

FAQs

Army Reserve (Territorial Army)

[How do I apply?](#)

Step one: getting started

Have a look at the roles that interest you at www.army.mod.uk/rolefinder, create an [online account](#) and then fill in an application.

If you want to know more:

- call **0845 600 8080** to talk about the options.
- visit your local [Army Careers Centre](#) where a careers advisor will arrange visits to the [units](#) you're interested in.

Once your application has been received and your basic eligibility assessed, you will be sent a link to complete a medical questionnaire online.

Step two: interview

Once you've found a role within the unit you want to join, you'll have an interview with your Careers Adviser.

Step three: assessment

You will attend an Assessment Centre and complete a two day assessment that includes a full medical assessment and basic numeracy and literacy tests.

Step four: training

Once your offer of employment is confirmed, you will take your place at initial training.

What skills will I gain from my training?

Through your military training you can gain:

- career related qualifications
- courses accredited up to Masters level
- leadership and other skills

Qualifications are available through:

- [Chartered Management Institute](#)
- [Institute of Leadership & Management](#)
- [City and Guilds](#)

See a list of all [qualifications by service](#).

Will it affect my day job?

You will need to balance your training commitment with your day job. You'll be expected to train with your unit for a minimum number of days each year and will also need time off if you are [mobilised](#).

Although there's no legal requirement for your employer to allow you extra time off for training, many are happy to do so.

Am I eligible to join?

The criteria and age limit for joining the Army Reserve varies depending on the service and role you are applying for. Here is an overview but please check the full criteria for details.

- aged 18-43 or up to 57 for some ex-Regulars with a higher age limit for some professional or specialist applications
- [British citizen or citizen of the Irish Republic](#)
- no minimum qualifications unless you're applying for an officer or technical role
- check the medical criteria here: <http://www.army.mod.uk/join/20157.aspx>

See the full [eligibility criteria](#) for details.

How fit do I need to be?

The Army helps develop your fitness but you will need to meet some [basic requirements](#) before you start training.

You will also need to pass a full Army medical. Check which [medical conditions](#) may prevent you from joining.

Can I leave the Reserves?

If you decide being a Reservist isn't for you, you can leave at any point except during mobilisation.

Will I be deployed?

When the Army needs to call up a Reservist, it goes through a process called mobilisation. You will only be mobilised if the Army really needs you, but you or your employer can object if it would seriously adversely affect your family or work responsibilities. For many people in the Army Reserve, serving on operations is a high point of their military careers. It's an opportunity to use all the skills and expertise that they developed in their training.

Will I get paid?

You will get paid for training and also get a tax free bounty if you complete the minimum days training required in a year.

View the [rates of pay](#).

Is there a role for me?

Being a Reservist doesn't always mean being on the frontline. There are around [200 roles](#) from medics to logistics and communications:

- combat
- engineering
- logistics and support
- medical
- HR and finance
- intelligence
- communications
- IT

How much training will I do?

You will need to train for up to 40 days a year depending on your role. Training takes place in the evening and on weekends plus a two-week annual camp.

Your basic training will give you military skills such as tactics, weapon handling and map reading. Subsequent training depends on your role and how much time you can devote to it.

Find out more about [training as a soldier](#).

Find out more about [officer training](#).