



REBUILD. RECONNECT. REDISCOVER.

Experiencing health and wellbeing challenges related to service?

Rebuild your confidence and resilience with creativity through the ADF's **Arts for Recovery, Resilience, Teamwork and Skills** program



What is ARRTS?

The ADF ARRTS program is designed specifically for current and transitioning ADF personnel, including Reservists, who are facing health and wellbeing challenges and seeking an opportunity to 're-set'.

This innovative program helps participants rebuild their confidence and resilience through the power of creative expression.



Program details

Three artistic streams

- Visual arts
- Music and rhythm
- Creative writing

Location: University of Canberra

Duration: 4-week residential program

Frequency: Twice yearly

Environment:

Supportive, rank-free, uniform-free learning space.

Why choose ARRTS?

“It’s a program I’d recommend to anyone because it’s great for your mental and social health and gives you the freedom to do things without judgement or failure, because if you do fail you just do it again, with ongoing support and encouragement from mentors and participants.

- Leading Aircraftwoman Skye Loder, 2024 ARRTS participant

Benefits

- Discover new ways to express yourself
- Learn relaxation techniques through creative practice
- Focus your mind on something completely different
- Build connections with participants and mentors
- Develop new skills in a supportive environment.



What you need to know

- ✓ No previous arts experience required
- ✓ Training and mentoring provided by specialist arts mentors
- ✓ All costs covered for eligible applicants:
 - art tuition and mentoring
 - travel expenses
 - accommodation
 - allowances

Ready to apply?

For program dates and application information:

🌐 Website: www.defence.gov.au/arrts

📄 Webform: AF028

✉ Email: ADF.arrts@defence.gov.au

Take the first step toward rebuilding your confidence and resilience through the power of creative arts.

Your journey starts here.



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