

## Cyber Exercises Simulate Attacks to Improve Skills and Readiness

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The Resilmesh project is dedicated to strengthening cybersecurity across various sectors, from energy to manufacturing. A crucial aspect of this initiative is developing the Resilmesh platform, designed to elevate cyber defense capabilities. Targeted training exercises are included in this effort to prepare participants for real-world cyber threats. These strategic exercises build skills, test response readiness, and contribute to the platform's continuous enhancement.

### The Importance of Collaborative Cyber Exercises in Resilmesh

Cyber training plays a role in the Resilmesh framework, emphasizing the development of comprehensive readiness. During the project, cyber training is conducted in exercises that simulate various attack scenarios, focus on decision-making and effective communication under pressure. Key objectives include:

- Skill Development: Providing hands-on experience to manage cyber threats and apply effective countermeasures.
- Testing Readiness: Helping organizations identify potential vulnerabilities and refine their defense strategies.
- Enhanced Team Collaboration: Demonstrating how different teams can work together seamlessly for coordinated responses.

These training activities offer substantial added value by equipping participants and their organizations with practical skills and knowledge, boosting resilience against cyber threats. To ensure the highest quality of training, the Resilmesh project collaborates with established cybersecurity experts. The Institute of Information Technology at JAMK University of Applied Sciences, particularly its JYVSECTEC (Jyväskylä Security Technology) research, development, and training center, plays a central role. JYVSECTEC customizes cyber training for different sectors and organizations, that challenge participants' technical and strategic capabilities.

### Insights from Advanced Cyber Exercise

The training exercises conducted during the Resilmesh project are held in JYVSECTEC's world-class cyber exercise environment called RGCE (Realistic Global Cyber Environment). This comprehensive and unique cyber range integrates realistic global networks and organizational environments within an isolated private cloud. The environment is an exceptional resource available to those participating in these training exercises to enable skill development, providing state-of-the-art training and exercises that immerse people in realistic cyber-attacks. An exceptional training environment allows JYVSECTEC to meet specific needs, contributing to more targeted and effective learning experiences.

The feedback from participants in JYVSECTEC's training sessions has been consistently positive, with participants highlighting the professional nature of the exercises. This illustrates the value of well-structured training simulations that engage participants in realistic scenarios, fostering practical skill development.

## Upcoming Exercises and Future Directions

Two major training exercises aimed at cyber security incident response teams (CSIRTs) are planned as part of the ongoing Resilmesh efforts:

- First Exercise: Late Fall 2025, lasting 2 days, featuring two distinct attack scenarios to challenge and hone participant skills.
- Second Exercise: Early Summer 2026, also spanning 2 days, focusing on advanced scenarios to deepen analytical and strategic thinking.

These exercises are crucial for showcasing the tools behind the Resilmesh platform. They serve as a real-world arena to improve our cybersecurity solutions. The insights gained help us develop the platform to meet future challenges, ultimately providing organizations with better ways to protect against cyber threats. The Resilmesh project continuously strengthens the resilience and capabilities of organizations in today's cyber landscape.

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