The Royal Navy Reserves (RNR) is an integral part of Britain’s naval forces and is made up of men and women from all walks of life, from a whole range of backgrounds, with many different reasons for getting involved.

You will go to places and see things that most people only dream of, and though at times it will be challenging, you’ll be part of a tight-knit team that will support you every step of the way.

We offer men and women the chance to serve their country, develop their leadership potential and learn a whole range of new skills.

Use this brochure to find out more about the opportunities available in the Reserves and how you can join.

Did you know?
Many members of the full-time Royal Navy started their naval careers in the Reserves.
The Reserves enable the Royal Navy to meet its operational commitments in times of stretch, when extra manpower is required; crisis, such as the firefighters strike or a humanitarian disaster; or tension, for example rescuing British ex-pats from Lebanon or war.

The role is one you can do in your spare time, but you can get a lot out of it. For some people it can help shape their career, for others it could be a stepping stone to a full-time career in the Royal Navy, and some join because it offers a great social life and the chance to take part in a fantastic range of sports and activities.

**Plenty of options**
There is a wide variety of roles available in the Royal Navy Reserves, from updating navigational charts to ensure safe passage at sea, to analysing and reporting on defence intelligence.

Whatever role you do, at whatever rank, being a Reservist is a great way to develop leadership and teamwork skills and enhance your management ability.

**Get paid**
Unlike most volunteer roles, once enrolled as a Royal Navy Reservist you will get paid for any training and work that you do.

**An added bonus**
If you complete your minimum training commitment satisfactorily you can also benefit from an annual tax-free bounty. This currently ranges from £382 in your first year up to £1,506 after five years.
People from all kinds of backgrounds join the Royal Navy Reserves: teachers, postmen, students, shop assistants, solicitors, doctors, nurses, merchant bankers, the unemployed, property developers, manual labourers, IT consultants, airline pilots, journalists…

Did you know?
Women can join the Royal Navy Reserves and serve in all specialisations. Currently, women make up about a quarter of the Royal Navy Reserves.
Join the team

There is a lot more to life with the Royal Navy Reserves than just the job you do. You will get opportunities to travel, to learn new skills and meet an extraordinary group of people.

Test your limits
Get an adrenalin rush with some of the adventurous training opportunities available. How do you like the idea of taking part in a skydive, snowboarding in the Alps or mountaineering in Ecuador? Many of the activities are free or subsidised and are open to novices as well as those that have some experience.

You can even get civilian qualifications from some of the adventurous training, such as skippering a boat or Mountain Leader.

Broaden your horizons
The Royal Navy Reserves offers some incredible opportunities to travel, and quite a few exercises can take place abroad, which means you will get to see a whole lot more of the world.

Fitting round your life
We recognise that most Reservists have very busy lives, so we aim to be as flexible as possible, so you can fit your training commitments around your lifestyle. We have many different locations where you can train and attend training nights (for more information, see pages 24 and 25), so there is bound to be one near you. If you move house you can transfer to a different unit – no problem.

‘I cannot get over the number of opportunities that are available to us; from round the world trips to sailing to the Caribbean or parachuting. You can pretty much get involved in anything you want.’
Nick Naisbitt, Junior Rating
Develop your talents
The Royal Navy is one of the largest training organisations in the UK and offers a whole range of training courses, many of which may be applicable in your civilian life, such as basic first aid, basic firefighting, and command, leadership and management skills.

You will be given all the training you need to do your job and more. On some of the training exercises, you could find yourself battling the elements on a boat or being winched down from a helicopter!

Sporting chances
All the Royal Navy’s sports facilities are available to Reservists too, with an almost overwhelming number of sports clubs on offer, such as judo, rock climbing, cycling, archery, rowing, badminton, football, rugby, fencing, cricket and more.

You could even end up representing the Reserves at the Inter-Forces Championships.

Have fun
Life as a Reservist is not just about work and training. The Royal Navy Reserves offers a fantastic social life and you will probably make some life-long friends. You will get plenty of chances to enjoy yourself and life is rarely dull as a Reservist.

‘You will have experiences that you couldn’t buy such as sailing into New York on HMS Manchester where the Fleet was reviewed by President Clinton; escorting the Royal Yacht into Hong Kong harbour on the Queen’s last visit; or swimming in the Atlantic Ocean miles off the North Carolina coast on the order “Hands to bathe”.’ Kevin Marley, New Entry Instructor
Operation Critical Response

Read here about an imaginary exercise, showing all the elements of the Royal Navy Reserves working together as a team, alongside the Regular forces.

