



**25 June 2012 was marked by military skills improvement during so-called ‘green day’. Personnel of Headquarters Multinational Corps Northeast (HQ MNC NE) spent the time on training and annual physical fitness tests.**

Ways to maintain high level of military skills and to verify physical fitness differ from one nation to another. ‘Green days’ are useful opportunities for the various nations to conduct their training in accordance with their national regulations.

Danish personnel of HQ MNC NE spent the ‘green day’ in the vicinity of the Głębokie Lake where they took their annual physical fitness test. What did they do? They could run, walk or ride a bicycle on a fixed distance but the exact time frames were determined by the soldier’s age. They also had to do the push-ups and sit-ups. Additionally, as a part of the military education, the Danes explored military daily food rations and learned how to prepare meals out of them.

The German personnel of HQ MNC NE set off for a shooting range near Jägerbrück and

## In the colour of green

Written by AG

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participated in their annual test which included, among other things, marching and shooting. They also trained giving first aid and nuclear, biological and chemical training.

Poles trained shooting and giving first aid. Moreover, they participated in the awareness training in terms of identifying improvised explosive devices. Additionally, they could explore the inside of an armoured vehicle 'Rosomak' and take a ride with a quad. All this, however, was not part of the annual physical fitness test which was conducted the next day, on 26 June. The test covered various areas, such as endurance, muscles strength, speed and agility, and included different sports categories to choose from, for example running, swimming, push-ups, sit-ups, pull-ups etc.

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*Photos by Marian Cihon, SVK CIV*