



Dear Potential Recruit

Thank you for considering selection for the British Army or the Gurkha Contingent of the Singapore Police Force (GCSPF). This booklet contains information about the selection process. It will help you prepare for selection. It includes information on recruit standards, the selection process and advice on how to train safely for the physical assessments. It also has a complete set of model exam papers from last year's selection. I encourage you to use the information in this booklet to help you prepare for selection.

Last year 17,222 Potential Recruits attended selection for 310 vacancies (230 in the British Army and 80 in the GCSPF). If you want to be successful you need to prepare yourself physically and mentally. To avoid wasting your time you also need to be realistic as to whether you can pass the demanding physical and educational assessments before you attempt the selection process.

The British Army is looking for intelligent, tough and disciplined soldiers who can meet the challenges of operations in an increasingly dangerous and complex world. If selected, and following rigorous training in the United Kingdom, you are very likely to go on operations to Afghanistan within a year.

The selection process is free and is open to all young Nepalese men who meet the basic recruiting standards. Selection is based on merit and only the best candidates are accepted.

Good luck and I look forward to meeting you at recruit selection.

R G J BEVEN
Maj
OC BGP/SO2 Recruiting