**mission:**
Simulate amphibious landing of Royal Marines Assault Group and secure safe return of British nationals caught in civil war situation.

**location:**
Atlantic Ocean, off West Africa.

**conditions:**
35°C; high humidity; dangerous coastal landscape.

**preparation:**
Defence Intelligence Officers collate and produce crucial intelligence reports about the area and potential threats, which will inform the mission.

A Logistics Officer and team of Senior and Junior Ratings begin to establish the forward logistics site, co-ordinating the transport and transfer of supplies and personnel.

**Ocean L12**
- Displacement: 20,500 tonnes
- Length: 203 metres
- Beam: 28.5 metres
- Complement: 265 + 180 for air squadron
- Armament: Phalanx gun system, close-range guns
amphibious task group:

42 Commando: Royal Marines Commandos trained in jungle warfare techniques and support equipment including Viking all-terrain vehicles.

Commando Helicopter Force: Sea King helicopters to transport Commandos from ship to shore and Lynx helicopters to carry out aerial reconnaissance missions and surface/sub-surface attack.

HMS Ocean: helicopter landing platform; operational command centre and launch pad for the 700 Royal Marines of 42 Commando.

HMS Illustrious: aircraft carrier, with Harrier aircraft providing air support to ground operations.

HMS Turbulent: Trafalgar Class fleet submarine, providing surveillance of shore activities, including digital photography of enemy positions and shipping and land attack operations.

HMS Manchester: Type 42 destroyer, designed to defend troops and ships from air attack.

day 1 ➞

08.00 ➞ In order to ensure safe passage, the Royal Navy Reserves Navigation Specialists update the charts and provide critical information on the navigational safety of the route.

11.00 ➞ Submarine Officers plot the track of a Tomahawk land attack missile.

13.00 ➞ Back in the UK, Communications Technicians compile and transfer highly sensitive intelligence data and signal information, via satellite, radio and terrestrial links.

day 2 ➞

06.00 ➞ A merchant navy ship in the vicinity is chartered to provide support to naval warships. An Amphibious Operations Officer is briefed and airlifted onboard. The Naval Co-operation and Guidance of Shipping (NCAGS) team work closely with the merchant navy to keep them up to date with safety information and provide guidance and support.

12.00 ➞ Mine Warfare Officers control mine disposal operations to clear a channel to allow the main Task Group to pass through safely. A team of Underwater Force Protection Divers carry out underwater checks on ships in the Task Group.

17.00 ➞ Officers in amphibious operations plan the landing strategy, co-ordinating the helicopter operations in order to disembark Royal Marines Commandos.

18.00 ➞ Increased hostile activity along the coastline means that armed Seamen increase the number of watches, and keep vigilant guard on board the ships, manning them against potential attack.

day 3 ➞

06.00 ➞ Medical personnel prepare the Royal Navy’s floating medical facility, RFA Argus, for the possibility of casualties to be airlifted aboard. The Chaplain is on hand to support all naval personnel as well as any of the evacuees.

08.00 ➞ Royal Navy Reserves Communication Specialists provide support to all the units and the maritime HQ. Media Operations Officers gear up to brief the media of the situation and facilitate any interviews onboard. The Royal Navy Reserves Human Intelligence personnel provide support to the evacuees by acting as interpreters or debriefers throughout the mission.

09.00 ➞ On board HMS Ocean, Royal Navy Reserves aircrew prepare the helicopters for reconnaissance missions, before the main assault.
In the Royal Navy Reserves, you can progress through the ranks just as you can in the Regular Royal Navy and it provides the opportunity for a structured career. Or you can join and stay a Rating for your whole time, if that is what you want.

The choice is yours
Your civilian job does not have to dictate what you do in your Reservist role. You may choose to do something that is similar to your civilian job, where there is a direct transfer of skills, in the Medical Branch for example, or you may decide you want to do something completely different. Just because you are a manager in your civilian role does not mean that you have to be an Officer as a Reservist.

Officer or Rating?
Most entrants to the Royal Navy Reserves join as Ratings. The exceptions to this are ex-Royal Navy Officers, merchant navy officers and some Medical Officers, including Nursing Officers. Junior Ratings undergo New Entry training before they join a particular specialisation. Once trained, they can be considered for promotion to the commissioned ranks (i.e. Officer), if they hold suitable qualifications.

Officers provide the higher management structure and will generally be responsible for the welfare and training of a number of Ratings.

