

## **Guide for doctors applying for Australia posts after F2**

Fairly early on during F2, I knew that I wanted to go abroad to work for a year before applying for specialty training. I found that there was not very much information available about how to go about arranging this, despite it being a relatively popular option for junior doctors after finishing their F2 year. Luckily I had a couple of friends who had done this to ask for advice and was able to contact some old F2s working abroad by email. It's difficult to know what you're letting yourself in for initially and there are lots of things I wish I'd known before I started, which would have made it quicker and easier. Hence, I thought a step-by-step guide to the process might be useful, to make what seems like quite a daunting and confusing process initially, seem a bit clearer and manageable. I hope you find this guide helpful....

### **Finding a job...**

Definitely the hardest bit! I thought I was never going to get a job, but being persistent really does pay off. I started looking for posts at the end of November but didn't get a job offer until June! Other friends had offers a bit sooner, it just varies and depends where you want to go and what you want to do. Competition has increased over the last few years as many more Australian graduates are coming through as a result of an increase in medical school places over there. There are also many UK doctors choosing to spend 2 years abroad rather than one, so there are fewer places available than there once was.

Nonetheless there are still lots of great jobs out there. There are various ways you can go about this. I tried everything! The websites below are useful for looking at what vacancies are actually advertised where and for the links to application forms. There are lots of recruitment agencies out there too who can help with finding you something, though I never found these to be particularly helpful personally.

I sent my CV and a covering letter to loads of hospitals in Australia and New Zealand asking to be considered for a Resident Medical Officer position, (the equivalent of our SHOs over here). Contact details for places I tried are listed later. The hospitals will want several references so make sure you check with your referees that they are happy to provide these and will respond promptly.

The most common posts available are ED jobs. Some will require you to have had A&E experience in the UK, others won't. Even if you're not thinking about doing ACCS later on, ED is such a useful job to have at least have done for a few months, as you are exposed to a huge variety of clinical problems and it is well supported, so the learning opportunities are excellent. There are still lots of other options available. I chose to do medical rotations as part of my hospital's general training program changing every 3 months, so not too dissimilar from CMT in the UK. Equally, I know UK doctors doing the surgical and GP equivalents at the hospital I'm based in.

### **Job advertisements:**

<http://jobs.govnet.qld.gov.au/>

<http://www.seek.com>

[https://smartjobs.qld.gov.au/jobtools/jncustomsearch.jobsearch?in\\_organid=14904](https://smartjobs.qld.gov.au/jobtools/jncustomsearch.jobsearch?in_organid=14904)

[www.jobs.wa.gov.au](http://www.jobs.wa.gov.au).

### **Recruitment Agencies:**

*Triple O:* Based in Christchurch, New Zealand. Recruit to New Zealand and more rarely Australia. They weren't able to offer me anything at all, but helpful staff that respond quickly to enquiries.

*Head Medical:* [yan@headmedical.com](mailto:yan@headmedical.com)

*Challis recruitment:* [www.challisrecruitment.com.au](http://www.challisrecruitment.com.au), email: [carrie@challisrecruitment.com.au](mailto:carrie@challisrecruitment.com.au)

Helpful but sent me a lot of irrelevant/unsuitable positions, so don't get your hopes up too much!

### **Australian Medical Council registration:**

**Cost: ~£440 (\$700)**

Registering with the AMC is the first step you need to take before you can apply for anything else. You apply via the 'Competent Authority Pathway'.

<http://www.amc.org.au/>

You need to print out some forms and then send these along with certified copies of various other identity documents. There is a list of what is required on the website. These must be officially notarised by a solicitor/notary public.

This registration process takes some time. They will contact your university for verification of your qualifications required for EICS (Electronic International Credentials Service), which usually takes a while. When this is done, they will issue you with a EICS certificate and then finally a certificate of Advanced Standing, which is required for approval by the AHPRA, (see below).

