



PUBLIC ANNOUNCEMENT



RECRUITMENT INTO THE NAMIBIAN DEFENCE FORCE

The Ministry of Defence and Veterans Affairs (MODVA) hereby informs the shortlisted candidates listed to report to their respective regional centres on **Wednesday, 05 February 2025**, to undergo Pre-Entry and Physical Fitness Tests.

Important Information:

1. Only successful candidates shall proceed to the next phase, they shall be notified and they must make provision for own accommodation, meals and transport. The entire process is expected to be finalised by **07 March 2025**.

2. All candidates who did not make it after Pre-Entry Test will not be contacted.

Test Schedule

Date : Wednesday, 05 February 2025
Time : 07h00
Categories : Recruits, Drivers, and Pilots
Activities : Written English, General Knowledge, and Physical Fitness Tests

Note: Latecomers will not be accommodated and will be disqualified.

Requirements for All Candidates (Recruits, Drivers, Pilots, and NYS) documents to bring along:

1. Original identification card

2. Full birth certificate
3. Medical health passport for medical examinations.
4. Dress code: Sport attire, including physical training shorts, T-shirts, and running shoes. No other clothing will be permitted.
5. Testing Locations: Candidates will only be tested in the regions where they were shortlisted.
6. All shortlisted candidates should come with pens.

Specific Instructions for NYS Candidates

Date : Friday, 07 February 2025
Time : 07h00
Activity : Fingerprint verification at designated Namibia Police Stations and Medical examination. NYS candidates must contact their respective NDF Recruitment Officers for directions. Late arrivals will also be disqualified.

Dissemination of Information: Honourable Governors, Chief Regional Officers, and Constituency Councilors are requested to promptly share this information with shortlisted candidates in their respective regions and constituencies.

NOTE: ONLY SHORTLISTED CANDIDATES ARE REQUIRED TO REPORT TO THE CENTRES. NOTWITHSTANDING THE PROVISION OF THE DEFENCE ACT, 2002 (ACT 1 OF 2002) CHAPTER IV.

ERONGO REGION				
Regional Training and Recruitment Department: Group Captain Ernie Smit at +264 80402813				
S/N	Full Names	Date of Birth	Gender	Category
1	Alexander S. Christoff	21.02.2003	Female	Recruit
2	Aggrey G. Bwacha	01.03.2004	Female	Recruit
3	Z/Alexander J. Dantagari	24.11.2005	Female	Recruit
4	Alexander N. Ester	03.09.1999	Female	Recruit
5	Albertus Adams	07.09.2002	Female	Recruit
6	Ashkale A.S. Fima	17.08.2004	Female	Recruit
7	Cloete B. Shanda	17.09.2003	Female	Recruit
8	Cloete L. Ralivira	16.04.2004	Female	Recruit
9	Charles P. Ruchira	09.04.2003	Female	Recruit
10	Ephraim Undakunge	02.11.2005	Female	Recruit
11	Gaerens R. Thamba	10.10.1999	Female	Recruit
12	Gowdwin Dey Ester	27.04.2001	Female	Recruit
13	Gurries E. Ndawabed	16.12.2003	Female	Recruit
14	Haggam A. Elizabeth	25.06.2000	Female	Recruit
15	Hondjema Kuzuhimika	10.04.2005	Female	Recruit
16	Igorge Emma	26.08.2000	Female	Recruit
17	Igorge N. Gema	20.09.2005	Female	Recruit
18	Iyambo N.N. Tami	23.07.2000	Female	Recruit
19	Jakobema Wahanusama	17.09.1999	Female	Recruit
20	Johannes Ndahafa	06.06.1999	Female	Recruit
21	Joseph T. Eloni	16.11.1998	Female	Recruit
22	Katjira Vicerbia	16.07.1999	Female	Recruit
23	Kavendish K.S. Agasha	07.01.2003	Female	Recruit
24	Khawana Seferin	17.02.2004	Female	Recruit
25	Kooper J. Patricia	10.09.1999	Female	Recruit
26	Kubemo Raganahia	12.06.2000	Female	Recruit
27	Mubamba K. Elizabeth	23.05.2003	Female	Recruit
28	Mukubisa Bicut	27.06.2006	Female	Recruit
29	Munze E. Tjokupe	17.07.1999	Female	Recruit
30	Mumba M. Eliza	05.06.2000	Female	Recruit
31	Mutukwesi T. Ndoyakolita	23.04.1999	Female	Recruit
32	Nakale N. Ndabalo	19.04.2000	Female	Recruit
33	Nangolo N. Hlene	25.09.1999	Female	Recruit
34	Nikodemus KP Lina	07.04.2005	Female	Recruit

