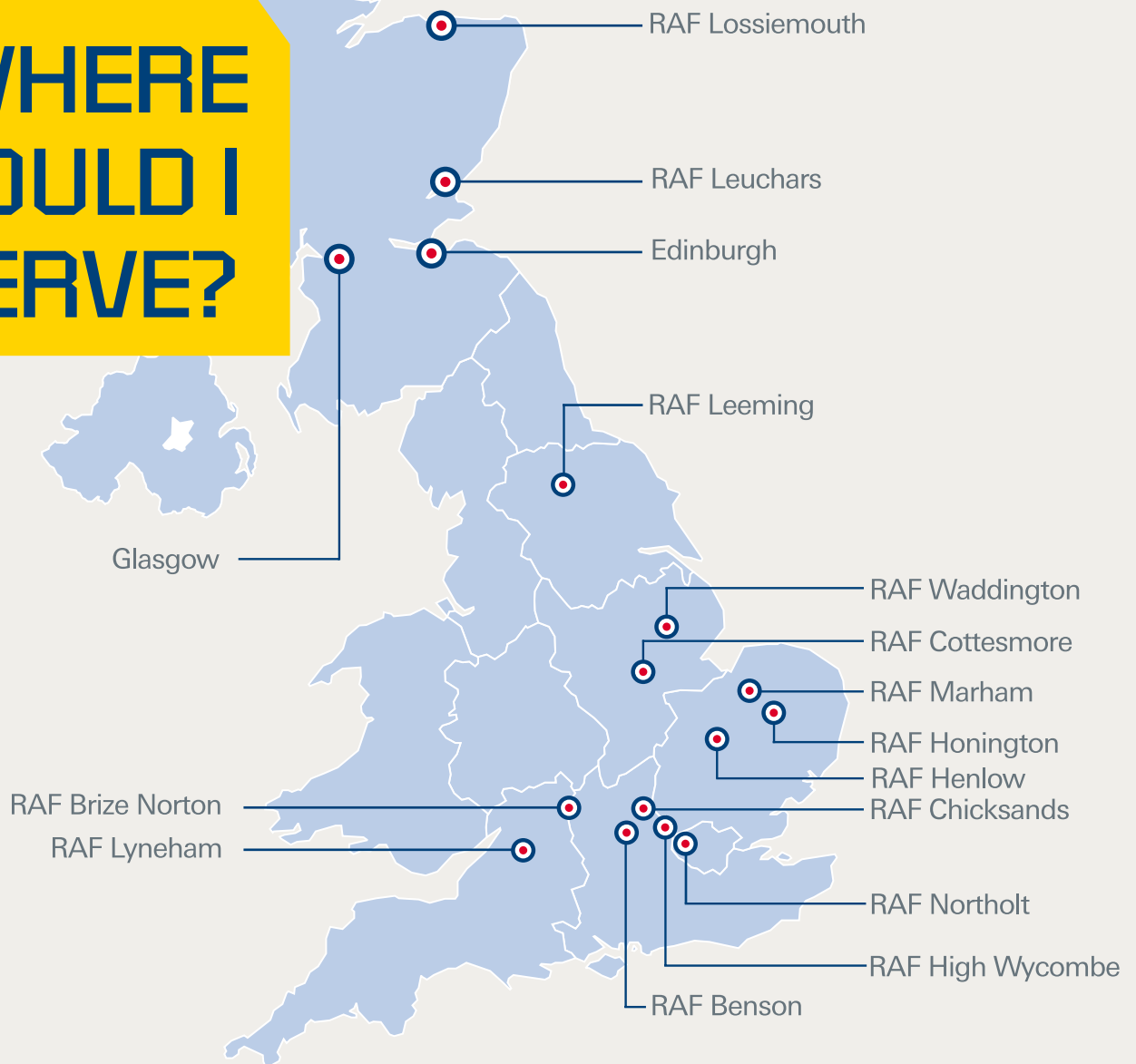


TWO LIVES IN ONE



WHERE COULD I SERVE?