Straight to Officer
However, there are also opportunities to join the Royal Navy Reserves directly as an Officer – referred to as Direct Entry – if you have the correct qualifications. These are at least 140 UCAS points and five GCSEs at grade A*-C.
Most of our personnel are known as Ratings. As a Rating, you will provide the skills and expertise needed to operate our technology and put our operations into practice. For many of these roles you will not need any specific qualifications because we will give you all the training you need.
Choose your route

Maritime Operations Branch

SEAMAN

Ratings only
Experience/requirements: No specific experience/qualifications required.

As a Seaman, you will become one of the most valuable and versatile members of the Royal Navy Reserves. Your main responsibility will be to protect ships against terrorist or other threats, both in harbour and at sea. You will be trained in weapon handling, seamanship, firefighting, nuclear, biological and chemical defence (NBCD), helicopter operations and the ship protection organisation.

You will work in 12-person teams and train as an independently deployable force led by a Chief Petty Officer. In your team, you may be moved at short notice to supplement Royal Navy ships’ companies or merchant navy ships, where you would work closely with Amphibious Operations Officers and Navigators. You may also support the mine countermeasures battlestaff and have the opportunity to train as Mine Warfare Operations Specialists.

ON BOARD

Name: Phillip Guille
Age: 34
Civilian job: IT consultant at Capita
RNR post: Able Seaman

What qualities do you need to do this role?
Enthusiasm and determination.

What does the job involve?
The critical thing is that we’re rifle trained and trained to protect a ship. If it’s moored up, you’d have people on the gangway protecting it and standing watch and you’d be trained to deal with searches if anyone boarded the ship.

AMPHIBIOUS OPERATIONS

Officers only
Experience/requirements: Merchant navy officers, ex-Royal Navy Warfare Officers and others experienced in the maritime sector.

Working on Royal Navy and merchant navy ships, you would help plan an amphibious operation. This involves getting people from land to sea and vice versa to wherever they are needed in the world. Specialised Royal Navy and chartered merchant vessels combine to provide the sealift capability to deploy 3 Commando Brigade Royal Marines worldwide, in support of Britain’s interests. As an Officer, you will be trained to act as an adviser to merchant shipmasters and to inform Task Group commanders about merchant ship operations.

You will also work closely with Royal Marines Commandos in the planning and execution of ship-to-shore operations.
MINE WARFARE

Officers only
Experience/requirements: No specific experience/qualifications required.

As Junior Officers, you will train at sea in mine countermeasures vessels learning the capabilities and tactics involved in minehunting and diving before learning more specialist skills.

Your primary role will involve being trained to augment the Royal Navy’s mine countermeasures battlestaff. You will also act as watchkeepers during operational deployments.

UNDERWATER FORCE PROTECTION

Officers and Ratings
Experience/requirements: Open to personnel who hold either a military, police or recognised civilian diving qualification. Entry will normally be at Rating level with the exception of those ex-Royal Navy Officers who hold military diving qualifications. Entrants will be subject to a full Service diving medical and an assessment weekend prior to being admitted to the specialisation.

As an Underwater Force Protection Diver, you will be trained to air dive to 21 metres as part of a specialist diving team. Full diving training on Service diving equipment will be given and you will be required to keep your diving skills up to date at weekends. Teams may frequently deploy outside the UK. The role will primarily involve underwater searches and minor repair work.

ON BOARD

Name: Stuart Wallace
Civilian job: Fleet Superintendent
Stena Line,
RNR post: Amphibious Operations Specialist

What qualities do you need to do your role?
Patience and understanding are vital, because there are cultural and professional differences between the merchant and military. The ability to communicate what you want to achieve and how you want to achieve it is key, as is two-way communication.

What’s been your biggest achievement so far?
Joining the Tor Anglia ship, which was anchored at Phuket, Thailand. There were ten of us from Amphibious Operations and we had to get this 27-year-old ship and its crew ready for any eventuality. Everything had to happen at speed and we sailed into torrential weather. But I knew we had the resources, the knowledge and the willpower to do it.
Choose your route

LOGISTICS

Officers and Ratings
Experience/requirements: Full driving licence required.

Excellent logistical support is vital in order for the Royal Navy to function effectively.

As part of the Logistics specialisation, you will be responsible for ensuring that everything the Royal Navy needs to do its job is there at the right time, such as food, supplies and administrative support.

This is a crucial role, as the Royal Navy operates in an unpredictable environment under challenging conditions. You are likely to find yourself in a variety of environments manning advanced logistics support sites, forward logistics sites and Headquarters units.

You will be trained to take charge in a Logistics Headquarters and sites at forward locations, to ensure that maritime forces get the support they need from ashore, which means controlling the movement of personnel, mail and cargo.