Some of my friends with their hearts set on Australia started the whole process way before they had a job offer. In most cases, this worked out fine as they got a job eventually so were a bit further down the whole pathway than when I started, so had their paperwork ready in time for their start dates with some time to spare. I waited until I had secured a job, purely because the process is so expensive, I didn't want to invest that much money and be left unemployed at the end. The New Zealand process is separate so wouldn't be transferrable. It's up to you whether you take the risk or not.

### **Notarising documents:**

**Cost: £138 (for 3 copies)**

The best thing to do here is a quick Google search for notary publics. I used Marc White & co in Redland, Bristol. They were very familiar with doctors doing this and were very efficient.

<http://www.mwnotary.com/>

You need 2 copies of your documents, one for the AMC application and one for AHPRA. I got 3 copies in case I needed an extra one in Australia.

### **Australian Health Practitioner Regulation Agency (AHPRA) registration:**

**Cost: ~£840 (\$1390) (\$695 application fee + \$695 registration fee)**

You'll need a job offer and to have completed the AMC registration process before you can do this.

You need to apply for 'limited registration postgraduate training or supervised practice as a medical practitioner ALPS30' using the link below. It should open up a PDF which you can print and send to your prospective employer.

<http://www.medicalboard.gov.au/Registration/Types/Limited-Registration.aspx>

You need to send certified copies of various documents with this, as for the AMC application.

A few things to bear in mind here:

1. Make sure your CV is in their approved format, (details on the website). I'd forgotten to sign each page and write that that 'it was true and correct as of. ....x..date' and mention that all my posts were full time, which delayed things slightly.
2. They may be a bit funny about accepting your F1 competence certificate as proof of foundation training as it doesn't come on any headed paper. This may have changed, but if this is the case, then either asking for a copy from the deanery/foundation programme director on headed paper or getting the deanery to send some sort of confirmatory email should do the trick. That said, other friends of mine didn't have any trouble with using this certificate for their application, so maybe it just depends who assesses it!

When everything has been sent and your employer has done their bit, you'll receive a letter of approval. This is required to complete your visa application and can be attached as a supporting document to the visa application via the link detailed later.

### **Posting documents:**

How you decide to do this really depends on how early you get a job offer. If you have time to wait then you can post things by Royal mail which will take a few weeks.

I didn't have this luxury when I got my job offer however, so I sent everything by courier. This ensures documents arrive within 2-3 working days. It isn't cheap however, at around £40 a time.

I used Bristol Business Centre on Whiteladies Road

<http://www.bristolbusinesscentre.co.uk/>

### **Visas:**

Cost ~£565 (\$900)

You need to apply for an e457 employer sponsored worker visa. This can be done online as soon as you have a 'transaction reference number' (TRN), provided by your prospective employer. The link to the page on the Australian Department of Immigration & Citizenship website is below:

[http://www.immi.gov.au/e\\_visas/employer-sponsored.htm](http://www.immi.gov.au/e_visas/employer-sponsored.htm)

You need to attach various documents to support your application, such as those confirming your identity, proof of your training/qualifications in the UK, contract for work in Australia, etc. This is the link:

[http://www.immi.gov.au/e\\_visas/457-sponsor-attachments.htm](http://www.immi.gov.au/e_visas/457-sponsor-attachments.htm)

You can track the progress of your online application via the same website:

[http://www.immi.gov.au/e\\_visas/check-progress.htm](http://www.immi.gov.au/e_visas/check-progress.htm)

Useful contacts:

- <http://www.immi.gov.au/skilled/medical-practitioners/index.htm>.
- Australian High Commission – London Contact Centre 020 7420 3690 – open 9-4 Monday to Friday. .

### **Medical:**

**Cost: ~£310 (Knightsbridge, cheapest)**

An official visa medical is required for anyone intending to work in a healthcare setting in Australia. This involves a basic examination, CXR, urine dip and HIV/Hep B&C bloods at an 'approved' practice.

There are only 8 or so centres in the UK that can do these, which are as follows:

<http://www.immi.gov.au/contacts/overseas/u/united-kingdom/panel-doctors.htm>

Most places will process this online, (which is fastest) and they say that it should take about 10 working days.

### **Medical Indemnity Insurance:**

**Cost: £78**

MPS: offer cover in Australia via an agreement with the Australian company MIPS, (Medical Indemnity Protection Society).

