



Republic of
Tunisia

INFORMATION GUIDE

Tunisian Armed Forces
Organize

CISM International
Symposium 2023
&
Arab Physical
Fitness Congress



Gammarth, Tunisia
29th October to 04th November 2023



WELCOME TO TUNISIA





STATEMENT OF THE MINISTER OF DEFENCE OF TUNISIA

I am pleased to welcome the esteemed guests from our friendly and brotherly countries to Tunisia. These guests are part of the International Council of Military Sports and The Military Sports Arab Union. I also extend a warm welcome to all participants in the Global Forum for Sports Sciences, the Military CISM Conference, and the 8th Arab Military Conference on Physical Preparation, all of which are hosted concurrently in our country.



These events serve not only to promote sports within our armed forces but also to facilitate the exchange of experiences and expertise among all participants.

Tunisia has taken the pioneering initiative to combine these two activities, marking the first of its kind. This unique endeavor will allow Arab military delegations to closely observe international developments in sports sciences, modern physical training techniques, and contemporary athletic practices. It undoubtedly represents the first step toward a productive partnership between the CISM and The Military Sports Arab Union.

This demonstrates the esteemed status of our nation within international sports organizations, particularly the International Council of Military Sports and The Military Sports Arab Union. We have strong, distinguished relationships with these organizations, rooted in common values, noble humanitarian principles, and a commitment to promoting camaraderie, cooperation, and understanding among military athletes and between nations and armed forces, all in the pursuit of global peace. Our slogan in this endeavor is "Friendship and Brotherhood through Sports."

I extend my best wishes for your success in all your endeavors, in the interest of enhancing sports within our armed forces.

Welcome to Tunisia, the land of civilizations, tolerance, and solidarity.

With my best regards.



بسم الله الرحمان الرحيم

يسعدني أن أرحب بضيوف تونس الكرام من الدول الصديقة والشقيقة المنتمين إلى المجلس الدولي للرياضة العسكرية والإتحاد العربي للرياضة العسكرية، وبجميع المشاركين في المنتدى العالمي لعلوم الرياضة للسيازم والندوة العربية العسكرية الثامنة للإعداد البدني الذين تحتضنهما بلادنا بصفة متوازية خدمة للرياضة في قواتنا المسلحة.

لقد بادرت تونس بدمج هذين النشاطين، وهي المبادرة الأولى من نوعها التي ستمكن الوفود العربية العسكرية من الإطلاع عن كثب على المستجدات الدولية في مجال علوم الرياضة وطرق التدريب البدني والرياضي الحديثة، وستكون دون شك اللبنة الأولى نحو شراكة مثمرة بين السيزم والإتحاد العربي للرياضة العسكرية.

وفي كل ذلك دليل على ما تتمتع به بلادنا من مكانة رفيعة لدى المنظمات الرياضية الدولية، وبصفة خاصة المجلس الدولي للرياضة العسكرية، والإتحاد العربي للرياضة العسكرية، الذين تربطنا وإياهم علاقات عريقة، و متميزة، وقيم مشتركة، نعمل على تجسيم أهدافها، ومثلها العليا، ومبادئها الإنسانية النبيلة. لاسيما العمل على مزيد توطيد عرى التعارف والتقارب والتعاون بين الرياضيين العسكريين، وبين الجيوش والأمم، حفاظا على السلم في العالم، شعارنا في ذلك الصداقة والأخوة عبر الرياضة.

تمنياتي لكم بالتوفيق ونجاح أعمالكم لما فيه خير للرياضة صلب قواتنا المسلحة.

وأهلا بكم في تونس، أرض الحضارات والتسامح والتضامن.

والسلام عليكم ورحمة الله وبركاته



TUNISIAN POPULATION



Tunisia has a population of around 12.26 million, 69% of whom live in urban areas. The population is on the rise, with a demographic rate of 1.16%.



The vast majority of Tunisia's population is Muslim (98%), but there are also Christian and Jewish communities present in the country.



The island of Djerba is renowned for its religious mix and cohabitation. There are Mosques, Churches and Synagogues, including the Ghriba, one of the oldest in Africa.



HISTORY OF MILITARY SPORTS IN TUNISIA



In Tunisia, since independence in 1956, the Ministry of National Defense (MND) has focused on preparing and maintaining the physical condition of military personnel, to enable them to carry out their operational missions in the best possible conditions. To this end, the Ministry has created :

- The Military Physical Training Center (MPTC in 1959).
- The Central Military Sports Service (CMSS in 1969).
- The Direction of Physical Education and Military Sport (DPEMS in 1983).



DIRECTION OF PHYSICAL EDUCATION AND MILITARY SPORT (DPEMS)

The organization of military sports is the direct responsibility of the Ministry of National Defense, which defines the general orientations of physical training and sports, and specifies the nature of relations with civilian organizations at national and international level.

Exclusively military sports structures are subject to the orders of the Chiefs of Staff of the three Armies and to the Directorate of Physical Education and Military Sport (DPEMS), which is the technical contact for military physical activities and sports. The DPEMS reports directly to the Minister of Defense. It has two essential missions:

- Training specialists in physical education and sports for the armed forces;
- Training elite athletes.

To this end, it has an elite sports unit supported by a technical division, as well as a military sports school.

Thanks to its facilities, the DPEMS can be considered as a real preparation center for these high-level athletes.

The DEPSM has also established relations with international military sports organizations, in particular the International Council for Military Sports (ICMS) and the Military Sports Arab Union of (MSAU).



Founded on the 18th of February 1948 in Nice (France), the International Military Sports Council (CISM) is one of the largest multidisciplinary organizations in the world.

CISM organize various sporting events for the armed forces of its 140 member countries and is one of the global sports organizations in which the largest number of disciplines is represented.

Soldiers, who may previously have met on the battlefield, now meet in friendship on the sports playing field. This is in accordance with the philosophy and the ideals which were set in CISM's mission statement in 1998, signed by all the member countries.

