



# INTERNATIONAL MEDICAL GRADUATE STARTER GUIDE

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## Skilled Worker Visa Application

We have included links with information about the certificate of sponsorship and skilled worker visa application from all four UK nations for your reference.

### NHS England

- Email address: [england.sponsorship@nhs.net](mailto:england.sponsorship@nhs.net)
- Application for Certificate of Sponsorship
  - <https://medical.hee.nhs.uk/medical-training-recruitment/medical-specialty-training/overseas-applicants/overseas-sponsorship-guidance/certificate-of-sponsorship-cos>
- Making an application to the United Kingdom Visas and Immigration (UKVI): Overseas sponsorship guidance
  - <https://medical.hee.nhs.uk/medical-training-recruitment/medical-specialty-training/overseas-applicants/overseas-sponsorship-guidance/making-an-application-to-the-ukvi>
- While sponsored with NHS England
  - <https://medical.hee.nhs.uk/medical-training-recruitment/medical-specialty-training/overseas-applicants/overseas-sponsorship-guidance/while-sponsored-with-hee>
- Indefinite Leave to Remain (ILR)
  - <https://medical.hee.nhs.uk/medical-training-recruitment/medical-specialty-training/overseas-applicants/overseas-sponsorship-guidance/indefinite-leave-to-remain-ilr>

### NHS Education for Scotland

- NHS Scotland website
  - <https://www.scotmt.scot.nhs.uk/recruitment/skilled-worker-sponsorship.aspx>
- Contact details for NHS Scotland
  - <https://nesdigital.atlassian.net/servicedesk/customer/portal/30>

### NHS Wales Shared Service Partnership

- Email address: [NWSSP.certificateofsponsorship@wales.nhs.uk](mailto:NWSSP.certificateofsponsorship@wales.nhs.uk)
- NHS Wales Shared Services Partnership Website
  - <https://nwssp.nhs.wales/ourservices/employment-services/skilled-worker-certificate-of-sponsorship/>

### Northern Ireland Medical and Dental Training Agency

- Email address: [immigration.nimdta@hscni.net](mailto:immigration.nimdta@hscni.net)
- Website: [Northern Ireland Medical and Dental Training Agency website](#)
- <https://www.nimdta.gov.uk/recruitment/immigration/>
- <https://www.nimdta.gov.uk/new-to-northern-ireland-n2ni/>

## To do list before starting your new job

### If you are new to the UK

#### 1. Arranging your accommodation in the UK

The primary places to search for rentals are sites like Open Rent, Zoopla, Rightmove, and SpareRoom. Airbnb occasionally offers long-term rentals, but they are not always available.

The best way to search for available properties is to put in the postal code of the hospital and then search within a comfortable distance. Hospital accommodation is a good option for those who are new to the UK as they are often more affordable compared to private renting agents, and provide a wide range of services, e.g. cleaning of common areas (kitchen/ bathrooms) free of charge.

Please refer to this website for more details about renting a property

<https://blog.roadtoul.com/living-in-the-uk/how-to-rent-property-in-the-uk/>.

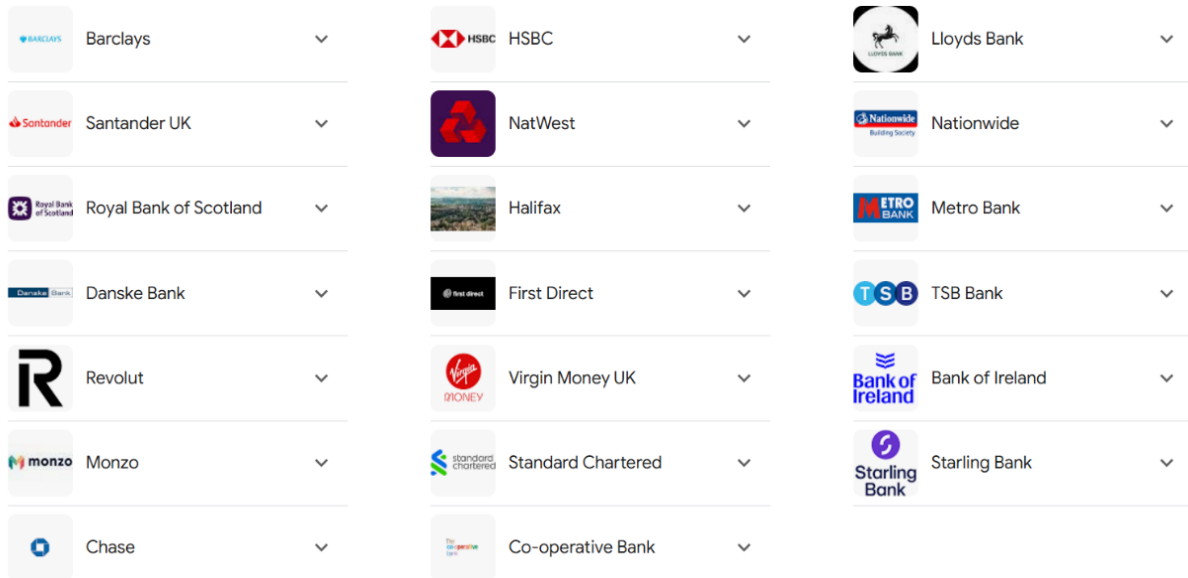
As some hospitals are located in areas that are less safe or desirable, **we would advise you to join local doctors' Facebook groups or contact hospitals/supervisors to gather further information before deciding on where to live.** The International Medical Graduates (IMGs) in the UK group on Facebook is the largest group for IMGs, with more than 150K members, and provides valuable advice to guide you throughout your journey of working in the UK.

