



D R E A M S O V E R D E G R E E S

Beyond Degrees. Toward Real-World Impact.

International Healthcare Careers Guide 2026

Step-by-Step Pathways · Verified Visa Routes · Scholarships · PhDs · 90-Day Action Plan

Presented by

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In Collaboration with | Dreams Over Degrees

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How to Use This Guide

This verified resource guide accompanies the International Healthcare Careers Workshop led by Dr. Sreenath Sreekantan and Dreams Over Degrees. All facts have been cross-checked against official government sources as of March 2026.

Who Is This For?

- MBBS, BDS, BPharm, BAMS, and allied health graduates from South Asia
- Professionals at any stage — early exploration to active application
- Those targeting UK, Australia, USA, Canada, Germany, UAE, or New Zealand
- Anyone considering clinical or non-clinical international career paths

Important: Rules Change Frequently

- Always verify visa, salary, and shortage list details on official government websites before applying
- UK immigration rules changed significantly in April 2024, July 2025, and March 2026
- This guide reflects the position as of March 31, 2026

Step 1 — Define Your Why: Reasons to Migrate

Before any strategy, get crystal clear on your personal motivation. Your 'why' determines country, pathway, and timeline.

Common Migration Reasons

Reason	What This Means For Your Strategy
Financial Independence	Higher earnings, savings, pathway to FIRE (Financial Independence, Early Retirement)
Career Acceleration	Faster progression than India/Pakistan/Bangladesh markets where it can take decades
Quality of Life	UK's strict 40-hour work week; genuine separation of professional and personal life
Child's Education	Access to specialist schooling, autism support, inclusive systems — UK & Australia excel
Security & Stability	Safer environments, stronger social security, rule of law
Research & Innovation	Access to cutting-edge labs, academic infrastructure, global collaborations

Action Item
• Write your top 3 migration reasons — be brutally specific (not 'better life' but 'work-week capped at 40 hours')
• Discuss with your family — their priorities shape which country fits
• Your 'why' determines strategy — financial vs lifestyle vs career growth lead to very different paths

Step 2 — Build Market Intelligence (UK ISL 2026)

Market intelligence is the most important skill for successful migration. Understand what is in demand BEFORE committing to a degree, visa, or country.

CRITICAL UPDATE: UK Shortage Occupation List is Gone

Official 2026 Change — Verified
<ul style="list-style-type: none"> The UK Shortage Occupation List (SOL) was officially REPLACED by the Immigration Salary List (ISL) on 4 April 2024
<ul style="list-style-type: none"> As of 2026, the ISL covers 21 occupations (18 UK-wide, 3 Scotland-specific) including healthcare roles
<ul style="list-style-type: none"> Skilled Worker visa general threshold: £38,700 (from July 2025). ISL roles: £30,960 reduced threshold
<ul style="list-style-type: none"> Health & Care Worker visa ISL roles: reduced threshold of £25,000 (or occupation-specific, whichever higher)
<ul style="list-style-type: none"> A new Temporary Shortage List (TSL) for RQF 3-5 roles runs alongside the ISL until 31 December 2026
<ul style="list-style-type: none"> Always check the live ISL at: gov.uk/guidance/immigration-rules/appendix-immigration-salary-list

Healthcare Roles on the ISL (Verified 2026)

The following healthcare roles currently benefit from reduced salary thresholds under the ISL:

- Registered Nurses (all specialisms)
- General Practitioners (GPs)
- Paramedics
- Physiotherapists
- Pharmacists
- Radiographers
- Occupational Therapists
- Nursing auxiliaries and assistants (in registered healthcare environments)
- Care workers (SOC 6135) and Senior care workers (SOC 6136) — ISL until July 2028