In recent years the Logistics specialisation has been at the forefront of innovation and transition within the Royal Navy Reserves. This is a specialisation with a global commitment and all the posts are interesting and demanding. We need people with self-discipline, leadership, integrity and a strong team ethic. You will need to be able to communicate clearly and have the confidence and personality to be able to liaise with a host of agencies and representatives.

ON BOARD

Name: Lesley Stephen
Civilian job: Regional Manager, Ministry of Defence
RNR post: Logistics Officer

What kind of things have you done recently?
In Oman I participated in an exercise manning a forward logistics site; we had to pick up mail and cargo in Salalah for onward movement via helicopter to the ships at sea. Some of the cargo was sent to the RAF base in Thumrait, which involved driving through the desert. Cargo was also offloaded from planes at Thumrait and transported to Salalah.

I’ve been to Salerno in Italy whilst doing logistics training on HMS Nottingham and have participated in various NATO exercises in Estonia, Austria and Belgium.
MARITIME TRADE OPERATIONS

The economic well-being of the UK depends upon overseas trade and the uninterrupted flow of natural resources, the bulk of which are transported by sea. With the increasing threat from terrorists and others, the Maritime Trade Operations organisation exists to enhance the safety of merchant shipping through close co-operation between the military and the shipping industry.

ON BOARD

Name: Geraint Prisk
Age: 22
Civilian job: Full-time mechanical engineering student
RNR post: Able Seaman.

What does the job involve?
It's a bit like air traffic control but with ships instead. In many ways, the role of Maritime Trade Operations is to guide ships and keep them out of areas which are mined. I feel to a certain degree it is saving human lives.

I've been doing it for two years. I spend a lot of my time on computers but when I was trained in my role I spent two weeks at sea. I am very proud that I was part of the group of RNRs who were aboard HMS Invincible on her last trip before she was decommissioned.

GUIDANCE TO SHIPPING

Officers and Ratings
Experience/requirements: No specific experience/qualifications required.

Naval Co-operation and Guidance to Shipping (NCAGS) provides the vital link between the Royal Navy and the merchant navy. The NCAGS organisation works closely with the merchant shipping industry to provide safety information to ships and companies, and maintains a picture of where the ships are for the Royal Navy Command. NCAGS Officers and Ratings provide support to military commanders and merchant shipping in peacetime, tension, crisis and conflict through co-operation, guidance, advice and, where necessary, supervision.

You may be working in the UK and overseas, operating in small teams to provide practical advice. Communication skills are important, as is the ability to build rapport.

SUBMARINE OPERATIONS

Officers and Ratings
Experience/requirements: No specific experience/qualifications required.

You will be part of a team that is responsible for the tasking of submarines and their safety. You can expect to carry out these roles in either a NATO shore headquarters in the UK, Europe or North America, or in a command ship in the Submarine Advisory Team, which may include support to Cruise missile operations.
**NAVIGATION**

**Officers and Ratings**

**Experience/requirements:** No specific experience/qualifications required.

Allied Worldwide Navigational System (AWNIS) is all about safe passage at sea. It exists to ensure that in times of crisis or tension, vital information about navigational hazards – either natural, such as rocks or icebergs, or man-made, such as mines or wrecks – is accurately communicated to the maritime community in accordance with international law, but without compromising sensitive military information.

You will be based mainly on shore, working with charts and listening in to radio transmissions, on the computer, and using the information you have gathered to update navigational routes and alert other ships to hazards.

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**ON BOARD**

**Name:** Nick Naisbitt  
**Age:** 35  
**Civilian job:** Software Engineer, Camelot  
**RNR post:** Junior Rating

**What qualities do you need to do this role?**  
First and foremost you need the ability to listen, teamwork, organisation skills and being able to process things in the right order.

**What’s good about this role?**  
As a hobby I’ve done some sailing, so feel I’m combining an interest with being able to make a valuable contribution to my branch in sea charting and navigation. I feel my particular role is very valid, because you’re looking out for other members of the forces; you’re going out and protecting things.

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**MEDIA OPERATIONS**

**Officers only**

**Experience/requirements:**

Ex-Royal Navy or transfers from other Royal Navy Reserves branches if you have skills in the appropriate areas, such as PR, media or journalism.

Media Operations has two main functions: to train the Royal Navy to deal with the media, and to provide guidance and support to the Royal Navy in situations where the media are involved. You will need a high degree of flexibility and should be comfortable with briefing and advising Senior Officers. You will need to be able to think on your feet and demonstrate versatile communication skills.

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**ON BOARD**

**Name:** Rolf Williams  
**Civilian job:** Masters student in science communication  
**RNR post:** Media Operations Officer

**What does your role involve?**  
The Media Operations specialisation is all about communicating openly and honestly with the public about what’s happening, and what’s great about my role is that I’m able to be part of every element of the Royal Navy; all the different branches.

