



PATHWAYS 2

The Complete Guide to Migration
for the Nigerian Doctor

PATHWAYS 2

The
Complete Guide
to
Migration
for the
Nigerian Doctor

Compiled

By

Dr. John Afam-Osemene

Dr. Magaji Riwani

Dr. Ronald K Ikpe

A Health Hub Initiative.

June 2021

CONTENT

Acknowledgments

Dedication

Contributors

List of Abbreviations

Introduction

Australia

Botswana

Canada

China

Grenada

Jamaica

Nigeria

Saudi Arabia

Seychelles

Trinidad and Tobago

United Arab Emirates (Dubai)

United Kingdom

United States of America

Contributors Profiles

Words of Advice

Resources

References

Useful Blog Posts on Migration

Acknowledgment

This updated and enriched compilation was made possible due to the contribution of a lot of people. I would like to acknowledge in no particular order the following people. Firstly, our contributors (home and in diaspora) made time out of their busy schedules to clearly outline these pathways to medical practice here in Nigeria and abroad, including hosting live sessions. The first compilation was a success and the demand for more information by doctors across various platforms for other nations drove the need for an updated version.

The extra conversations that shaped this book would not have been possible if not for the coordination and resilience of Dr. Riwana Magaji, and Dr. John Afam who set up and moderated the extra conversations on different forums and still made time to contribute to this updated version despite their very busy schedules. A lot of time, energy, and resources went into the research of other nations where international medical graduates including Nigerians can work as medical doctors. We have made new additions that include places like Dubai, Saudi Arabia, Trinidad and Tobago, Seychelles, Jamaica, and Botswana.with new updates on the previous nations.

We are grateful to PT. Ayopo Onafowokan took the time to work on the graphics, giving it a beautiful feel.

To the members of Health Hub Africa and Pathways, your contributions shaped the core of this book.

We really hope that you find this guide very useful.

Dr. Ronald Kelechi Ikpe

MBBS, MSc

Dedication

This book is dedicated to doctors seeking clear answers before making a career decision, especially moving abroad.

Disclaimer

This material cannot be regarded as official information of any organizations aforementioned.

Contributors

Dr. Toluwanimi Jewel Akin (Australia)

Dr Femi Afolayan (Australia)

Dr. Olatunde Asagba (Canada)

Dr. Rebecca Okolo (Canada)

Dr. Ochulor Wisdom (China)

Dr. Fidelis Ozoba (Nigeria)

Dr. Ogunsina Oluwadamilola (UK)

Dr. Ogheneovo Efekodo (UK)

Dr. Wenyinmi Orioghoye (UK)

Dr. Chukwudi Analo (UK)

Dr. Samuel Nwaobi (USA)

Dr. Ayomide Owoyemi (USA)

Dr. Ogo Okpala (USA)

Adetola Ademolu PharmD, BCPS (USA)

List of Abbreviations

ACLS - Advanced Cardiovascular Life Support

AMC - Australian Medical Council

ARIMGSAS - Alan Roberts International Medical Graduates Support And Advisory Service

AUD - Australian Dollar

BLS - Basic Life Support

CaRMS - Canadian Resident Matching Service

ECFMG - Educational Commission for Foreign Medical Graduates

EEA - European Economic Area

EPIC - Electronic Portfolio of International Credentials

GDP - Gross Domestic Product

GMC - General Medical Council

HSE - Health and Safety Executive

IELTS - International English Language Testing System

LMCC - Licentiate of the Medical Council of Canada

MBBS - Bachelor of Medicine, Bachelor of Surgery

MCCQE - Medical Council of Canada Qualifying Examination

MCQs - Multiple-choice question

MSc - Master of Science

NAC-OSCE - National Assessment Collaboration - Objective Structured Clinical Exam

NHS -National Health Service

NPMCN - The National Postgraduate Medical College

NRMP - National Resident Matching Program

OET - Occupational English Test

PESCI - Pre-Employment Structured Clinical Interview

Ph.D. - Doctor of Philosophy

PLAB - Professional and Linguistic Assessments Board

PR - Permanent Resident

RMO - Resident Medical Officer

TEF - Test d'Evaluation de Français

UK -United Kingdom

USA -United States of America

USMLE - United States Medical Licensing Examination

WACS-West African College of Surgeons

WACP - West African College of Physicians

Introduction

Leaving Nigeria as a healthcare professional to other climes is not a new thing. A lot of people leave for various reasons ranging from better pay, security, better environment to the search for better educational systems for their children and generally opportunities. Some also leave to garner and improve their skills to improve the quality of healthcare delivery in Nigeria. Despite the large numbers of those leaving, some have also opted to stay back home in Nigeria.

There is no hard and fast rule as to who should stay back and who should leave as it is purely a personal decision. However, the problem lies in the paucity of information or the lack of a concise guide on how to go about the whole relocation process, what exams to take, the possible cost implications, what life looks like over the intended country, the culture shock and generally what to expect.

This book serves as a guide to those who want to embark on that journey and to those who wish to stay back. It is a carefully curated compilation of the experiences of medics at home and diaspora, and additional research by the compilers. It has been designed to share insights as to what to expect along every step of the journey to your intended country.

It is just a guide, and in the book, there are carefully curated resources for further reading and research. We have also made it easier by embedding useful links within the book to make your reading more interesting, and search, faster.

AUSTRALIA

Australia, officially known as the Commonwealth of Australia, is the largest country in Oceania and consists of the mainland, the island of Tasmania, and other smaller islands. It is the 6th largest country in the world by landmass with its capital being Canberra and Sydney its largest city. As the driest inhabited place, it has varying levels of rainfall and is prone to drought.

It is the 54th populous nation in the world. With about 30% of its population being immigrants, the largest in the world. The official language is English language making it easy to communicate amongst the people. Its people are one of the most educated, multilingual and multicultural worldwide.

It has a buoyant economy as it is the world's 14th largest economy. It is a highly developed economy and has the 2nd largest with regards to wealth owned per adult after Switzerland. It is a country blessed with lots of natural resources. It is little wonder mining is one of its largest industries alongside the likes of healthcare, tourism, and manufacturing.

Australia is said to have the 2nd best healthcare system in the world. Regarded as the best place for clinical trials and medical investigations. It ranks highly in quality of life, education, and security.

It has a beautiful culture greatly influenced by the American culture, it also borrows from a lot of other cultures due to its high population of immigrants. Its coffee cafe culture is one Australia is known for.

Aussies love entertainment. There's a symphony orchestra in every state, there's also a publicly funded theater too. They have a love for poetry and ballet dancing. With football and cricket being the popular sports.

Tourism is a great contributor to its economy and it has some prominent sites like the Great Barrier Reef marine park which is the largest coral reef in the world, and Fraser Island which is the largest sand island in the world. Other tourist attractions include the Sydney Harbour Bridge, Sydney Opera House, Bondi Beach, the City of Melbourne, and a whole lot of beautiful manmade and natural sceneries.

Basic Immigration Requirement

For a Nigerian Doctor to practice in Australia, the individual applies for Skill assessment and registration via what is known as [The Standard Pathway](#) and it involves

- 1) Passing IELTS with a minimum of band 7. An alternative examination is the [OET](#).
- 2) Passing the [Australian Medical Council \(AMC\)](#) exam.

PART 1 comprises MCQs to test your essential medical knowledge. It costs about \$2,720 per sitting and can be written in countries like The UK, India, etc. but not in Nigeria.

PART 2 is a clinical exam. It also assesses the ability to communicate with patients, their families, and other healthcare workers and costs about \$3,500 per sitting. This exam however can only be written in Australia. You can travel on a tourist visa to write this.

Passing both examinations guarantees you a general registration and you get a hospital job or GP job.

Another option is writing what is known as PESCI EXAMS after passing step 1. It is relatively easier, but it is only for those interested in being GPs and cannot be used by those with interests in other specialties

Exams are usually very tough and require proper and extensive preparation. There are preparation courses available to help you prepare. You can access a course at ARIMGSAS <https://www.arimgsas.com.au/>

Cost of examination

See the cost breakdown of all the examinations that you need to write [here](#)

3) Securing an employment offer. You can start as soon as you pass PART1 as it can take some time.

4) Getting Registered with the Australian Medical Board. This registration is provisional as you will need to complete 12 months of supervised practice before obtaining general registration. You can then work as a Resident Medical Officer (RMO). You can get all the information that you need about getting registered with the Australian Medical Council (AMC) here-www.amc.org.au

After getting a unique member number, then proceed to get Educational Commission for Foreign Medical Graduates (ECFMG), EPIC Verification.

5) Getting a visa. You may use one of the following

- A Temporary Work visa which is sponsored by your place of employment
- The skilled migrant scheme uses a point system to determine eligibility. You can get more details here-
<https://immi.homeaffairs.gov.au/what-we-do/skilled-migration-program/overview>

It is worthy to note that visas are not very easy to get as they have strict regulations. All information regarding migration and visas can be gotten from the Australian department of home affairs their authentic website is <https://immi.homeaffairs.gov.au/>

Remuneration

Australia is one of the best countries in terms of remuneration given tax consideration. The average salary for a physician in Australia is AUS \$118,283 per year https://www.payscale.com/research/AU/Job=Physician_%2F_Doctor%2C_General_Practice/Salary

Specialty Training / Residency

After practicing as an RMO for a few years, then you can apply for admission into a medical specialty training program. The length of the training varies from specialty to specialty however in Australia you are allowed to combine specialties.

This requires you to have obtained permanent residency or have become a citizen. This takes about 2-3 years. You can apply for this after your full registration costs of, indirectly,viewbout 7000-8000 AUD. You might need to take a senior house officer role preferably in your area of interest. Also if you've been involved in a good number of researches it gives you an edge.

Easiest programs to get into include emergency medicine, general practice, adult psychiatry,

Surgery and its subspecialties are a bit difficult to get into but it's doable.