Other Countries: Shortage Lists to Research

Country	List Name	Where to Find
Australia	Core Skills Occupation List	homeaffairs.gov.au → SkillSelect
USA	H1B Shortage Areas / O*NET	acicis.edu.au (for Allied Health)
Canada	Federal Express Entry NOC	canada.ca/immigration
New Zealand	Long Term Skill Shortage List	immigration.govt.nz
Germany	Make-it-in-Germany portal	make-it-in-germany.com

How to Do Market Research (5 Steps)

- 1. Search the official government website of your target country for shortage/occupation lists
- 2. Identify 3-5 roles that match your qualification and appear on the shortage list
- 3. On LinkedIn, search: '[profession] [country] [year]' — e.g. 'Indian dentist UK 2024'
- 4. Send a polite 15-minute call request: 'I'm planning to move. Would you share your journey?'
- 5. Talk to at least 5 people who have migrated in the last 2 years before making any decisions

Step 3 — Know Your Professional Pathway

Your qualification determines your primary migration route. Use the relevant section below. Non-clinical routes apply to all professions.

MBBS / Medical Doctors

CRITICAL 2026 Update for IMG Doctors
• Medical Training (Prioritisation) Act 2026 passed into law on 5 March 2026
• UK medical graduates NOW get priority for Foundation Programme AND Specialty Training posts
• For 2026 posts: prioritisation applied at OFFER stage (IMG competition reduced but not eliminated)
• From 2027 onwards: prioritisation from SHORTLISTING stage — IMGs may not reach interview without passing the filter
• 91,999 applications were submitted for just 12,833 training posts in 2025 (54% increase on 2024)
• Non-clinical bridges (pharmacovigilance, health economics) are now MORE strategic than ever for IMGs
• IMGs already in the UK with ILR, EU settled status, or British citizenship ARE in the priority group

Route	Details
Standard UK Route	PLAB 1 (MCQ) + PLAB 2 (OSCE) → GMC Registration → NHS junior doctor posts (FY1/FY2/SHO)
Royal College Route	MRCP/MRCS/MRCGP etc. — higher status, longer timeline, requires early planning
MTI (Interim)	Medical Training Initiative — 2-year NHS placement via Royal Colleges; builds network but does NOT lead to settlement
NHS Reality 2026	~100,000 full-time vacant NHS posts (Dec 2025). But junior doctor competition for training posts is fierce.
Non-Clinical Bridge	Pharmacovigilance, health economics, medical education, clinical research — faster UK entry; wait for clinical market
Australia	AMC Part 1 (MCQ) + Part 2 (Clinical) → AHPRA → PR via points system. Score 80-85+ points for Subclass 189
USA	USMLE Steps 1, 2CK, 3 → ECFMG Certification → Residency Match (NRMP) → H-1B → Green Card (5-15+ years)

BDS / Dentists

Route	Details
Standard UK	ORE Part 1 (written) + Part 2 (clinical OSCE) → GDC Registration → associate/NHS dentist posts
University Pathway	18-month diploma at University of Lancashire → direct GDC registration (no ORE/LDS required)
Clever Entry Route	Enter UK as dental nurse or hygienist → build UK experience + network → clear ORE from within the system
Australia	AHPRA registration for dentists; check university qualification on approved list at ahpra.gov.au
Non-Clinical Options	Dental public health, oral health policy, academic dentistry, dental healthtech, medical devices
MBA Bonus	If completing an MBA in healthcare, Australia awards +5 PR points — very worthwhile if eligible
Kuwait/ME Note	Eligibility criteria change frequently — verify directly with the relevant dental council

BAMS / Ayurveda Graduates

Blue Ocean Pathways for BAMS
• Fastest UK Entry: Health & Care Worker visa as care worker — immediate legal entry, builds UK base
• WHO Route: MPH (Public Health) → PhD in Health Economics → WHO/UN/global health NGO (real example from workshop)
• Funded PhD: Health Economics, Global Health Policy, Traditional Medicine Policy — niche, low competition
• Pharmacovigilance: 3-4 year bridge career; high demand; does NOT require Indian medical licence in UK
• AI in Healthcare: Cambridge ERA Fellowship (free, see Section 07) + data science upskilling
• Sunk Cost Reminder: If BAMS is not serving your goals, a pivot is rational. The second-best time is now.