CISM mission :

“Endorsing friendship amongst soldiers, CISM is the worldwide international military sport organization devoted to bringing together armed forces personnel from all nations through sports activities, thus enabling the physical training, military readiness and education for the armed forces”

CISM vision :

“CISM is the world leading military sports organization enhancing mutual respect, solidarity and promoting peace through its various activities“



CISM



THE MILITARY SPORTS ARAB UNION

The Military Sports Arab Union is a dedicated organization committed to the promotion and development of military sports. It was established on March 31, 1984, as a part of the League of Arab States, and it stands as an exemplar of unity and solidarity within the Arab military community, united by the principles of cooperation and fraternity, as epitomized in its slogan, "brotherhood through sports."

Comprising 22 member countries, all of which are integral members of the League of Arab States, The Military Sports Arab Union has rigorously strived to advance sports and physical education within the Arab armed forces. The federation's efforts encompass the organization of championships, sporting events, scientific conferences, and training courses, with a strong emphasis on both the practical and technical aspects of sports. Furthermore, it plays a pivotal role in facilitating the exchange of expertise among the Arab military armed forces, collectively constituting the fundamental objectives of the organization.

The governance of the federation is overseen by key bodies, including the General Assembly, Executive Office, and the General Secretariat. In addition, the Assistance Committee,

consisting of the Technical Committee, the Information Committee, and the Scientific Committee, is staffed by a dedicated and highly specialized team, comprising both civilian and military professionals from diverse Arab military forces. Over four decades, these experts have labored tirelessly to enhance and evolve the activities of this union.

This esteemed Arab entity has made relentless efforts to adapt and transform, effectively involving Arab military athletes in various disciplines. It provides steadfast support, enabling them to excel and succeed on both regional and international platforms. In doing so, they have left an indelible and impressive mark on the world of sports, creating a distinguished Arab Federation of Sports characterized by its unique "military footprint." This union's commitment to fostering athletic excellence within the Arab military community is a testament to the enduring value of cooperation and solidarity.



MOHAMMED GAMMOUDI, A SUCCESS STORY

Mohammed Gammoudi, born on September 2, 1938 in Gafsa, is an iconic figure in Tunisia, not only for his sporting achievements, but also for his distinguished military career. As an athlete, Gammoudi made history by winning the gold medal in the 5,000 meters at the 1968 Summer Olympics in Mexico City, becoming the first Tunisian to achieve such an accomplishment.



As well as shining on the track, Gammoudi went on to serve his country by joining the Tunisian army. His military commitment reinforced his status as a national hero and demonstrated his devotion to Tunisia beyond the realm of sport. As a military officer, he brought the same determination and discipline that led him to victory on the track to his service in the army.

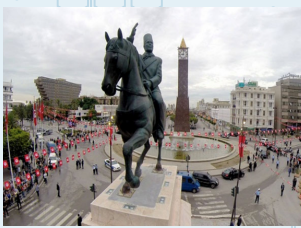
In this way, Mohammed Gammoudi embodies the unique combination of an outstanding athlete and a dedicated soldier, making a significant contribution to Tunisia's national pride and history.



HISTORY OF TUNISIAN CIVILIZATIONS

Tunisia's civilizations, shaped by a rich history, have been marked by Carthaginian, Roman, Arab, Berber and Ottoman influences.

Hannibal Barca, the brilliant Carthaginian general, left his mark during the Second Punic War in the 3rd century BC. Although his military campaign was not centered on Tunisia, his birth in these lands reinforces the link between ancient civilizations and the region.



The Carthaginians, with their commercial and maritime heritage, prospered before the Roman conquest. Tunisia then became an integral part of the Roman Empire, contributing to its brilliance for centuries. The arrival of the Arabs in the 7th century introduced Islam, adding an important cultural and religious dimension.

Over the centuries, Tunisia experienced periods of domination, decline and independence. The Ottoman presence left its mark before the colonial era, when Tunisia became a French protectorate in 1881. It became independent in 1956, becoming the first Maghreb nation to free itself from colonialism.

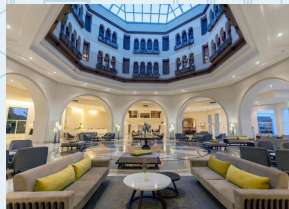


CONFERENCE VENUE

The EL Mouradi Gammarth hotel is located along a beautiful white sand beach. Its rooms are spacious and well-appointed, offering a magnificent view of the Mediterranean Sea. The hotel's facilities include swimming pools, refined restaurants serving local and international cuisine, and leisure and wellness areas such as spas, fitness centers and sports fields.

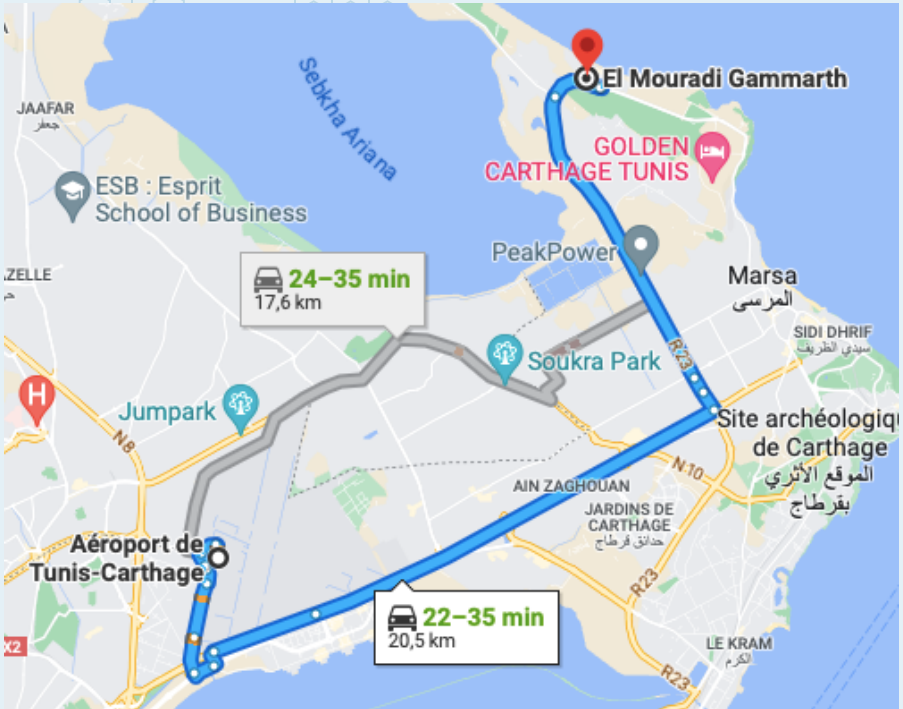
In an enchanting, relaxing setting that superbly reflects the country's traditional architecture, the hotel is close to many of the capital's major attractions:

- 1 km from the Carthage Golf,
- 18 km from Tunis-Carthage international airport,
- 10 km from Sidi Bou Saïd, Carthage and La Marsa,
- 20 km from downtown Tunis, a lively, modern capital with many points of interest,
- 12 km from the Roman Theatre of Carthage,
- 22 km from the Bardo Museum.

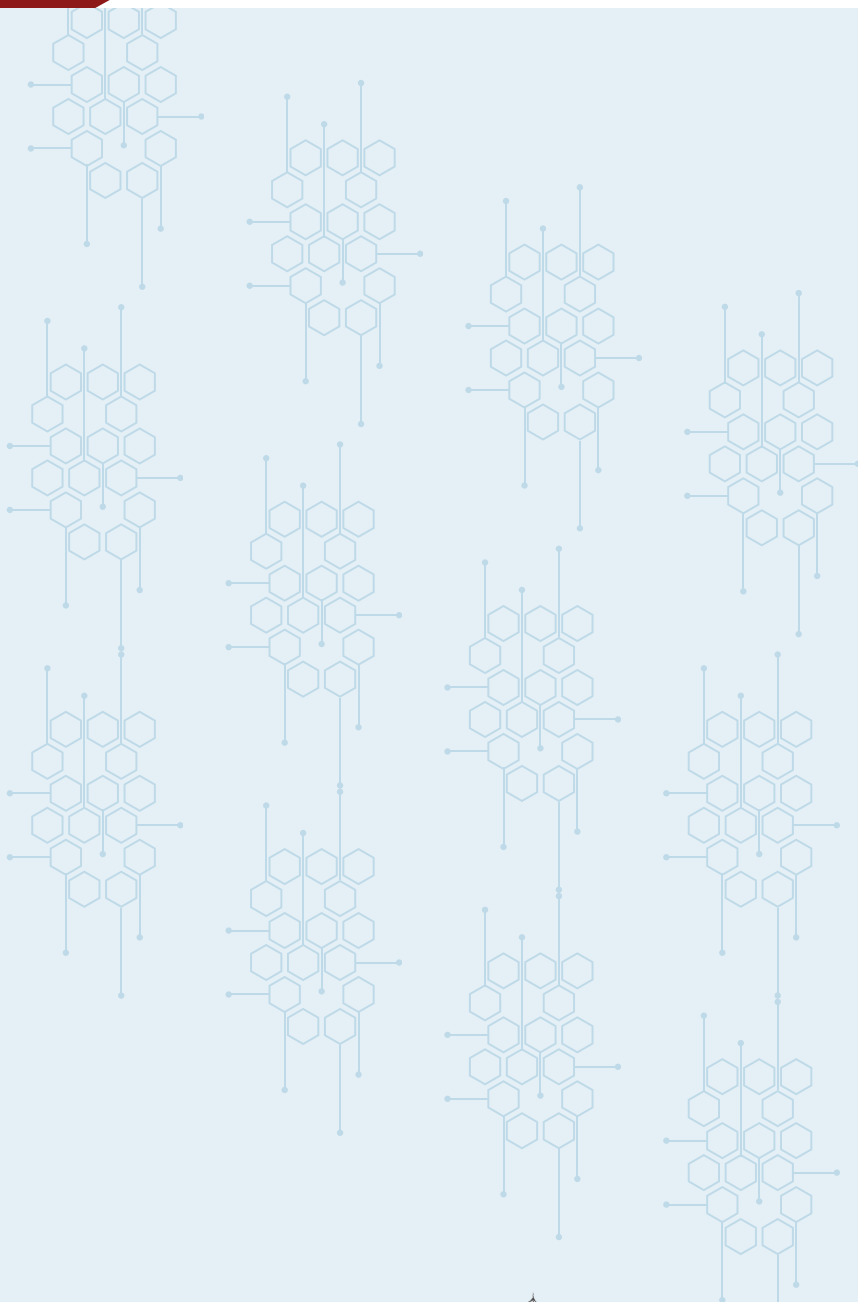


AIRPORT

The hotel is located 20-25 minutes from Tunis-Carthage airport.
Travel time may vary according to traffic.



NOTES



GENERAL PROGRAM

CISM INTERNATIONAL SYMPOSIUM 2023

Date	Time	Subject	Venue	Outfit
Sunday 29.10.2023 (D-2)	All day	The arrival of CISM HQ Staff and Sport Science Commission members	Tunis international airport	Casual
	All day	Accommodation of CISM HQ Staff and Sport Science Commission members	Hotel El Mouradi	Casual
	Afternoon/ Evening	Lunch or/and Dinner for HQ Staff (depends on arrival time) and Sport Science Commission members		Casual

Monday 30.10.2023 (D-1)	All day	Arrivals of symposium participants	Tunis international airport	Casual
	All day	Accommodation of symposium participants	Hotel El Mouradi	
	06:00 – 08:00	Breakfast	CISM meeting room	Service Uniform
	08:00 – 10:00	Coordination meeting (CISM HQ, SSC, and LOC)		
	10:30 – 12:30	Sports Science Commission meeting		
	12:30 – 14:30	Lunch	Hotel El Mouradi	Casual
	15:30 - 16 30	Visit the conference room and Test		
19:30 – 21:30	Dinner for all			

