

THINKING ABOUT THEIR FUTURE?

**A PARENT AND
GUARDIAN'S GUIDE
TO CAREERS IN THE
ROYAL NAVY AND
ROYAL MARINES**



Is your son or daughter thinking of joining the Royal Navy or the Royal Marines? Or are you considering this as a good career for your child and want to find out more?

Any decision about your child's future is an important one – and you probably have a lot of questions about what a career in the Royal Navy or Royal Marines involves. Hopefully this booklet should answer most of them.

No matter what your son or daughter wants to do with their life, the chances are that the Royal Navy or Royal Marines have a job and training that will help them realise their potential.

Though probably of more interest to your son or daughter is the fact that the Royal Navy and Royal Marines also provide a great programme of adventurous activities, masses of sports and plenty of scope for travel!

'This is a once in a lifetime opportunity: good pay, good sporting opportunities and the chance to travel and see the world.'

But they are a military force, and we understand you may have some concerns about your child's well-being, which we take very seriously.

Get the answers to any concerns or questions you might have and find out more about the opportunities on offer on the following pages.

Did you know?

Three members of the British bobsleigh team that took part in the 2006 Winter Olympics were Royal Marine Commandos.





Contents

Get the facts... page 4

Find out more about the Royal Navy and Royal Marines; see whether your first impressions were right, or if there's more to a naval career than you thought.

Recipe for success... page 10

Discover the range of careers available in the Royal Navy and Royal Marines, and how we can help with the cost of education, including information on apprenticeships and sponsorship.

A world of opportunities... page 14

Sports, adventure, travel, action... how we can help your son or daughter live their dreams and realise their potential.

In safe hands... page 18

We take the welfare of your child very seriously, and we'll also make sure that you are kept involved and informed in the whole recruitment and training process.

Taking the plunge... page 22

The basic requirements and recruitment process in brief; what the first few weeks will be like for your son or daughter if they join up.

Common questions... page 24

Get the answers to some common questions about the Royal Navy and Royal Marines.

Find out more... page 27

Sources of further information and support.



Get the facts...

There are two very common myths about the Royal Navy and the Royal Marines:

- Myth**
- The Royal Navy is just about ships.
 - The Royal Marines are part of the Army.

Fact: The Royal Marines Commandos are part of the Royal Navy – and together they make up one of the most respected fighting forces in the UK. Between them, the Royal Navy and Royal Marines cover land, sea and air – on ships, in submarines and with aircraft. So, if your child wants to be a pilot, they can still do that in the Royal Navy.

And you might just be surprised at all the activities the Royal Navy and Royal Marines do, which include:

- helping to police the world's oceans to prevent international smuggling, illegal trade and drug running;
- delivering humanitarian aid when natural or man-made disasters happen around the world, such as the Tsunami in South East Asia;
- protecting the UK's ports and merchant ships;
- patrolling fishing grounds and oil fields; and
- protecting the maritime environment.

Day in the Life...

of a Mine Warfare Specialist



'When in harbour I get up at 7.00am, get showered, shaved and dressed, have breakfast (toast and cereal) then start work at 8.00am. My day usually begins with an hour doing general jobs around the ship to ensure it's looking its best. On completion, I spend the rest of my day working on the ship's charts to ensure the ship is always safe to sail. Lunch is 12 noon to 1.15pm and we have a standeasy (break) from 10.15am to 10.30am. End of the day is usually 4.00pm, when I am allowed to leave the ship until the next morning.'

In brief...

Royal Navy

The Royal Navy employs around 33,000 people.

The Fleet currently consists of around 90 ships and submarines, as well as over 200 aircraft.

It is involved in operations and exercises throughout the world, 365 days a year, varying from single ships or submarines operating alone, to task groups that could include many different types of ship as well as helicopters and other aircraft.

Royal Marines Commandos

The Royal Marines are the UK's 'go anywhere' forces – able to operate from land, sea and air.

After passing the rigorous Commando course your son will be entitled to wear the coveted green beret.

They are trained to work in different terrains, equally at home in mountains, desert, jungle and the Arctic.

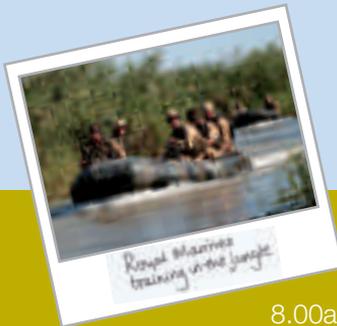
The four elements of the Commando spirit are courage, determination, unselfishness and cheerfulness in the face of adversity.

Royal Marines Band Service

The Royal Marines Band Service is the public face of the Royal Marines, and features some of the best musical talent in the country.

The bands demonstrate the excellence of the Service at a huge range of events, from traditional ceremonies to jazz, swing and big band concerts.

Members of the Band Service also play a vital role on operations as casualty handlers and military support.