RAF Reservists serve all over the UK. Here's a quick guide to our bases, squadrons and what you can do where.

Some squadrons offer a range of RAF roles, while others only cover a few. Eight squadrons recruit on a national level, however, so where you live needn't necessarily limit your choices.

Remember to check the RAF Reserves website for which roles are currently recruiting, as this can change very quickly.

RAF Benson

No. 606 Chiltern Squadron*

Flight Operations Assistant
Flight Operations Manager
Logistics Driver
Logistics Supplier
Logistics Chef
RAF Regiment Gunner
General Technician (Electrical)
General Technician (Mechanical)
Photographer

RAF Brize Norton

No. 501 (City of Gloucester) Squadron

RAF Regiment Gunner

No. 4624 (County of Oxford) Squadron

Logistics Mover

RAF Chicksands

No. 7630 (VR) Intelligence Squadron*

Intelligence Officer
Intelligence Analyst

RAF Cottesmore

No. 504 (County of Nottingham) Squadron

RAF Regiment Gunner

Edinburgh

No. 603 (City of Edinburgh) Squadron

RAF Regiment Gunner

Glasgow

No. 602 (City of Glasgow) Squadron

Flight Operations Manager
Flight Operations Assistant

RAF Halton

No. 7644 (Public Relations) Squadron*

Media Operations

RAF Henlow

No. 3 (Royal Auxiliary Air Force)

Police Squadron*

RAF Police

RAF Honington

No. 2623 (East Anglian) Squadron

RAF Regiment Gunner

PREPARE TO BE CHALLENGED



It's Monday morning. But not a normal Monday morning. Usually, you'd be heading to the office, but today you're about to fly overseas to put the skills you've learned as an RAF Reservist to the test...

The RAF depends on its Reservists to play a crucial role. Reservists are trained in the same way and do the same jobs as regular RAF personnel and are trusted to provide vital support and expertise – in the UK and overseas.

Each training weekend you'll be training alongside other Reservists in your spare time, developing new skills and knowledge that will be of enormous value to you both personally and professionally.

Being in the RAF Reserves gives you excitement, adventure and responsibility with the flexibility to develop your own career outside the RAF. And with regular challenges, you'll also get the chance to find out just how far you can push yourself.



RAF Leeming

No. 609 (West Riding) Squadron
RAF Regiment Gunner

RAF Leuchars

No. 612 (County of Aberdeen) Squadron*

Registered Nurse (Adult)
Registered Nurse (Mental Health)
Paramedic
Pharmacy Technician
Biomedical Scientist
Environmental Health Technician
Radiographer
Operating Department Practitioner
Dental Nurse
Medical Officer
Nursing Officer
Medical Support Officer
Dental Officer

RAF Lossiemouth

No. 2622 (Highland) Squadron
RAF Regiment Gunner

RAF Lyneham

No. 4626 (Aeromedical Evacuation) Squadron*

Paramedic
Registered Nurse (Adult)
Logistics Chef
RAF Regiment Gunner
Medical Officer
Nursing Officer
Medical Support Officer

RAF Marham

No. 2620 (County of Norfolk) Squadron
RAF Regiment Gunner

RAF Northolt

No. 600 (City of London) Squadron
Personnel Support
Logistics Supplier
Logistics Driver
Information and Communications Technology
Intelligence Analyst
Flight Operations Assistant
Flight Operations Manager
RAF Regiment Gunner

Physical Training Instructor
Medical and Medical Support
(see website for details)

RAF Waddington

No. 2503 (County of Lincoln) Squadron
RAF Regiment Gunner

No. 7006 (VR) Intelligence Squadron*

Intelligence Officer
Intelligence Analyst

No. 7010 (VR) Photographic Interpretation Squadron*

Intelligence Officer
Intelligence Analyst

**Squadrons that recruit on a national level*

BEING A RESERVIST

WHAT'S IT LIKE?

