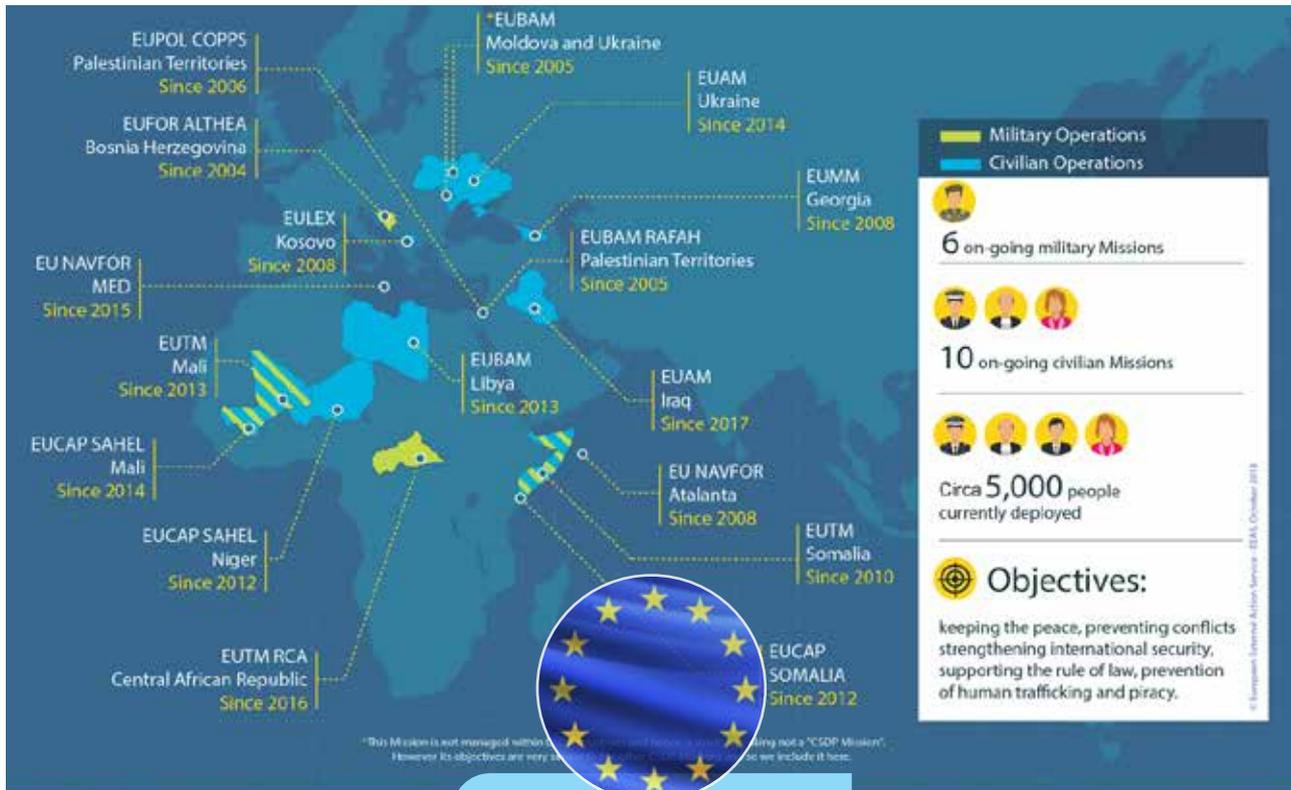
Locals like to say that Jajce has all rights to be called Dubrovnik of Bosnia, however touristic potential is not utilized as it should be, and many people who come to visit Bosnia and Heryegovina are not even aware what kind of beauties this town posses. But Jajce survived many dark times and it will be there for some better times ready to show its full glow. All above mentioned beauties and historical objects have nominated Jajce to become UNESCO candidate.