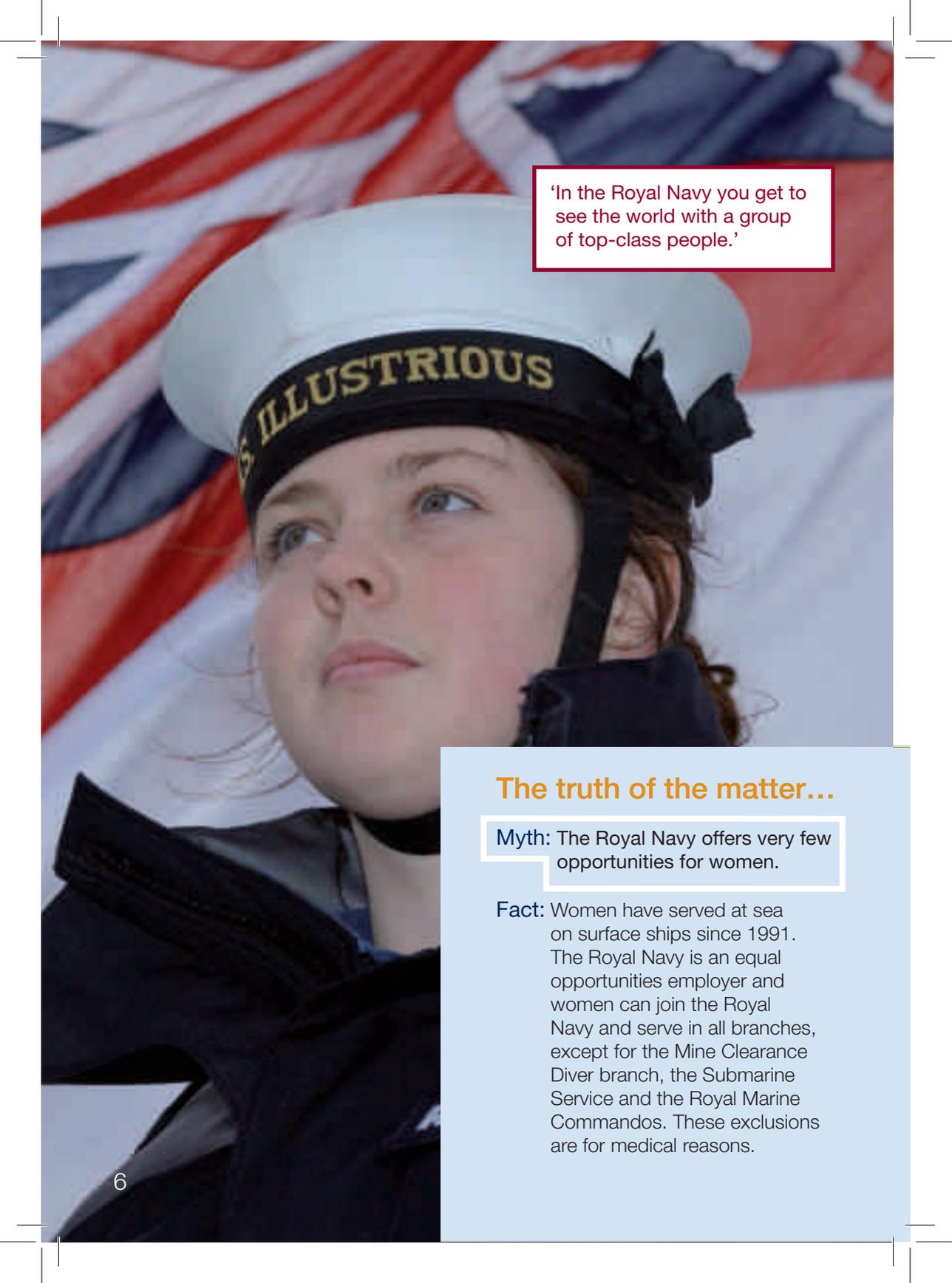


Royal Marines training in the jungle

'At sea, after a cooked breakfast, I start work at 8.00am and my day is similar to what I do in harbour, depending on what routine the ship is following. I could be doing my chart corrections and then suddenly be required to coxswain (drive) the sea boat or take part in a fire or flood exercise. At 4.00pm, I finish my work but am always on call if needed for any task. Supper is usually 5.30pm and the rest of the evening is spent watching DVDs and phoning the missus back home when we are in mobile range.'



Rehearsals for the parade



'In the Royal Navy you get to see the world with a group of top-class people.'

The truth of the matter...

Myth: The Royal Navy offers very few opportunities for women.

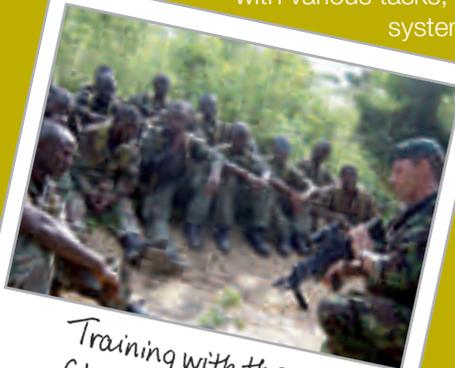
Fact: Women have served at sea on surface ships since 1991. The Royal Navy is an equal opportunities employer and women can join the Royal Navy and serve in all branches, except for the Mine Clearance Diver branch, the Submarine Service and the Royal Marine Commandos. These exclusions are for medical reasons.

Day in the life...

...of a Lance Corporal, 40 Commando Royal Marines

'When in camp, I start the working day at 8.30am. After parading as a troop we normally do some sort of physical training [PT], such as a circuit or a run. After PT we then carry on with troop training – map reading, weapons training or administering the troop vehicles. The working day finishes at 4.30pm.