Tuesday 31.10.2023 (D)	06:00 – 09:00	Breakfast	Hotel El Mouradi	Casual
	09:30 – 12:30	Spouse 1 st cultural day		Service Uniform
	09:00 – 10:30	Registration		
	1stSymposium Day			
	10:00 – 12:30	1 st session	Hotel El Mouradi	Service Uniform Class A
	12:30 – 14:30	Lunch		
	14:30 – 17:30	2 nd session		
	16:00-18:00	Opening ceremony and welcome drink		
	19:30 – 21:30	Dinner		



GENERAL PROGRAM

Wednesday 01.11.2023 (D+1)	06:00 – 08:30	Breakfast	Hotel El Mouradi	Casual	
	08:30 – 13:30	Spouse 2 nd cultural day	Tunis		
	All day	<u>Poster session</u>	Hotel El Mouradi	Service Uniform	
	<u>2ndSymposium Day</u>				
	09:00 – 12:30	1 st session	Hotel El Mouradi	Service Uniform	
	12:30 – 14:30	Lunch			
	14:30 – 17:30	2 nd session			
	18:15 – 19:00	"Fun Run" Gammarth - All participant			
19:30 – 21:30	dinner	Hotel El Mouradi	Casual		
Thursday 02.11.2023 (D+2)	06:00 – 09:00	Breakfast	Hotel El Mouradi	Casual	
	All day	<u>Poster session</u>		Service Uniform	
	<u>3rdSymposium Day</u>				
	09:00 – 12:30	1 st session	Hotel El Mouradi	Service Uniform	
	12:30 – 14:30	Lunch			
	14:30 – 17:30	2 nd session			
	17:30 – 18:30	Gala dinner & closing ceremony		Class A	
	Evening	dinner		Casual	
Friday 03.11.2023 (D+3)	06:00 – 09:00	Breakfast	Hotel El Mouradi	Casual	
	09:30 – 12:30	<u>Cultural event</u>			
	12:30 – 14:30	Lunch for all			
	14:30 – 18:30	<u>Cultural event</u>	Tunis		
	19:30 – 21:30	Dinner for all	Hotel El Mouradi		
Saturday 04.11.2023 (D+4)	06:00 – 09:00	Breakfast	Hotel El Mouradi	Casual	
	12:30 – 14:30	Lunch			
	19:30 – 21:30	dinner			
	All day	<u>The departure of all participants from Tunis Airport</u>			



SCIENTIFIC PROGRAM

1st day of the Symposium - 31/10/2023

Session	Hour	Time	Country	Presenter	Presentation	Chairperson
Registration - Coffee						
1st session Military athlete injury prevention	09:00 - 10:30					
	11:00 - 11:20	20'	GRE	Brig. General Odysseas Paxinos	Lecture: Body composition metrics for fit and healthy military men and women	Maj Moschopoulos Athinodoros - Maj Jefferson Couto
	11:25 - 11:40	15'	KSA	Dr Hassan AL RAYEN	Understanding risk factors of patellofemoral pain in military individuals	
	11:45 - 12:00	15'	GER	LT Col Christian Luetzkendorf	Target group oriented analysis of sport event wounded, injured and sick soldier - interim results of a qualitative preliminary investigation	
12:05 - 12:20	15'	PAK	Lt. Col. Ghulam Shabir Anjum	The overview of fitness regime of contemporary soldiers		
Lunch						
2nd session Military and Sport Medicine	12:30 - 14:30					
	14:30 - 14:40	10'	MAR	Pr. Hassane Zouhal	Lecture: Relations entre Gènes - Performances Physiques & Blessures	Brig. General Odysseas Paxinos - DR. Karl E. Friedl
	14:45 - 14:55	10'	TUN	Adhem TORKI	Monitoring elite athletes	
	15:00 - 15:10	10'	BRA	Sgt D'Urso, F	Fatigue, dehydration and academic performance in a military course	
	15:15 - 15:25	10'	GER	Lt Col Christoph Holtherm	The health care, treatment, rehabilitation and military assessment for all top athletes in the Bundeswehr	
	15:30 - 15:40	10'	TUN	DR. RIM Maouia	post ligamentoplasty rehabilitation of the posterior cruciate: which protocol	
15:45 - 16:00	15'	GRE	Maj Moschopoulos Athinodoros	Military doctors, sports medicine and the Cism academy from 1948-1986		
Opening Ceremony - Class A Uniform						