Pharmacy & Allied Health

- UK Pharmacy: GPhC registration required; overseas pharmacists sit an assessment → registration → community/hospital/clinical pharmacy
- UK Allied Health (Physio, OT, Radiography, SLT): HCPC registration; check hcpc-uk.org; many roles on the ISL
- Australia: AHPRA covers almost all allied health; shortage list includes physiotherapy, OT, radiography, speech therapy in rural/regional areas
- 80% of pharmacy/AHP professionals exploring non-clinical or research careers — this is mainstream, not unusual

- Fully Funded PhD: pharmacy sciences, clinical pharmacology, epidemiology — family visa + £21,805/yr stipend
- Pharmacovigilance UK: strong demand; no clinical registration required for this role

Engineers & Tech Professionals

- Germany: Free tuition at public universities; B2 German (TestDaF) required; high demand for civil, mechanical, electrical engineers
- Australia: Engineering roles on Core Skills Occupation List; VETASSESS skills assessment; points-based PR; SEEK.com.au
- UK: Skilled Worker visa via employer sponsorship; Global Talent visa for innovators (Engineering NOT on ISL but many roles qualify)
- AI & Data Science: Cambridge ERA Fellowship (free, 10 weeks); New Zealand AI market booming; Canada Express Entry strong for tech
- WES: Essential for North America and Australia; processing takes 8-12 weeks — start immediately

Step 4 — Choose Your Country Strategically

No single country is best for everyone. Choose based on profession, PR timeline, language requirements, and family needs.

Country	PR Timeline	Licensing Route	Language	Best For
UK	5 years	PLAB/ORE/GPhC/HPCPC	English	Doctors, Dentists, Nurses — but competition rising
Australia	1-2 years	AMC/ADC/AHPRA	English	All healthcare — fastest PR; 185,000 PR places in 2026
USA	Uncertain (5-15+ yrs for Green Card)	USMLE/NCLEX	English	High pay; specialist credentials; long-term commitment
Canada	1-3 years	NAC/MCCQE/Express Entry	English/French	Good balance; strong tech pathway
Germany	3-5 years	Approbation (Licence)	German B2	Research-focused; free tuition; not for clinical IMGs
New Zealand	2 years	Scarce exam spots (limited seats)	English	AI & Data Science booming now; clinical seats are rare
UAE	Varies	DHA/MOH/HAAD	English/Arabic	Quick income; no PR route; stepping stone only

Australia Deep Dive 2026
• PR can be obtained in as little as 1-2 years for healthcare professionals via State Sponsored visa (Subclass 190)
• 185,000 PR places for 2025-26; over 70% allocated to Skilled Stream
• Minimum 65 points to submit EOI; but 85+ points typically needed for competitive invitation in 2026
• Subclass 190 (State Nominated): adds 5 points; Subclass 491 (Regional): adds 15 points — easier entry
• Master's degree adds 5 extra points — worthwhile if you're eligible
• After PR: take any job without visa restrictions — full labour market freedom
• Use official self-assessment tool at immi.homeaffairs.gov.au
• Always consult a MARA-registered migration agent (not general education consultancies)

Step 5 — Visa Pathways (Non-Traditional Routes)

You do not always need a Master's degree or licensing exam to migrate. These UK visa routes are powerful alternatives most consultants will never mention.