'When deployed out of camp, the working day is long but filled with various tasks, which include doing drills on the weapons system and practical soldiering skills. Being out of camp on exercise is busy but enjoyable. It's a good chance to practise and get skills up to scratch.'



Training with the Ghanaian army

Myth: People aren't allowed to practise their religion if they are in the Royal Navy or Royal Marines.

Fact: The Royal Navy and Royal Marines encourage people from all faiths to practise their religious observances, though occasionally there may be some restrictions for operational reasons. Whenever possible, people are allowed to observe religious festivals or holidays and to say prayers at a certain time. Halal, Kosher and vegetarian meals and operational

ration packs are provided. If you want to find out more about religion in the Armed Forces, take a look at the equality and diversity section of the Ministry of Defence (MOD) website, which includes current policy within the MOD and answers frequently asked questions:

www.mod.uk/DefenceInternet/AboutDefence/WhatWeDo/Personnel/EqualityAndDiversity/

60 seconds...

...with a Lieutenant Commander

What made you decide to join the Royal Navy?

'My brother had joined five years before and I'd seen him travel the four corners of the world and do loads of different things.'



What was the most challenging thing?

'The physical training course – every day was a physical challenge!'

What are your key achievements so far?

'Reaching commission state and becoming an Officer. When I was a Physical Training Instructor at HMS Raleigh, it was really rewarding to work with trainees from the beginning of their training and see their mental attitude and physical strength develop.'



What do your family/friends think of you being in the Royal Navy?

'My family is extremely proud of what I've achieved and all my friends are very supportive.'





Myth: The Royal Navy and Royal Marines are only for white, middle-class people.

Fact: The Royal Navy and Royal Marines support equal opportunities and do not tolerate any form of racism. The Royal Navy and Royal Marines are interested in potential, regardless of class, race or gender.

Myth: Joining the Royal Navy or Royal Marines is not a proper career, like becoming a doctor.

Fact: There's plenty of opportunity for career progression in the Royal Navy and Royal Marines, just like in any large organisation. And if your son or daughter is interested in becoming a doctor, then once they are qualified they could serve in the Royal Navy too.

“ Everyone is an individual with their own skills, talents and goals, and we offer every young person the opportunity to give their ambitions a chance. ”

Did you know?

The Royal Navy provides approximately 110 stewards for Wimbledon every year.

Recipe for success...

Catering services (chef), communications specialist, musician, doctor, engineer, supply chain logistician, nurse whatever career your son or daughter is interested in, there is bound to be something in the Royal Navy or Royal Marines that suits them – and if they are not sure what they want to do, our Careers Advisers can help them.

Helping with finances

Education and training can be costly. The Royal Navy and Royal Marines offer scholarships, sponsorships and help with the cost of university to potential Officers. This means your child could get a degree, with a guaranteed job at the end of it, without running up huge student debts.

What's available?

Before joining

A-level scholarships and sixth form scholarships of £1,050 per year are available for students in Year 11 or 12.

Alternatively, potential engineers can study at a specialist sixth form college, Welbeck (welbeck.mod.uk) in Leicestershire, at little or no cost to you (subject to means testing).

Sponsorship

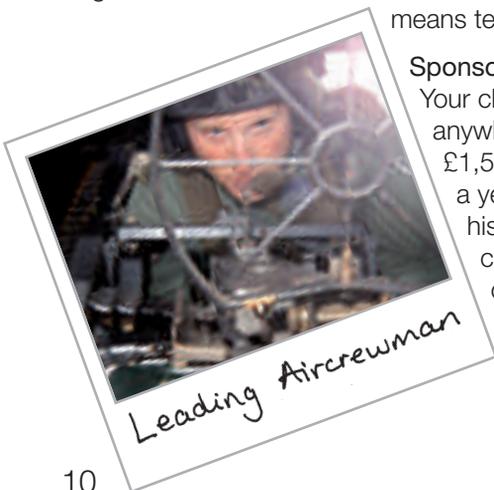
Your child could get anywhere between £1,500 and £5,500 a year paid towards his or her university costs, depending on the course.