35	Noboes Mna	02.08.2005	Female	Recruit
36	Siluka M. Wernsy	13.02.1999	Female	Recruit
37	Svenner W. Agel	28.02.2002	Female	Recruit
38	Tjibombo M. Puperondjo	26.01.2003	Female	Recruit
39	Tjivondjo Lihama	26.07.2000	Female	Recruit
40	Tjivondjo Phashek	23.06.2000	Female	Recruit
41	Tjuba Wapoko	27.02.1999	Female	Recruit
42	Uvukia UM Elizabeth	19.12.2005	Female	Recruit
43	Uyumbika K. Hama	03.03.2000	Female	Recruit
44	Wells C. A. Aale	26.04.2001	Female	Recruit
45	Wanush Anon	17.08.2005	Male	Recruit
46	Wanush T. Pwenty	22.11.1999	Male	Recruit
47	Abel Isack	13.04.1999	Male	Recruit
48	Adrian N. Haka	18.09.2002	Male	Recruit
49	Akudhanga D. Pafuti	04.09.2000	Male	Recruit
50	Alles R. Mangon	04.02.2002	Male	Recruit
51	Amubunda KN Matti	24.07.2001	Male	Recruit
52	Araviana George	09.12.1999	Male	Recruit
53	Andrew KT Adogah	17.12.1998	Male	Recruit
54	Ashpala G. Tangens	12.11.1998	Male	Recruit
55	Ashpala G. Nafangas	10.09.2004	Male	Recruit
56	Asim M. Shengena	03.03.2002	Male	Recruit
57	Awand N. Junior	26.11.2005	Male	Recruit
58	Daniel N. Tangens	18.03.2000	Male	Recruit
59	De Klers D. Bucasene	09.07.2001	Male	Recruit
60	Demba D. Bantou	10.12.2000	Male	Recruit
61	Diamini MG Patient	15.10.2005	Male	Recruit
62	Edwige T. Fawick	04.04.2000	Male	Recruit
63	Edwige D. Mupha	13.03.2009	Male	Recruit
64	Endjala S. Frans	30.10.2000	Male	Recruit
65	Esau D. Jarmie Lee	28.08.2000	Male	Recruit
66	Fawick T. Fawick	17.06.1999	Male	Recruit
67	Gabriel Likus	01.12.2004	Male	Recruit
68	Gauche Seth	16.04.2005	Male	Recruit
69	Ganselb Asser	07.03.2001	Male	Recruit
70	Ganselb Wapoko	24.04.2000	Male	Recruit
71	Ganselb E. Gwamini	02.03.2003	Male	Recruit
72	Haradob RS Carlos	09.07.2000	Male	Recruit

73	Hartley F. Verrina	03.02.1999	Male	Recruit
74	Haukua N. Immanuel	27.06.2000	Male	Recruit
75	Hawanga J. Albert	30.07.2003	Male	Recruit
76	Hawanga M. Wilbrand	26.08.2006	Male	Recruit
77	Hawanga S. Haden	29.04.1999	Male	Recruit
78	Haggam BD. Blawusi	22.09.1999	Male	Recruit
79	Hilwea N. Krosian	10.09.2000	Male	Recruit
80	Igorge I. Andreus	19.09.2001	Male	Recruit
81	Isak L. Smit	07.09.2001	Male	Recruit
82	Jacobson M. Dahlvinne	26.01.2001	Male	Recruit
83	Jandjira Wernsy	18.09.2000	Male	Recruit
84	Johannes H. Joseph	19.09.2003	Male	Recruit
85	Kaene T. Agel	22.10.2005	Male	Recruit
86	Kakwena P. Pafuti	07.03.2005	Male	Recruit
87	Kalomo N. Adibur	10.12.2001	Male	Recruit
88	Kandjira M. Wapoko	01.09.2004	Male	Recruit
89	Kandjira M. Blawusi	19.09.1999	Male	Recruit
90	Kangoka Mungwandi	22.07.2005	Male	Recruit
91	Kapoti H. Isack	30.07.1999	Male	Recruit
92	Kapoti H. Sakoni	29.04.2003	Male	Recruit