1. Global Talent Visa (UK)

Who It's For	Recognised experts or exceptional promise in sciences, humanities, engineering, arts, digital technology, or medicine
Duration	3-year visa leading to Indefinite Leave to Remain (ILR) — no employer needed
Endorsing Bodies	Royal Society (science) · Royal Academy of Engineering · British Academy · Arts Council England
Key Advantage	Full flexibility — work for any employer, freelance, or start a business; NOT tied to a sponsor
Qualifications	International publications, awards, patents, citations, significant prizes
Cost (2026)	Approx. ₹18,000–22,000 for standard; priority options available

[Official application: gov.uk/global-talent](https://www.gov.uk/global-talent)

2. Innovator Founder Visa (UK)

Who It's For	Entrepreneurs with an innovative, viable, scalable business idea — any sector including healthcare
Duration	3-year visa; extendable; leads to ILR
Endorsement	Must be endorsed by an approved UK body — no minimum investment required
Ideal For	Healthtech innovators, medical device entrepreneurs, yoga/wellness practitioners, coaches
Key Advantage	No master's degree or employer sponsorship needed; idea can be non-technology
Cost (2026)	Approx. ₹20,000–25,000 standard; priority processing available at higher cost

[Official application: gov.uk/innovator-founder-visa](https://www.gov.uk/innovator-founder-visa)

3. Self-Sponsorship Visa (UK Skilled Worker Route)

This is NOT a standalone visa — it is a legal structure combining the UK Skilled Worker Visa + a UK Sponsor Licence, allowing you to work for your own UK company.

- Process: Register a UK limited company → Apply for Sponsor Licence → Company sponsors you as a Skilled Worker
- 5-year visa → Indefinite Leave to Remain → British citizenship pathway; family members included

- Ideal for: yoga instructors, wellness consultants, healthcare coaches, medical educators, private practitioners
- You must demonstrate a realistic plan for how your skills contribute to the UK economy
- This is a legitimate legal route — not a loophole. Seek qualified OISC-regulated immigration advice

4. Health & Care Worker Visa (UK)

Health & Care Worker Visa — Verified Details
• For: Doctors, nurses, allied health professionals, sponsored by NHS, NHS suppliers, or adult social care
• Key advantage: Reduced visa fees; reduced Immigration Health Surcharge (£1,035/yr for main applicant from Dec 2025)
• Duration: Up to 5 years; renewable; leads to ILR after 5 years
• IMPORTANT: Care worker route (Bands 2-4) for new overseas recruits was CLOSED in July 2025
• Stepping Stone: BDS/BAMS/pharmacy grads can enter as healthcare support workers, build UK experience, clear licensing exams
• ISL-listed roles: Registered nurses, GPs, paramedics, physiotherapists, pharmacists, radiographers, OTs
• Skills Charge from Dec 2025: £1,320 per person per year (32% increase)

Credential Recognition — All Countries

- USA/Canada: World Education Services (WES) certification essential — start 8-12 weeks before needed — wes.org
- UK Doctors: GMC (gmc-uk.org) · Dentists: GDC (gdc-uk.org) · Nurses: NMC · Allied Health: HCPC (hcpc-uk.org)
- Australia: AHPRA covers most health professions (ahpra.gov.au); Doctors: AMC (amc.org.au)
- English Language: B2 level now required from January 2026 for Skilled Worker, HPI, and Scale Up Visas

Step 6 — Funding: Scholarships, PhDs & Fellowships

High tuition fees should never stop you. Fully funded options exist that cover tuition, living expenses, and family visas.

ERA Fellowship — Free 10-Week Cambridge UK Fellowship (VERIFIED)

Cambridge ERA:AI Fellowship — Summer 2026
• Duration: 10 weeks starting July 6, 2026
• Location: Cambridge, UK (residential — housed with other fellows)
• Cost: FREE — fellows receive salary equivalent to £34,125/year (prorated = approx. £6,600 for 10 weeks)
• Also included: complimentary accommodation, meals during working hours, visa support, and travel expenses
• Focus: AI Safety and Governance Research — technical and policy streams
• Deadline: April 12, 2026 at 11:59pm
• Ideal for: Any professional interested in AI, healthtech, digital health — no formal AI background required
• Benefit: UK experience, professional network, career transition into AI safety/governance
• Approximately 30-35 fellows accepted across three streams

[Apply at: erafellowship.org](https://erafellowship.org) — Deadline April 12, 2026

Fully Funded PhDs — UK 2026 (VERIFIED)

A UKRI-funded PhD studentship in 2026/27 includes: full tuition fee waiver, annual tax-free stipend of £21,805 (£23,805 with London weighting — approx. ₹23 lakh/year), Research Training Support Grant, and Skilled Worker visa with family inclusion.

