Location: GROM GROUP Training Center in Czerwony Bór

Participants: Age 15 and above (minors only with written consent from a parent/legal guardian). Persons with no medical contraindications to performing physical exercises.
Instructors/Staff: The classes are conducted by experienced instructors, including former soldiers of the special unit GROM, who have experience in organizing this type of event and hold appropriate qualifications.

Accommodation: Women – in double rooms. Men – in multi-person military barracks rooms.

Meals: Provided by an external catering company, at least three meals per day.

Main Program Assumptions:
a. The basic organizational framework of the camp is a daily schedule.
b. Classes are conducted in the form of lectures and practical exercises.
c. Classes take place in locations that allow for their efficient implementation and are carried out in accordance with teaching principles. They are held in lecture rooms, indoor facilities, in the field, and at the shooting range.
d. During the camp, training topics are covered within the following thematic blocks:
• physical education
• hand-to-hand combat/self-defense
• drill/marching
• sentry/guard duty
• shooting training
• topographic/orienteering training
• medical training

• tactical training – black tactics CQB (Close Quarter Battle)
• tactical training – green tactics
• survival elements

Clothing and Equipment: Each participant should bring at least the following items:
• identity document (school ID, personal ID card, or passport)
• rain jacket (insulated), trekking boots (insulated, military boots are also acceptable), trousers, long-sleeve sweatshirt and warm underwear, insulated hat and gloves for field activities, as well as spare clothing and underwear appropriate for the season and weather conditions
• sports shoes and sportswear
• swimsuit
• mouthguard
• flashlight
• backpack up to 30 liters
• mess tin and canteen
• cutlery
• sleeping bag and sleeping mat
• shower flip-flops + personal hygiene items + at least one towel
• optional and recommended: own cross-country skis/ski boots and ice skates, athletic supporter (groin protector), and laundry detergent
Insurance: Every camp participant will be covered by basic NNW (accident) insurance. Purchasing a policy with broader coverage than the basic one is possible individually and at the participant's own expense.

Travel: Travel to and from the GROM GROUP Training Center in Czerwony Bór is arranged by each participant independently. In the case of minor participants, arrival must be supervised by a parent/legal guardian or another person authorized by them. For minors, departure must also be supervised by a parent/legal guardian or another person authorized in writing by the parent/legal guardian. Camp participants should arrive at the GROM GROUP Training Center in Czerwony Bór on the first day of the camp between 15:00 and 18:00. Departure on the last day is after breakfast, around 10:00.

Additional Information: At the end of the camp, each participant will receive a commemorative certificate and a T-shirt. The organizer provides medical care as well as the rooms and equipment necessary for conducting the classes. It is possible to rent military uniforms (trousers and jacket) on site. Rental fee: 60 PLN per set for the duration of the training.Notes: The organizer reserves the

right to make ongoing changes to the camp's schedule, to combine individual training blocks, in order to adapt the training topics to the psychophysical capabilities and fitness level of the participants, weather conditions, and due to random events beyond the organizer's control. The organizer also allows for classes to be held at night.