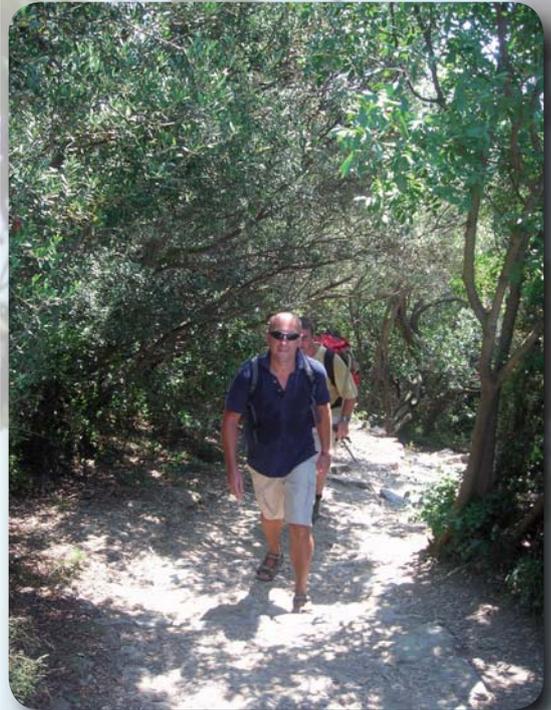


## HQ NRDC-ITA's UK Contingent Conducts Military Annual Training Tests

by Major Chris Sargent

Cinque Terre, 1 Jul 08. As a part of their Military Annual Training Tests (MATTs), the 23-strong UK Contingent at the NATO Rapid Deployable Corps (Italy) (HQ NRDC-ITA) conducted a navigation test along Italy's western seaboard. The aim of the training was to revise and test the contingent in map reading techniques and to enhance fitness. The training was conducted in the beautiful yet rugged terrain of the Cinque Terre in Liguria. This provided an ideal backdrop for the training and allowed the members of the contingent to experience another area of Italy. The walk started in the picturesque town of Riomaggiore and followed the coast through the villages of Manorola, Corniglia, Vernazza and Monterossa. The going at times was hard work and the heat, along with some steep climbs meant that the contingent was well tested both in terms of stamina and navigation. The walk started at 1100hrs and was completed by 1630hrs with time for a dip in the cool blue waters of the Mediterranean and a refreshing lunch. It was certainly a change from the usual locations for MATTs training that the contingent have previously experienced. "The Cinque Terre is certainly a vast improvement on the Brecon Beacons or Woodbury Common where we normally train", said the ADC to DCOM Capt Tom Scott. MATTs are the British Army's annual tests to ensure deployability



and currency in basic military skills. In the current environment they are crucial in ensuring that the basic skills that a soldier must have are not lost. MATTs include a variety of military skills and requirements including, weapon training, fitness, first aid, CBRN, values and standards, equality and diversity, health, health & safety and security.