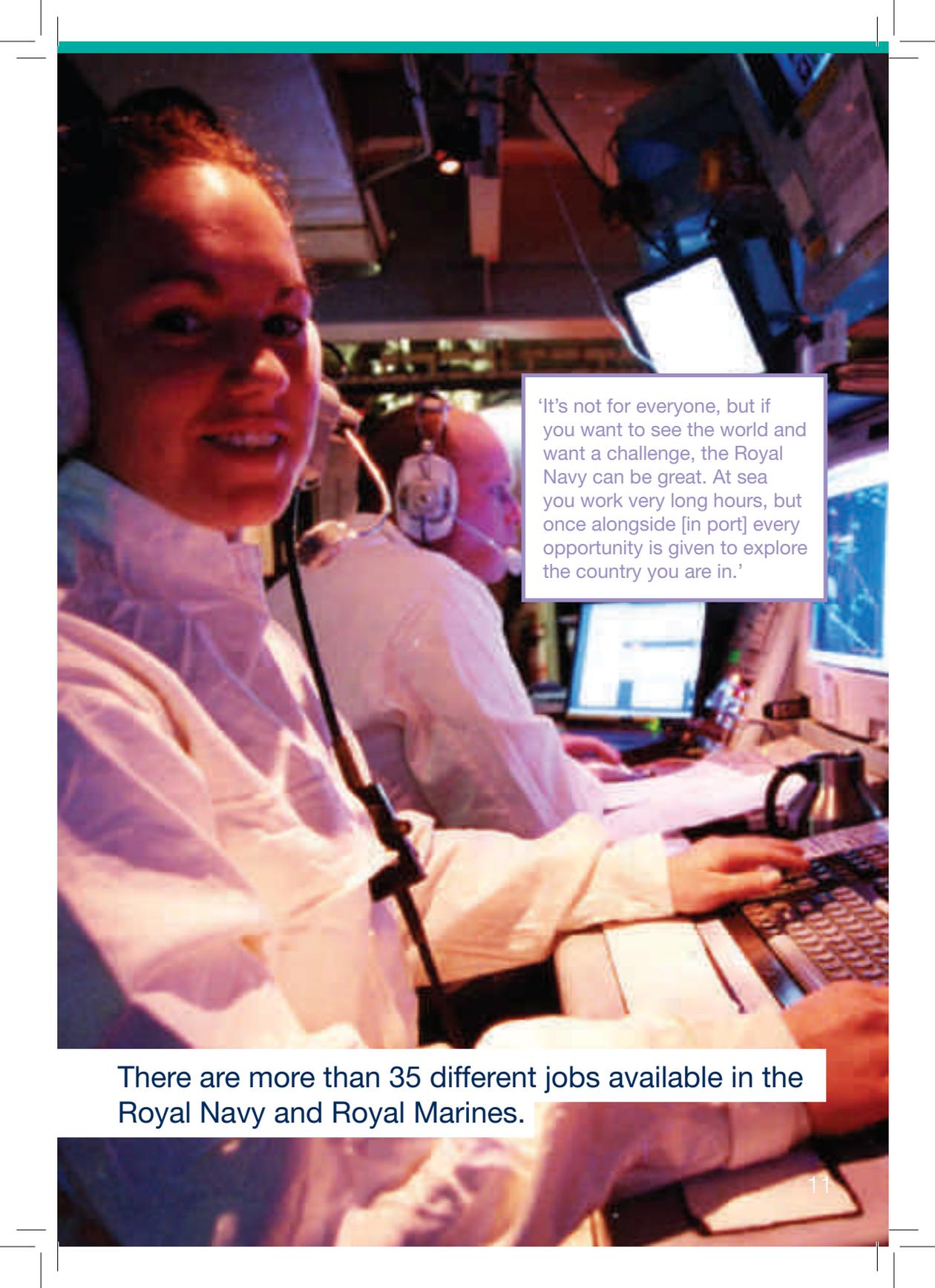
There's also a university cadetship scheme, which means your son or daughter gets paid a substantial salary while studying. For more details of all these schemes, please go to royalnavy.mod.uk/careers and click on: How to Join, Sponsorship.

There may also be other schemes available to your son or daughter. Ask at your local Armed Forces Careers Office for details.

Golden Hellos

If your son or daughter joins the Royal Navy as an Engineer Officer, they could be eligible for a Golden Hello of up to £12,000. Or, if your son decides to become a submariner he will get a £5,000 Golden Hello on successful completion of his training.





'It's not for everyone, but if you want to see the world and want a challenge, the Royal Navy can be great. At sea you work very long hours, but once alongside [in port] every opportunity is given to explore the country you are in.'

There are more than 35 different jobs available in the Royal Navy and Royal Marines.



Apprenticeships

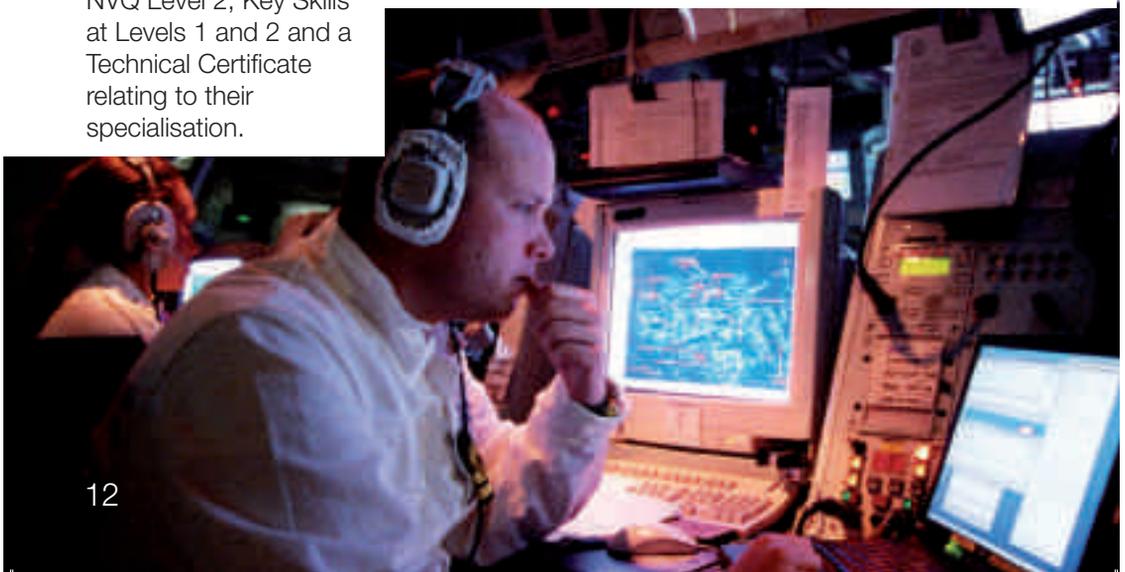
The majority of recruits to the Royal Navy now embark on a Foundation Modern Apprenticeship or Modern Apprenticeship during their Phase 2 or professional training. For those completing this phase at HMS Raleigh, the Foundation Modern Apprenticeship will be composed of an NVQ Level 2, Key Skills at Levels 1 and 2 and a Technical Certificate relating to their specialisation.