If in doubt, some websites provide information regarding crime rates and demographics of most places in the UK.

- <https://crystalroof.co.uk/report/country/uk/crime> (this website will only show you the crime rates of your area of interest by typing in the postcode. If you wish to access other features i.e. overview, affluence, demographics, noise, transport, amenities, school, environment, and reviews you will need to create an account)
- <https://crimerate.co.uk/> (Provides crime insights for any address or postcode)
- <https://www.met.police.uk/> (Mainly for London, but you will be redirected to the relevant website if your postcode is outside of London. The Met Police website will also provide general safety tips as well as how to contact local emergency services)

## 2. Opening a Bank Account

You need to set up a bank account with the help of your HR department, who will provide a confirmation letter of employment required by banks. These are the list of banks in the UK.



## 3. Mobile Network and Internet

Here are some mobile networks in the UK:

### O2

A member of the "big four" group, O2 has a strong 4G network across the UK, and 5G in major cities.



### Vodafone

Made the first mobile call in the UK in 1985, and invests in its network across the UK.



### Giffgaff

Uses O2's network to offer 3G and 4G coverage, with 99% combined coverage in the UK.



### Tesco Mobile

A mobile virtual network operator (MVNO) that uses the O2 network, and offers flexible contracts.



### EE

Part of BT Group, EE is the largest mobile communications company in the UK, with over 409 sites across the country.



### iD Mobile

An MVNO that shares the Three network, but doesn't own it.



### Sky Mobile

Owned and operated by Sky UK Limited, and offers Sky TV with unlimited streaming of Sky Mobile apps.



### Voxi

A pay as you go network powered by Vodafone, using the same network.



### Lebara

An MVNO that resells Vodafone's network, and offers cheap SIM-only plans.



### Three

Fourth largest mobile network operator in the United Kingdom. Uses own infrastructure.



### Compare deals

You can refer to this website for more information and to compare the best deals

<https://www.comparethemarket.com/mobile-phones/content/a-guide-to-mobile-network-operators/> .

#### 4. Settling into your First Home

Utility bills in the UK include:

- Council Tax
- Gas & Electricity
- Water
- Internet & TV

You can compare different energy suppliers and select the tariff which will save you more money.

Please refer to these websites for more details on choosing an energy supplier  
<https://www.comparethemarket.com/energy/content/big-six-energy-suppliers/>

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

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

#### 5. Registering with a GP

You need to register with a GP upon arrival in the UK to ensure you receive the care you need should you become unwell. Please visit this website for more details  
<https://www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/>

In England, most working-age adults have to pay for their prescriptions. [Certain groups are entitled to free NHS prescriptions.](#)

The NHS prescription charge is currently £9.90 for each prescribed item. There is a charge for each different medicine or medical appliance on your prescription. Support stockings are charged per stocking. Some prescribed items are always free, such as contraceptives and medication for hospital inpatients.

NHS prescriptions in Scotland and Wales are free.

Please refer to this website for more details <https://www.nhsbsa.nhs.uk/help-nhs-prescription-costs#:~:text=In%20England%2C%20most%20working%2Dage,You%20cannot%20get%20one%20later.>

#### 6. Sign up to Medical Indemnity

As a doctor, you are legally required to have medical indemnity before practising in the UK. If you do not have medical indemnity, the GMC has the power to remove your license to practice in the UK. The NHS typically provides indemnity for clinical negligence claims

for doctors it employs, including those in primary care in England and Wales, but does not protect in all situations.

Further information is available from this website

<https://www.medicalprotection.org/uk/articles/an-overview-of-nhs-indemnity-for-ings#:~:text=NHS%20indemnity%20lets%20you%20practice,the%20time%20you%20start%20practising.>

The three major medical indemnity providers in the UK include:

- **Medical Defence Union (MDU):** A not-for-profit organization that offers professional medical indemnity for clinical negligence claims. The MDU is one of the three major Medical Defence Organisations (MDOs) in the UK. They offer advice from medico-legal experts and have a medico-legal helpline. <https://www.themdu.com/>
- **Medical and Dental Defence Union of Scotland (MDDUS):** One of the three major MDOs in the UK. <https://www.mddus.com/>
- **Medical Protection Society (MPS):** One of the three major MDOs in the UK. <https://www.medicalprotection.org/>

## 7. Getting a driver's license

Your home country driving license is valid for a year from when you enter the UK, but after that, you have to have a UK driving license.