**What have you done recently?**  
I’ve been to Sicily on a NATO operation to record a video; I’ve taken a BBC cameraman out to Kuwait to join HMS St Albans to do a story about what it’s like to be married to someone in the Royal Navy; and I have also been involved in training for the evacuation of ex-pats, using pretend journalists to show Royal Navy personnel how to act in this environment and promote the right message.
DEFENCE INTELLIGENCE

Officers only
Experience/requirements:
Broad naval or other military experience (Regular or Reserve forces), particularly those with specialist technical, geographical or cultural knowledge or with previous experience within the intelligence community.

Defence Intelligence Officers collate and analyse sensitive information from a number of sources to compile highly classified reports and briefings that will advise and inform military and political decision makers. They will continue this process throughout the operation to ensure that those serving on operations are kept up to date.

All Officers in this branch are managed by the staff of HMS Ferret (see page 24).

HUMAN INTELLIGENCE

Officers and Senior Ratings only
Experience/requirements: You will need proven fluency (diploma, degree or near-native speaker standard) in one of the core languages (Arabic, Farsi/Dari, Pashtu, Serbo-Croat, French and Spanish), but other languages are considered. We can take Direct Entry with relevant qualifications.

You will work as an interpreter or debriefer in the UK or abroad and will receive specialist intelligence training to work on current operations.

All Officers in this branch are managed by the staff of HMS Ferret (see page 24).
Communications

This specialisation is referred to as command, control, computers, communications, intelligence, surveillance and reconnaissance (C4ISR). It is split into the following five sub-specialisations.

**Communication Information Systems**

**Officers and Ratings**

**Experience/requirements:**
To be an Officer, you will need to be ex-Royal Navy or ex-Service and have achieved relevant skill sets in civilian employment.

As a Rating, you will be trained in military communications systems and procedures, on ships at sea and at command headquarters ashore. This is a challenging and rewarding career in the vital roles associated with communications and information systems. You will be using the latest communication technologies to convey battlespace information from the front line to command.

As a Communications and Information Systems Officer, you will be placed at the heart of high-tech systems used in communicating across land, sea and air, monitoring and reporting on system performance in exchanging mission-critical information. You will gain knowledge and extensive experience of military communication systems ashore and afloat.

**Communications Technicians**

**Senior Ratings only**

**Experience/requirements:**
Ex-Royal Navy Signal Intelligence personnel or ex-Service with similar experience only.

Your role involves intercepting and analysing signals from communications around the world, using a range of sophisticated recording, receiving and analysis equipment.

**Communications (Submarine)**

**Ratings only**

**Experience/requirements:** No specific experience/qualifications required.

You will be part of a team of specialists in submarine communications employed in both shore headquarters and in Submarine Advisory Teams at sea. You will work closely with Submarine Officers to provide essential safety, tasking and intelligence communications to deployed submarines.

**Information Operations**

**Officers only**

**Experience/requirements:** No specific experience/qualifications required, though likely to have a communications background.

Information operations are military actions that are designed to shape perceptions and influence the will, capability and understanding of a target audience in support of the commander’s campaign plan. This may involve reassuring a civilian population, disrupting a supply chain, deterring aggression, destroying a key military target, defeating an adversary or persuading them to surrender.

This relies on thorough intelligence and robust, secure and reliable communications. You will work with personnel in Electronic Warfare, Psychological Operations, Operational Security, Operational Deception, Media Operations, Civil Military Co-operation and Physical Destruction.

Reservists with a civilian background in advertising, sales and marketing or PR are ideally suited to this specialisation but anybody with the right motivation can join.

**Operational Intelligence**

**Officers only**

**Experience/requirements:** No specific experience/qualifications required.

Successful military operations are founded on effective intelligence. The role of Operational Intelligence is to provide the operational commander with the fullest possible understanding of the adversary and the operational environment, in order that their staff can plan and conduct operations successfully.

Your role will involve producing assessments of adversary capabilities and intentions, in order to gain insight into how to exploit vulnerabilities and counter adversary actions.
Officers and Ratings
Experience/requirements:
Suitably qualified ex-Royal Navy/ex-Service only.

The Royal Navy Reserves Air Branch covers all branches and trades of the Fleet Air Arm: Pilots, Observers, aircrewmen, ground crew, Aircraft Controllers, Fighter Controllers, Air Traffic Controllers, met forecasters and meteorological forecasters and observers, Mobile Air Operations Teams, engineering and technical personnel, firecrews and flight deck crews. You will be working with the Royal Navy’s air force, which could involve transporting troops, combat, or assisting in a medical evacuation.