Fully qualified

Many Royal Navy and Royal Marines training courses lead to widely recognised qualifications that your son or daughter will be able to use in their civilian life. Grants and financial support are available to help pay for external courses, which can be for anything up to degree level.

Realising their potential

Some employers just care about getting a job done – the Royal Navy and Royal Marines care about **how** it is done, which means that your son or daughter will gain valuable qualities such as commitment, purpose, perseverance, determination, focus, drive, teamwork and leadership.





“ As a former Royal Navy Officer now working in the recruitment industry, I know the value of the formal qualifications and life skills that a career in the Royal Navy offers. Never before have both Officers and Ratings been so well prepared for the challenges of civilian life. ”

What's the benefit?

- Basic salaries start at over £12,000 for Ratings/other ranks and over £14,000 for Officers, but could be significantly more, depending on the job and the qualifications of the individual. Pay increases with experience and in line with inflation.
- Free medical and dental treatment.
- Job security.
- Accommodation at sea or on operations is free, and accommodation on shore is heavily subsidised.
- One of the most generous pensions available.

A world of opportunities

The Royal Navy and Royal Marines are really supportive of sports and allow time off for training or taking part in sporting activities, whether it's for sports that your son or daughter already plays, or those that are new to them.

Sporting chances

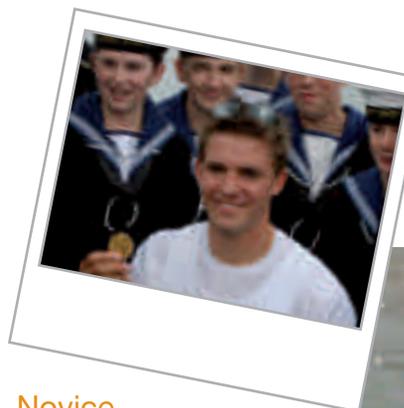
Here is just a selection of the sports that your son or daughter could get involved in:

- archery
- badminton
- boxing
- canoeing
- cricket
- cycling
- fencing
- football
- hockey
- judo
- motor sports
- netball
- rowing
- rugby and
- sailing.

If your son or daughter is good enough, they could take part in competitions and events with other Services or even end up representing the UK in world-class competitions such as the 2012 Olympics.

Taste for adventure

The Royal Navy and Royal Marines offer plenty of opportunities to get involved in more adventurous activities, whether your son or daughter has tried them before, is already skilled or wants to learn from scratch. If they want to scale the heights with hang gliding, paragliding or mountaineering or if they'd rather stay in the water with kayaking, sailing or diving, there is plenty to keep your son or daughter occupied.



Novice rower to world champion in four years – Peter Reed

In 2001, while training onboard HMS Exeter, Engineering Officer Sub-Lieutenant Peter Reed used a rowing machine for the first time and promptly posted the fastest time in the Royal Navy's annual fleet-wide fitness competition! He carried on rowing while being funded through university by the Royal Navy, and while doing his Masters at Oxford he rowed in the Oxford and



The longest canoe race in the world

Between 28 June and 2 July 2006, two Royal Marines – Major Matthew Skuse and Colonel David Hook – took part in the world's longest annual canoe race, the Yukon River Quest. It is a 740km (460-mile) wilderness adventure paddling marathon that runs on the Yukon River from Whitehorse to Dawson City in Canada's Yukon Territory. The Royal Marines team paddled a two-man K2 kayak into an impressive 14th place, in just less than 50 hours.

Cambridge Boat Race twice. At present he is rowing full-time with the Great Britain squad, and hopes to be selected for the 2008 Olympics in Beijing. Unbeaten to date, Peter and his team-mates in the coxless four won gold at all three World Cups and the World Championships in both 2005 and 2006.

Did you know?

There's free access to high-quality sports facilities in every shore establishment and aboard most ships.



Hockey

A career with the Royal Navy or Royal Marines is so much more than just a job... It offers amazing travel and adventure as well.

