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Medical Training Abroad

We have several pages on medical training abroad, use the menu on the left-hand side to navigate to the information you require.

You are advised to maintain your GMC registration if you are considering going abroad. The GMC has further guidance around this important issue.

Whenever and wherever you go, remember:

The Golden Rules

For non UK / EEA nationals it is very important to consider any time out of the UK carefully as this could have a direct impact on your immigration status and qualifying periods related to indefinite leave to remain in the UK. You are strongly advised to seek specialist advice from the UK Borders Agency.

- **Plan well in advance – gather as much information and plan as early as you possibly can**
- **Make sure that you have everything in writing. Do not rely on telephone advice or agreements when making arrangements.**
- **Discuss your plans with the following (depending on what stage of your training you have reached):**
 - Foundation School Programme Director
 - Clinical Tutor
 - Postgraduate Dean
 - Appropriate Royal College*The GMC if you want your work overseas to count towards your training in the UK Employer, where a current contract may be terminated early*
- **Make sure you are clear about the requirements and restrictions with regard to training and accreditation for both the UK and the country to which you are applying.**
- **It is equally important to plan for your return to the UK. Think about how you will keep in touch whilst you are away and what you plan to do on your return.**
- **Don't forget to maintain your GMC registration if you are considering going abroad.**

Options?

- Take time out **between** training programmes (e.g. between foundation and specialty training)
- Take time out **during** a training programme
- Arranging a placement abroad that would **count towards** your accredited training
- **Completing some of your training abroad**

All of these options have pros and cons, and there may be restrictions on what you can do.

When to go?

Although there is not one single time when travelling abroad would be better, general advice from Deaneries and Foundation Schools suggest that there will be implications to be considered whichever option is chosen

After Foundation

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Quick links to top pages

Quick links to:

- It is often best to complete both the F1 and F2 years of your foundation training before working or travelling abroad. This ensures that, should you want to return to the UK for specialty training, you have the requisite competencies signed off to be eligible to apply.
- Taking time out between foundation and specialty training is often considered to be the best time. However, this will very much depend on your own circumstances, and whether this would be the right time for you.
- Read our [case-studies](#).

During Foundation

- If you wish to go abroad during the foundation programme, between F1 and F2, then ensure that you talk to your Foundation School Director to arrange any time away from the programme, and to check what possibilities there will be for you to return to an F2 post later.
- Read further information on [training abroad during foundation](#).

During Specialty Training

- You can get a placement abroad during your specialty training which could count towards your accredited training. If you are interested in this then it is important to research your options first and to discuss your plans with the training programme director, the deanery, the relevant Royal College and the GMC. Also read the [Gold Guide](#) on guidelines for "Out of programme Experience". You can apply for OOPE after 1 year in a specialty training programme subject to satisfactory progress and Deanery agreement.
- Read further information on '[Out of programme opportunities](#)' during specialty training.

After Specialty Training

- It is possible to obtain employment abroad after you have obtained your CCT. This will give you additional experience at a senior level and can make a useful addition to your CV when applying for senior posts in the UK.

All Training Abroad

- Another option is to do specialty training abroad but you must check that this will allow you to return to practice in the UK at some point in the future.
- Read our pages on [medical training within the EEA and outside the EEA](#).
- In addition read about [planning your return to the UK](#) and our [guide to additional resources](#).

The NHS medical careers team acknowledge careers advisers Laura Brammar and Laura Mackenzie, from the London Careers Group, and Dr Melanie Jones, Associate Dean for Careers, Wales Deanery and Special Advisor for Careers at the UKFPO for writing these pages on medical training abroad.



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