168	Sikumbi K. Jansen	08.06.2002	Male	Recruit
169	Sikumbi S. Aldrin	18.09.2000	Male	Recruit
170	Simanika Chigwa	05.10.1999	Male	Recruit
171	Simanika Kubende	03.03.1999	Male	Recruit
172	Sitani P. Haggam	02.04.1999	Male	Recruit
173	Sitani S. Samwel	15.01.2000	Male	Recruit
174	Springbok R. Edwin	23.12.2003	Male	Recruit
175	Tandjo S. Christoff	28.07.2000	Male	Recruit
176	Tjivondjo B. Zai	09.11.2000	Male	Recruit
177	Tjivondjo T. Ronald	01.09.2002	Male	Recruit
178	Tjivondjo Sediray	12.04.2005	Male	Recruit
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180	Tjivondjo J. Jansen	28.08.2000	Male	Recruit
181	Tjivondjo K. Fawick	28.12.1999	Male	Recruit
182	Tjivondjo R. Bantou	10.02.1999	Male	Recruit
183	Tjivondjo Wapoko	04.12.2000	Male	Recruit
184	Tjivondjo Wapoko	15.05.2000	Male	Recruit
185	Ugwenzo Eluher	15.02.2005	Male	Recruit
186	Uwab B. Ronald	30.01.2000	Male	Recruit
187	Uwab Wapoko	12.02.1999	Male	Recruit

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Table of Contents Namibian Defence Force Recruitment Names Of 2015

1. Understanding the eBook Namibian Defence Force Recruitment Names Of 2015
 - The Rise of Digital Reading Namibian Defence Force Recruitment Names Of 2015
 - Advantages of eBooks Over Traditional Books
2. Identifying Namibian Defence Force Recruitment Names Of 2015
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Namibian Defence Force Recruitment Names Of 2015
 - User-Friendly Interface
4. Exploring eBook Recommendations from Namibian Defence Force Recruitment Names Of 2015
 - Personalized Recommendations
 - Namibian Defence Force Recruitment Names Of 2015 User Reviews and Ratings
 - Namibian Defence Force Recruitment Names Of 2015 and Bestseller Lists
5. Accessing Namibian Defence Force Recruitment Names Of 2015 Free and Paid eBooks
 - Namibian Defence Force Recruitment Names Of 2015 Public Domain eBooks
 - Namibian Defence Force Recruitment Names Of 2015 eBook Subscription Services
 - Namibian Defence Force Recruitment Names Of 2015 Budget-Friendly Options

6. Navigating Namibian Defence Force Recruitment Names Of 2015 eBook Formats
 - ePub, PDF, MOBI, and More
 - Namibian Defence Force Recruitment Names Of 2015 Compatibility with Devices
 - Namibian Defence Force Recruitment Names Of 2015 Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Namibian Defence Force Recruitment Names Of 2015
 - Highlighting and Note-Taking Namibian Defence Force Recruitment Names Of 2015
 - Interactive Elements Namibian Defence Force Recruitment Names Of 2015
8. Staying Engaged with Namibian Defence Force Recruitment Names Of 2015
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Namibian Defence Force Recruitment Names Of 2015
9. Balancing eBooks and Physical Books Namibian Defence Force Recruitment Names Of 2015
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Namibian Defence Force Recruitment Names Of 2015
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Namibian Defence Force Recruitment Names Of 2015
 - Setting Reading Goals Namibian Defence Force Recruitment Names Of 2015
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Namibian Defence Force Recruitment Names Of 2015
 - Fact-Checking eBook Content of Namibian Defence Force Recruitment Names Of 2015
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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web die methode strebt ein von beginn an angstfreies erleben der situation an und wird vor allem bei spezifischen phobien z b prüfungsangst angewandt bei der reizüberflutung flooding wird der patient von anfang an dem am meisten angst auslösenden reiz ausgesetzt und motiviert die situation so lange auszuhalten bis die angst nachlässt

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web die kognitive verhaltenstherapie auch bekannt als cbt von englisch cognitive behavioral therapy ist eine form der psychotherapie die darauf basiert dass unsere gedanken einfluss haben auf unsere gefühlen und verhaltensweisen wenn wir unsere gedanken verändern können wir positiven einfluss auf unser leben nehmen

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