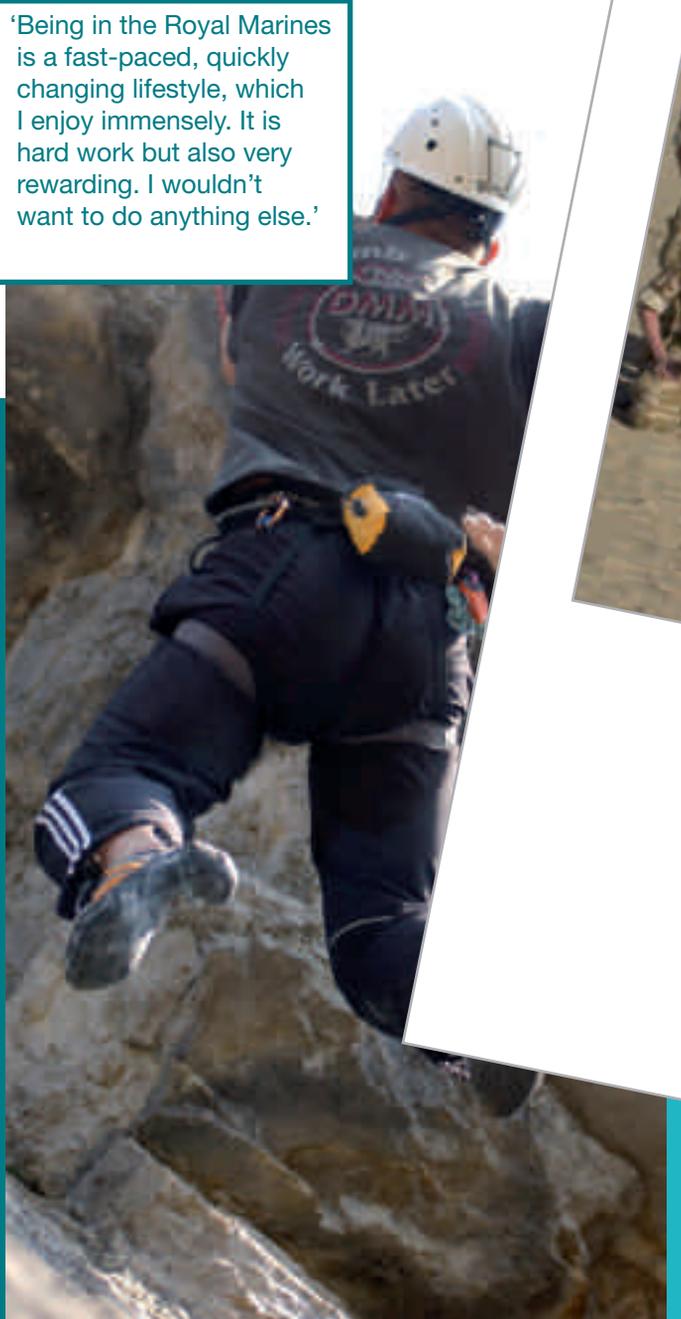
Travelling the world

With the Royal Navy or Royal Marines, your son or daughter really will get to see the world, and not just from the deck of a ship – as there are always opportunities to go on shore and training activities often take place abroad. The Royal Marines, for example, exercise regularly in Norway.

‘Being in the Royal Marines is a fast-paced, quickly changing lifestyle, which I enjoy immensely. It is hard work but also very rewarding. I wouldn’t want to do anything else.’

See the world – from the top of a mountain!

The mountaineering club covers everything from hill walking and rock climbing (traditional and sport) to winter snow and ice climbing. Typical venues are Cornwall, the Peak District, Snowdonia, Pembrokeshire, the Lake District and Scotland. There’s an annual ski-mountaineering expedition to the Alps. And in the last few years, destinations outside Europe have included Alaska, Antarctica, Argentina, Bolivia, California, Ecuador, India, Kenya, Nepal, Norway, Pakistan, Peru and Tanzania.



'I've made some really good mates here – there's a real sense of teamwork.'



'I definitely feel like I've grown up a lot since joining. I'm more independent, more confident and definitely fitter!'

‘ I joined the Royal Navy at 22 and within the first two years I'd been to Turkey, Crete, Barbados, Curaçao, Venezuela, Puerto Rico, St Vincent and the Grenadines, Jamaica, Norway and Ireland. ’

In safe hands

Joining the Royal Navy or Royal Marines could be the first time your child has spent a long time away from home and we take our responsibility for their welfare very seriously.

At the Royal Marines Commando Training Centre, younger individuals are paired with older trainees to help them settle in, and a similar scheme operates on Royal Navy ships where new recruits are looked after by an older mentor.

Keeping you informed

When your son or daughter joins HMS Raleigh for Phase 1 training, we will write to you at the end of the first week with details of their Divisional Officer.

It's just a phase they're going through...

What's involved in Phase 1 and Phase 2 training?

Though it will differ depending on what part of the Service your child joins, this is the basic distinction:

Phase 1 training aims to introduce civilians to the military way of life and develop their self-discipline, teamwork and fitness.

You are welcome to contact them at any time if you have any concerns.

If your son or daughter is attending the Maritime Warfare School at Collingwood, the Officer commanding the Phase 2 training group will contact you by letter, introduce themselves to you, invite you to attend the passing-out parade and explain policies on things such as harassment and bullying.

Phase 2 training is the initial specialist training which gives Service personnel the necessary skills for their first employment. Phase 2 training is carried out within shore establishments at various locations around the country and can last from a few weeks to over a year for highly technical training.

The Royal Marines Commando Training Centre, Lympstone, will contact you in week 1. You will also be invited to a families' day in week 3.