QARNNS(R) has opportunities for a small number of Nursing Officers as well as a larger cadre of Naval Nurse Ratings, including those with experience or specialist qualifications in intensive care, accident and emergency, orthopaedics and surgery. There will be a few openings for Medical Technicians.

As part of the Medical Branch, you will be trained to man ships that receive casualties in a crisis or war situation, as well as forming surgical support teams. You will have a crucial role in providing medical care in demanding situations.

ON BOARD
Name: Eileen Munson
Age: 44
Civilian job: Senior nurse lecturer, University of Glamorgan and nurse practitioner at Pen-Y-Graig, Rhondda
RNR post: Head of Department, Medical Branch

How does being a Reservist impact on your civilian job?
Being a Reservist keeps me up to date on acute skills, which I don’t get in a primary care role. It’s give and take in different ways. I get a broader experience through the RNR and the opportunity to mix with a whole range of people from different medical backgrounds.

What are the biggest benefits of being a Reservist?
Learning new skills; confidence building; professional development; networking; and the extra pay helps with the annual holiday!

Medical Branch
Officers and Ratings:
Rank on entry will be dependent on qualifications and experience, as assessed by the Medical Director-General (Royal Navy).

Experience/requirements:
You will need to have a medical background, as outlined below.

The Royal Navy Reserves Medical Branch recruits qualified medical practitioners – especially surgeons and anaesthetists – and adult-qualified first-level nurses registered on Parts 1 (RN1/RNA) of the Nursing and Midwifery Council (NMC) Register who make up Queen Alexandra’s Royal Naval Nursing Service (Reserves) (QARNNS(R)).

Registered Nurses
(Age 21–40)

Officers and Ratings
Experience/requirements:
As outlined below.

You will have the opportunity to work in challenging situations, making a vital contribution to the health and fitness of naval personnel.

Entry is via normal Rating entry. A suitably qualified registered nurse may be considered for promotion to commissioned rank after foundation training, subject to successful completion of the Admiralty Interview Board, and a vacancy in the relevant specialisation.

All registered nurses who pass the Admiralty Interview Board will undertake Fleet Board in line with the rest of the Royal Navy Reserves. Ex-Regular QARNNS Officers may be able to transfer to QARNNS(R) up to the age of 45.

Chaplains

Officer status
Male or female, but rankless.
Experience/requirements:
You will already be a priest or minister.

Royal Navy Reserves Chaplains are an integral part of the Royal Naval Chaplaincy Service (RNCS) – trained to deploy, both at sea and ashore, in support of their full-time colleagues in the Royal Navy. You will provide effective spiritual and pastoral care to the Fleet during peace and war, and may also offer spiritual and pastoral care to the men and women of the Royal Navy Reserves Unit to which you are attached.
As a Reservist you play a very important role in the defence and protection of the country.

The Reserves is a force that is ‘ready for use’ and it is fairly likely that you will be mobilised at least once during your time as a Reservist, but only after you have been fully trained, which means completing foundation and branch training. This is referred to as ‘trained strength’ and could take anything from 18 months to three years. You will never be mobilised unless you have had all the necessary training.

Actively involved
The earthquake in the Caribbean and the Asian tsunami are just two of the humanitarian disasters that Royal Navy Reservists have helped with in recent years. Reservists have also been deployed to help prevent smuggling, illegal trade and terrorism, and have seen active service in the Gulf region, the Balkans, Afghanistan and Sierra Leone.

Eileen Munson
Head of Department, Medical Branch

What is your key achievement since becoming a Reservist?
Going to war and still feeling as positive, if not more so, about being a Reservist.

What was your experience?
I was called up to Iraq to work at a hospital, but when I got there I was told that I had to go to the front line in Alamara, living with the soldiers! It was a really raw, rich experience. I felt I could make a difference and I was there for a reason. It was a cross between primary care and A&E and counselling. There were Regulars and Reservists out there and it was hard to tell the difference between the two. We did get mortared and I should have been scared, but I had an optimist’s attitude and it allowed me to get on with the job and focus. I knew it was only going to be for a short time and I would be going back to my civilian job. It was such an amazing experience, with such great camaraderie and banter between the forces.

Did you know?
Since 2003, the Royal Navy Reserves has deployed 384 people on operations around the globe alongside their full-time colleagues.
‘We are quite happy to give all Reservists two weeks’ paid leave on top of their annual holiday entitlement. This is because we can see that the training they receive benefits them in their careers at BT.’