SCIENTIFIC PROGRAM

2nd day of the Symposium - 01/11/2023

Session	Hour	Time	Country	Presenter	Presentation	Chairperson	
1st session physical and psychological preparation of the soldier	09:30 - 09:45	15'	RSA	Lt Col Etesia Terblanche	The impact of the covid 19 pandemic on the physical and emotional well being of sport men and women in the south african national defence force	Lt. Col. Ghulam Shabir Anjum - Lt. Col. Andrei V. Politov	
	09:45 - 10:00	15'	BRA	Gelson Luiz Pierre Junior	12 week circuit training proposal with overload volume and intensity control on body composition and muscular and cardiorespiratory fitness of brazilian army recruits		
	10:05- 10:15	10'	TUN	Dr. Hanene Djemaiel	Assessing the Performance Capacity of High-Level Military Athletes		
	10:20 - 10:30	10'	RUS	Alexander S. Ivanov	Peculiarity of cadets physical education organization in pre-university educational organization of the ministry of defense of the russian federation		
	10:30 - 11:00	Coffee Break					
	11:00 - 11:20	20'	USA	DR. Karl E. Friedl	Lecture: Body composition metrics for fit and healthy military men and women	Brig. General Odysseas Paxinos - Lt. Col. Christian Luetzkendorf	
	11:25 - 11:40	15'	TUN	DR. Khadija Ayed	Impact of resistance training by electromyostimulation on energy cost of walking and chronotropic reserve of Tunisian pilot		
	11:45 - 11:55	10'	BRA	Marco Antonio Muniz	Relationship between insulin resistance biomarkers and visceral adipose in military personnel		
	12:00 - 12:10	10'	QAT	Abdelkader Mghisib	Standarts and requirements of physical performance For military athletes		
	12:15 - 12:25	10'	SRB	LtCol Negovan Ivankovic	The infuence of playing sports on the development of mentally and physically health military command staff		
12:30 - 14:30	Lunch						
2nd session Sport Participation and Military Leadership Enhancement	14:30 - 14:50	20'	ITA	Col. Walter Borghino	Lecture: Leadership characteristics of sport and military groups	Col. Lotfi Bouguerra - Lt. Col. Andrei V. Politov	
	14:55 - 15:10	15'	RUS	Gen Oleg S.Botsman	Participation in sports and leadership qualities strengthening of military institute of physical training cadets		
	15:15 - 15:25	10'	TUN	Talel Maddeh	Effect of adding an in-service training programm in indiscipline prevention and management on maghrebain secondary school physical education teachers		
	15:30 - 15:40	10'	RUS	Col Vladimir Nevaev	The use of complex control exercises to tes and assess military physical fitness		
	15:45 - 15:55	10'	TUN	Imen Ben Amor	The relationship between locus of control and pre-competitive anxiety in highly trained soccer players		
	16:00 - 16:30	Coffee Break					
	16:30 - 16:50	20'	MKD	Sasho Danevski	Lecture: Efficiency of functional training for the development of general and specific motor skills in the armed forces in a period of 16 weeks	Lt. Col. Christian Luetzkendorf	
	16:55 - 17:10	10'	BRA	Sgt D'Urso, F	Correlation between antropometric measurements and physiological variables in military persosonnel		
	17:15 - 17:25	10'	MKD	Col Haralampie Trajkov	Determination of new test for physical fitness for personnel of active duty in the army of north macedonia in accordance with demands of modern warfare		
	17:30 - 17:40	10'	TUN	DR. Sana Ben Othman	The impact of covid19 on military athletes	Maj Moschopoulos Athinodoros	
18:15 - 19:00	"Fun Run" Gammarth - All participant						

SCIENTIFIC PROGRAM

3rd day of the Symposium - 02/11/2023

Session	Hour	Time	Country	Presenter	Presentation	Chairperson	
1st session physical training evaluation methods in armed forces	09:00 - 09:20	20'	TUN	Col. Lotfi Bouguerra	Lecture: The effect of time of day of training during Ramadan on physiological parameters in highly trained endurance athletes	DR. Karl E. Friedl - Maj Jefferson Couto	
	09:25 - 09:40	15'	SLO	Janez Vodisar	Association of body composition parameters and performance on the slovenian combat fitness test		
	09:45 - 10:00	15'	BRA	Aline Tito	Correlation between double product and visceral adipose tissue		
	10:05 - 10:20	15'	GER	Lt. Col. Schmidt Annette	Functional fitness as a military sport and in its military relevance	Col. Lotfi Bouguerra - Lt. Col. Ghulam Shabir Anjum	
	10:30 - 11:00	Coffee Break					
	11:00 - 11:20	20'	RUS	Lt. Col. Andrei V. Politov	Lecture: Development model of normative requirement for military personnel physical fitness evaluation		
	11:25 - 11:40	15'	BRA	Lt. Cdr. Priscilados Santos Bunn	Comparative analysis of performance in physical fitness tests between approved and reapproved groups in a special operations course		
	11:45 - 12:00	15'	TUN	OLFA Torki	Weighted vest warm-up: improvement of repeated change of direction performance in young soccer players		
	12:05 - 12:20	15'	BRA	Rafael Soares Cunha	The scientific research on physical training conducted in the Brazilian army		
	12:30 - 14:30	Lunch					
2nd session Elite Athlete Performance Enhancement	14:30 - 14:50	20'	MAR	Pr. Hassane Zouhal	Lecture: Effect of High altitude training on elite athletes	Lt. Col. Christian Luetzkendorf - Maj Jefferson Couto	
	14:55 - 15:10	15'	TUN	Raouf Hammami	Exploring of two different equated instability resistance training programs on measure of physical fitness and lower limb asymmetry in pre-pubertal weightlifters fitness		
	15:15 - 15:25	10'	TUN	Thouraya Mhenni	Reliability and time of day effect on measures of RSA Test in young Healthy Physical Education Student		
	15:30 - 15:40	10'	RUS	Col Viktor Egorov	Injury prevention by plyometric means of cism athletes		
	15:45 - 15:55	10'	TUN	Rim Dridi	Effect of endurance training intensity on pulmonary diffusing capacity in young athletes		
	16:00 - 16:30	Coffee Break					
	16:30 - 16:45	15'	TUN	Dr Yassine Nagra	New Specific Karate Agility Test: Reliability, Validity and Sensibility	Lt. Col. Ghulam Shabir Anjum - Maj Moschopoulos Athinodoros	
	16:50 - 17:05	15'	TUN	Raouf Ben Abderrahmen	Passive vs. Active Recovery During Interval Training: A Literature Update		
	17:10 - 17:20	10'	RUS	Lt. Col. Alexandr Zelenin	Training of diving specialists in hand to hand combat in the aquatic environment		
	17:25 - 17:35	10'	TUN	Raouf Hammami	Preseason integrative neuromuscular training improves selected measures of physical fitness in highly trained youth male soccer players		
	16:45 - 17:55	10'	TUN	OLFA Torki	A 3 min weighted vest re-warmups induce sprint performance enhancements at the start of the second half of a soccer match-play		
	18:00 - 19:00	Opening Ceremony - Class A Uniform					