You'll serve alongside regular RAF personnel, learning skills such as leadership, teamwork and thinking on your feet which will stand you in good stead whatever you do in your day job. You'll go on tours overseas where you can put your skills and training into practice for real. You'll learn to depend on your fellow RAF personnel and know that they'll trust you with their lives.

WHAT COULD I DO?

Whatever your day job, you can become a Reservist. Some roles, such as medical support, call on specific skills and are suitable for people who already have specialist professional training. For other roles, you won't need any previous training and it won't matter what your day job is.

Roles which Reservists take on include Gunner, Engineer, Media Support, Chef, Logistics Mover, Driver and RAF Police. For more information on specific roles, visit raf.mod.uk/rafreserves.

Whatever you do and wherever you're based, you will serve overseas at some point. You'll also get the chance to experience adventurous training and go on trips to overseas bases such as RAF Ascension Island.



HOW MUCH TIME WILL IT TAKE UP?

As a Reservist, you'll need to do a minimum of 27 days a year which includes a two-week block and at least six weekends. In practice, the chances are you'll want to spend a lot more time with the Reserves – whether that's serving or taking part in adventurous sports or enjoying the social life with your team-mates.

MY EXPERIENCE...

FLIGHT LIEUTENANT
CLAYTON HUDSON –
INTELLIGENCE ANALYST



"There's often the perception that Reservists just fill in the gaps. But this isn't the case at all. Often, individual Reservists are recalled again and again because of the excellent work they've done."

I joined the RAF Reserves in 2003. I've always had an affinity with the RAF. I've got my private pilot's licence and I originally thought about joining the RAF full-time, but I decided instead to pursue a career in telecommunications.



My degree was in electronic engineering and I wanted to apply my skills and knowledge to the commercial sector, but I always knew that one day I would want to do something different. After six years in my job, I started looking around and liked what the Reserves had to offer – there seemed to be plenty of opportunities to combine my interests in IT, aviation and intelligence.

I did my basic training at RAF Henlow in Bedfordshire, and my trade training at the Defence Intelligence Security Centre at Chicksands, also in Bedfordshire. Then, in 2004, I joined 7010 Squadron, which specialises in providing imagery analysis. It's our job to look at photographic images that have been taken by aircraft or satellite. We interpret and annotate these images, often in conjunction with collateral from other sources, and then produce intelligence reports based on what we see. We also brief flight crews on specific image targets and requirements.

We're currently supporting operations in Afghanistan, providing imagery analysis and information that is used to plan troop movements and transportations. We help decide key routes for missions, so there's a lot of responsibility. It can be very concentrated work, especially on deployment. But it's also very satisfying. I've deployed twice, including a tour to Afghanistan in 2008, and knowing that you're helping to guide troops through hostile territory, helping to bring them back safely, is incredibly rewarding.



MY EXPERIENCE...

SAC WAYNE INCE – GUNNER

DID YOU KNOW?

Reservists can take part in activities such as skiing, sailing, climbing, canoeing and white water rafting.

“I did national service in South Africa, so I knew a bit about the military already. Now I live in the UK, I wanted to serve here, to give something back to my adopted country.”

What’s great about the RAF Reserves is you get treated as a full member of the force from day one. I trained as a Regiment Gunner in the infantry wing alongside full-time airmen, gaining combat-ready skills in everything from weaponry to fieldcraft.

I’ve done a tour of duty in Afghanistan, where my job involved patrolling air bases to prevent attacks and keep the flight pathways clear. The work we did really made a difference, whether that was stopping rocket attacks or going out to talk to local people.

I’ve had lots of personal support from the Reserves. I was a house-husband when I joined and the RAF helped me organise childcare for the whole year while I was away.



My Reserves experience helped me gain the confidence and skills to get back into employment. I now work with an ambulance crew as an emergency care assistant and some of the skills I developed on operations are very useful – like being able to handle pressure and respond calmly and quickly in emergency situations.