Martin Roberts, Group Security Director, BT

Although the Royal Navy Reserves is a spare-time occupation, we do require a certain level of commitment from our Reserves.

Flexible approach
The minimum annual commitment is just 24 days, of which 12 are required to be continuous, and there is a great deal of flexibility about how you make up this time. It can be over weekends, week nights or training courses, such as the basic training at Britannia Royal Naval College, Dartmouth, for Officers or HMS Raleigh, Cornwall, for Ratings.

‘We are proud to support our Reservists. They perform a crucial role for the nation and, as an employer, we also benefit from the skills and experience they gain from working under high pressure and difficult circumstances. They deserve our full support.’ John Street, Managing Director, Streets Printers, Baldock, Hertfordshire

You may well end up wanting to do more than just 24 days, which can be negotiated. And as long as you complete this minimum requirement, you will receive your tax-free bounty, which currently ranges from £382 in your first year up to £1,506 after five years.

Supporting Britain’s Reservists and employers (SaBRE)
SaBRE is an organisation that provides information to employers about the benefits of employing Reservists, and provides support for employers and Reservists by offering information about their rights and commitments.

SaBRE’s website (sabre.mod.uk) is well worth visiting, as it gives clear information about your rights and responsibilities, and provides useful guidance about how to get your employer on side. You could also suggest to your employer that they visit this website, as there is a whole section specifically designed for employers.
Joining

‘I am extremely proud to be part of the Armed Forces and I feel that the skills I have learned have greatly contributed to my civilian profession.’
Cassandra Cann, Seaman Rating

Take the plunge

The basic requirements
British, Irish and Commonwealth citizens may join the Royal Navy Reserves. Certain career paths, however, are only available to UK nationals.

You need to be 16 years old or more, physically fit and able to meet the same entry standards as the Royal Navy; for information about this, take a look at the Royal Navy website (royalnavy.mod.uk). The normal upper age limit is 40 (45 for ex-Service personnel).

Joining up
The recruitment process for joining the Reserves is exactly the same as if you were joining the full-time Royal Navy, although we try to complete several of the mandatory processes on one day or evening in order to minimise the time you will

Interest, potential and commitment are more important than anything else and we value every individual’s contribution, irrespective of their race, ethnic origin, gender, sexual orientation or social background.
need to take off work, college or from any other commitments.

**If you want to be a Rating**
The selection process takes place at your local Armed Forces Careers Office. You will fill in a questionnaire and be given a test covering reasoning, English language, numeracy and mechanical comprehension. You will also be given the dates for a recruiting evening at your local Royal Navy Reserve Unit.

At a later date, you will have an interview with a Careers Adviser. We will give you a medical examination and optician eye test, before assessing your fitness. All successful candidates must complete a security questionnaire.

**If you want to be an Officer**
When you contact us about a career as an Officer in the Royal Navy Reserves, we will arrange a meeting between you and one of our Area Careers Liaison Officers. Your Careers Liaison Officer will help you find out more about the Royal Navy Reserves and the jobs that could be right for you. They will also help you apply to the Admiralty Interview Board, and help you prepare so you can succeed there. During this process, you will also be invited to visit your local Royal Navy Reserves Unit.

**Admiralty Interview Board**
All prospective Royal Navy Officers attend the two-day Admiralty Interview Board at HMS Sultan in Hampshire, so we can find out if you have got what it takes.

Over the two days, we will test you mentally and physically. You will sit a maths test, spatial orientation tests and tests for speed and accuracy. We will examine how much you know about the Royal Navy and you will have to write an essay to show us how well you can communicate in writing.

As well as a fitness assessment, you will do leadership tests in the gym, where you will have to work with a team to solve practical problems. And you will do a theoretical problem-solving exercise in the classroom too.

**Did you know?**
If you change your mind, you can leave at any time.
For most branches, training is conducted in one of the many units spread across the UK. Some training may take place in naval training establishments and in HM Ships worldwide.

