



10/24

# FEMALE NEWSLETTER

## MOTIVATIONAL STORIES

### ARMY COMPETITION WINNER TO ARMY SCHOLAR

Elizabeth Poulson, the winner of a recent Army competition, was extremely enthusiastic about joining the Army after visiting the Royal Military Academy Sandhurst in March 2024. She was one of five winners of the competition, which was organised by the Officer Recruiting Team in collaboration with Unifrog. Driven by her determination to excel, she applied for the Army Scholarship and recently achieved the highest grade in her class.



**BRITISH ARMY COMPETITION** >

### 2LT BEATTIE- DEFENCE STEM UNDERGRADUATE SPONSORSHIP (DSUS)

The DSUS Bursary allowed me to put some money aside to participate in Adventurous Training (AT) and save up to travel in my gap year. I was able to gain my Ski Foundation 1 on the Unit's Ski trip, as well as gain my Kayak Foundation and Quality Mountain Days on an AT trip I organised in Scotland. I plan to use some more of the funds to travel around Australia and East Asia, exploring the world and different cultures.

### FROM CIVILIAN TO BRITISH ARMY MEDIC

What is the Army like for the women who join it? Corporal Day talks about her experiences of being a service woman. The worries and challenges that she overcame when joining. It's not always been easy, but it's helped her fulfil her ambition of having a job helping people.

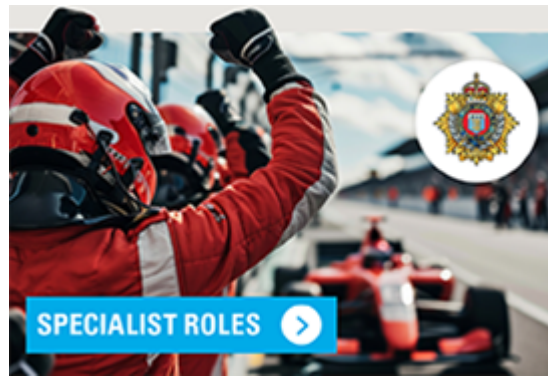


**LISTEN TO HER STORY** >

### MCLAREN RACING & MOVEMENT CONTROLLER

Being a Movement Controller in the British Army sounds like a specialist role, however you'd be surprised how similar it is to civilian roles.

We caught up with one of the teams at McLaren Racing to talk about the challenges and rewards that moving vital and expensive kit around the world brings - both on the F1 racing circuit and within the British Army.



## A PARENTS PERSPECTIVE

When you decide to join the Army, it is usually a decision that involves your family and friends too.

We spoke to Army Medic Jess, and her parents about what it was like when she decided that she wanted to join the British Army.

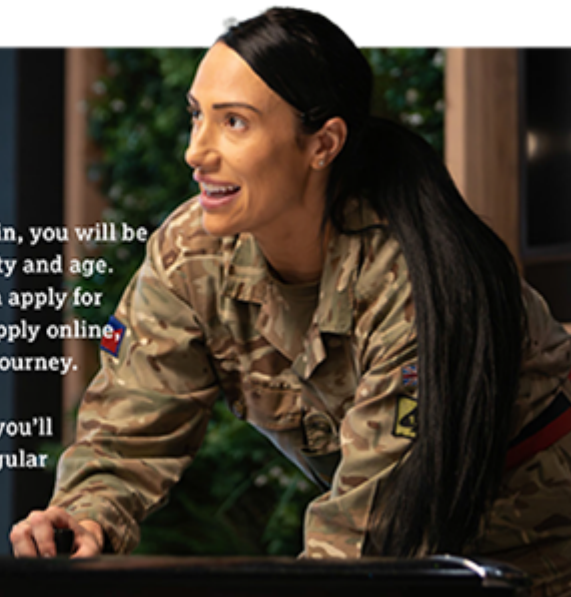


## FREQUENTLY ASKED QUESTIONS

**Q** What happens after you apply?

**A** Once you've registered your interest to join, you will be asked for details including your nationality and age. This will tell you what type of job you can apply for (or if you can't join). You'll then need to apply online, which will get you started on your Army journey.

After you've submitted your application, you'll follow the steps for your chosen path, Regular Soldier or Officer, or Army Reserve Soldier or Officer.







# How do you prepare for Assessment Centre?



Everyone joining the Army will need to attend an assessment to see if the Army is right for them.



Giving yourself the best chance of passing starts before you arrive, and is more than brushing up on your Army knowledge and working on your fitness.

# ASK A SOLDIER

Find or get answers from Soldiers and Officers on a range of topics.

[JOIN THE DISCUSSION](#)

ON DEMAND

# WEBINARS

## YOU BELONG HERE: WOMEN IN THE ARMY EVENT

You can be anyone and do anything in the Army. Join us to learn more about being a woman in the British Army. Hear experiences from a range of serving female officers and soldiers at varying points in their military careers.



[WATCH NOW](#)

## ARMY OFFICER INSIGHT FEMALE PERSPECTIVE

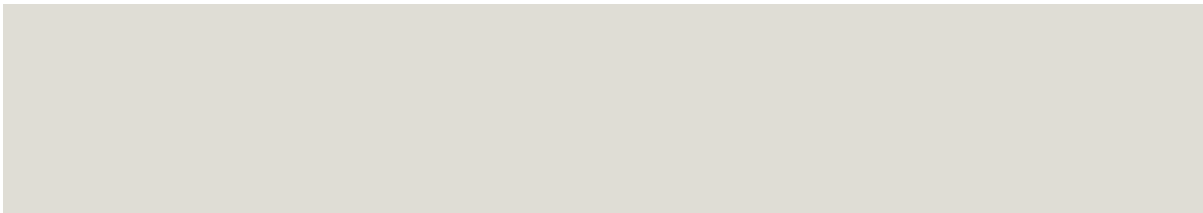
Join us to learn more about being a British Army Officer. Hear lived experiences from a range of serving Female Officers at varying points in their military careers.



[WATCH NOW](#)

DOWNLOADABLE

# RESOURCES



# LIFE AS A WOMEN IN THE ARMY

Interested in joining the Army but not 100% sure? Have a read of our new Women in the Army brochure where we cover the types of roles available, benefits and rewards, opportunities and FAQ s.

[DOWNLOAD NOW](#)



## INSPIRATIONAL STORIES

Joining the Army is a major choice, yet it can open doors to amazing opportunities. Hear the experiences of seven women who have taken this journey and find out where it has led them!

[AMAZING OPPORTUNITIES](#)



## FOR MORE INFORMATION

If you have any questions about joining the Army or would like to find out more information please contact your local careers office.

[FIND A RECRUITMENT CENTRE](#)

[START YOUR  
JOURNEY](#)