BOARD OF DIRECTORS MEETING - NOVEMBER 4TH

OPENING CEREMONY/ OFFICIAL PHOTO/ WELCOME COFFEE: 09:00 – 09:50 (Class A Uniform)		
TOPICS	AGENDA ITEMS	TIME
PART 1 INTRODUCTION	1.1 Welcome address of the President of CISM (10:00)	10'
	1.2 Roll Call	
	1.3 Approval of the Agenda (general remarks and working arrangements)	15' (SGA)
	1.4 Review and follow-up of the record of decisions of the previous BoD meeting	
PART 2 CISM AUTHORITIES REPORT	2.1 CISM President's Communication (10:25)	20'
	2.2 CISM Secretary-General's Report	15'
	2.3 CISM Continental reports	-
	2.3.1 Africa	15'
	2.3.2 Americas	15'
	2.3.3 Asia	15'
	2.3.4 Europe	15'
LUNCH (After 120') 12:00 to 13:30		90'
PART 3 CISM FINANCIAL REPORTS	3.1 Report of the Treasurer General (13:30)	90'
	3.2 Budget 2024 - new proposal (TBC)	
	3.3 DF 2023-FIN-3604 Establishment of a procedure for Inactive Nation termination from CISM	
	3.3 IF 2023-FIN-3603 Cancellation of debts previous to 4 years	
BREAK (After 90') – 15:00 to 15:20		20'
PART 4 CISM COMMISSIONS	4.1 CISM Regulations Commission report (Col Steven Rosso) (15:20)	10'
	4.2 CISM Strategy Commission report (Col Dirk Schwede)	10'
	4.3 CISM Solidarity Commission report (Gen Oleg Botsman)	10'
	4.4 CISM Sports Commission report (Lt-Col Jure Velepec)	10'
	4.5 CISM Finance and Budget Commission report (Col Nathalie Birgentzlen)	10'
	4.6 Women in CISM Commission report (Capt Rebeca Dominguez)	10'
TOPICS	AGENDA ITEMS	TIME
PART 5 STRATEGY AND GENERAL AFFAIRS	5.1 Strategic Plan – Updates (16:20)	40'
	5.2 DF 08 SGA 2023 - CISM Order of Merit	
	5.3 DF 09 SGA 2023-CISM HQ Staff Mandate	
	5.4 DF 10 SGA 2023 - BoD-GA Guidelines - Hotels Price	
	5.5 IF 2023 SGA 04 - BoD Vacancies 2024	
	5.6 IF 2023 SGA 05 – BoD Guidelines and GA & Congress Guidelines	
	5.7 Statutory Calendar (2024-2028)	
CONCLUSION	Closing address of the CISM President (17:00)	10'
End of the 1st Session – 17:10		