The programs usually involve intensive training lasting between 5 to 8years depending on the specialty of choice. It is also possible to combine different subspecialties depending on your interests. Also, you can take a break off

training for a year and later return to your program with options to work in private systems, public systems, or both.

Options

- General practice without residency and LOCUMS are available.
- Career medical officer roles
- Entrepreneurship and business opportunities
- Medical administration roles
- Public health physician.

Academia- Clinical practice isn't always the goal as such, various opportunities abound to take various postgraduate courses, postgraduate diplomas, masters, Ph.D., programs are essays to access with lots of scholarships too but most are accessed when you have permanent residence or citizenship exchange programs too.

Other pathways for skill assessment include:

Competent authority pathway which is for people who have done exams like PLAB, USMLE and their equivalents and have worked for at least a year or two in countries like the UK, IRELAND, SCOTLAND, USA AND CANADA. This is for people who are in health systems that were equated to the Australian system

They apply and get jobs without having to write the exams like those using the standard pathway. Apply to the job agencies they are eager to help find you a job and it is free.

Specialist Pathway is for people who have already become specialists in countries other than Australia. It usually is very bureaucratic and time-wasting. This is for those who are already specialists in other countries.

Moving with a qualification from the UK, Ireland or Scotland is quite the easiest way as specialists from the UK, Scotland, or Ireland can automatically apply for a specialist job but others can't get in directly. Those coming in from the US and Canada might do interviews but no exams are required.

However, African postgraduate qualifications are not recognized, as they are deemed not at par with their educational system.

More information on eligibility requirements, application processes, documentation requirements and methods of assessment can be gotten here <https://www.amc.org.au/assessment/pathways/overview/>

An initial self-assessment check is provided as a guide to help clarify which pathway might be relevant to you.

Attractions in the country

Quality of life is good as the cost of living in respect to your expenses is relatively cheap and tax returns make the taxation easier with time.

- Good security.
- One of the best healthcare systems in the world
- Good educational system.
- Citizenship is quite fast and takes about 4 years.

Concerns

Every foreigner takes a while to adjust to the culture and environment, especially those coming from Africa. One very notable change is the time difference as you would have to be abreast with that to keep a proper

schedule that includes people at home. There is also litigation, so you need to do your job dutifully.

Best Neighborhoods for Immigrants

Usually, your first job is unlikely to be in the cities but generally, their cities are fun, nice, and beautiful with good schools for your kids and safe neighborhoods to choose from.

Racism and language barrier

Racism is the same as with most western countries however it is not overt here. The people are generally friendly, chatty, and helpful to strangers and all in general. It is an English-speaking country so the language barrier isn't there. Be a respectable member of society and it would be reciprocated. Also, remember that the police are your friends.

BOTSWANA

Officially known as the Republic of Botswana. Botswana is located in the southern part of Africa. With 70% of its territory being the Kalahari Desert. Its capital is Gaborone and it has a population of approximately 2.3 million people. The official languages are English and Setswana. It is a predominantly Christian country.

Its rich, cultural tradition is described as Setswana which comprises mostly vocal music, unique cuisines similar to other south African dishes which are beef-centric (they are meat lovers). Football is the most popular sport in Botswana.

Economically, it has one of the fastest growth rates in the world. They are cattle rearers, they have the largest diamond mines in the world and have large deposits of other solid minerals such as Gold and copper.

Its tourist attractions include Chobe national park, Central Kalahari game reserve, Tsodilo hills amongst others. Read more [here](#) about popular tourist attractions in Botswana.

Getting Registered (Apply for Registration of Health Professional)

Apply In-Person

1. All registration of Health Professional either in the private and public sector are registered by the Botswana Health Professions Council (BHPC) (contact details listed below under "Office Locations & Contacts" section of this page).

2. Applicants are required to collect the **BHPC Registration Form** and fill out all required sections accurately. Forms are available at the Enquiries Desk at any of the BHPC offices or download it via the **Ministry of Health and Wellness** (MOH) website via this link; (Form is located under the Botswana Health Professions Council section) or directly download it using this link;[\(Application form\)](#)
3. Submit the completed forms, attach to all the relevant supporting documents as listed on the application form, to the BHPC registration office to be verified by the attending officer.
4. The officer will then verify, if all the necessary information and documents have been provided and that the applications comply with the selection criteria, if everything is in order the application file will be recorded.
5. The application file will then be forwarded to the Botswana Health Professions Council committee board for assessment and evaluation.
6. Applicants will then be summoned by the BHPC and required to take a written test and interview by the BHPC committee board.
7. Successfully applicants; who have passed the interview and examination, will be registered with the BHPC by the BHPC registrar and will issue a registration practice certificate upon payment of the application fee.

Required Documents

- Certified copy of passport details (non-citizens) or Omang (citizens)
- Four passport size photographs [there has to be an endorsement for true likeness]
- Certified evidence of change of name or surname [if applicable].
- Certified copy of the certificate of qualifications
- Certified copy of evidence of internship (for graduates who are registering for the first time) or transcript
- Current curriculum vitae
- Application letter
- Certified copy of Current Practicing License and Registration Certificate.
- Original of certificate of good standing from previous registration body (not more than 6 months old)
- Two recent professional references (Originals in headed paper or letterhead, not more than 6 months.).
- All applicants from non-English Speaking Countries must show proof of proficiency in English (having passed the IELTS test, attained an overall score of 7 or greater)
- Certified copy of residence permit, or work permit or waiver (if applicable)

Office Locations & Contacts

BOTSWANA HEALTH PROFESSIONS COUNCIL

Address: Plot no 725, Main Mall, 1st Floor Room 16- 23, Next to CENTRAL
POLICE STATION

Gaborone, South-East, Botswana

Telephone: (+267) 3190749

Ministry of Health and Wellness (MOH)

Private Bag 0038

Address: Plot 54069, 24 Amos Street Government Enclave

Gaborone

Botswana

TOLL-Free Customer: 0800600740

Enquiries: (+267) 3632500/3170585

Emergency Services: 997

Email: health@gov.bw

Download the registration form [here](#)

Remuneration

A person working as a Doctor / Physician in Botswana typically earns around 27,600 BWP per month. Salaries range from 10,100 BWP (lowest average) to 46,600 BWP (highest average, actual maximum salary is higher).

This is the average monthly salary including housing, transport, and other benefits. Salaries vary drastically between different Doctor / Physician careers. If you are interested in the salary of a particular job, see below for salaries for specific job titles.

See salary details [here](#)

1 BWP= N38.75

Cost of Living

Botswana has been described as the lower place of expensive to live in. Read about the comparison with Nigeria [here](#).

CANADA

Canada is also known by its nickname the Great White North is located in the northern parts of the North American continent. Its capital is Ottawa and its largest city is Toronto. Its climates vary based on location and time of the year and diverse as its landscape. It is generally described as having freezing winters with snow which might go on for 6 months and is one of the coldest countries in the world. It has a short summer.

It is the 2nd largest country by landmass after Russia and it has 5 regions namely the Atlantic provinces, central Canada, prairie provinces, west coast, and northern territories. It is the 39th most populous nation in the world with 22.1% of its population made up of immigrants. Interestingly, Canada is a member of both Anglophone and francophone countries as its official language is English and French

Canada is a developed country with a very good economy. It owns a large share of the global oil reserves, so petroleum resources happen to be a prominent industry alongside forestry. It is also a leading exporter of solid minerals and metals. It ranks highly internationally in economic freedom, quality of life and has a low rate of corruption. It has a publicly funded healthcare system known as Medicare, has some of the best schools in the world, and is also said to be filled with economic opportunities, making it an attractive country to economic immigrants. Little wonder it has one of the highest immigration rates in the world.

Canada is a multicultural nation with diverse cultures due to the influence of its many immigrants. It is best known for hockey and maple syrup which originates from there and supplies 70% of it to the world. The Canadians are

hospitable and a delight to be with. They've influenced pop culture through their music and art. Canadians such as Celine Dion and Drake have touched the world with their great music.

Canada is a beautiful country with Vancouver assisting the most beautiful city. It has great locations such as the Banff national park, Niagara Falls, the Moraine Lake, the View of Quebec, and a host of others that attracts tourists from all over the world. It is a wonderful country.

Medical practitioners are on the Priority Occupation List by the Canadian Government making it easier for skilled doctors to immigrate to Canada.

Basic Immigration Requirement

1) Submit a recognized medical degree for verification. You can search for your medical school here <https://www.wdoms.org/>

2) All stages of medical verification as an international medical graduate are done through one portal, www.physiciansapply.ca All applications for the various stages of the examinations and licensure are done through the same portal and it is very seamless. You are required to get started by creating your account. Get started [here](#). Click [here](#) to see the cost implications of every step of the way.

3) Pass the Medical Council of Canada Qualifying Examination (MCCQE) PART I: This is a one-day, computer-based test that can be written remotely. You are allowed up to four hours in the morning session to complete 210 Multiple-Choice Questions and three and a half hours in the afternoon session for the Clinical Decision-Making component, which consists of 38 cases with short-menu and short-answer write-in questions. The application

fee is \$1,305 and to apply you have to sign up online with \$290 at <https://portal.physiciansapply.ca>

4) Pass English or French proficiency tests like IELTS and TEF respectively. Bear in mind that you can decide to immigrate to Canada before commencing the examinations.

5) Register your Express Entry Profile: Express Entry is a points system that is used to manage applications for permanent residency from skilled workers to fill labor gaps in Canada. If you meet the requirements then you are asked to apply and given PR which allows you to migrate with your dependents. The Canadian Express Entry profile can be created [here](#) and you can also find all the information that you need on the same site.

6) Pass the MCCQE PART2: This is a two-day test and can only be taken in Canada. The application fee is \$2,780

7) Apply for your Licentiate of the Medical Council of Canada (LMCC). The LMCC does not authorize you to practice instead it is used to apply to the Medical Regulatory Authority of your chosen Canadian province which then authorizes you to practice.