by Mr. Dženan Hadrović



View of Jajce and its impressive waterfalls

# EU Missions and Operations



Since the beginning of the millennium, numerous measures have been taken to improve the EU's capabilities to cope with complex external and internal security challenges. The EU's Common Security and Defense Policy (CSDP) emerged gradually between 1999 and 2003 and was considerably expanded by the Lisbon Treaty, which came into force in 2009. It is the main instrument of the EU for dealing with new and unconventional security threats, and serves to prepare a possible common European defense of the EU. The adoption of the EU global strategy in 2016 deepened the CSDP further. The so-called Permanent Structured Cooperation (PESCO) refers to the cooperation between the EU member states wanting to become more involved in the EU's common security and defense policy. It focuses on the strengthening of civil and military crisis management and an intensified cooperation in the field

## The EU currently conducts 17 CSDP operations and missions, including six military ones:

- EUFOR ALTHEA - the peace mission in Bosnia and Herzegovina
- EU NAVFOR ATALANTA - the anti-piracy operation in the Horn of Africa
- EUTM - the three training missions in Somalia, Mali and the Central African Republic
- EUNAVFOR Med Irini - the Mediterranean operation to enforce the UN arms embargo against Libya

of arms research and development, including the creation of EU financial instruments. It is intended to strengthen the EU's strategic autonomy. Furthermore, a strategic compass on the future of the CSDP is to be adopted by the Council as a new guiding document in 2022.

In terms of a comprehensive security approach, strengthening the civilian CSDP constitutes a particular concern. Its aim is to improve qualitatively and quantitatively civilian and to equip it with the capabilities it needs to react more effectively to current complex security challenges such as irregular migration, border management, terrorism and organized crime.

The civilian CSDP intends to make an important and central contribution to resilience in third countries and the EU neighborhood, and thus to the security within Europe.

Military and civilian peacekeeping, conflict prevention and strengthening international security missions are part of a range of tools available to the EU to deal with the current complex security challenges.

by 1st Lieutenant Dietmar Trinkl

# Good Teamwork in Challenging Times

support and work for EUFOR and BiH during this mission.

One of the highlights of my tour was for sure Exercise Quick Response 2020. To handle this exercise under the influence of COVID-19 was not that easy and took a lot of effort of the staff of HQ EUFOR and all the involved troops of the designated Reserve Forces. It was impressive to see how everybody adjusted their behavior connected to the COVID-19 situation to make this exercise a success. The close cooperation with the National Crisis Management for BiH, the teamwork with the Low Enforcement Agencies and the Armed Forces BiH, using different locations during the exercise including the airports of Tuzla and Sarajevo and finishing the exercise without major incidents was a great success.

Finally I want to thank my own team in COS-Office for their support during my tour and the professional work and high motivation to ensure that COS-Office was always a reliable partner within EUFOR HQ in this special times.

I wish all the soldiers of EUFOR a successful tour and stay healthy till you are safe back home!



Brigadier General Ernő Baráth has deployed on foreign missions to Multi-national Division Central-South HQ (Iraq) as Deputy Chief of J6 in 2004 and has twice deployed to EUFOR HQ as Chief J6 in 2006-2007 and 2010-2011.

Brigadier General Ernő Baráth

Chief of Staff European Union Force

14

After serving in several Missions abroad I had the honour to be appointed as Chief of Staff EUFOR Operation Althea starting my mission on 4th of May 2020. From my missions in Bosnia and Herzegovina as Chief J6 in HQ EUFOR 2006-2007 and from 2010 to 2011 I knew Sarajevo, BiH and the HQ EUFOR very well.

Straight from the start of my tour my whole work was influenced by handling the CORONA pandemic

and all related issues. This made this appointment challenging but very interesting from the very beginning. But it also gave me the possibility to quickly realize the level of commitment and the high level of motivation of all soldiers of all nations and all force elements within EUFOR Operation Althea by observing them solving all challenges and problems that occurred. At this place I want to take the opportunity to say thank you to every single soldiers for their

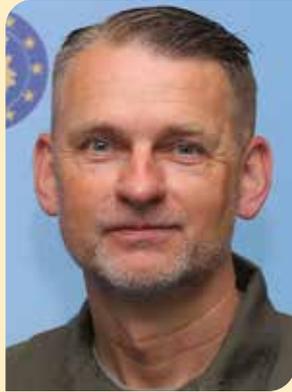


EUFOR and AFBiH Training and Cooperation plan 2021 signing



Delivering donation to General Hospital Prim. Dr Abdulah Nakaš

**As Chief Public Affairs Office of EUFOR I am responsible for all EUFOR Information Operations and media relations based on EU's and EUFOR's STRATCOM.**



**Lt Col Alexander Kovács**

After serving for EUFOR more than 5 years in different positions, this is my second tour as Chief PAO in HQ EUFOR.