I spend one weekend a month with the Reserves and two weeks training once a year, so it fits in well with my job and my family. I’ve made great friends and look forward to my monthly weekend training to catch up with them and share experiences.

ARE YOU UP FOR THE CHALLENGE?

SIGN ME UP!

To join the RAF as a Reservist, you must:

- be aged 18–50 (or up to age 56 if you have previous military experience)
- be medically fit
- be a citizen of the UK or the Commonwealth
- have lived in the UK for the last three years.

We don’t expect you to be a world-class athlete to join the RAF Reserves, but you will need a good level of basic fitness. You can find out more about getting forces-fit, including tailored training programmes, at raf.mod.uk/rafreserves



SELECTION AND TRAINING



MY EXPERIENCE...

FLIGHT LIEUTENANT LAURA HODSON



I'm an A&E nurse in my day job and an Aeromedical Evacuation/ Emergency Nursing Officer in the RAF

Reserves. I like balancing both lives and the different experiences they give me.

Originally, I wanted to join the RAF full-time and studied for my degree in nursing to help me qualify. I've since decided to continue my career in the NHS but I get enormous satisfaction from my Reserves job – which is about treating injured personnel in theatre.

I joined as a Corporal and have since been commissioned and now hold the rank of Flight Lieutenant. As well as basic training, I did a Junior Management Leadership Course (JMLC) and I studied independently for a Postgraduate Diploma in Tropical Nursing, which helped me prepare for deployment.

While I was in Afghanistan, we did a massive airlift operation, with 18 patients all suffering from gunshot and shrapnel wounds. It was a far cry from my life in the NHS because it was hot, noisy and sometimes you had to work with limited equipment – but an all round brilliant experience.

Now I go away with the RAF one weekend a month for training, but the rest of the time I work as an NHS nurse, spend time with my husband and family and live a normal life. I'd recommend this route to anyone who is interested in working alongside the RAF. It's a great way to experience what RAF life is like and you get to do so many new things.

“Going to Afghanistan was one of the main reasons I joined. There's nothing like the feeling that you're saving lives and helping the troops to do their job.”



To join the RAF Reserves, you'll need to be:

- aged between 18 and 50 (or up to 56 if you have previous military experience)
- medically fit
- a citizen of the UK or the Commonwealth. Previous military experience is not necessary.

Most civilians enter the Reserves as an aircraftman. From here, you can work your way up to non-commissioned officer level. If you have specialised professional qualifications it may also be possible to apply for a vacancy as an RAF Reservist Officer.

Usually, you sign up to the RAF Reserves for five years, but shorter periods may be approved in special circumstances.

GET FIT FOR ACTION IN ADVANCE

To be in the RAF Reserves, you have to be as fit, as tough, as capable and as skilled as regular RAF personnel. It's a good idea to get as fit as you can before you start basic training. Like everyone in the Armed Forces, you'll need to be fit whatever role you choose.



DID YOU KNOW?

There are 16 different bases across the UK where RAF Reservists can serve.

RAF Reserves Officer Training

To join the RAF Reserves as an Officer, you must first pass a series of selection tests. These will take place over three days at the Officer and Aircrew Selection Centre (OASC) at the RAF College Cranwell in Lincolnshire.

Your time at OASC will help you decide whether becoming an RAF Reserve Officer is the right choice for you. It also gives us a chance to assess your aptitude, physical fitness and ability to succeed with further training.

Your assessment will be overseen by a selection board made up of two experienced RAF Officers. The board president – a senior RAF Officer – will have the final say on the



grade you receive and you will be assessed using the same criteria as for your regular counterparts.

Further information on the selection process can be found on the RAF Reserves website – raf.mod.uk/rafreserves.

You and your chosen squadron will be notified of your results in about three to four weeks. If successful, your next step will be Basic Recruit Training with your chosen squadron, followed by the Reserve Officer Initial Training Course at the RAF College Cranwell.