Remuneration

As of 2018, the average annual salary for a doctor in Canada was **\$281,000** for family doctors, **\$360,000** for a medical specialist, and **\$481,000** for a surgical specialist. Doctor salary in Canada ranges from **\$278,000** for psychiatrists and over **\$769,000** for ophthalmologists. Click [here](#) to read more and [here](#) too. They give you an idea of their doctor income across specialties and regions.

Specialty training / Residency

Residency in Canada is very competitive as citizens are prioritized and residency spots are few.

To apply you must have passed the MCCQE PART1 and another exam called the National Assessment Collaboration Exam (NAC-OSCE) as well as the IELTS with a minimum of 7. With these, you then apply to programs via the Canadian Resident Matching Service (CaRMS). If your application is accepted by a program, you get selected for an interview and you are expected to rank all your interviewed programs in order of preference. This ranking is used to match you to available programs on what is called MATCH DAY and a successful match means you have been accepted into residency.

Due to the high cost of these exams, they are better taken when one is resident in Canada. This is not to say one cannot take them from any part of the world including Nigeria.

Other Career Options

Sometimes, getting into the Canadian medical system to work as a medical doctor can be very emotionally and financially demanding, hence the decision by some persons to completely change their career trajectory. There are other career options for medical doctors who still want to remain relevant in the healthcare space. Some of these are:

- Health care aide
- Physician Assistant
- Clinician Assistant
- Research Assistant
- Medical office assistant

- Health Administrator
- Addictions Counsellor

Some persons take up these roles to fund their medical examinations or decide to follow through on their new pathways. Others opt to go back to school for a master's (see UK masters list) and or Ph.D. and continue into academics. Read about more career options [here](#) and [here](#)

CHINA

The People's Republic of China popularly referred to as China is a country found in the eastern part of the continent of Asia, bordered by 14 sovereigns, and its capital is located in Beijing. China is the world's fourth-largest country by landmass, its largest city is Shanghai.

China has 5 regions and climate differs from region to region because of the country's highly complex topography from tropical in the south to subarctic in the north. However, it is mainly the dry season and wet monsoons which lead to the great difference in temperature between summer and winter.

It is the most populous nation in the world with a population of about 1.4 billion which is about 18.5% of the world's total population. It has over 50 ethnic groups but the Han ethnic group constitutes 80% of the population. So many languages are spoken in China with Mandarin and Cantonese being the commonest. The official language is Mandarin or standard Chinese.

China is a strong country, economically and militarily. It is the world's number one manufacturer and a leader in e-commerce and is the world's second-largest economy in terms of GDP. It is the world's largest exporter and 2nd largest importer. Have 3 out of the world's largest stock exchanges. The Chinese defense system is equipped. Its military force known as the People's Liberation Army (PLA) is the largest standing military force in the world. The Chinese people are deeply cultural, very hard-working, and uphold a culture of merit. They enjoy lots of local foods and street food. They practice martial arts. They have colorful celebrations and use a lot of fireworks. They have entertained the world with a lot of their movies, which portray their martial arts skills and also their traditional and contemporary music.

They have a fine medical system, which involves both traditional and orthodox medicine. They practice a lot of herbal medicine and techniques

such as acupuncture, tui na massage, and lots more. They also have excellent hospitals fully equipped with ultramodern facilities.

China is a very beautiful country and tourist attractions abound making it the third most visited country in the world. It is home to one of the seven wonders of the modern world which is the Great Wall of China. Others include Forbidden City, Imperial Palace, Terracotta Army, Summer Palace, Gardens of Suzhou, the Giant Buddha to mention but a few. There are lots of beautiful places to visit, it is a place to be.

Basic Emigration Requirement

If you want to study or work in China, you will need to speak Mandarin Chinese. This is essential if you are going to pursue a medical degree or practice as a doctor in China. Living and working in China without knowledge of the language is only possible as an international employee in big cities. For jobs in hospitals that require you to interact with people regularly, Chinese fluency is essential.

It is quite easy and faster to qualify as a medical doctor in China if [you study medicine in China](#). This has been available to foreign students since 2011, which means that you can enroll to study medicine there full time even if you are not a Chinese citizen. Medical school typically lasts for about 5 years and residency training takes about 2 to 3 years depending on the chosen specialty.

Foreign Trained Doctor (IMG)

If you have completed your medical studies outside of China and are already recognized as a doctor in your country of origin, you will need to obtain a **“Foreign physician practicing certificate”** to become a doctor in China. This is granted after a formal exam and certification, granted by the Ministry of Health. You’ll need to apply for, and take, the National Medical Licensing Examination just like any Chinese-trained doctor would do. Read more details [here](#)

Admission into a school

University admission is one of the easiest ways to move over to China. For this, however, you will need the following: financial support, basic certificates, bank statements, and fitness reports. The admission could be for a postgraduate program like a Master's or a Ph.D. degree.

Direct job application

Directly applying for jobs from your home country for which you will write a series of certification exercises to be eligible.

Cost

Varies

Residency training program

This is somewhat very difficult to get into but not impossible.

Options

- a) General practice without residency.
- b) Locum jobs.

These are available in both government-owned and company clinics.

- c) Teaching opportunities

There are various opportunities to take various postgraduate courses, Master's and Ph.D., and exchange programs too.

Pros

- Social status and prestige.
- Other opportunities for income revenue like a business.
- An easier way of life /practice.
- Innovative programs and cutting-edge technology.

Remuneration

The minimum salary is 10,000Rmb/monthly. This largely depends on the experience and qualifications of the individual.

Life in general

It is a communist state so there you are giving up life as you know it completely and the culture shock is great. Be prepared.

Best places for Immigrants

The big cities Shanghai, Beijing, Shenzhen, etc. mainly the city centers. It is important to note that most of the neighborhoods are safe and okay to live and raise children.

Racism and Safety

There is veiled racism and discrimination. Keeping your head low and focusing on work will do you a whole lot of good. Making local friends drastically reduces discrimination. When in doubt, call the police.

Navigating the language barrier

- Take language classes and make friends with the locals.
- Try and learn as fast as you can.

GRENADA

The Island of Grenada is located in the Caribbean, it consists of the main island Grenada, the Island of Carricou, petite Martinique and other smaller islands. It's capital, which is also the largest city, is St. George.

It is largely populated by the afro-Grenadian people whose official language is English, however Grenadian creole English and French(patois) are also widely spoken. It is a predominantly a Christian country, with about 85% of its population practicing Christianity.

Grenada has a small economy, which is majorly driven by tourism. It is also involved in agriculture and is an exporter of fruits like Bananas and several spices, the major ones being nutmeg and mace, earning it the nickname Island of Spices.

The culture of Grenada is heavily influenced by the African roots of most of its people. They enjoy soca calypso and reggae music.

Tourists love to visit during the various festivals such as Carriacou Maroon and String Band Music Festival in April, the Annual Budget Marine Spice Island BillFish Tournament and so on.

Grenada has many beaches around its coastline, including Grand Anse Beach which is reportedly one of the best beaches in the world and Grenada's waterfalls like the Annandale Waterfalls, Mt. Carmel, Concord, Seven Sisters and others are also lovely tourism attractions.

Medical Doctor Job Opportunities

The most common job opportunity available to doctors moving to Grenada is at St. George's University. Read more [here](#).

Most doctors from Nigeria work as clinical tutors in the medical school where they closely supervise year 1 and year 2 medical students. See job description [here](#). The job is on a contract basis which is typically for two years and is renewable, and the school encourages tutors to write the PLAB or USMLE exams, and head for specialization.

Applications are filled on a rolling basis so it is good to continually check the portal once in a while to see what openings are available. With as basic as an MBBS, one can get a clinical tutor role.

Check [here](#) for employment opportunities at St. George's University.

Remuneration

The salary for clinical tutors is very competitive. The average pay is around \$4000 per month.

Cost of living

Grenada is a beautiful place to live in and also a tourist destination. Check [here](#) for what the cost of living looks like.

JAMAICA

It is an island nation located in the Caribbean. Its capital and largest city is Kingston.

It is a sovereign nation under the monarchy of Queen Elizabeth and runs under a unitary parliamentary constitutional monarchy system of government. Its population is about 90% afro-Jamaicans. The official language spoken in Jamaica is English, however Jamaican patois is commonly spoken by a large number of the population as the national language..It is a predominantly Christian country and also the birthplace of the Rastafari religion.

The country runs on a mixed economy, whose mainstay is tourism and mining. Others are manufacturing, agriculture, financial and insurance services.

Jamaican culture has a lot of African influence and it has a strong global presence especially its music, the genre Reggae and dancehall, alongside others all originated in the island.

Home to Usain bolt and Bob Marley.

Jamaica has a lot of diving and snorkeling sites that tourists love ,alongside interesting places such as mystic mountains, the blue mountains and the Bob Marley Museum, dedicated to the famous reggae singer amongst others. See the top tourist places in Jamaica [here](#)

REQUIREMENTS FOR FULL REGISTRATION OF DOCTORS BY THE MEDICAL COUNCIL OF JAMAICA FULL REGISTRATION.

1. Completed medical training from a recognized Medical School
2. Proof (recent graduates) of having completed 1 year's internship in the four major disciplines in a recognized internship program
3. Original Degree Certificate (MBBS/MD)
4. Certified photostat/copies of Postgraduate Certificates (DM, Boards, etc)
5. Certificate of Registration
6. Certificate of Good Standing or current/valid Licence
7. Passport size photograph (1)
8. Two Medical References
9. Fee (ranges between J\$6000.00 - \$11,000.00) depending on the year of qualification/graduation
10. Personal interview with the Registrar

Without Examinations

1. Graduates of the University of the West Indies after 1 year approved internship.
2. Graduates of the University of Guyana after 1 year approved internship.
3. Doctors licensed to practice in the USA
4. Doctors licensed to practice in Canada
5. Doctors who are fully registered by the General Medical Council of the United Kingdom which includes doctors from the EEC.
6. Doctors fully registered by the Medical Council of Ireland

7. Doctors who are fully registered by the Australian Medical Council
8. Doctors who are fully registered by the Medical Council of New Zealand.
9. Doctors who are fully registered by Medical Councils of countries agreed to after review of the Medical Council.

