



APPLICATIONS NOW OPEN

The ADF ARRTS (Arts for Recovery, Resilience, Teamwork and Skills) Program helps to build confidence and resilience in people who are experiencing health and wellbeing challenges related to service.

The 4-week residential program is a uniform-free, rank-free environment conducted at the University of Canberra.

Training and mentoring is provided across three streams:

- visual arts
- music and rhythm
- creative writing.

The cost of art tuition, mentoring, travel, accommodation and allowances are covered by the program for eligible applicants.

Applications are open to:

- ADF members – current serving or transitioning
- Reservists
- DVA Veterans (transitioned within 3 years)
- ACT Emergency Services
- Australian Federal Police

Program dates:

26 October to 21 November 2025

Apply online: www.defence.gov.au/arrrts

Applications close: 22 September 2025

Questions?

Email: ADF.ARRTS@defence.gov.au

Call: 02 6127 6505



*No previous arts experience is required.
Apply today.*



**AUSTRALIAN
DEFENCE FORCE**