University	Subject Area	Annual Stipend	Deadline
LSHTM, London	Public Health, Infectious Disease Modelling, Epidemiology	£21,805	Apr 20, 2026
Univ. of Manchester	Cancer Research, Inflammation, Biomedical Sciences	£31,000 (CODE-M)	Ongoing
Univ. of Oxford	Digital Health, Youth Mental Health, Public Health Policy	£20,780	Rolling
Univ. of Birmingham	Climate & Health, Emotion Regulation, Applied Health	UKRI rate	Rolling
Queen Mary Univ., London	Medicine, Dentistry, Health Sciences (all nationalities)	UKRI + London	Jan 2026

University	Subject Area	Annual Stipend	Deadline
Univ. of York	Health Economics, Sports & Exercise Sciences	£20,780	Rolling
Gates Cambridge	Any subject — PhD at Cambridge University	£17,500 + flights + visa	Mid-May 2026
Imperial College London	Healthcare, Engineering, Sciences	UKRI-aligned	Jan-Mar 2026
Warwick University	All disciplines — international students eligible	UKRI + overseas tuition	Oct 2026

[Browse 681+ Fully Funded UK PhDs \(2026\): findaphd.com](https://findaphd.com)

Top Fully Funded Master's Scholarships — UK 2026

Scholarship	What It Covers	Website
Chevening Scholarship	Tuition + living allowance + return airfare; 2 yrs work experience required	chevening.org
Commonwealth Master's	Full funding for 1-year Master's; for developing Commonwealth countries (India eligible)	cscuk.fcdo.gov.uk
GREAT Scholarships	Full tuition fee waiver; British Council partner universities	study-uk.britishcouncil.org
Cambridge Trust	Tuition + living costs for high-achieving Master's and PhD applicants	cambridge.org/trust
Gates Cambridge	£17,500/yr + flights + visa + family allowance; any subject	gatesscholarship.org
UCL Global Master's	Tuition + maintenance support for international low-income background students	ucl.ac.uk/scholarships
Nottingham Dev. Solutions	Full scholarship for developing countries; healthcare/development focus	nottingham.ac.uk
Oxford Clarendon Fund	Full tuition + £15,009 annual grant; exceptional academic record required	ox.ac.uk/clarendon

Commonwealth Distance Learning Scholarships (FREE, Online)

For Commonwealth country graduates. University of Edinburgh. 100% online. No fees. No relocation needed to start. Courses include:

- MPH Public Health · MSc Clinical Trials · MSc Epidemiology · MSc Critical Care
- MSc Data Science for Health and Social Care · MSc Patient Safety & Clinical Human Factors
- MSc Clinical Management of Pain · MSc Internal Medicine · MSc One Health

- MSc Conservation Medicine · MSc International Animal Health · MSc Data-Driven Breeding and Genetics

[Source: cscuk.fcdo.gov.uk/commonwealth-distance/](https://cscuk.fcdo.gov.uk/commonwealth-distance/)

Step 7 — Job Search & Interview Preparation

Begin interview preparation at least 3-6 months before your target application date. Use the right platforms for each country.