With any of the following examinations

1. Doctors who have been successful in the USMLE 1, 2 &3 examinations
2. Doctors who have been successful in the PLAB 1 & 2 examinations
3. Doctors who have been successful in the CAMC Examinations
4. A recognized 1-year internship

NB: The currency is the Jamaican Dollar and the decision to grant full registration lies with the medical board.

Inquiries

For more inquiries, shoot an email to medcojam@cwjamaica.com

Remuneration

The salary for medical doctors in Jamaica varies. It is heavily influenced by your specialty and years of practice. Some Specialties like dermatology are high earners, and the currency is in Jamaican Dollars. Check the salary scale of doctors [here](#).

Living in Jamaica

Jamaica is a beautiful place to be in. With loads of tourist attractions, it is a

destination site for travellers from all over the world. Considering relocating , then read [this](#) article.

Cost of Living

With 173 Jamaican dollars to one pound sterling, Jamaica is often thought of as a cheap place to live, and this is mostly true. Daily living is certainly cheaper than in the UK or Canada.

You can become a citizen of Jamaica after 5 years of living there. Read details [here](#).

NIGERIA

Nigeria, also called Naija by its natives, is a developing country located in the west of Africa. Its capital is Abuja, and its most famous city is Lagos. It has a generally tropical climate with 2 seasons: the dry season with the windy harmattan, and then the rainy seasons.

It is the 32nd largest nation by landmass in the world, it is the most populous country in Africa and the 7th most populous in the world. With over 240 ethnic groups scattered across its six geopolitical zones, English is the official language. The Nigerian pidgin is also spoken widely all over the country.

It also has the largest economy in Africa and the 24th largest in the world. This economy is driven by the petroleum industry, and has great potential in mining and agriculture too. It is expanding its communications and technology sectors. She has one of the best militaries in Africa too.

It is popularly known as the giant of Africa because it has the largest economy and population. Also has immigrants from all over Africa.

Nigeria is greatly multicultural and diverse; this is due to a large number of ethnic groups with each having their cultures. There are some similarities within ethnic groups in the same regions. The largest ethnic groups by region are Hausa Fulani in the North, Igbos in the East, and the Yorubas in the West. These cultures are usually in full display during weddings, where people adorn themselves in their cultural attire and carry out several cultural rites.

The most popular sound on the street and homes in Nigeria is Afro Beats. The people love highlife and other indigenous styles such as Fuji, Juju, Ogene e.t.c. Not forgetting NOLLYWOOD which is the Nigerian movie industry where the culture is fully integrated into the lovely movies.

Nigerian is also home to writers Chimamanda Adichie and the Nobel laureate Wole Soyinka.

There are exciting places to see in Nigeria such as the Yankari games reserve, Obudu Mountain Resort, Kajuru castle, Ikogosi warm springs, Zuma and Olumo rock, Tarkwa Bay beach e.t.c However, the most important tourist attraction is the people. They are warm, receptive, hospitable, and amazing hosts.

Pathway to practicing in Nigeria

There are 2 major clinical routes if you choose to practice as a medical doctor in Nigeria. These are:

1) **General practice:** deciding to practice without specialization. They offer general medical services and primary health care.

2) **Specialization/Residency training:** deciding to enroll in the Medical Residency Training Program (MRTP) which is coordinated by the National Postgraduate Medical College of Nigeria (NPMCN) and the West African College of Physicians and Surgeons.

Requirements for entry into The Medical Residency Training Program

- 1 year internship program within two years of graduation.
- 1year National Service.
- Pass the Primary exam which is organized by NPMCN or by West African College of Physicians and Surgeons (WACS, WACP)

After passing the Primary examination, successful candidates can then commence the residency training program offered in accredited institutions. It is worthy to note that you might spend some time getting into a training program and sometimes, to a very large extent it depends on whom you know, and your state of origin.

However, with the current exodus of doctors to other climes, institutions are making it easier to come in. Some places now take resident doctors without the requisite primary examination.

The residency training program is split into 2 namely:

a) Junior Residency Program: This lasts a period of 24 to 36 months depending on the field after which the Resident sits for The Part I Fellowship exam.

b) Senior Residency Program: Lasts from 30 to 48 months and includes research and the presentation of dissertations. The resident can then write The Part II Fellowship exam which is also known as The Finals and successful candidates become consultants.

Additional training that can improve your skills and boost your career in Nigerian includes:

a) Training in Assisted Reproduction techniques.

b) Training in Sonology
https://www.jefferson.edu/university/jmc/departments/radiology/jurei/global_affiliate/nigeria.html

c) Taking short courses online in clinical research. This may get you jobs in Pharmaceutical or Consumer care products companies

d) Getting certifications in HSE, ACLS, and BLS. This allows you to apply for the role of an Occupational physician in industries.

Academics: Some individuals may decide to opt for academics rather than clinical practice. This is also a very common pathway that a lot of people take, and it is also as fulfilling as the clinical practice itself depending on the person's passion.

Getting into academics means opting to go in for postgraduate degrees like Masters and Ph.D., lecturing in medical schools at various levels, doing lots of research, and publishing papers. One can go ahead to become a professor while some even rise to the level of the provost or vice-chancellor. It is also good to note that one can combine academics with clinical medicine.

4) **Entrepreneurship:** This is another viable option for those willing to play the long game. A part of this includes finding ways to monetize personal skills. Download Mint Stethoscope [here](#) as it offers various career options for doctors in Nigeria.

Remuneration

Typically, a medical officer earns about N150,000 on average monthly in Nigeria. This figure varies from place to place. In some places, it can be less and it can be more in some places. For example, some places in the South Eastern parts of Nigeria pay N60,000 per month.

Locum rates in Lagos go for N800 Naira for medical doctors; which is about the highest around Nigeria. Some states pay N300 per hour, some N500 per hour.

Junior residents earn an average of N250,000 while senior registrars earn about N350,000 on average. A newly appointed consultant earns about N550,000 on average after-tax.

SAUDI ARABIA

Officially known as the kingdom of Saudi Arabia is the largest sovereign state in Western Asia. Its capital and largest city is Riyadh and shares borders with Jordan, Iraq, Oman, and others.

Saudi Arabia has a population of 34million as of 2019 whose official language is Arabic and religion is Islam. They have the largest economy in western Asia, an oil-producing state popularly known for its oil and coffee.

It is a conservative society whose culture is greatly influenced by Arabic civilizations, Islamic heritage, and the Bedouins. It is popular for being the country where the holy land Mecca is located. Muslims all over the world travel down for pilgrimage and also the world's largest oasis is located here. Other places people love to visit are the Kingdom Tower Centre, Sand deserts, Edge of the world, Land of the future and lots more. See more beautiful tourist sites [here](#) and [here](#)

Why Work in Saudi?

Healthcare is one of the fastest growing sectors within the Middle East which is why mass amounts of money are being invested into big projects to help the sector grow and develop. Despite the sector still growing, the standards are very high with many hospitals being JCI accredited and other hospitals striving for the JCI accreditation.

There are plenty of opportunities within Saudi Arabia to work alongside a global workforce, use the latest technology and state of the art facilities.

Opportunities

The healthcare opportunities that are available in Saudi Arabia are usually at the consultant level and working in a hospital or a specialist clinic in a public or private hospital. Qualifications and experience needed to practise as a consultant depends on where you did your training. If it was in the UK (Tier 1) then you would need two years post CCT experience. Tier 2 countries require eight years post specialisation experience.

Due to the Middle Eastern culture of self-referral, there has been a lack of opportunities for GP's within the region. However, Saudi Arabia has put some policies in place to increase their primary healthcare options and this should hopefully see a growth in opportunities for GP's.

There is a lack of opportunities for Junior Doctors in Saudi Arabia as there are only a few training hospitals and these are focused on training local physicians and not taking in graduates from overseas.

Salaries

Medical professionals are usually employed on a contract basis for periods of one or two years and have the option of renewal on a case to case basis. The contracts given out are usually single status which means if you want to travel with your spouse or any dependents then you will have to make your own arrangements. Exceptions can be made for more senior roles.

The salaries in Saudi Arabia are one of the most attractive factors as to why medical professionals move overseas to work there. Salaries are typically 10-20 percent higher than western countries and due to medical professionals being in high demand globally - salaries have been increasing recently. An average salary for someone working in the medical sector is SAR 110,000.

There are a number of benefits such as tax free salaries, furnished accommodation, yearly bonuses and free medical and emergency healthcare.

Medical Registration

Gaining a license to practise in Saudi Arabia will involve background checks, certificates and require you to have a certain amount of years practise depending on your speciality. You must hold a medical qualification from a school listed on the International Medical Education Directory of the Foundation for Advancement of International Medical Education and Research.

As for a visa, once you have been offered the job you were applying for and been successful then your employer will play a large part in helping you get the correct employment/residence visa.

(NB: This write up from Why work in Saudi down to medical registration was copied from [this](#) blog post. There is a registration page there where you can seek assistance to move over to Saudi. Please do your checks properly as we do not represent them. Check another blogpost [here](#) for more information)

Recruitment Process

The recruitment process is done by the Saudi Health Authority or via agents. The Saudi Health Authority usually conducts interviews in different countries at different times of the year, but due to COVID 19, that has slowed down to a halt but is slowly picking up. The other route is via agents.

Currently the agents who assist with the process charge N3,000,000 to assist with the whole application, visa and all, and the money is usually paid in installments after agreed milestones have been achieved.

SEYCHELLES

Officially the Republic of Seychelles, it is an archipelago of 115 Islands in the Indian Ocean off East Africa. Its capital and largest city is Victoria. It has a population of almost 100,00, making it the least populated of any African country.

Its official languages are English, French, and Seychellois creole. It is a predominantly Christian (Catholic) country. Economically, it is predominantly a fishing and Agricultural practicing nation. Their major export is Fish, cinnamon and Sweet potatoes.