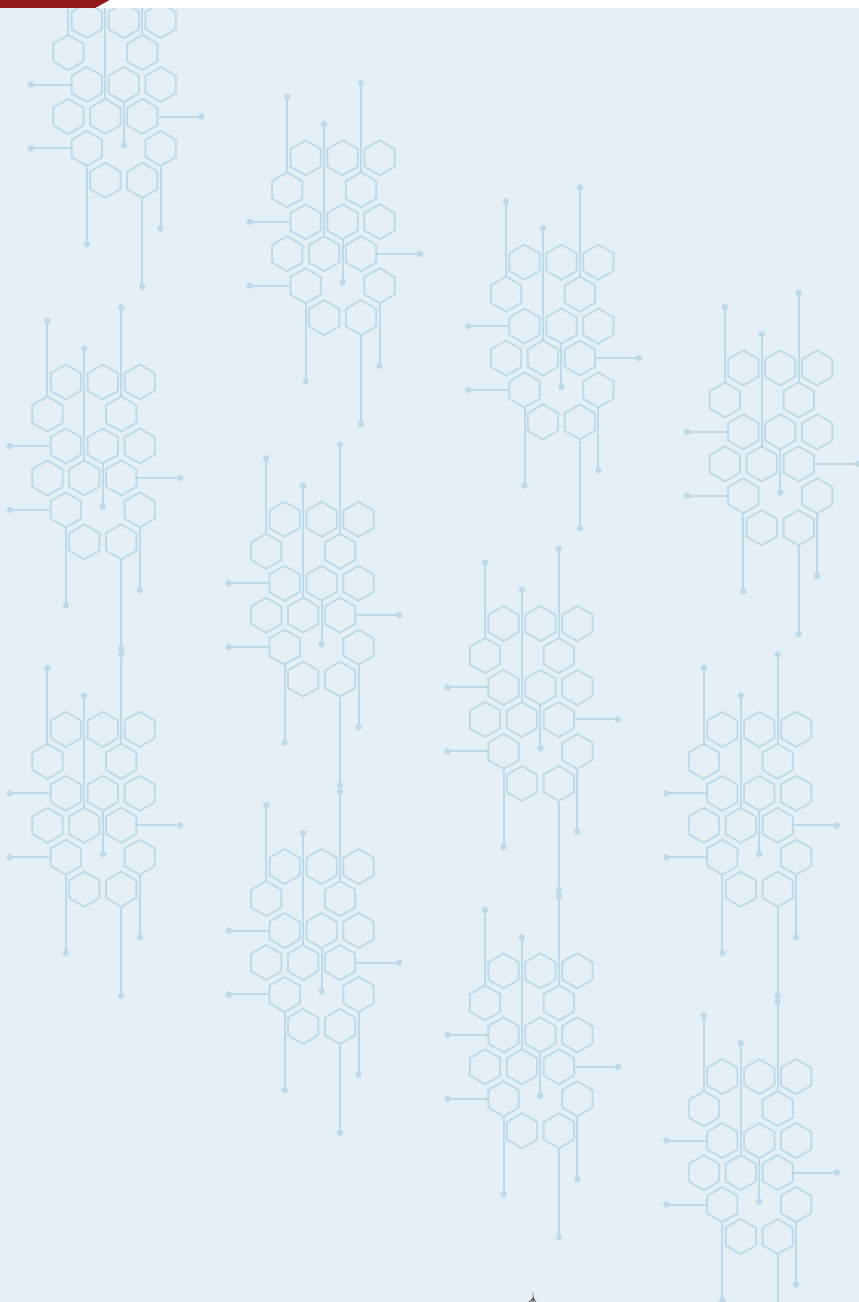


BOARD OF DIRECTORS MEETING - NOVEMBER 5TH

TOPICS	AGENDA ITEMS	TIME
PART 1 INTRODUCTION	1.1 Welcome address of the President of CISM (09:00)	10'
	1.2 Roll Call	10' (SGA)
	1.3 Approval of the Agenda (general remarks and working arrangements)	
	1.4 Review and follow-up of the record of decisions of the previous BoD meeting	
PART 6 SPORTS DEPARTMENT	6.1 DF 001 SD 2023 - Introducing new sports in CISM	70'
	6.2 DF 002 SD 2023 - Restart counting world-level sports	
	6.3 DF 003 SD 2023 - CISM Star of Sports Merit for coaches	
	6.4 DF 005 SD 2023 - CISM Athlete of the Year new process	
	6.5 DF 006 SD 2023 - Evaluation on Challenge become WMC – Functional Fitness	
	6.6 DF 007 SD 2023 - Evaluation on Challenge become WMC – Rugby 7's	
	6.7 DF 008 SD 2023 - Honoring individual athletes	
	6.8 PCSC list update (new PCSCs presented by SG)	
	6.9 OCR 2024 list	
	6.10 Update sports calendar and 5-year plan	
	6.11 IF 001 SD BoD 2023-3 Visa During WMC	
	6.13 Parasport Evaluation – 2023	
	6.14 Update on Gold Medals from Bahrein	
6.15 Miscellaneous		
BREAK (After 95') – 10:30 to 10:50		20'
PART 6 SPORTS DEPARTMENT	6.14 PCSC-R (10:50)	15'
PART 7 GAMES DEPARTMENT	7.1 CISM Games updates (11:15) 7.2 IF 01 GAM 2023 - Organization Fees 7.3 IF 01 GAM 2023 - Recommendations on CISM Military World Games - Minimum requirements	55'
LUNCH (After 65') – 12:00 to 13:30		90'
TOPICS	AGENDA ITEMS	TIME
PART 8 ACADEMIC DEPARTMENT	8.1 CISM International Symposium 2023 - Tunis (13:30)	30'
	8.2 CISM International Athletics Conference 2023 - Abu Dhabi	
	8.3 CISM International Jiu-Jitsu and Close Combat Conference 2024 - Abu Dhabi	
	8.4 CISM International Symposium 2025 – Abu Dhabi	
	8.5 CISM Sports Management Course (CSMC)	
PART 9 COMMUNICATION/ INTERNATIONAL RELATIONS /	9.1 Updates (14:00)	15'
PART 10 DEVELOPMENT & PARTNERSHIP	10.1 Updates (14:15)	30'
PART 11 MISCELLANEOUS	11.1 Postpone items (14:45)	15'
	11.2 Any other business	
CONCLUSION	Closing address of the CISM President (15:00)	10'
End of the 2nd Session – 15:10		
CLOSING CEREMONY/ 16:00 – 16:30 (Class A Uniform)		
GIFT EXCHANGE/ 16:30 - 17:00 (Class A Uniform)		



NOTES



CULTURAL PROGRAM

The Medina of Tunis

The medina of Tunis, listed since 1979 as a UNESCO World Heritage Site

The Medina of Tunis is one of the first Arab-Muslim cities in the Maghreb. This property, listed as a UNESCO World Heritage Site, covers an area of approximately 280 ha and presents all the components of an Arab-Muslim city. : Bab El-Bahr (gate of the sea), Bab carthaginna (gate of Carthage), Bab Souika (gate to the market), Bab EL Menara (gate to the beacon) and Bab Al- Djazira (gate to the peninsula).



Sidi Bou Saïd

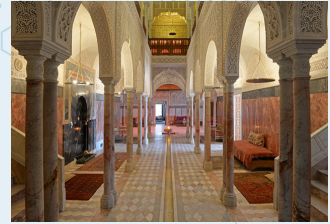
In the village of Sidi Bou Saïd , the visitor is captivated by the beauty and originality of the place. Cobbled streets, fuchsia and white bougainvillea and moucharabiehs, the small village of 5000 inhabitants was the first protected site in the world, the village has been listed by UNESCO as a World Heritage Site since 1979.



CULTURAL PROGRAM

Baron's House / Ennejma Ezzahra

A superb residence built by Baron Rodolphe d'Erlanger (1872-1932) at the bottom of the village of Sidi Bou Saïd, in a park overlooking the sea. It was occupied and looted by German soldiers during the Second World War. Further damage was caused when Allied soldiers were housed there. Today, it is the property of the Tunisian state, which has turned it into a museum, with much of its original furniture, including paintings by Rodolphe d'Erlanger, and a treasure chest believed to have belonged to Suleiman the Magnificent. The museum is also home to the Center for Arab and Mediterranean Music, which gives regular concerts and exhibits a superb historical collection of musical instruments.



Bardo Museum

The Bardo Museum in Tunisia is a true historical gem. Located in Tunis, it occupies a former beylical palace and houses one of the world's largest collections of Roman mosaics. It's a journey through time, where each mosaic tells an ancient story. The museum also showcases diverse collections, ranging from Islamic art to fascinating archaeological pieces. The palace's architecture itself is a captivating blend of Arab and Ottoman influences. A visit to the Bardo Museum provides a fascinating dive into Tunisia's rich and diverse history.



SHOPPING MALLS

Tunis City

Tunis City is one of the country's major shopping centers, with over 80 stores to satisfy a large part of the population. You'll find ready-to-wear boutiques, restaurants, jewelry stores and a cinema. Located 30 minutes from the El Mouradi Gammarth hotel, the easiest way to get there is by taxi.



Azur City

Inaugurated in 2019, Azur City is one of Tunisia's most modern shopping centers, with more than 100 stores to satisfy a large part of the population. You'll find ready-to-wear boutiques, restaurants, jewelry stores and a cinema.

Located 30 minutes from the El Mouradi Gammarth hotel, the easiest way to get there is by taxi.



USEFUL INFORMATIONS



TELECOMMUNICATIONS

To reach Tunisia from abroad, dial the code +216 +8 digits. From Tunisia, to reach a correspondent abroad, dial the prefix 00.

If you need a Tunisian phone card, you can easily find one at the airport, at your arrival, or at your hotel.

