

Key facts

- Our Reserve Forces are **valuable and valued**. Their contribution to our **national security** is essential and is increasing.
- Reservists are trained, ready to serve, and capable of deployment **alongside their Regular Services' counterparts**.
- In July 2013, a new improved offer was introduced to Reservists, their families and their employers to **expand and modernise their role**.
- The Ministry of Defence is investing an additional £1.8 billion in **high- quality training and more modern equipment**, and increasing the number of opportunities for Reserve units to undertake their annual two week-block training on an overseas exercise.
- Serving as a Reservist **develops you physically and mentally**, and enhances your professional career.
- There are hundreds of **exciting, challenging and rewarding roles** available for those who want to do something more with their time.
- Being a Reservist could take you to **new countries** and will give you **new skills and strengths**
- You will be **paid for your time**. This presents a great opportunity to supplement your regular income. You will be paid for training days and will also receive a tax-free annual bounty for meeting training requirements.
- **From 2015**, you will also receive a **pension** for the time you serve as a Reservist both when training and when deployed.
- As a Reservist, you will **develop many skills** that will help you excel in your career. Leadership, communication and team work are skills which are highly valued by employers. Being a Reservist enhances these core skills to help you progress your career further.
- There are opportunities to gain **qualifications from Reserve training** for example: leadership and management qualifications with the Chartered Management Institute, City and Guilds and the Institute of Leadership and Management at levels appropriate to your rank and experience.
- Recruitment age ranges:
 - Royal Air Force Reserves: 18-50 or 56 if you have previous military experience

- Royal Naval Reserve: 16-40 or 17-40 for an officer with a higher age limit for specialist applications or up to 45 for those with former military experience
 - Army Reserve (Territorial Army): 18–43 (soldier), 18-35 (officer) or up to 57 for some ex-Regulars with a higher age limit for some professional or specialist applications
-
- Find out more:
 - Army Reserve (Territorial Army): www.army.mod.uk/reserve/31781.aspx
 - Royal Air Force Reserves: www.raf.mod.uk/rafreserves
 - Royal Naval Reserve: www.royalnavy.mod.uk/navyreserves
 - Royal Marines Reserve: www.royalnavy.mod.uk/marinereserves