Seychellois culture is heavily influenced by the diversity of people who have lived there and it is a mixture of African, Asian, and European culture. They consume a wide range of seafood cuisine, enjoy diverse music and sports with basketball being the most popular.

Tourist attractions include beautiful beaches such as Anse Lazio in Praslin, Baie Laza in Mahe, La Digue Island amongst several others. See more tourist attractions [here](#)

Basic Immigration Requirement

To work as a medical doctor in Seychelles, you must be registered with the Seychelles Medical and Dental Council (SMDC). To start this process, you need to send your CV to the SMDC to determine eligibility for registration.

This is usually via an email. Once you get this email, you move on to the next steps as listed on the SMDC website:

1. **A passport type electronic photograph or hard copy of the photograph**
2. **A copy of the passport showing the applicant's full name, nationality and date of birth**
3. **A copy of all medical qualifications received, especially the basic qualification as a medical practitioner or dentist (The Council will conduct primary source verification of all documents submitted)**
4. **A copy of the transcript if the applicant is a new graduate**
5. **The certificate of registration from the Medical and/or Dental Council where the doctor studied or worked before coming to Seychelles**
6. **A detailed curriculum vitae**
7. **A signed document as provided here
authorization-to-release-information authorising release of information to the Seychelles Medical and Dental Council, for each and every institution (name and address of the institution to be inserted by applicant) that issued you a document that you are submitting to this Council.**
8. **A copy of the proof of payment of the initial processing fee provided by the bank, if money has been transferred to the account of SMDC by wire transfer. Bank transfer information is here [BANK DETAILS FOR USD TRANSFER \(2\)](#)**

Additionally if the medical practitioner or dentist is not a new graduate

9. A letter or recommendation from the last employer prior to coming to work in Seychelles if applicable.

10. A letter of good standing (or Certificate of Current Professional Status) from the Medical or Dental Council of the country where the doctor or dentist last worked prior to coming to Seychelles if applicable.

11. Following verification of your documents and upon confirmation by the Council that you may be registered, the applicant will then be required to pay the registration fee of Seychelles Rupees 1000.

All applicants

10. Must fill in a registration form giving us their personal details in relation to address, telephone and e-mail contacts and other such information. This information is entered into our database.

11. Must pay a non-refundable processing fee of SR 1200 or USD100 must be paid on deposition of the above documents.

12. Should send their documents by e-mail or in person to the SMDC address given in “CONTACT US”

The SMDC Office examines the documents and undertakes **primary (or secondary) source verification** to make a determination as to whether the applicant is eligible for registration or not.

If the applicant is deemed eligible for registration, the verdict is communicated to him/her or his/her agent, usually within two weeks.

The applicant will be then entitled to a full registration or a temporary registration.

1. Full registration is reserved for fully qualified medical practitioners or dentists on long term employment in Seychelles (usually more than one year)
2. Temporary registration is reserved for doctors or dentists who
 - have not completed their internship (this form of temporary registration is provisional)
 - are fully qualified doctors but are coming to work in Seychelles for less than six months

An additional registration fee of SR 500 is payable for temporary registration and SR 1000 for full registration.

A certificate of registration is issued to you to complete the registration process.

See details [here](#)

(NB. Details of registration was copied from the Seychelles Medical and Dental Website)

Remuneration

A person working as a Doctor / Physician in Seychelles typically earns around 46,200 SCR per month. Salaries range from 17,000 SCR (lowest average) to 78,000 SCR (highest average, actual maximum salary is higher).

This is the average monthly salary including housing, transport, and other benefits. Salaries vary drastically between different Doctor / Physician careers. If you are interested in the salary of a particular job, see [here](#) for salaries for specific job titles.

SCR: Sycelliose Rupees is equals to N25.70

Cost of Living

Family of four estimated monthly costs are 3,378\$ (2,755€) without rent. A single person's estimated monthly costs are 929\$ (758€) without rent. Cost of living in Seychelles is, on average, 9.30% higher than in the United States. Rent in Seychelles is, on average, 16.43% lower than in the United States. Read more [here](#).

TRINIDAD AND TOBAGO

This is an Island country located in the Caribbean. Officially the Republic of Trinidad and Tobago, it is bordered by Barbados, Grenada, and Venezuela whose capital is Port of Spain. It has an estimated population of 1,403,375 and its Official language is English and it is predominantly a Christian nation.

It is the most developed nation and one of the wealthiest countries in the Caribbean. The total population is estimated **at 40%** black, 40.3% East Indian, 18% mixed, 0.6% white, and 1.2% Chinese and other. Tobago is predominantly black. Economically, it is known for its great fossil-fuel wealth which contributes to its economy.

Culturally, it is a mix of several cultures cutting across all the continents. The Music they are well known for includes the Soca, the Chutney, and the popular calypso. Their dance and theatre are highly influenced by Indian culture. Popular sports are cricket, football, and basketball.

Tourist attractions in Trinidad and Tobago include Maracas Bay, Englishman Bay, Pigeon point amongst several [others](#).

Working as a medical Doctor.

Registration and regulation is overseen by the **MEDICAL BOARD OF TRINIDAD AND TOBAGO (MBTT)**. Click [here](#) (General information) and [here](#)

(Registration process) to read about the registration guidelines to enable you practice in Trinidad and Tobago.

Remuneration

A person working as a Doctor / Physician in Trinidad and Tobago typically earns around 23,000 TTD (Trinidad and Tobago Dollar) per month. Salaries range from 8,430 TTD (lowest average) to 38,800 TTD (highest average, actual maximum salary is higher).

This is the average monthly salary including housing, transport, and other benefits. Salaries vary drastically between different Doctor / Physician careers. If you are interested in the salary of a particular job, see below for salaries for specific job titles. Read more [here](#).

1 TTD = N60.76

Cost of Living (From Numbeo)

Summary about cost of living in Trinidad, Trinidad And Tobago: Family of four estimated monthly costs are 2,875\$ (19,521TT\$) without rent. A single person's estimated monthly costs are 772\$ (5,240TT\$) without rent. Trinidad is 40.14% less expensive than New York (without rent). Read the details [here](#).

UNITED ARAB EMIRATES (DUBAI)

Also known as the emirates consisting of 7 independent states, is located in West Asia with its capital as Abu-Dhabi. They have a population of about 10million people from diverse nationalities and ethnic groups, whose official language is Arabic and religion is Islam.

Dubai is a fast-growing economy dominated by petroleum products and tourism, with other sectors also contributing to its economy. The healthcare industry provides free hospital services for nationals and the medical services are concentrated in Dubai.

The indigenous Bedouin culture is a mix of their tradition which is founded on Islam and modern technology. The people love music, Coffee, and poultry. Its most popular city Dubai houses the world's tallest building the Burj Khalifa. Other tourist sites include Dubai Mall, Sheik Zayed mosque, the Desert Safari. See more interesting places to visit [here](#)

Working in Dubai (Reposted from [here](#), www.internations.org)

Dubai is a global city and home to one of the world's fastest growing economies. It has become a hub for expats working abroad and there is a high demand in the city for qualified medical professionals. Dubai is a great place for doctors, nurses, dentists and other healthcare professionals to

advance their careers and enjoy immersing themselves in a new culture and working environment. But there are some things to look out for when considering medical careers in Dubai.

Expats Living in Dubai

Around 80% of the UAE's population is foreign-born, which makes the country very appealing to and accepting of expats who move abroad to work. The majority of expats in the UAE are originally from the USA or Europe, but there are many other nationalities living there. While the Middle East is conservative in nature, the UAE is much more liberal than its neighbors. Dubai is particularly welcoming of foreign cultures and beliefs.

Dubai's Healthcare System

The UAE has a highly developed healthcare infrastructure. Medical facilities are modern and accessible. In Dubai, the public hospitals offer a high standard of care, however there is also a rapidly growing private sector. Dubai has an extremely large medical center, Dubai Healthcare City, which has more than 90 medical facilities including hospitals, clinics, pharmacies, research facilities and so on. Many foreign-trained expats are employed in both the public and private healthcare sector, and English is commonly spoken in hospitals and medical centers.

Requirements and Qualifications

To be eligible to work in a medical job in Dubai, you are required by the Dubai Health Authority (DHA) to have the relevant qualifications and licensing from your home country. After providing this information, medical professionals are subject to an assessment by the DHA.

Visa requirements vary substantially between different nationalities. The visa requirements for entering Dubai can change without warning, so it's important to have up-to-date information. For US and European nationalities, the residency process is quite straightforward. However, for other foreign nationals the process may be more lengthy.

To work in Dubai, you must first gain an entry visa, which is issued on entry to Dubai. Secondly, a health card which states that you are free from infectious diseases is required for anyone wishing to live or work in Dubai. Thirdly, a labor card will be given provided that you are in possession of a valid health card, an entry visa and a written employment agreement. The labor card grants you permission to work within the UAE. Finally, a residency visa, which gives the holder permission to stay in Dubai for a period of longer than 30 days, is also required. You can always find the latest updates and regulations regarding visa laws on the [official portal of the UAE government](#).

Finding a Medical Job in Dubai

Expats should ideally secure a job before moving to the UAE, as residence depends upon sponsorship, which is tied to an employment contract. If you do secure a job before you leave your home country, some companies will pay towards relocation costs. Gaining an offer of employment before entering the UAE is therefore desirable.

The [Dubai Healthcare City \(DHCC\)](#) website is a government-run resource which can be used to search for medical job vacancies in Dubai. Reputable job boards listing are another common way to find jobs in Dubai. Niche medical or healthcare related job boards can produce more targeted results and allow you to search for specific roles within the healthcare industry.

Salary

Salaries for employees in the medical and healthcare sector vary depending on the job role, job level, qualifications and whether a hospital or clinic is part of the public or private sector.