MDU: don't have this agreement with MIPS so won't cover you in Australia. I changed to MPS to get round this.

### **Relinquishing your GMC licence to practice:**

**Saving: ~£245**

Every doctor practising in the UK has both GMC registration and a licence to practice. You pay £390 annual retention fee (at F2 level) to retain this membership for another year. You can however save yourself some money by opting to relinquish your licence. All this means is that you cannot practice in the UK for that year, which won't be a problem while you're away. It saves you about £245.

(If you want to do any locum shift in the UK before you leave, you just need to make sure you pay the retention fee first, then ask for the relinquishment to commence when you intend to leave the UK. The GMC will then refund you for the time you haven't used for).

This is the link to the form you need to fill in:

[http://www.gmc-uk.org/doctors/registration\\_applications/relinquish\\_options.asp](http://www.gmc-uk.org/doctors/registration_applications/relinquish_options.asp)

You can also relinquish your registration which saves even more money, but re-registering on your return to the UK becomes a bit of drawn-out process. I was told on the phone that if I did that, I may need to go to London/Manchester for a face-to-face ID check, which sounded like a lot of hassle for a small saving.

Renewing your licence again after the year is more straightforward if you retain registration and again just involves filling in a form on the GMC website and getting AHPRA to send a 'certificate of good standing' to the GMC, which costs \$50.

[Request for issue of certificate of registration status \(Certificate of Good Standing\) - ICRS-00](#)

### **Police Check:**

**Cost £25**

You will be probably asked for one of these by your employer. The easiest thing to do is to apply for a 'Basic Disclosure' on the Disclosure Scotland website. (This replaces the old CRB checks).

<http://www.disclosurescotland.co.uk/apply-online/>

This takes about 2 weeks. They will send the certificate to an address in Australia if provided, but be aware that this can take up to 3 weeks to be received by normal post.

\*NB. Although in the UK you would normally apply for an Enhanced disclosure (for working with vulnerable adults/children), there is no need to do this here, as the checks are not valid abroad anyway. The disclosure is purely as a general police check, rather than for the hospital.

### **Banking:**

You can set up an Australian bank account before you leave online. Some of the main ones are:

- Westpac
- ANC
- Commonwealth
- SA Bank (South Australia)

You can transfer funds over before you arrive via your bank or there are some companies that offer to do this for a slightly cheaper rate than your bank. When you arrive, you need to visit a branch and present some ID documents so they can sort you out with a bank card, etc.

I went with Westpac, who were incredibly swift at replying to emails!

<http://www.westpac.com.au/personal-banking/moving-to-australia/migrant-banking/>

### **Paying your student loan whilst abroad:**

There is no escaping this unfortunately! There is an 'Overseas' form available on the student loan website which you need to fill once you're out there, link below:

<http://www.studentloanrepayment.co.uk/pls/portal/docs/PAGE/RPIPG001/RPIPS001/RPIPS010/RPIPS048/RPIPS051/OVFA%20WEB%201213%202D%20BARCODE.PDF>

### **Pension contributions:**

There is no way of paying these while abroad as your contract with the deanery is essentially terminated after F2 and you are not in training programme so the year doesn't qualify as an 'out of programme experience'.

However you will pay into an Australian pension whilst working which you get refunded back as a lump sum when you return to the UK.

You can pay additional contributions into your pension the year after when working in the UK again if you wish. Speak to your pensions department for further advice.

## **Other bits and pieces....**

### Phones:

Your phone needs to be 'unlocked' before you leave so that you can put in an Australian sim card once you arrive. Otherwise you'll be paying ridiculous prices to make calls!

### Flights:

~£700 +

As well as finding the cheapest flight, it's worth thinking about baggage allowance. Emirates has one of the most generous allowances at 30kg for hold luggage, as do a few others.

Booking a return flight and paying a fee to change the date when you want to come home is cheaper than booking 2 single flights! Bear in mind that you'll have to fly back to the UK in Jan/Feb for interviews for the following year.

