

A career in the Defence Forces offers competitive pay in addition to an outstanding lifestyle and other benefits. We can offer you:

### **Friendship**

You will forge life-long friends.

### **Travel**

You will deploy overseas in peace support, crisis management and humanitarian operations. (link with learn more about our overseas service).

### **Health Benefits**

We offer unmatched health support benefits, including free semi-private healthcare for all serving personnel, free dental care, free physiotherapy service, and free pharmacy.

### **Physical Wellbeing**

We offer free gym access in all our Barracks, with professional physical training instructors and organised classes including spinning, weight training, pilates, and team sports.

### **Personal Development**

We offer lifelong training to all our personnel. The Defence Forces offers fully funded opportunities to gain professional and academic qualifications, all while receiving full pay and allowances. We also offer technician training and apprenticeships. If you decide to move on from the Defence Forces, you will do having gained skills, qualifications and experiences that you will not find elsewhere.

### **Pay and Allowances.**

We offer very competitive pay and remuneration packages. All Defence Forces members get a minimum of 28 days leave (plus public holidays), paid sick leave, special leave on return from overseas service, as well as fully paid statutory leave.

- Graduate cadet on commissioning: €49,505
- School leaver cadet on commissioning: €44,222
- Recruit on completion of basic training in all services: €40,321

Technical Pay Rates are available to qualified personnel.

Sea Going Allowance: €10,600 patrol duty allowance, plus €5,000 sea going service commitment scheme, plus €1,500 tax credit.

Pay rates increase with rank and experience

### **Accommodation and Meals**

All of our personnel undergoing full-time courses are provided with meals and accommodation. Low-cost accommodation is available on a limited basis.

### **Job Satisfaction.**

You will get all of this while doing valuable work, serving your country both at home and overseas. We want people with diverse interests, skills and talents to take this opportunity to join the Irish Defence Forces.