Jobs within the healthcare sector will frequently include an accommodation allowance, although this is dependent on the job. A general practitioner in Dubai can earn an average annual salary of 243,805 AED, while a Staff Nurse in Dubai can expect an average annual salary of around 87,764 AED. A Medical Technologist earns an average salary of 111,289 AED per year in Dubai.

One major draw for many expats considering working in Dubai and the UAE is tax-free income. Depending on your home country, salaries in Dubai can be more substantial. However, the dirham is considered to be weaker against the pound sterling and the euro. Many healthcare positions also include benefits such as paid annual leave of up to 40 days for full-time staff, health insurance, travel expenses and other benefits.

Accommodation

Property prices in Dubai have risen over the years, but there are plenty of accommodation options available to expats. Many expats will also receive a housing allowance as part of their benefits package.

The Dubai government has allowed foreign nationals to 'purchase' certain properties under a 99 year lease since 2002. However, many expats look towards the rental market. Apartments and studios are more expensive and can cost around 4,000 AED per month in a good area. The cheapest and most popular option for expats is to rent a room in a shared villa.

To rent an apartment in Dubai, expats must present a residence visa, passport and proof of income from their employer when signing a lease. It is common practice for landlords in Dubai to ask for a security deposit and the rent for the year up front.

Should I move to Dubai?

Relocating to work abroad isn't a decision to be taken lightly and there are lots of factors to consider. It's important to do your research and see what opportunities are available to you before making a final decision.

Getting Licensed and taking examinations.

There are 3 exams that one can write to practice in Dubai as a medical doctor, and they are:

- Dubai Health Authority (for practice within Dubai emirate)
- Ministry of health (for other emirates asides Dubai and Abu Dhabi)
- Health Authority of Abu Dhabi (HAAD)

NB: You can have all the licenses.

Please read these following blog posts as they share a very detailed process as to how to prepare, book and take the examinations and get the required licenses. They also share what working in Dubai feels like for a medical doctor.

- [Post 1](#)
- [Post 2](#)
- [Post 3](#)

UNITED KINGDOM

The United Kingdom of Great Britain and Northern Ireland is located on the northwestern coast of the continent of Europe. It is made up of England, Scotland, Wales, and North Ireland with capitals London, Edinburg, Cardiff, and Belfast respectively.

It generally has a temperate climate with a cool temperature, lots of rainfall all year, and some heavy snowfall in the winter.

It is the 78th largest country by landmass and the 21st most populous nation in the world with 14% of its population made up of immigrants. The British people or the Briton's official language is the English language spoken by approximately 98% of the population.

The United Kingdom is an economic and military power with great political and cultural influence. She has a well-equipped military known as Her Majesty's armed forces and has one of the best healthcare systems in the world, the NHS. They have superb schools such as Cambridge, Oxford, Imperial College, and the Royal Colleges are amongst those offering the world's best medical training.

The British appear reserved on the surface but they are very friendly, welcoming to visitors, and enjoy entertaining friends at their homes. The culture is heavily influenced by Christianity. The British people love theatre and cinema, art and literature also play an important role in their culture and history. They are a great contributor to pop culture. It is home to popular artists like the Beatles, Rolling Stones, Adele, and a host of others who have made it to the world stage.

Tourism is a major contributor to the United Kingdom's economy. It is the world's 10th biggest tourist destination. Tourist attractions include Buckingham Palace, Tower of London, the British Museum, the Millennium Wheel, etc. London is a beautiful place to be in.

Introduction

The UK still remains the easiest pathway for the average early career Nigerian doctor, to quickly relocate and practice outside the country

However the pandemic and its aftermath has changed a few things.

- Slots for Plab 1 are now harder to come by as they are usually fully booked within minutes of availability. As it stands currently all the slots for PLAB 1 and 2 have already been fully booked for the year although scheduled to open again in September for the dates early next year. In view of this, it is important to watch out on social media and their website, any news from the GMC about exam dates
- Slots for PLAB 2 have been difficult to access too, due to a backlog and long waiting list for applicants. However in contrast to earlier, reports are that the backlog has been cleared and slots should be easier to come by in the coming year
- The implementation of the UKMLA, originally planned to replace PLAB in 2022, has been indefinitely postponed. Early estimates suggest 2024 for possible implementation.

Basic Immigration Requirements

To work in the UK as a doctor you must have the following

- 1) A License to practice and Registration is issued by the General Medical Council (GMC).

To be eligible for this, the individual must have the following

- An acceptable primary medical qualification. In this case, an MBBS.
- A period of postgraduate clinical experience/Internship.

- Proof of English Language proficiency by passing the IELTS or OET. Click [here](#) to learn more about OET.
- Knowledge and skill to practice medicine by passing PLAB1 and PLAB2.

- PLAB 1 is a written exam made up of 180 multiple choice questions which you must answer within three hours. It cost about 239 pounds excluding other expenses. The exams can be taken in Nigeria

- PLAB 2 is an objective structured clinical exam made up of 18 clinical scenarios, each lasting 8 minutes. It costs 875 pounds excluding other expenses (travel costs, accommodation costs, academy/tutorials). It can only be taken in the United Kingdom.

More details at <https://www.healthcareers.nhs.uk/explore-roles/doctors/information-overseas-doctors>

2) A valid visa

Nigerian doctors are Non-European Economic Area nationals hence they require a visa to work in the UK.

There are 3 types of visa relevant to working as a doctor:

- Tier 1: successful application to tier 1 allows doctors to seek work in the UK in any non-training grade.
- Tier 2: for doctors who have been offered a post in the UK for which the employing authority was unable to find a suitable UK or EEA doctor to fill the post; this may be either a training or a non-training post.
- Tier 5: for selected international doctors to come to the UK to train for up to 2 years, following which they must return to their home country; the training won't lead to a Certificate of Completion of Training.

More details at [Non-EEA international doctors](#).

Other routes to immigrating to the UK include:

- A) Applying for a Master's degree: Getting accepted into a Master's degree program is one of the easiest ways to obtain a visa and migrate to the UK. Opportunities can be found at <https://www.mastersportal.com>

You decide to either write PLAB during the time of your Master's degree (1 year and 4 months) or you follow through to doing a Ph.D. which is usually about (3-4 years). If you don't wish to write PLAB, then you are possibly going to be in academia which is a choice you have to make yourself. There are fellowship programs that come with diplomas or Masters. People can apply to them while in training and take a gap year, but some are not open to those on visas.

- B) Getting sponsored by select schools to be registered as a doctor in the UK: Each sponsor has its scheme which has been pre-approved by the GMC. If you can satisfy the requirements of their scheme, they will issue you with a Certificate of Sponsorship which you will need for your application. You can find the list of schools here

<https://www.gmc-uk.org/registration-and-licensing/join-the-register/before-you-apply/list-of-approved-sponsoring-bodies>

- C) There are exchange programs that help doctors from low-income countries practice for a while in the UK. The link shared will give you more details on how to process it. <https://www.aomrc.org.uk/medical-training-initiative/T>

Cost

For a postgraduate degree in the UK, you should estimate about 8 to 12 million naira on average if it is a Masters but it depends on what University you apply to its location and the cost of living in the city of choice, and the duration of the program. . You have to also consider the foreign exchange rate at the time of the offer. A useful guide to help with processing a postgraduate study in the UK is UKEAS

<https://www.ukeas.com.ng/>. They are very helpful with the processing the University offers up to the stage of visa processing. They are based in Abuja and Lagos and they are not without cost.

For the cost of PLAB, the GMC site offers details as the prices change from time to time

<https://www.gmc-uk.org/registration-and-licensing/managing-your-registration/fees-and-funding/our-plab-fees>

For IELTS, you will have to connect with agencies in Nigeria that offer IELTS Exams. Currently in Nigeria, the major organizers are the [British Council](#) and [MOD IELTS](#). The required module for UK Immigration is the academic module and IELTS currently costs N75,000 as at the time of writing this. Results typically take about 13 days to be ready and you will be informed via email.

The average prices at the moment for PLAB is:

PLAB 1: 239

PLAB 2: £875

GMC Reg: £450

Relocation: £1000 - 2000

After concluding your PLAB examinations, the next steps are to do your [EPIC verification](#), GMC registration and then start applying for jobs to various hospitals and Trusts in the NHS or NES.

Remuneration

In most junior hospital posts, the basic salary is about £28,243 at FY 1 level. For more on the pay scale, click [here](#) for more information, and [here](#) too. Tax is taken very seriously and should always be considered.

Specialty/ Residency Training

This ranges from 3years for GP training to 8years for some others. Application is via <https://www.oriel.nhs.uk>

The requirements include:

- Full GMC registration.
- 12 months of clinical experience in the UK, overseas, or a combination of both.
- A 'Certificate of Readiness to Enter Specialty Training' Form signed by a Consultant you have worked with for a minimum of 3 months.

Note that Nigerian doctors are eligible to apply to all specialties however some specialties are more competitive than others. For example, emergency medicine, general practice surgery, and psychiatry are easier to get into than Obstetrics and Gynaecology or Pediatrics.

It is now easier to get into residency programs by having building points such as academic publications, teachings with feedback, proof of commitment to a specialty like shadowing and attending conference visas, and preparing adequately for interviews.

Pros of practicing in the UK

- Access to a higher standard of living.
- Allows you to help your dependents migrate too.
- Quality training and opportunities to become a specialist.
- Work experience in one of the world's largest healthcare systems.
- Good remuneration.
- Opportunity to work with a diverse and multicultural range of colleagues.

Practicing in the UK can serve as a gateway to migrating to other countries like Canada, Jamaica, Australia, and New Zealand.

Career options aside Residency

This depends on you as a medical doctor, your area of interest, and your strengths. Some of these options include but not limited to the following:

- Occupational Therapy
- Radiography
- Sports Medicine
- Health Promotion
- Mental Health (not Psychiatry)
- Social Work
- Nutrition and Dietetics
- Academia and Research
- Public health (epidemiology, nutrition, occupational health, and all other public health branches)

It all depends on you as a graduate degree can set you in these pathways.