## **Doctors (old F2s) currently working in Australia to contact for further info/advice:**

*Natalie Freeman:* Royal Adelaide Hospital, Adelaide, South Australia

[nat.freeman27@gmail.com](mailto:nat.freeman27@gmail.com)

*Mhairi Murdoch:* Mandurah Hospital, near Perth

[murdochmhairi@gmail.com](mailto:murdochmhairi@gmail.com)

*Yvonne Ting:* John Hunter Hospital, Newcastle

[yvonne.tin@hotmail.co.uk](mailto:yvonne.tin@hotmail.co.uk)

## **Other sources of support for general careers advice:**

Virginia Penning-Rowell: Careers support advisor (\*UH Bristol trainees only)

[Virginia.Penning-Rowell@uhbristol.nhs.uk](mailto:Virginia.Penning-Rowell@uhbristol.nhs.uk)

If you are a Severn trainee contact:

Heather Samuel: Career Development Specialist, Severn Postgraduate Medical Education

[heather.samuel@southwest.hee.nhs.uk](mailto:heather.samuel@southwest.hee.nhs.uk)

## **Useful websites:**

Useful links to some general information:

<http://www.overseasdoctors.health.wa.gov.au/doctors/index.cfm>

A lengthy, but very comprehensive document written by the immigration department for migrants beginning a life in Australia:

[http://www.immi.gov.au/living-in-australia/settle-in-australia/beginning-life/\\_pdf/eng.pdf](http://www.immi.gov.au/living-in-australia/settle-in-australia/beginning-life/_pdf/eng.pdf)

7 things to do first when you get to Australia:

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<http://www.immi.gov.au/living-in-australia/settle-in-australia/to-do-first/>

Medical Careers website with some useful links and case studies

[http://www.medicalcareers.nhs.uk/postgraduate\\_doctors/medical\\_training\\_abroad/during\\_the\\_foundation\\_programm/case\\_studies\\_-\\_severn\\_deanery.aspx](http://www.medicalcareers.nhs.uk/postgraduate_doctors/medical_training_abroad/during_the_foundation_programm/case_studies_-_severn_deanery.aspx)

I hope this helps make the process a bit clearer as to how to go about things and a rough idea of costs. I know it looks a bit daunting, but it's completely do-able. The earlier you get your job offer the better obviously, as you have less time pressure and a chance to spread the costs out. I had to do everything as quickly as possible, having only got a job offer in June. Although it's expensive to get out there, your salary will be comparatively better, you'll gain lots of experience in a different healthcare system and hopefully have the experience of a lifetime!

Good luck ☺

## **Australia Contacts**

This is by no means an exhaustive list, but details all the hospitals I came across when searching for jobs in Australia...

### **WESTERN AUSTRALIA**

#### **Royal Perth Hospital**

Medical Employment Services  
Royal Perth Hospital  
2nd Floor A Block  
Wellington Street, Perth WA 6000  
Tel: (08) 9224 3341  
Fax: (08) 9224 1939  
Email: [rph.medicaljobs@health.wa.gov.au](mailto:rph.medicaljobs@health.wa.gov.au)

Joyce O'Hara (medical recruitment): [joyce.o'hara@health.wa.gov.au](mailto:joyce.o'hara@health.wa.gov.au)

#### **Fremantle Hospital**

PO Box 480  
Fremantle WA  
6959  
Australia  
Phone: +61 8 9431 3333

Ms Clare Holohan: [fhmedadmin@health.wa.gov.au](mailto:fhmedadmin@health.wa.gov.au)

#### **King Edward Memorial Hospital (public tertiary maternity, neonatal and gynaecological hospital)**

PO Box 134  
Subiaco, Perth  
Western Australia  
Australia 6904

Ms Margaret Neville: [pmhkemh.medadmin@health.wa.gov.au](mailto:pmhkemh.medadmin@health.wa.gov.au)

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### **Sir Charles Gairdner Hospital**

Hospital Avenue  
Nedlands  
WA 6009  
Phone: 08 9346 3333  
Fax: 08 9346 2534  
Web: <http://www.scgh.health.wa.gov.au/>