For some countries, you can convert your international license. The more detailed process of applying for a UK driving license can be found here

– <https://blog.roadtouk.com/living-in-the-uk/how-to-apply-for-a-uk-driving-license/>

## For those who are moving to another Trust in the UK

1. Remember to download your P60 and P45 from your ESR account before you leave your current Trust (some Trusts may send P45 to you by post, so do let them know of your new address).
2. Contact HR for an absence leave letter (for application for Indefinite Leave to Remain in the future)
3. Search for accommodation from <https://www.spareroom.co.uk/> , <https://www.rightmove.co.uk/> etc, some Trusts may provide hospital accommodation.

4. Mail forwarding - <https://www.royalmail.com/personal/receiving-mail/redirection>
5. Register with the council of your new city to add yourself to the electoral voting register
6. Council tax - Fill out a form on your local council website and inform them that you are leaving. Apply for council tax in your new city
7. Inform your current internet provider/ TV services at least 2 weeks in advance that you are moving to a new home address.
8. Inform your bank about the change in address
9. Change your address details on your GMC account
10. Change your address on your car registration docs (V5C) - You have to post it to the DVLA after writing your new address in it. <https://www.gov.uk/change-name-address-v5c>
11. Change your address on your UK driving license  
<https://www.gov.uk/change-address-driving-licence>
12. Take pictures of the gas, electricity meter readings on the last day of your tenancy and email the company on last day of shifting to inform them that you are leaving.
13. Register with your new GP
14. Change the designated body in your GMC profile
15. Inform HMRC of your change of address  
<https://www.gov.uk/tell-hmrc-change-address>
16. Fill in your TIER 2 reporting form (Which you may have received with your new COS) and mention your new address in it. Email it to the tier 2 team in HEE. If you have not received such a form, email the tier 2 HEE team anyway informing them of your change in circumstances.
17. Apply for an enhanced DBS and update your address here:  
<https://www.gov.uk/dbs-update-service>. By doing so, you do not need have to re-apply for another one when you move to another trust.



18. Inform UKVI about your change of address: <https://visa-address-update.service.gov.uk/>
19. If you have a maternity exemption certificate, then update the change of address here: <https://www.nhs.uk/exemption-certificates/maternity-exemption-certificates>
20. You will be contacted by your Trust to complete these forms before your ID check and Occupational Health Screening.
  - Pre-work health questionnaire
  - Basic details form
  - Payroll forms
  - Mess subscription form
  - Declaration form
  - WTD opt out form
21. Attend the Trust ID check, you may be required to provide these documents:
  - 2 Photo ID (e.g. Passport & Driver licence) plus 1 proof of address dated within 3 monthsOR 1 Photo ID (e.g. Passport) plus 2 proof of address dated within 3 months  
AND
  - Right to Work document (Biometric Card/ EU settlement status with share code if non-UK/ Irish passport)
22. Attend your occupational health screening, you may be required to provide your vaccination history and blood test results.
23. Sign your contract of employment
24. Contact your Trust HR to claim relocation expenses
25. Attend the Trust Induction
26. Complete Form R – Part A and Part B (this is a trainee registration form)

## References and useful links

### 1. Omar's guidelines

<https://omarsguidelines.blogspot.com/2017/07/checklist-of-things-to-sort-out-when.html> <https://omarsguidelines.blogspot.com/2017/05/my-experience-of-applying-for-ct1.html>

### 2. Road to the UK

<https://blog.roadtouk.com/living-in-the-uk/checklist-for-international-doctors-img-in-the-uk/>

<https://blog.roadtouk.com/living-in-the-uk/how-to-rent-property-in-the-uk/>

<https://blog.roadtouk.com/living-in-the-uk/how-to-apply-for-a-uk-driving-license/>

### 3. Room renting platforms

<https://www.openrent.co.uk/>

<https://www.rightmove.co.uk/>

<https://www.spareroom.co.uk/>

<https://www.zoopla.co.uk/>

<https://www.airbnb.co.uk/>

### 4. Crime rates

<https://crystalroof.co.uk/report/country/uk/crime>

<https://crimerate.co.uk/>

<https://www.met.police.uk/area/your-area/>

### 5. Compare the Market

<https://www.comparethemarket.com/mobile-phones/content/a-guide-to-mobile-network-operators/>

<https://www.comparethemarket.com/energy/content/big-six-energy-suppliers/>

## 6. Medical Indemnity

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

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

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

## 7. How to register with a GP surgery (NHS)

<https://www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/>

## 8. NHS Business Services Authority – Information on Prescription costs

<https://www.nhsbsa.nhs.uk/help-nhs-prescription-costs#:~:text=In%20England%2C%20most%20working%2Dage,You%20cannot%20get%20one%20later.>