Post Residency Opportunities

A lot of opportunities abound both in clinical practice and in academia. You get the opportunity to practice clinical medicine in centers with most of the required facilities in your selected specialty till you get to the zenith. The educational system is suited for pursuing your dreams at all academic levels. Being from an African country also provides a lot of opportunities in research. The UK invests so much in research, it is a great research hub for anyone interested in research.

Advantages/attractions to stay in the United Kingdom

- There is support for what you want to do if you ask the right questions and network properly.
- Availability of social amenities- constant power supply, potable water, a good network of roads, and an efficient transport system.
- The healthcare system and the educational system are also very good.
- The UK invests so much in research, it is a great research hub for anyone interested in research.

Concerns

- Litigation as with other western countries.
- It is not home, therefore you will miss the company of family and friends, the systems here are different hence the struggle to fit in totally.

Neighborhoods to live in and raise children

Anywhere that fits the purpose of the immigrant is the best place to stay. However, there are things to consider some of which include:

- Your values
- Your income
- Train route
- Proximity to the place of work
- Hospitality
- Proximity to airports, schools, and other places that interest you or you frequently visit

Always research about a place before going, as what works for one person, might not work for you. The north is a cheaper place to stay/live. People avoid London- has extra toppings on salary but the cost of living is expensive. Other great places are Manchester and Bradford. Click [here](#) to check the cost of living in your city of choice. You can even go ahead to compare cities [here](#).

Racism and Language Barrier

It is an English-speaking country so the language barrier isn't there. You only need to worry about the local slang of the local area that you find yourself in. They are easy words that you can pick up as you communicate and ask questions.

- Minding your business is key to staying out of trouble.

- Be a law-abiding citizen, follow laid down rules and regulations at work and everywhere else.
- Also bear in mind that your skin color/ features can make things a bit difficult, but do not let that deter or weigh you down.
- Stay focused and carry out your business responsibly regardless.
- Avoid areas that are strong on racial attacks and be sure to report any incident to the police. They will help to get you protected and out of trouble, they also help maintain peace in the community. There are support groups as it can get lonely here. So look for the Nigerian or West African groups that can best support you.

UNITED STATES OF AMERICA

The United States of America is a country located in North America sandwiched between Mexico and Canada. The country has an overall temperate climate with notable exceptions like Hawaii with a tropical climate than Alaska with an arctic tundra climate. The great plains are usually dry, flat, and grassy.

It is the world's third or fourth-largest country by a total area of 3.8million square miles and the third most populous country in the world (382million). 13.4% of its population is black, with the official language being English.

The land of opportunities as it is popularly called has an immigrant population of about 90 million. It is home to many different ethnic groups with different cultures finding expression, hence nationality is by citizenship and permanent allegiance and is irrespective of race and ethnicity. The people of America are hardworking, competitive with a strong work ethic and a sense of individualism. They are also known to be charitable.

The **AMERICAN DREAM** is a belief that anyone regardless of where they were born or what class they were born in can attain their version of success in a society where upward mobility is known to be a factor that attracts immigrants.

It is the world's foremost economic and military power. Has one of the best military and defense systems in the world. It contributes about one-quarter of the world's GDP. It is also the world's largest importer and second-largest exporter by value and ranks high in socioeconomic performance too. It has also made lots of technological advancements and it is ranked to have the best internet services providers worldwide.

The United States hosts some of the best medical schools in the world which includes the famous John Hopkins, Yale, and Columbia University, etc. It is a leader in medical innovation, has a good healthcare system, though coverage isn't universal. It is a combination of government and private effort.

She contributes a major part of the world's entertainment and constitutes a major part of global pop culture. Hollywood, the home of motion pictures located in Los Angeles, has lots of musicians in the various genres of music such as American jazz, rhythm, and blues, rap, rock, etc.

America has nice tourist attractions like from the beaches in California, Florida, and Hawaii to the skyscrapers in New York, nature in the Yellowstone National Park, and Alaska, Grand Canyon, the Empire Building, White House, the Statue of Liberty, and lots more.

Introduction

Due to the pandemic, the Step 2 CS has been cancelled and in view of this, candidates wishing to be eligible for the Match can offer either of the following 5 options as alternatives.

Peculiar to our setting though only Pathways 1 and 2 are possibly applicable

Quoted directly from the ECFMG as of June 17, 2020

Pathway 1: Already Licensed to Practice Medicine in Another Country

The applicant has held a full, unrestricted license or registration to practice medicine in any country at any time on or after January 1, 2015. The license does not need to be currently valid.

The license or registration has not been subject to disciplinary action.

:

Pathway 2 Already Passed a Standardized Clinical Skills Exam for Medical Licensure

The applicant has successfully completed a secure, standardized clinical skills exam in English as a requirement for medical licensure or registration in another country, which is deemed acceptable by ECFMG. This includes such exams as:

- General Medical Council: Professional and Linguistic Assessment Board (PLAB) Part 2
- Australian Medical Council: Clinical Examination Part 2
- Medical Council of Canada: Qualifying Examination Part 2, National Assessment Collaboration Examination
- Medical Council of New Zealand: NZREX Clinical

– Medical Council of Ireland: Pre-Registration Examination System (PRES), Level 3
The date of the examination must be on or after July 1, 2018.

Pathway 3: Medical School Accredited by Agency Recognized by the World Federation for Medical Education (WFME)

Applicant's medical school is currently accredited by an agency recognized by WFME.

The date of graduation must be on or after January 1, 2018.

An authorized school official must attest to the applicant's clinical skills.

Pathway 4: Medical School Participates in U.S. Federal Student Loan Program

Applicant's medical school currently participates in the U.S. Federal Student Loan Program.

The date of graduation must be on or after January 1, 2018.

An authorized school official must attest to the applicant's clinical skills.

Pathway 5: Medical School Issues Degrees Jointly with the U.S. Medical School Accredited by the Liaison Committee on Medical Education (LCME)

The applicant is a student or graduate of a medical school that grants an MD degree issued jointly with a U.S. medical school accredited by LCME. Currently, these include:

Weill-Cornell Medicine – Qatar

Duke University – National University of Singapore Medical School

The date of graduation must be on or after January 1, 2018.

An authorized school official must attest to the applicant's clinical skills."

Remember that if you become ECFMG Certified based on an alternative pathway, and do NOT enter a residency program for the 2021-2022 academic year, your Certification will become void. At this time, you CANNOT use the alternative Step 2CS pathways to become ECFMG Certified for any other application cycle.

Additionally, ALL applicants will be required to complete the English Language Proficiency requirements (IELTS/OET), even if it is your native language.

Important Notes Regarding Ineligibility

Applicants who have been barred by the ECFMG from pursuing Certification are ineligible for the pathways.

Applicants are ineligible if the ECFMG has suspended or revoked their ECFMG Certificate.

Applicants are ineligible if the USMLE has barred them from taking a USMLE exam between August 1st, 2020, and January 31st, 2021.

Applicants must have taken or registered for a USMLE exam sometime after January 1st, 2018.

Any applicant who has failed any USMLE Step or Component two or more times is ineligible.

Basic Emigration Requirements

A valid visa is the most basic requirement for migrating to the United States of America. There are two common visas granted to international medical graduates. They are temporary work visa and exchange visas. Some residency programs apply for visas for their residents.

There are different approaches to the visa/Green card issue.

- a) Green card someone filed for you either parents, spouse/fiancée, or sibling.
- b) Fiancée visa-meaning you married someone that is an American citizen and they filed to bring you to America.
- c) Visiting visa: Someone writes a letter inviting you to the country and then you can decide to stay or you can apply for a tourist visa for something like a holiday visit.
- d) School Visa/Scholarship: This can be to study abroad for MSc, Ph.D., etc.

Admission to a school for a post-graduate program might require GRE and IELTS depending on the school. Some schools apply some waivers to these examinations.

However, there is only one pathway to practice as a medical doctor in the United States, it is by passing the **United States Medical Licensing Exam (USMLE)** and getting certified by the **Educational Commission for Foreign Medical Graduates (ECFMG)**.

The USMLE has 3 exams:

- a) STEP1 is an exam that comprises questions from Anatomy, Physiology, Biochemistry, Pharmacology, Immunology, Microbiology, Pathology, and Behavioral science (Ethics and a bit of Psychiatry). It's a one-day examination

that is divided into seven 60-minute blocks. It can be written in other countries including Nigeria and costs about \$965

- b) STEP2 is divided into clinical knowledge (CK) and clinical skills (CS). The clinical knowledge exam comprises questions from Pediatrics, Medicine, Surgery, Psychiatry, Preventive medicine, Obstetrics, and Gynecology while the clinical skills exam has an OSCE format and also tests spoken English proficiency. It costs \$965 for CK and \$1600 for CS
- c) Step 3 is a two-day computer-based exam that tests knowledge of medical diagnosis, interpersonal skills, and understanding of scientific abstracts and pharmaceutical adverts as well as tests your knowledge of patient management and how diseases evolve. It can only be taken in the USA and costs \$895.

More information can be found at <https://www.ecfmq.org/fees>

Specialty training /Residency

Residency placement is highly competitive and the following are requirements for obtaining a spot:

- Get valuable clinical experience because most residency programs require a minimum of three US letters of recommendation as well as 3 months of US clinical experience.
- Register with American Medical Colleges.
- Pick your Residency programs and submit your application.
- Register with the National Residency Match Program-The NRMP is responsible for matching applications with suitable programs.

Note that you can only apply for Residency once a year, usually from September.

Remuneration

According to www.salary.com, the average Doctor's salary in the United States is \$277,777 as of July 27, 2020. Note that earning power is dependent on skills, work hours, and years on the job. A pharmacist makes \$100,000 to \$150,000 on average. This link gives insight into the doctor pay scale: <https://www.kaptest.com/study/mcat/doctor-salaries-by-specialty/>

Career options aside Residency

One can decide not to get into a residency training program for a couple of reasons including personal reasons. However, that does not mean there is nothing you can do. Other viable and lucrative career options include:

- Health management
- Public health
- Health informatics
- Health technology
- Data science

The resource below can provide further information

<https://physiciantycoon.com/12-jobs-for-physicians-without-residency-or-license/>

Post Residency Opportunities

There are lots of post-residency opportunities in the United States of America. Most Nigerians are in the medical field here because it pays very well, and there is job security.