The course comprises a six-month distance learning course with a residential element made up of four weekends and a two-week block. Training will take place alongside the regular officer cadets, and Reserve Officers will graduate with their regular counterparts on successful completion of the course.



Visit the main RAF careers website at raf.mod.uk/careers, where you can find fitness tips, ideas and tailored training programmes to help you get fit for action.

TRAIN ALONGSIDE THE REGULAR RAF

Whether you join as an airman/airwoman or an officer, you'll train alongside regular RAF personnel.

The Reserve Officer Initial Training takes place at the RAF College Cranwell and teaches the skills that are needed to command and support non-commissioned personnel.

Initial airman training begins on the squadron and culminates in 15 days' continuous training at RAF Halton in Buckinghamshire. The training covers an introduction to life in the RAF Reserves, general Service knowledge, drill, field training and team-building.

You'll need to pass this course before you can move on to specialised training for your role. This will take place on your own squadron.

WHAT CAN THE RAF RESERVES DO FOR YOU?

DID YOU KNOW?

If you are called up for active duty, you will qualify for extra pay and allowances.



As an RAF Reservist, you'll:

- enjoy great opportunities for personal development
- tackle challenges that will increase your self-confidence
- get paid a flat daily rate while you train and for the days you work
- qualify for a tax-free annual lump sum training bounty
- get assistance with travel costs from your home to your local place of duty
- get the chance to travel and enjoy amazing adventurous training opportunities
- benefit from superb sports facilities
- meet people from a huge range of backgrounds
- enjoy camaraderie that's unique to the Services

ADVENTURE, EXCITEMENT AND ACTION

YOUR PAY AND BENEFITS

The RAF Reserves will pay you while you undergo training. And once you join, you'll be paid a daily rate for the days you work which is determined by your designated rank, the trade and branch you belong to and your level of experience.

You'll also receive a tax-free lump sum (called a training bounty) when you complete your minimum training requirement (including passing basic military tests). And if you are called up for duty, you will qualify for extra pay and allowances. The rates of pay are dependent on rank and are similar to those of the regular RAF.

Training to become a team player in the RAF Reserves requires hard work, but it's only half the story. Socialising, adventure, travel and sport are other key features of the Reservist's lifestyle – a lifestyle that is as rewarding as it is intense.

The social life is amazing, too. Reservists tell us time and again that it's the people you meet in the RAF Reserves that make your time special. People from all walks of life but very much on the same wavelength, united by a desire to serve their country.

You'll be taking part in the unique traditions and culture of the RAF and the Reserves, in regular social events from barbecues to formal dinners. And you can invite your family to many events and share the good times with them.



TRAVEL AND OVERSEAS ACTIVITIES

All squadrons organise expeditions and adventure training. Reservists can take part in exhilarating activities such as skiing, sailing, climbing, canoeing, white water rafting or trekking.

Plus, you could get the opportunity to train overseas as part of your annual 15-day training camp. There are also expeditions to Ascension Island and Cyprus, and to Norway and Germany as part of the winter adventurous training programme.

OFF DUTY

The Reserve Forces adhere to a gritty 'work hard, play hard' philosophy. As soon as you down tools, it's up to you how you spend your time – and there's a whole range of activities to choose from. There are RAF clubs and sports facilities for just about any level you might want to pursue. From skydiving to scuba diving – it's all there for the taking.



MY EXPERIENCE...

SENIOR AIRCRAFTMAN CHRIS LONG – MOVER



I'm an engineer by trade, but since I left college, I've done a bit of everything – I've been a photographer, a restaurant manager and I've been in corporate entertainment. Being a Reservist is the one constant in my life.

I'm a Mover, which is about logistics. It means taking a plane and loading everything on to it, making sure it's all safely restrained, and managing the passengers, then you're off with the plane and, at the other end, getting everything loaded off properly.