**HMS Calliope**
Newcastle
South Shore Road
Gateshead
NE8 2BE
Tel: 0191 477 2536
E-mail: calliope-mailbox@mod.uk
Training: Mon/Thur 1910–2110

**HMS Cambria**
Cardiff
Hayes Lane
Sully
South Glamorgan
CF64 5XU
Tel: 01446 421600
E-mail: hmscambria@btconnect.com
Training: Wed 1930–2130

**HMS Caroline**
Belfast
Alexandra Dock
Queen’s Island
Belfast
BT3 9DU
Tel: 02890 739880
E-mail: caroline-reco@mod.uk
Training: Thur 1930–2130

**HMS Dalriada**
Glasgow
Navy Buildings
Eldon Street
Greenock
Inverclyde
PA16 7SL
Tel: 01475 732251
E-mail: dalriada-mailbox@mod.uk
Training: Wed 1930–2130

**HMS Eaglet**
Liverpool
Naval Regional Headquarters
80 Sefton Street
Liverpool
L3 4DZ
Tel: 0151 707 3344
E-mail: eaglet-reco@mod.uk
Training: Wed 1930–2130

**HMS Ferric**
Bedford
BLG 600
DISC, DHU
Chicksands
Shefford
Bedfordshire
SG17 5PR
Tel: 01462 752392
E-mail: rnsohmsferret@disc.mod.uk
Training: Specialist Unit, only trains at weekends

**HMS Flying Fox**
Bristol
Winterstoke Road
Bristol
BS3 2NS
Tel: 0117 966 8667 ext 2128
E-mail: flyingfox-mailbox@mod.uk
Training: Thur 1930–2130
**HMS Forward**  
Birmingham  
42 Tilton Road  
Birmingham  
B9 4PP  
Tel: 0121 506 2200  
E-mail: forward-ao@mod.uk  
Training: Tues 1900–2115

**HMS King Alfred**  
Portsmouth  
Fraser Building  
Whale Island  
Portsmouth  
PO2 8ER  
Tel: 023 9254 7453  
E-mail: kingalfred-mailbox@mod.uk  
Training: Tues 1930–2130

**HMS President**  
London  
72 St Katharine’s Way  
London  
E1W 1UQ  
Tel: 020 7480 7219  
E-mail: president-mailbox@mod.uk  
Training: Tues 1900–2100

**HMS Scotia**  
Edinburgh  
Hilton Road  
Rosyth  
KY11 2XH  
Tel: 01383 425559  
E-mail: scotia-mailbox@mod.uk  
Training: Thur 1930–2130

**HMS Sherwood**  
Nottingham  
Chalfont Drive  
Nottingham  
NG8 3LT  
Tel: 0115 929 6373  
E-mail: sherwood-sm@mod.uk  
Training: Tues 1930–2130

**HMS Vivid**  
Plymouth  
Building SO40A  
HM Naval Base Devonport  
Plymouth  
PL2 2BG  
Tel: 01752 552676  
E-mail: vivid-mailbox@mod.uk  
Training: Wed 1930–2130

**HMS Wildfire**  
Northwood  
Brackenhill House  
Oxhey Drive South  
Northwood  
HA6 3EX  
Tel: 01923 843460  
E-mail: wildfire-mailbox@mod.uk  
Training: Wed 1930–2130
If you want more information or advice about joining the Royal Navy Reserves, you can contact us at any time.

All the Units are manned during normal weekly working hours and during the evenings mentioned in the Unit details, so you can call them direct, using the numbers provided on the previous pages, or you could find out when is a good time to visit and go to the Units directly.

The Royal Navy Reserves Units will hold recruitment evenings throughout the year, so phone up your local Unit to find out when it takes place and come along and see what it is like for yourself.

Alternatively, you can visit your nearest Armed Forces Careers Office and speak to one of our experienced Careers Advisers (the details will be listed in your local phone directory), visit our website royalnavy.mod.uk/rnr or call 08456 07 55 55.

‘The RNR is moving ahead. It’s a professional organisation and Reservists are needed; they are dedicated people who work alongside their Royal Navy colleagues providing a valued contribution wherever they go.’

Lesley Stephen, Logistics Officer
‘I’ve recently completed my New Entry training and took the role of course leader. It was an amazing experience. I found it difficult to do, but loved it. It was a mix of sheer hell and absolute excellence!’

Nick Naisbitt, Junior Rating
Find out more

Contact us:

- Telephone or e-mail your local Unit (see pages 24 and 25 for details) and ask to attend a briefing
- Visit your nearest Armed Forces Careers Office
- Call 08456 07 55 55
- Or go to royalnavy.mod.uk/rnr

Equal opportunities
The Royal Navy is an equal opportunities employer. We seek to provide workplace conditions that are comfortable and non-threatening for all our people, whatever their gender, ethnic origin or sexual orientation.

Our aim is the total elimination of sexual and racial harassment, and all forms of bullying. These issues need close attention and proactive management. Victims of any form of abuse are encouraged to report their difficulties and can be confident of sensitive treatment by those responsible for their care.

This publication is for guidance only. The facts in it may be changed without notice and must not be taken to imply any contract. Details of length of service will be explained in the Armed Forces Careers Office and will be contained in the contract.

L2/RNR