



WORLD ACADEMY

## Norwegian Armed Forces Førstegangstjeneste

The Norwegian Armed Forces annually calls an entire cohort to answer a self-declaration form. The answers you provide are used to determine if you are fit to serve as a soldier for your country. The deadline for the self-declaration form is November 2020

The form you should fill out has questions about:

- Social life
- Physical shape
- Your health
- Your motivation
- Your interests
- Wishes

The questions about your physical health include:

- How long does it take for you to run 3000-meters?
- How many bicep curls can you manage?
- How many pull-ups can you do?
- How far can you jump?

Before coming aboard the Sørlandet, please make sure you have the answers to each of these 4 questions. You may use your own time at port to work together to answer the questions above if you haven't brought them aboard.

The Self-Declaration form can be completed online at <https://forsvaret.no/egenerklæring> but you will need to bring your **PIN** with you to access the application.

For any *issues with login*, call the ID port support at **+47 24 05 56 03**

For more information or videos on how to answer the physical health questions, please go online to <https://forsvaret.no/egenerklæring>

I am aware of the requirement to fill out a self-declaration form and will be prepared with my physical questions and PIN to complete my declaration form before November 2020

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Print Student Name

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Sign Student Name

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Date