Working in a Public Affairs Office is always interesting and challenging with a wide range of media operations. That gives you the opportunity to bring in all your personal skills. I am really happy to be back in this mission and being part of the PAO-Team.



**Maj László Nagy**

**I am the new Deputy Commander of the Multinational Battalion.**

In Hungary I am an acting deputy commander of an engineer support battalion.

This is my 4th time here in BiH and my third half year as DCOM MNBN. I love to work in an international environment I am curiously looking forward to fulfill all the operational tasks in these challenging times.

Expect the unexpected and nothing can surprise you... this was our motto several years ago and it is still very valid.

**As Medical Advisor (MEDAD) I give advices to COMEUFOR on all health related issues for a multinational EU-led Force.**



**Dr. Stanimira Tzourova**

It is my fifth mission abroad, and my second time to be appointed on this job in EUFOR HQ.

The wide range of medical subjects and the close cooperation with all HQ Branches makes this job challenging but also very interesting, especially now in this COVID -19 outbreak.

**Please remember:**



**Col Baris Konak**

**As DCOS OPS my role is "Develops, co-ordinates and synchronizes Joint and Combined operations, through IA and OPS branches."**

I'm from Türkiye. Most of my military carrier I was involved in Command as a

platoon, company and battalion commander, Also I worked in OPS units in different National Headquarters.

This is the second mission in BiH, the first was as a part of SFOR in 2000. Other mission was in Qatar also as a Commander.

If you translate my name "Barış" it means "Peace" in Turkish language. Contributing peace and development of this wonderful country makes me feel happy.

# Passing the torch, LOT House Banja Luka

collectively serving in them. Chilean personnel will continue to serve in BiH, in other appointments within EUFOR.

COMEUFOR applauded the Chilean personnel; *“It is my honour and privilege as Force Commander to thank you, and all the Chilean soldiers who have served here for excellent work for EUFOR”.*

This also marked the first time that Slovenian personnel occupy a LOT House. During his address COMEUFOR encouraged the Slovenian soldiers taking charge of the LOT House; *“You now take over a very strong heritage. I ask you to fulfill the mission here in the same outstanding way your Chilean colleagues did. The people here, the mission and myself, we have the highest confidence in you. I wish you all the best for the new task, for the new mission.”*

The ceremony also marked the commendation of Chilean soldier for his exceptional performance during his deployment in LOT Banja Luka, and the promotion of a Chilean NCO and officer was also celebrated.



COMEUFOR Major General Platzer stands with Chilean soldiers from LOT Banja Luka

*On 26 February EUFOR marked the handover of one of the two Liaison Observation Teams (LOT) Banja Luka from Chilean to Slovenian EUFOR personnel.*

Present for the closed ceremony was COMEUFOR, Major General

Alexander Platzer, and Slovenian Ambassador to Bosnia and Herzegovina, H.E. Zorica Bukinac. The event marked the conclusion of over 18 years of Chilean service in LOT Houses.

Chile previously were based in LOT Houses in Sanski Most, Bosanska, Gradiska, Prnjavor, and Prijedor with 272 Chilean soldiers

16



Slovenian members of the EUFOR LOT House Banja Luka

# LOT Activities: EUFOR's Boots on the Ground

In the first week of February EUFOR LOT Houses were very active, making a number of donations to worthy causes across the state of Bosnia and Herzegovina.



Members of EUFOR LOT House Doboj donate school supplies to school in Dragalovci

LOT Foča personnel had been liaising with the local community in Miljevina where the needs of some members of the community were identified. Following some excellent resourcing by the Slovakian personnel of LOT Foča they returned to Miljevina. LOT Foča had sourced clothes, school supplies, toys and food for the people of Miljevina who needed them.