Ms Linda Earchy: [MEDICAL.APPLICATION.2012@health.wa.gov.au](mailto:MEDICAL.APPLICATION.2012@health.wa.gov.au)

### **WA Country Health Service** (Regional Hospitals outside of the Perth Metropolitan Area)

Renaë Poot  
Medical Workforce Consultant  
WA Country Health Service  
[wachdoctors@health.wa.gov.au](mailto:wachdoctors@health.wa.gov.au)

### **Mandurah District Hospital** (private hospital but state-owned A&E)

Peel Health Campus  
110 Lakes Rd  
Mandurah  
WA, 6210  
Practice manager: [Sam.Larmour@peelhc.com.au](mailto:Sam.Larmour@peelhc.com.au)

### **QUEENSLAND**

<http://www.health.qld.gov.au/rmo/default.asp>

### **Princess Alexandra Hospital**

**RMO** Campaign Coordinator  
Employment Services  
Building 15, Level 2  
Princess Alexandra Hospital  
Metro South Health  
Phone: +61 7 3176 6899  
Fax: +61 7 3176 6831  
[Medical\\_Employment\\_PAH@health.qld.gov.au](mailto:Medical_Employment_PAH@health.qld.gov.au)

Andrew Falconer  
Medical Allocations Officer  
Phone: 3176 2116  
Fax: 3176 6831  
[andrew\\_falconer@health.qld.gov.au](mailto:andrew_falconer@health.qld.gov.au)

### **Mackay Base Hospital**

475 Bridge Road  
Mackay, QLD 4740  
Phone: 07 4885 6000  
Fax: 07 4885 6408



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### **Wide Bay Hospital**

PO Box 592  
Hervey Bay QLD 4655

Barbara Dwyer  
Medical Recruitment Officer  
Medical Administration  
Wide Bay Hospital and Health Service  
F. +61 7 4325 6799  
[FC\\_Medical@health.qld.gov.au](mailto:FC_Medical@health.qld.gov.au)  
[www.health.qld.gov.au/widebay](http://www.health.qld.gov.au/widebay)

### **Bundaberg Hospital**

PO Box 34  
Bundaberg QLD 4670  
P. 07 4150 2856 / 07 4150 2862  
F. 07 4150 2099  
[WBHSD-JuniorMedicalRecruitment@health.qld.gov.au](mailto:WBHSD-JuniorMedicalRecruitment@health.qld.gov.au)  
[www.health.qld.gov.au/widebay](http://www.health.qld.gov.au/widebay)

### **Redcliffe Hospital**

Anzac Avenue  
Redcliffe QLD 4020  
Australia

Anita Pierantozzi  
Senior Medical Education Officer  
Phone: 07 3049 6768  
[Anita\\_Pierantozzi@health.qld.gov.au](mailto:Anita_Pierantozzi@health.qld.gov.au)

Dr Leah Barrett-Beck  
Director of Clinical Training  
Phone: 07 3883 7194  
[Leah\\_Barrett\\_Beck@health.qld.gov.au](mailto:Leah_Barrett_Beck@health.qld.gov.au)

Kirsten Mitchell  
Medical Workforce Coordinator  
Phone: 07 3883 7287  
[Kirsten\\_Mitchell@health.qld.gov.au](mailto:Kirsten_Mitchell@health.qld.gov.au)

### **Logan Hospital**

Logan Hospital Metro South Health  
Level 1, Building 1  
Cnr Armstrong & Loganlea Roads  
Meadowbrook QLD 4131  
PO Box 4096 Loganholme DC QLD 4129

P: (07) 3299 9139  
F: (07) 3299 8554  
E: [LBMO\\_Recruitment@health.qld.gov.au](mailto:LBMO_Recruitment@health.qld.gov.au)

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### **Royal Brisbane & Women's Hospital**

Armstrong Rd  
Meadowbrook QLD 4131  
Australia

Libby Black  
RMO recruitment  
Centre for Medical Officer Recruitment & Education  
Royal Brisbane & Women's Hospital  
[RBWH-RMO-Recruitment@health.qld.gov.au](mailto:RBWH-RMO-Recruitment@health.qld.gov.au)