LANGUAGES



Arabic is the official language of the country. French is widely spoken. In tourist areas and places, English, German and Italian are also spoken.



MONEY

The Tunisian currency is the dinar (DT). 1 dinar=1000 millimes. The Tunisian dinar is not convertible or exportable. The majority of banks provide an exchange service as well as hotel receptions International credit cards widely accepted. There are many exchange offices in towns and touristic areas.

1€ = 3,3 dt

1\$ = 3,1 dt



USEFUL INFORMATIONS

LOCAL CONTACT



Tunisian Delegation to CISM :
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Avenue Le Bardo 2000 - Tunis
Tel: +216 71.222.133 / +216 71.221.101
Fax: +21671.223.461
E-mail: depsm@defense.tn

TIME ZONE



Tunisia currently has a time difference of +01:00 on the Greenwich meridian (GMT) or Coordinated Universal Time (UTC). It is located in the CET time zone.










MEDICAL

The Military Hospital of Tunis, is a Tunisian military and university hospital located in the Montfleury district of Tunis, Tunisia. Created in 1958 in El Omrane, it replaces the Louis-Vaillard military hospital founded by the French army in 1887, during the French protectorate.

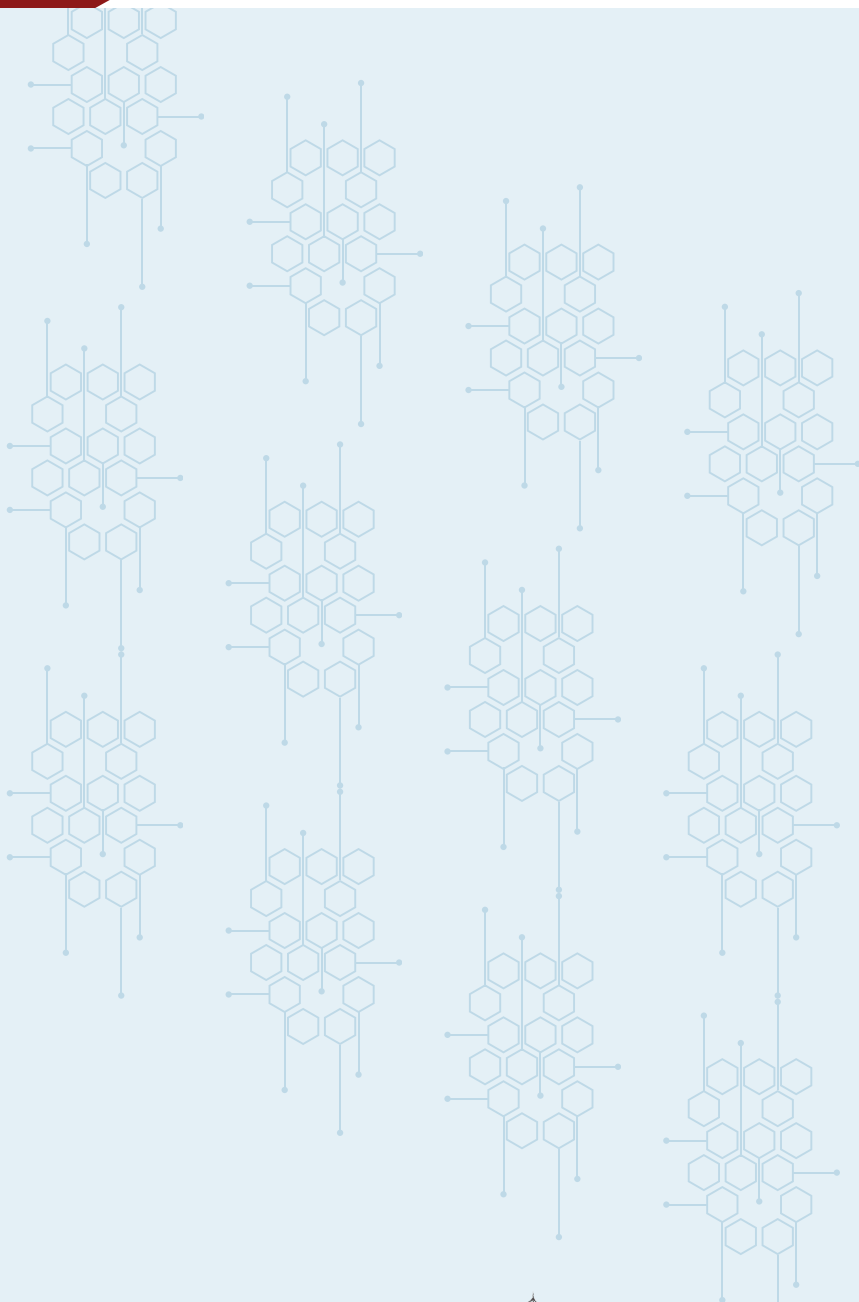


WEATHER

Sunday 29	20° 25°	
Monday 30	20° 26°	
Tuesday 31	20° 26°	
Wednesday 1	18° 22°	
Thursday 2	17° 22°	
Friday 3	18° 23°	
Saturday 4	18° 23°	



NOTES





الإنطلاقة

قانون
صحة
رياضة



1952-1953

Le décret Général des Sports Militaires est modifié à partir du 1er Janvier 1952.

Il comprend :

- 1) Une section de commandement et des sections
- 2) Un centre d'Éducation Physique Militaire Formant Intra et Supplémentaire
- a) Une Compagnie d'Éducation
- b) Une section d'entraînement physique et sportif.
- c) Une section de Sports Agréés.

Tout le 25 Décembre 1951

Le Ministre d'État et le Ministre de l'Armée

Musé / 1951-1952

MEMBRE

MEMBRE

MEMBRE

MEMBRE

MEMBRE

MEMBRE

MEMBRE

Deuxième Division

Bureau de S. P. 10

Le Lieutenant Colonel

à l'Administration des Sports

1952-1953

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التواصل



الثبات





*Thank you for joining us.
You are always welcome
in Tunisia.*