## Zavidovići

Members of LOT Zavidovići had an informative meeting with Adisa Mahovac, President of the Disabled Children association, a non-profit association in Zavidovići. The Turkish EUFOR personnel in LOT Zavidovići were informed of excellent support provided by the association for the inclusion of its members into society and assisting them to live independently. The association is planning to construct a new building for children and adults with mental disabilities, and is reliant on donations to achieve this.

In collaboration with the Slovakian embassy in BiH EUFOR personnel from LOT Sarajevo delivered humanitarian aid consisting of clothes, footwear and hygiene packages to families in Hadzici camp. In Foča a truck of Slovak Aid arrived at a Red Cross in BiH centre, with FFP2 masks and disinfection materials that were needed by the local population. Mrs. Snežana Kovač, a member of Red Cross in BiH presidency and Mayor of Foča Mr. Milan Vukadinović.



Members of SlovakAid and EUFOR LOT House Foča making donations

These three events highlight the positive impact that LOT Houses have within their localities while simultaneously maintaining good situational awareness in BiH.

## Doboj

At the beginning of February, EUFOR personnel from Liaison Observation Teams (LOT) Doboj donated school supplies to children in Primary schools in Dragalovci and Stanic Rijeka. The teachers thanked the EUFOR personnel for their consideration and for the school supplies on behalf of the parents and children of the schools.

The LOT in Doboj is staffed by a EUFOR team from Poland, who meet and liaise with local residents and community leaders on a daily basis. LOTs will continually seek to maintain and strengthen ties with the local communities in which they are located.

EUFOR continues to maintain good situational awareness in Bosnia and Herzegovina, this is achieved through the network of seventeen Liaison Observation Teams (LOT) that are spread out across the entire country.

# Exercise Exercise Exercise



18

From 23-25 March a Command Post Exercises (CPX) and Joint Operational Command Exercise (JOCEX) was held on in EUFOR HQ.

A scenario briefing has been delivered in the COM Morning Update on 23rd of March.

The exercise was developed around a natural disaster scenario and aims was

- to test the capability of EUFOR's Military Decision Making Process during a complex emergency;

- to test the activation of the Staff Planning Group (SPG);
- to improve the Military Decision Making Process (MDMP);
- to test the JOC's capability maintaining Situation Update.

After many commander's directions and guidance and the incidents delivered by exercise organization the three days ended.

by 1st Lieutenant Dietmar Trinkl



# Hungarian fitness test



Recently, we presented Military Fitness Test of Austria, Poland, Switzerland and Ireland. Here now we have the Hungarian fitness test.

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The physical fitness test in the Hungarian Defense Forces is currently in transition. The valid annual physical fitness test of the HDF consists of three types of physical activities.

### Component 1

The soldier has to do as many push-ups as possible in 2 minutes. While there are normal push-ups for males, women have a modified version (knee down push-ups). Instead of the push-ups both sexes can choose to do pull-ups.

point	-25	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-
100	70	75	70	65	60	53	48	42	38
80	50	55	50	45	40	36	35	32	28
60	30	35	30	28	27	26	25	22	20
40	9	20	19	18	17	16	15	13	12
30	14	15	14	13	12	11	10	9	8

### Component 2

The second part test is to measure abs power, Soldiers can choose in normal sit-ups or crunches in 2 minutes or plank for time. Applies to both men and women.

point	-25	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-
100	90	86	82	75	65	58	52	45	35
80	70	66	62	55	45	38	33	33	25
60	50	46	42	35	30	27	23	23	17
40	30	29	27	24	20	17	13	13	10
30	25	24	22	19	15	12	8	8	6

### Component 3

To finish the test, each Soldier below the age of 45 must complete the 3200 run while those between 45-50 years have a 2000 m run. Soldiers older than 50 have to complete a 1600 m fast walking. Every 6 sec has an own point in the table.

The minimum total point is 220 of 360 and it's part of the Evaluation report. The fitness test give 20 percent overall point, so if you would like to apply a school, you have to make a good one.