In the U.S other than being a consultant there are tons of opportunities in the medical field that just require 1-2 years to be licensed and you get paid well.

As a medical doctor, depending on the setting you work, but you can do other things. It might be stressful especially if you work in the hospital but it is always

worth it because the pay is good.

Advantages / Attraction of staying in the United States.

- There are lots of opportunities to make money and become successful
- The educational system is good.
- Healthcare is good.
- There are lots of opportunities provided one is ready to take advantage of them.
- Things are very stable when compared to Nigeria.
- Also if you want to see a change in Nigeria, honestly you need money to make those changes. America gives you that opportunity to make money.
- A lot of times people migrate to countries like America not for themselves but for the future of their children, so it provides a better/stable environment for the children.
- You also get paid what you are worth.

Concerns

- Health insurance policies are not optimal and have a poor social benefits system. Because you are comfortable, America can make you live in a bubble.
- Most of the things purchased here are on credit (houses, cars, credit cards, etc.).
- Fewer requires a lot of self-discipline and proper finances management else all your earnings would go into paying debts.
- If you have kids, you have to try extra hard to expose your kids to the Nigerian culture, the language, food, both interests can be tough to do sometimes because of the environment and the interactions.

Best places for immigrants to live

This depends on what you like (big city or small city; do you like where there are many Nigerians or you rather less Nigerians). Also, the cost of living plays an

important role. Sometimes you may not have a choice if you are coming in as a student.

But when new in the country you want a place where there are other Nigerians because they will help you to get acclimatized. Also, the good ones will give you good advice on what to do and what not to do especially if you don't have your papers, people that have been around can guide you as to what to do.

Places in the North (New York, New Jersey, Boston, Chicago, and Philadelphia) are more expensive than the southern states (Texas, Tennessee, Oklahoma). Good neighborhoods to live and raise children include Houston, Dallas, Chicago, and many states in the south and Suburbs.

Communication barriers and Racism

The USA is an English-speaking country so the language barrier isn't there. Even though racism is, unfortunately, an issue it doesn't stand in the way of anyone determined to flourish.

Advice is to be extra careful, be the best law-abiding citizen you can be, and be hopeful one has no confrontations. Make friends and be a likable person.

WORDS OF ADVICE FROM CONTRIBUTORS

“Know why you want to leave and get someone over there to discuss with. Have enough funds, start early, even though you encounter setbacks, stay on course it is worth it.”

Dr. Femi

Afolayan

“Do your research well. Make out plans for different routes and always be prepared for anything.”

Dr.

Weyoms

“Have clear goals and objectives but ensure that they are SMART. In order words, know your goal post and the kind of goal you will like to score. Secondly, start planning your return back home as you are planning your current exit.”

Dr. Analo

Victor

“Make sure this is really what you want to do so that you won’t have “buyer’s remorse” if things didn’t go as planned. It is going to be tough initially (to the point where you may blame yourself for coming) but if you are willing to go through the process, it will be well worth it. If you plan to settle down in the country, immediately start making plans to get your papers (green card). Without this, life will be very difficult. I know everyone always wants to leave Naija, but if you have something good for you in Naija, just stay put!!! Sometimes the grass is not always greener on the other side.”

Adetola Ademolu,

PharmD

“Plan, be open-minded, and be patient”.

Dr. Ayomide

Owoyemi

“Make extensive plans and save as much as you can but also bear in mind that one can never totally be prepared for anything in life. Importantly have faith in God.”

Dr. Wisdom

Ochulor

USEFUL RESOURCES

Postgraduate programs

The following are good Master's programs health care professionals can run:

- Master's in Public Health
- Master's in Business Administration
- Masters in Healthcare Financing
- Masters in Health Economics
- Masters in Occupational Health and Therapy
- Masters in Health Management
- Masters in Health Informatics
- Masters in Medical Statistics
- Masters in Epidemiology

To check out schools and courses available visit:

<https://www.hotcoursesabroad.com>
www.topuniversities.com/university-rankings/world-university-rankings/2020

General Scholarships for the United Kingdom

You should get admissions early, i.e. before November as most of the funding cycles are out by February. There's usually more funding for master's programs and require you to return to your country for 2years before returning for a Ph.D. or any other thing.

<https://opportunitydesk.org>

Job.ac.uk

<https://www.thescholarshipclub.org.uk>

<https://study-uk.britishcouncil.org/scholarships>

London school of tropical medicine.

<https://www.lshtm.ac.uk/study/fees-and-funding/funding-scholarships/research-degree-funding>

<https://www.lshtm.ac.uk/study/fees-and-funding/funding-scholarships/masters-funding>

PhD

<https://www.findaphd.com>

Online Courses

<https://iversity.org>

<https://www.futurelearn.com>

www.edx.org

<https://olc.worldbank.org>

<https://www.coursera.org/>

Cost of Living Calculator

<https://www.numbeo.com/cost-of-living/>

<https://www.expatistan.com/cost-of-living/country/united-kingdom>

<https://www.comparemy mobile.com/features/cost-of-living-comparison/>

English Examinations

<https://www.occupationalenglishtest.org/>

<https://www.britishcouncil.org.ng/>

<https://ielts.ng/>

REFERENCES

<http://en.m.wikipedia.org/wiki/>

<http://www.worldometers.info/population/>

<https://www.britannica.com/>

<https://www.planetware.com>

[https://www.nationsonline.org /](https://www.nationsonline.org/)

USEFUL AND CONCISE BLOG POSTS ABOUT MIGRATING TO OTHER COUNTRIES.

Australia

1. <https://www.medicalboard.gov.au/Registration/International-Medical-Graduates.aspx>
2. <https://collegeteachers.com/medical-residency-in-australia/#:~:text=Medical%20Residency%20in%20Australia%20for,on%2Dthe%2Djob%20experience.>
3. <https://www.medicalboard.gov.au/registration.aspx>

Botswana

1. <https://www.med.upenn.edu/botswana/assets/user-content/documents/bhpc-application-form-for-penn-updated-jan-2019.pdf>

Caribbean Islands

1. <https://www.camcouncils.org/about/>
2. <https://www.camcouncils.org/camc-examination/>
3. <https://www.camcouncils.org/camc-examination/camc-exam-documents/>

Dubai

1. <https://www.dha.gov.ae/en/MedicalEducation/Pages/ResidencyProgram.aspx>

Ireland

1. <https://www.globalmedics.com/ireland/candidates/registration-and-relocation#:~:text=If%20you%20have%20trained%20in,Notarised%20copy%20of%20your%20passport>

Jamaica

1. <https://jamaicamedicalcouncil.org/wp-content/uploads/2018/07/Requirements-for-MCJ-FULL-REGISTRATION-2012-modified.pdf>

Namibia

1. <https://www.ecfmgepic.org/instructions-namibia.html>

Portugal

1. <https://atlanticbridge.com.br/en/residencia-medica-em-portugal-guia-completo-para-medicos-estrangeiros/>
2. <https://studyabroadaide.com/become-doctor-portugal/>

United Kingdom (UK)

1. <https://thesavvyimg.co.uk/specialty-training-residency-in-the-uk/>
2. <https://gmcuk.wordpress.com/2018/08/07/becoming-a-doctor-in-the-uk-the-view-from-an-international-medical-graduate/>
3. <https://www.healthcareers.nhs.uk/explore-roles/doctors/information-overseas-doctors>

United States of America (USA)

1. <https://resident360.nejm.org/expert-consult/applying-for-residency-as-an-international-medical-graduate>
2. <https://www.ama-assn.org/education/international-medical-education/residency-program-requirements-international-medical>

Authors Bios

Dr. John Afam-Osemene is an Alumnus of the University of Benin, College of Medicine, and a second-year resident of Anaesthesia and Intensive Care Medicine. He firmly believes that all doctors should know the options available to them and make informed choices to enable them to live their best lives. His work and opinions have been featured on BBC, Tribune, Vanguard, etc, and until recently he was a featured Opera News Contributor.

He is the convener of [Task Two Writing](#), a community of IELTS test-takers, and is passionate about digital media as it relates to health and personal development and building communities around them. He tweets at [@DrJohnAfam](#)

Dr. Magaji Riwani is a young Nigerian medical doctor with interests in Global health, occupational health, and mental health. With hopes to contribute greatly to healthcare in those areas and beyond. She is also a digital health enthusiast.

Dr. Ronald Kelechi Ikpe (Dr. Ron) is the founder of [MRI Medic](#) and *MRI Media*, (a healthcare consulting and digital media outfit) dedicated to helping health brands tell their stories on social media.

He is the writer of **#TalesOfDrRon** on Twitter, a medical story series dedicated to enlightening the populace on health issues in the most relatable way, which was started to improve health outcomes and health-seeking behavior of Nigerians.

Ronald is also a digital health enthusiast and content creator with over two years of experience in content creation, and health information communication, gained from offline and online campaigns. He has a certificate in digital marketing from Google and Hubspot Academy and uses his knowledge to help health startups tell their stories, especially on social media.

He has been featured in the Punch Newspapers and has also been a guest on Pinnacle Radio, TVC, Jordan FM, and other stations where he addressed various health issues. He is a one-time award nominee for Now Awards in recognition of his efforts in health education on social media. He has volunteered for numerous health and rural campaigns as a medic and coordinator. He tweets regularly from [@ronikpe](#)

ABOUT THE BOOK

Pathways 2 serves as a guide to those who wish to relocate to other countries as a medical doctor. It is a carefully curated compilation of the experiences of medics at home and diaspora, and additional research by the compilers.

It has been designed to share insights as to what to expect along every step of the journey to your intended country.