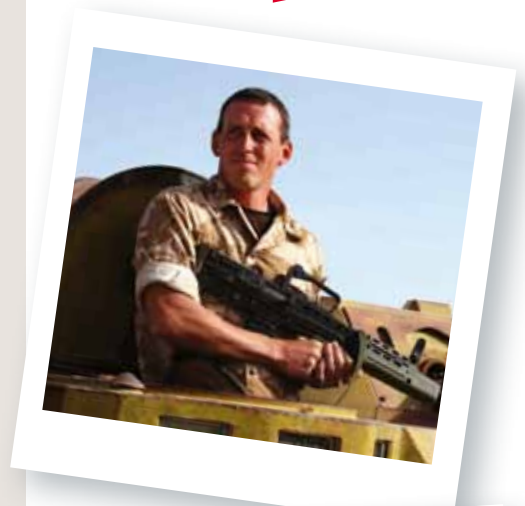
It's vital to get everything restrained correctly – if you've got a ten tonne tank in the back and all of a sudden the plane lands and slams on the brakes, you can't have ten tonnes of tank crashing through the front of the plane.

As a Reservist, you get to travel to places round the world that as a civvy you can't get to. I've been to Qatar, Bosnia, Afghanistan, Ascension Island. Afghanistan was great because out there you're really part of what's going on and you get a real sense of pride. You're directly involved with guys who are out on the front line. I've done two four-month tours in Afghanistan and if they asked me, I'd definitely go again.

The RAF is very keen to encourage you to do sports, too. I'm doing triathlon this year, and before that, I learned to skydive. That's a real mental challenge. You've got so much fear that builds up inside you when you go up in the plane because it's the most unnatural thing you can do, but when you jump, that fear turns into adrenaline – and that's why you keep coming back for more. Now I've got my licence, I can go by myself. I've got my own parachute. So whenever I get free time, I'm off jumping out of planes!



"It's up to you how much you do with the RAF Reserves, but the more you put into it, the more you'll get out, and the more you're there, the more you want to be there."



WHAT ABOUT THE DAY JOB?

When you become a Reservist, you'll start living two lives in one. If you have a 'day' job, whether full-time or part-time, you need to think about how the two will work together. But don't worry – the RAF has been taking on Reserves for years and we'll help you get all the red tape sorted.

DO I HAVE TO TELL MY EMPLOYER?

Yes. You need to tell us if you're working, and if you are, we're obliged to write to your employer to explain how employing a Reservist works. You'll have a chance to talk to your boss about it first before we do.



WHERE CAN MY EMPLOYER GO TO FIND OUT MORE?

Advise your employer to head to sabre.mod.uk. SaBRE is an impartial organisation created by the Ministry of Defence to give employers the information they need to know when employing Reservists.

MAKING IT WORK

To minimise the impact of your Reservist activities on your employer, most of your training will take place outside normal working hours. Training typically involves one weekend per month and an annual training camp lasting 15 days. In most cases, dates for the training camp are decided six months in advance to help Reservists arrange time away from work.

TRANSFERABLE SKILLS AND BENEFITS

The skills and qualities you develop as a Reservist are as useful in the workplace as they are in the field. Your employer can expect you to strengthen your leadership, communication and team-working skills and to demonstrate growing proactivity, self-confidence and willingness to adapt to change.

Your employer will also benefit from practical skills you bring back into the workplace, such as first aid. Weapons training and parade drill will help you develop co-ordination and accuracy, which are particularly valuable if you operate machinery or technology in your day job. What's more, as a Reservist, you may have the chance to study for civilian-recognised transferable qualifications.

ACTIVE DUTY

All Reservists may be called up for short periods of active duty (mobilised). If you are called up, your employer will be entitled to financial assistance from the RAF to cover the costs of recruiting a replacement.

During active duty, your employer isn't obliged to pay your salary or benefits in kind, but you'll be entitled to remain a member of your employer's pension scheme. As long as you continue to pay your contributions, the RAF will cover the employer's contributions you would have accrued during the time you are away.