### **Caboolture Hospital**

Caboolture Hospital  
Metro North Hospital & Health Service  
Telephone: 07 5433 8883  
Fax: 07 5433 8122

Robyn Scholl  
Medical Workforce Coordinator

### **Canterbury Hospital**

Dr Eileen M Rogan , Director and Staff Specialist  
Emergency Department  
Canterbury Hospital  
Thorncraft Parade  
Campsie  
NSW 2194  
Tel 02 9787 0000  
Email: [eileen.rogan@sswahs.nsw.gov.au](mailto:eileen.rogan@sswahs.nsw.gov.au)

## **SOUTH AUSTRALIA**

### **Royal Adelaide Hospital**

Royal Adelaide Hospital  
L3, Margaret Graham Bldg  
North Terrace  
ADELAIDE SA 5000

Lois Cochrane, Medical Recruitment Special Projects Officer  
Phone (08) 8222 5537  
[Lois.cochrane@health.sa.gov.au](mailto:Lois.cochrane@health.sa.gov.au)

Caitlin Doyle, Roster Office, Medical Administration  
[Caitlin.Doyle@health.sa.gov.au](mailto:Caitlin.Doyle@health.sa.gov.au)

Sue Bockmann, Roster Manager, Department of Emergency Medicine and Trauma Services  
Phone: 8222 5063  
[Sue.Bockmann@health.sa.gov.au](mailto:Sue.Bockmann@health.sa.gov.au)

Gabriela Lipari, Senior Administrative Officer  
Ph: 8222 0032  
[Gabriela.Lipari@health.sa.gov.au](mailto:Gabriela.Lipari@health.sa.gov.au)

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### **Port Lincoln Hospital**

39 Oxford Terrace  
Port Lincoln, SA 5606  
Phone: 08 8683 2200  
[chsaptlincolnswitchboard@health.sa.gov.au](mailto:chsaptlincolnswitchboard@health.sa.gov.au)

## **VICTORIA**

### **The Royal Melbourne Hospital**

RMH, Victoria 3050  
Australia  
Rmh-mwu@mh.org.au  
Mrs Pamela Casson , **Medical Workforce Unit Manager**  
Tel: +61 3 9342 7739

[Pamela.Casson@mh.org.au](mailto:Pamela.Casson@mh.org.au)

### **St. Vincent's Hospital**

St Vincent's PO Box 2900  
Fitzroy VIC 3065  
Australia  
Tel: (03) 9288 2211  
Fax: (03) 9288 3399  
Recruitment Team: (03) 9288 2820  
<http://stvincents.mercury.com.au/>

### **The Alfred Hospital**

**The Alfred**  
**PO Box 315**  
**Prahran VIC 3181**  
Telephone: (+61 3) 9076 2000  
Facsimile: (+61 3) 9076 2222  
[HMOEnquiries@alfred.org.au](mailto:HMOEnquiries@alfred.org.au)

## **NORTHERN TERRITORY**

[http://www.health.nt.gov.au/Careers/Medical\\_Officers/Residents/index.aspx](http://www.health.nt.gov.au/Careers/Medical_Officers/Residents/index.aspx)

### **Darwin Hospital**

PO Box 40596  
Casuarina NT 0811

### **Alice Springs Hospital**

Medical Recruitment  
PO Box 2234, Alice Springs NT 0871

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Phone: +61 8 8951 7989  
Fax: +61 8 8951 7844

## **NEW SOUTH WALES:**

### **Sydney**

PO Box 1614  
Sydney NSW 2001  
Australia  
**Telephone:** +61 2 9382 7111  
**Fax:** +61 2 9382 7320

### **Canberra Hospital**

PO Box 11  
WODEN ACT 2606  
Phone: +61 2 6244 2222 24

Medical Officer Support Unit: [tchmosu@act.gov.au](mailto:tchmosu@act.gov.au)

### **Newcastle Hospital**

Locked Bag 1  
Hunter Region Mail Centre  
NSW 2310  
Phone: +61 24921 3000  
Fax: +61 249213999