Keeping you involved

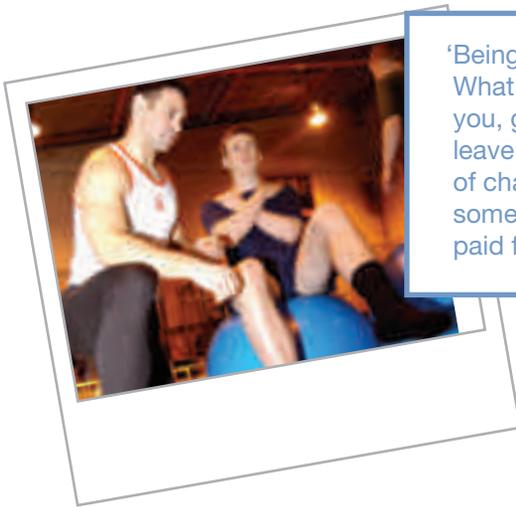
We welcome any parent or guardian who wants to be involved with the recruiting process. You can accompany your son or daughter in all pre-testing or post-acceptance briefings about entry, though, clearly, you won't be able to be there during testing or the interview. If your child is under 18, you are also welcome to accompany him or her during the medical examination.

Looking out for them

Chaplains play a key role in giving advice, offering support and counselling, if needed, to any recruit of any religion. Your son or daughter can speak to the Chaplain at any time, in complete confidence.

The Carers' Forum is also a key way for the Chaplain to be informed of cases, and the Chaplaincy coffee bars at HMS Raleigh and the Maritime Warfare School are well used resources for people to raise concerns or discuss problems.

Counselling services can be accessed by Naval Personnel Family Services or Royal Marines Welfare, both of which provide a round-the-clock, 365-days-a-year service with emergency out-of-hours provision. Phone 023 9258 3806, or visit rncm.mod.uk for further details.



'Being a Royal Marine is a way of life. What other job feeds and houses you, gives you seven weeks of paid leave a year, allows you to train free of charge, travel the world and make some fantastic friends **and** get paid for it!'

Complaints about bullying and mistreatment are not seen as a weakness – treating others fairly is enshrined in the Commando qualities.

Protecting them from harm

Bullying is not tolerated and neither is any form of harassment. If anyone feels they are being bullied or harassed, they are encouraged to report this and can be confident that it will be treated seriously.

All recruits are thoroughly briefed on how to express their concerns and who to speak to.

Any complaint will be treated seriously and acted upon, and there is a confidential Support Line (0800 731 4880) that enables people to do this.

If your son or daughter has serious concerns that the Royal Navy or Royal Marines isn't the right career for them, in certain circumstances we'll allow them time off to give them the space to review what they want to do.

Keeping them fit and healthy

Training to become part of the Royal Navy or Royal Marines can be tough, and injuries do happen. Our priority is to get your son or daughter fit and well again as soon as possible, which is why we employ some of the best physiotherapists in the country.

In good company

If your son gets injured while training to become a Royal Marines Commando, Hunter Company provides the best facilities to get them fit again and able to complete their training.

Hunter Company is part of the Commando Training Centre and provides excellent medical, remedial and training facilities. It has been described as 'the finest of its type in the country', and has the best equipped rehabilitation gym within the British Armed Forces. It is staffed by Physical Training Instructors who have passed an eight-month course in sports science and physiotherapy as well as a full-time chartered physiotherapist.

One week at Stonehouse

Like Hunter Company, Stonehouse Division is a major rehabilitation centre for Royal Navy recruits who get injured during their Phase 1 training. The programme at Stonehouse helps to develop the recruits professionally and improve their self-confidence, as well as supporting their rehabilitation and improving their fitness levels.

Myth: If your son or daughter is on a ship, you will be out of touch with them for months on end.

Fact: The most popular way of staying in touch is email and all ships have e-mail access. Mobile phones are also allowed on ships – though there may be some restrictions about when they can be used. Everyone who is deployed abroad is also given 20 minutes' worth of free satellite calls a week. You can write letters or send a telegram to a ship, and there are always ways of contacting ships by phone in an emergency. To find out more about how you can stay in touch, take a look at the section on Communications at rncom.mod.uk. You may be surprised at how easy and cheap it can be to stay in touch.

'Typical day at Stonehouse: up at 5.30, breakfast, move on to rehab, lectures, map reading, first aid, etc, or in the gym or field, lunch, lectures, community work, physical activities.'



Map reading

Taking the plunge

The requirements for entry differ depending on what part of the Royal Navy or Royal Marines your child wants to join, and it will also depend on their qualifications.

The basics – in brief

- Minimum age to apply is 15 years 9 months.
- British, Irish and Commonwealth citizens may join the Royal Navy or Royal Marines. However, certain career paths are only available to British citizens, such as being part of the Submarine Service.

There are opportunities for those with no specific qualifications, right up to those with a degree or professional qualification. All recruits to the Royal Navy and Royal Marines will need to pass a fitness test and tests for English literacy, numeracy, reasoning and mechanical comprehension.

Further information can be obtained from your local Armed Forces Careers Office, via royalnavy.mod.uk/careers or by calling 08456 07 55 55.

Joining up

The first four weeks – what to expect

'My name's Nancy Porter and I've just started a new career in the Royal Navy. This is a taster of my first four weeks at HMS Raleigh doing my basic training.

Our class is made up of 5 girls and 21 boys. There is a real mix of people aged between 16 and 29, from all over the country and as far away as Fiji.

We are bonding really quickly, probably because we are constantly around each other, but also through interactive team-building activities and team sports. Not surprisingly there are lots of physical activities. In the first week, I did a mile and a half run in 12 minutes 55 seconds! The Royal Navy swimming test involves swimming a length of the pool wearing heavy overalls, treading water for three minutes and then climbing out unassisted.