Job Search Platforms by Country

Country	Platforms
UK	NHS Jobs (jobs.nhs.uk) — primary for all NHS roles TRAC Jobs (jobs.trac.jobs) BMJ Careers (jobs.bmj.com)
Australia	Seek.com.au HealthTimes (healthtimes.com.au) Indeed AU MedRecruit
USA	Indeed LinkedIn Doximity (for physicians) FREIDA (AMA residency finder) USAJobs (federal)
Canada	Indeed Canada JobBank (government) HealthForceOntario LinkedIn
Germany	Make-it-in-Germany (make-it-in-germany.com) Stepstone LinkedIn
New Zealand	Seek NZ Health New Zealand (HNZ) Careers LinkedIn

Interview Preparation: The 6-Part Fixed Template

Healthcare interviews in UK, Australia, and Canada follow a fixed 6-part template. Invest equal time in ALL sections — even those less developed in your home country:

Section	What They Test
Clinical Knowledge	Case scenarios, clinical reasoning, patient management, differential diagnosis
Ethics & Professional Boundaries	Consent, confidentiality, duty of candour, professional conduct
Patient Safety	Incident reporting, near misses, duty of care, speaking up
Quality Improvement	Audits, PDSA cycles, clinical governance, service improvement
Leadership & Teamwork	Multidisciplinary teams, delegation, conflict resolution, followership
Communication	Difficult conversations, breaking bad news, cultural sensitivity, written communication

Interview Tips

- Start preparation 3-6 months before your target application date
- Use the STAR method: Situation, Task, Action, Result — for every competency question
- For UK: read the NHS 10-Year Health Plan (published July 2025) and understand NHS values
- Research the hospital/trust's recent news, CQC rating, and strategic priorities

- Record practice interviews and review your own performance
- Join IMG-specific WhatsApp groups and subreddits for your target country

Step 8 — Blue Ocean vs Red Ocean Strategy

The Blue Ocean Strategy means finding niches with low competition. In migration, this can be the difference between a 3-year struggle and a 6-month success story.

Red Ocean (Avoid)	Blue Ocean (Seek)
Highly competitive paths — everyone wants them	Niche paths with few competitors
Generic USMLE for all Indian doctors	Danish language + Doctor = Denmark job with relocation package
Random MSc with no job guarantee	BAMS + PhD in Health Economics = WHO senior position
IAS-level competition (red ocean of red oceans)	Dog walker visa (900 UK sponsored spots) → residency → career
Most popular route = most crowded route	Micro-opportunities in annual shortage list updates

Real Blue Ocean Examples from the Workshop

- Danish Language + Medical Degree → Denmark Doctor post with relocation package — very low competition
- BMS Doctor → MPH → PhD in Health Economics → Senior WHO position (real workshop example)
- Nigerian Physician Assistant → Dog Walker (900 sponsored UK visas) → UK residency → healthcare career
- German Cardiovascular Surgeon, age 40s → Marketing & Finance module → Wellness Consulting career
- BDS Dentist → MTech Medical Device Innovation at IIT → Global medtech career ('small door, macro opportunity')
- Pharmacist → Pharmacovigilance (3.5 years) → waited for clinical market to open → returned to medicine

Overcoming the Sunk Cost Fallacy

Many professionals feel trapped by years already invested. This is the Sunk Cost Fallacy — and it is one of the biggest barriers to career success abroad.

How to Overcome the Sunk Cost Fallacy
• Acknowledge: The best time was years ago. The second best time is today.
• Use 'taster sections': spend 2 weeks with a professional in a new specialty before committing
• Take free short courses (Coursera, FutureLearn, edX) to test a new field with zero commitment
• The fallacy can be temporary — sometimes the market recovers and you can return to your original field

- A pivot is rational when your current path is not working. It is not weakness — it is intelligence.

CRITICAL 2026 Update: UK Medical Training Prioritisation Act

This section contains verified, critical information that affects every IMG doctor or dentist targeting UK training posts. Read this carefully.

