

# Cadet Adult Recognition Awards open for application in the Highlands

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**The Cadet Adult Recognition Awards (CARAs) are your chance to say thank you to the adult volunteers who make the cadet experience possible.**

Nominated by cadets, the CARAs recognise Cadet Force Adult Volunteers (CFAV) across the Highlands of Scotland. There will be 11 winners - one for each Sea Cadets District, Army Cadet Battalion and Royal Air Force Air Cadets Wing in the Highland Reserve Forces' and Cadets' Association (RFCA) area - plus at least 11 highly commended certificates.

## Who can be nominated

Any CFAV who has made a difference to a cadets' experience is eligible. Each cadet has one nomination, so careful thought should be given to who has gone above and beyond.

When writing a nomination, cadets should consider:

- how the CFAV has helped them personally
- what the CFAV has done that stands out
- any specific examples that show why they deserve recognition

Submissions must be no longer than 200 words. Drafting the nomination in a word processor first is recommended, so the word count can be checked before submitting.

## Key dates

Nominations are open from **16 March to 20 April 2026**.

Presentation ceremonies will take place on 28 May in Perth and 4 June in Aberdeen. Every cadet who submits a nomination will be entered into a draw for an invitation to one of the ceremonies.

## How to nominate

Before submitting, parental or guardian permission is required to nominate and a family email address must be provided. Nominations should be completed using the online nomination form on the Highland RFCA website. Highland RFCA will review all nominations, and a judging panel will select winners and those Highly Commended in each category.

Fill out and submit your nomination The CARAs - Highland Reserve Forces' and Cadets' Association.

<https://www.gov.uk/government/news/cadet-adult-recognition-awards-open-for-application-in-the-highlands>