'A career with the Royal Marines is a good one but it's not for everyone. The benefits are excellent and can't be found in any other job. Being away from the girlfriend and family is hard but we appreciate our time together more. I enjoy athletics and basketball and intend to carry on training in the Royal Marines.'



We've been given an overview of global terrorist groups, and have learnt how to carry out car searches to prevent bomb components being smuggled into military establishments or near ships. I'm also learning how to handle an SA80 rifle – the instructors are very patient!

We don't spend all our time at Raleigh. We've been on a three-hour hike around Rame Head, Cornwall, carrying all the kit we had brought with us for the two days – great fun, but I got blisters the size of China! To recover we spent a brilliant evening getting to know each other over a barbecue and our allocation of three cans of beer. It was great to really let our hair down and have a laugh.'

Common questions

How long will my child have to sign up for?

The length of service will depend on the role your son or daughter is doing and which part of the Royal Navy or Royal Marines they are working in, but they always have the option to request to leave, and they will then need to work their notice period of 12 months. They are normally required to serve for around two and a half years after training. All new recruits

have a right of discharge at 14 days notice after 4 weeks, within the first 6 months of service, regardless of career terms.

What if my child wants to try the Royal Navy out before committing?

That's fine. The Royal Navy runs a four-day Acquaint course every week that gives prospective candidates a taster of

what life will be like during initial training and on a ship or submarine. It also gives your son or daughter a chance to ask questions and find out more about the different options available to them. It's free to attend and the Royal Navy pays their travel costs. For more details, speak to a Royal Navy Careers Adviser, or click on royalnavy.mod.uk/server/show/conWebDoc.2951

What about the Royal Marines?

The Royal Marines run a week long "Look at Life course" at the Commando Training Centre (CTC) Lympstone. Where you will have a taste of the physical and mental attributes required to successfully complete Commando training as well as an insight into the unique, day to day life at CTC.



Can women join the Royal Navy?

Women can join the Royal Navy and serve in all branches except the Mine Clearance Diver branch, as a member of the Submarine Service or as a Royal Marines Commando. These exclusions are for medical reasons. Discrimination on the grounds of gender is not tolerated.

Why are women not allowed to serve in the Royal Marines?

It is government policy that women cannot serve in a front-line unit, such as the Royal Marines. But we do have women who serve in the Royal Marines Band Service.

What are the leave periods given to recruits?

Depending on when they do their training, they will get two weeks at Easter and Christmas and three weeks in the summer. All weekends that are non-working will also be given as time off.

How long is the training?

It varies, depending on the branch being entered. For a Royal Naval Rating, initial training takes nine weeks, and professional training can take between five weeks and four years. Training for Officers varies according to specialisation. Initial training takes 32 weeks, and for Royal Marines Officers is 54 weeks.

How long are they away?

Most deployments are about six months in length, though this can vary. Some ships go for shorter periods, such as those doing fishery protection work.

Can they buy themselves out?

Generally, no, though if they leave before serving their minimum service time for any sponsorship money, they may be asked to repay some or all of it.



What about harassment?

It is Ministry of Defence policy that all military or civilian personnel, regardless of rank, grade or status, have a right to protection from harassment and a responsibility to ensure that their working environment is comfortable and non-threatening and that the dignity of others is respected.

What's your policy on bullying?

Complaints about bullying and mistreatment are not

seen as a weakness. Bullying in the Royal Navy and Royal Marines is not tolerated. All complaints are thoroughly investigated, and anyone found guilty of bullying will be dealt with accordingly.

What is the policy on drug taking?

Drugs in the Royal Navy and Royal Marines are not tolerated at any level. Those found guilty of drug usage are dealt with accordingly, usually by being discharged from the Service.

If there is an emergency, how can I get in touch with my son or daughter?

Ships at sea and units ashore, both in the UK and abroad, have satellite phones, which can be used in an emergency. To find out more about how you can stay in touch, take a look at the section on Communications at rncom.mod.uk



Medical team
East Timor



Sports day



Search and rescue duties
- Merlin helicopter

Find out more...



Careers

royalnavy.mod.uk/careers has more information on career and training opportunities offered by the Royal Navy and Royal Marines. You can also find details of the application process.

HMS Raleigh

royalnavy.mod.uk/recruitschool tells applicants what they can expect from their first eight weeks of training and offers some useful advice on how to prepare.

The Naval Families Federation

nff.org.uk is a very useful site for anyone who has a family member serving abroad or at sea. The NFF prides itself on keeping 15,000 friends and families better informed.

The Royal Navy Community

rncom.mod.uk offers support and advice on everything from housing to medical matters. The website also includes links to other useful organisations, including Naval Personnel Family Services and Royal Marines Welfare. Or you can call 023 9258 3806.

THINKING ABOUT THEIR FUTURE?

A PARENT AND GUARDIAN'S GUIDE TO CAREERS IN THE ROYAL NAVY AND ROYAL MARINES

YOUR CUE...

If you want more information and advice, you can contact us at any time and talk to one of our experienced Careers Advisers:

CONTACT US:

Telephone **08456 07 55 55**

Visit your nearest **ARMED FORCES CAREERS OFFICE**

Go to **ROYALNAVY.MOD.UK/CAREERS**

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.

L4/P&G/V2