WHERE TO FIND OUT MORE

If you have further questions about getting your employer to support your career in the RAF Reserves, talk to the Employer Support Officer attached to your squadron.

MY EXPERIENCE... CORPORAL ROBIN McIVOR – RAF POLICE



I'm a Police Patrol Officer, based in Somerset. A few years ago, I saw an ad for the RAF Reserves. I felt I wanted to do that bit extra, so I applied and I've been with the Reserves for three years now.

In my role with the RAF Police, I am based at RAF Henlow in Bedfordshire. My squadron is part of Tactical Provost Wing and we're fully integrated with the regular RAF Police.

I take many elements from my civilian policing to the RAF. They work under similar legislation and obviously the experience I've had as a police officer in terms of dealing with people and stressful situations has been very useful. However, you don't have to be a professional to join the Reserves. I had no military background or training, but the good thing is they give you the training you need to prepare you for what's ahead.

I'm in my forties now and being able to go out there and hold my own among young fit blokes is incredibly good for my self-esteem. It's also helped me in my civilian police job because it has made me feel I'm capable of so much more.

I've been to Afghanistan twice, the first time at Kandahar Air Base where I was involved in air transport security. More recently, I was mentoring and supporting the Afghan National Police in Gereshk in Helmand. It was tough but incredibly rewarding.

"It's all about teamwork. That's the best thing about the RAF Reserves, you get to be part of a really, really good team that's doing a very important job and have amazing experiences along the way."

SENIOR AIRCRAFTMAN
CHRIS LONG
MOVER.
RAF RESERVES

KANDAHAR AIRFIELD, AFGHANISTAN
14TH JUNE 2009.



OPERATION PANTHER'S CLAW.

I WAS A MOVER IN
CHARGE OF NEW
MEDICAL SUPPLIES...
INCLUDING BLOOD.



AND THEN I SPOTTED IT...

THE BLOOD WAS IN DANGER
OF GETTING TOO HOT.



MINE RAN COLD.

IN MY DAYJOB I'M AN
EVENTS' ORGANISER...
NOW I HAD TO ORGANISE - FAST!



WE SAVED THOSE SUPPLIES.

AND A FEW LIVES TOO.



BE PART OF THE STORY

 **ROYAL
AIR FORCE
RESERVES**

Search online for RAF Reserves

WHAT'S NEXT?

Like the sound of the Reserves? Your first move should be to visit the RAF Reserves website at raf.mod.uk/rafreserves and find out more about different squadrons and roles. Once you know what opportunities there are, you can apply online.

Bear in mind that the initial application process can take some time to complete. This is to ensure that you're making the right choice and for us to be sure that you're the right person for the RAF Reserves.

You'll have plenty of opportunities within the application process to assess your needs and decide whether to continue or pull out.

- Call our careers information line on **0845 606 9069**.
- Visit **raf.mod.uk/rafreserves** and register your interest.

TAKE OFF WITH THE RAF RESERVES

SIX STEPS FROM CIVILIAN TO RAF RESERVIST:

Find out more

1 Visit raf.mod.uk/rafreserves, find out about squadrons, bases and roles and apply online. You'll need to be aged between 18 and 50 (or 56 if you have previous military experience), medically fit and a citizen of the UK or the Commonwealth.

Attend a selection interview

3 If you decide to proceed with your application, you will need to attend a selection interview. This is to help us see if you are the right person for the job.

Attend an offer of service interview

5 If everything is OK, you will be asked to attend an offer of service interview with the squadron's Commanding Officer.

Attend a squadron information day

2 This is a chance for you to visit the squadron, ask questions and see what life in the RAF Reserves is all about. You may be asked to sit the airmen's selection test while you're here.

Take a medical

4 Everyone who applies to join the RAF Reserves needs to pass a medical and a fitness test to ensure they are fit for the job.

Attestation

6 If everything has gone well, you will now become a member of the RAF Reserves.



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raf.mod.uk/rafreserves

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