

**S**ubsidised accommodation, apprenticeships, experience, money, security, challenges, opportunities, education, training, experience, money, security, challenges. Lawyers, chefs, commandos, pilots, sailors, electricians. Ohh, stop it!

There are many ways to get involved with an ADF career – general entry and officer entry are just two.

# ADF = a free lunch

## Fitness (Army as a rough guide)

- **General entry:** 8 push-ups and 45 sit-ups for girls. Boys must do 15 push-ups and 45 sit-ups. Plus a shuttle run.
- **Officer entry:** 25 push-ups for ladies and 75 sit-ups. Gents do the same number of sit-ups but have to crank out 50 push-ups. Everyone does a 2.4 km run (girls 12 and a half minutes; blokes under 11 minutes).

## ADF-sponsored undergraduate entry

Study at a civilian uni of your choice while the ADF pays you a wage (over \$30,000) and takes care of all your HECS and equipment fees. Umm, it sounds good because IT IS GOOD!

## FYI

[www.defencejobs.gov.au](http://www.defencejobs.gov.au) ;  
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## Clothes and, like ... OMG, hair and nails!

WHEN YOU ARE PARACHUTING YOU CAN NOT WEAR HEELS AND A SHORT SKIRT. But, generally, you can wear pretty 'normal' sort of stuff. Tattoos are permitted, providing they are not obviously offensive. You are allowed to wear minimal jewellery on most occasions. However, body piercing are not allowed, and you can't dye your hair a really 'wacky' colour.

When you're in the Australian Defence Force – certainly on a base – your lunches are free. You see, ADF really means Amazing Diverse Futures. Read on ...

## Cool ADF career stuff

### These guys have their own uni!

Australian Defence Force Academy is in Canberra and offers combined military and leadership training, with a fully recognised degree from the prestigious University of New South Wales in loads of degree areas. ADF pays you a wage while you study and takes care of student fees and textbook costs. Excellent!

### Attention cadet

The ADF Cadets (ADFC) is open to people aged between 12½ to 20 years of age. You can take part in adventurous, fulfilling and fun educational activities set to a Navy, Army or Air Force backdrop. And there is no requirement to join the ADF, although heaps of cadets do. **Good times!**

### Trade schools

ADF trade schools provide qualifications that make you highly employable even if you decide to leave the ADF. You will be paid a good wage and receive all the amazing benefits.

### Colleges

The training you receive at the Australian Defence Force's colleges is top-notch and will equip you with not only the knowledge and practical experience you need to serve, but also life skills that you can take with you should you ever decide to leave.

## Chicks rock in the ADF too!

There are over 300 career opportunities for women in the ADF. More than 10,000 women are currently serving.