



Women have continued to play vital and integral roles in the defence of our nation. In our Army, women can take

on appointments in different domains across different formations. They undergo the same training as their male counterparts and contribute to mission success as respected equals. Their strengths and qualities also enhance performance in military roles.


Ever wondered about a career in our Army? This brochure will answer some commonly asked questions.


What does it mean to be a woman in our Army? What are your career prospects? What support will you receive?


Read on to make an informed decision about your next step in a career that's Anything But Regular.





Learn more about our careers.

 The Singapore Army

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**EMPOWERING  
WOMEN: YOUR  
QUESTIONS  
ANSWERED ABOUT  
JOINING OUR ARMY**

EMBARK ON A CAREER THAT'S  
**ANYTHING BUT REGULAR**

OUR SINGAPORE  
**ARMY**  
READY DECISIVE RESPECTED

# Commonly Asked Questions

01

**Q: Do I need to be very fit to join the Army?**

A: To enlist, you will be required to pass your Individual Physical Proficiency Test (IPPT). Alternatively, you can join our Physical Training Programme (Women) prior to your BMT to build up your physical fitness. Training will be progressive and calibrated.



**Q: Do I need to shave my head?**

A: You do not need to shave your head but you will have to keep your hair neat and tidy. Ponytail and braids are allowed.



03

**Q: Do I have to go through the same training as men?**

A: You will go through the same training. However, training is progressive and calibrated. The scoring system for IPPT is also calibrated to account for the difference in physique of women.



04

**Q: Can I be exempted from training during my period?**

A: You can be exempted if menstrual cramps affect your day to day activities. You can inform your superiors or seek medical assistance. However, there will be make ups sessions for the vital trainings that you missed.



**Q: Am I limited in my choice of vocation?**

A: All vocations within our Army are open to women.



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**Q: What kind of women-friendly amenities are provided in camps?**

A: Our in-camp infrastructure includes nursing rooms and accommodations with privacy features, as well as convenient access to toilets and showers for women. Our Army is looking to continuously upgrade our infrastructure to better suit the needs of our servicewomen.

07

**Q: Is it harder for me to progress, compared to men?**

A: Progression is evaluated according to performance and women are treated no differently from men.



08

**Q: If I intend to take a study sponsorship or scholarship, when do I enlist into the Army?**

A: For Diploma, Higher Nitec or Nitec study sponsorships, you will enlist after completion of your studies. For Degree scholarships, you will enlist prior to the commencement of your university studies. Undergraduates may disrupt your studies to enlist under a scholarship while graduates can enlist with a 60% scholarship reimbursement (application within six months from graduation).



09

**Q: Is there a support network for servicewomen to seek advice or raise concerns about women-specific issues?**

A: The Army Servicewomen Office provides a platform for servicewomen to share ideas, raise issues, and address the unique challenges faced by our servicewomen. Led by women, for women, it comprises mentors from different formations to help servicewomen with any concerns.



**If you have any other questions, please reach out to the Army Recruitment Centre or our recruitment ambassadors.**