<p>Medical Training (Prioritisation) Act 2026 — Received Royal Assent 5 March 2026</p>
<ul style="list-style-type: none"> • UK medical graduates are NOW legally prioritised for Foundation Programme AND Specialty Training posts
<ul style="list-style-type: none"> • For 2026 start posts: prioritisation applied at OFFER stage (shortlisting already done; IMGs not blocked yet)
<ul style="list-style-type: none"> • From 2027 start posts: prioritisation from SHORTLISTING stage — IMGs may not reach interview at all
<ul style="list-style-type: none"> • 91,999 applications for 12,833 specialty training posts in 2025 — a 54% increase on 2024
<ul style="list-style-type: none"> • 47,000+ applicants already registered for 2026 round before prioritisation was introduced
<ul style="list-style-type: none"> • Care worker route via Health & Care Worker Visa: CLOSED for new overseas recruits as of July 2025

Who Is Still Prioritised (IMGs in the Priority Group)

- IMGs who have completed Foundation Programme or core training in the UK
- IMGs with Indefinite Leave to Remain (ILR), EU Settled Status, or British citizenship
- Note: 'Significant NHS experience' criteria will be defined more precisely through future regulations

What This Means For Your Strategy

<p>Strategic Reframing for IMGs</p>
<ul style="list-style-type: none"> • The standard PLAB → GMC → apply for training posts path is now significantly harder
<ul style="list-style-type: none"> • Non-clinical bridges (pharmacovigilance, health economics, medical education) are now MORE strategic
<ul style="list-style-type: none"> • If you're already in the UK with NHS experience — secure ILR/citizenship before 2027 to remain in priority group
<ul style="list-style-type: none"> • Australia's PR-first model is now relatively MORE attractive than UK training posts for many IMGs
<ul style="list-style-type: none"> • Consider entering via Health & Care Worker Visa in nurse/AHP roles, building NHS experience, then applying
<ul style="list-style-type: none"> • IMGs who are already working in the UK in trust-grade or clinical fellow roles: focus on building NHS experience now

Quick Reference Links

Visa & Immigration

- [UK Global Talent Visa](#)
- [UK Innovator Founder Visa](#)
- [UK Immigration Salary List 2026](#)
- [UK Health & Care Worker Visa](#)
- [UK OISC Immigration Advisers](#)
- [Australia Skilled Migration \(Home Affairs\)](#)
- [Australia MARA Migration Agents](#)

Scholarships & Fellowships

- [Cambridge ERA:AI Fellowship \(FREE\) — Deadline April 12, 2026](#)
- [Fully Funded PhDs UK 2026 — 681+ positions](#)
- [Chevening Scholarships](#)
- [Commonwealth Scholarships](#)
- [Commonwealth Distance Learning \(Free MSc\)](#)
- [Gates Cambridge Scholarship](#)
- [Oxford Clarendon Fund](#)

Job Platforms

- [NHS Jobs \(UK\)](#)
- [TRAC Jobs \(UK NHS\)](#)
- [BMJ Careers \(UK Doctors\)](#)
- [SEEK \(Australia\)](#)
- [HealthTimes \(Australia\)](#)
- [LinkedIn \(Global\)](#)

Credential Verification

- [WES — World Education Services \(USA/Canada\)](#)
- [ECFMG — USA Medical Credentials](#)
- [AHPRA — Australia Health Practitioners](#)
- [AMC — Australian Medical Council](#)
- [GMC — UK Medical Register](#)
- [GDC — UK Dental Register](#)
- [HCPC — UK Allied Health](#)

90-Day Action Plan & Final Checklist

Use this structured plan to move from decision to first application. Spend a minimum of 1-3 months on research before any financial commitments.

STEP Days 1-30	<p>Foundation & Clarity</p> <p>Write your 3 migration reasons. Assess family situation: partner's career, children's schooling, health, ageing parents. Define your 3-5 year goal. Shortlist 2-3 countries. Overcome the Sunk Cost Fallacy. Take a taster session — 2 weeks shadowing, short course, or fellowship. Read your target country's shortage/occupation list BEFORE talking to any consultancy.</p>
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STEP Days 31-60	<p>Research & Preparation</p> <p>Connect with 5-10 professionals who migrated in the last 2 years. Ask: What worked? What would you do differently? Enrol in language course if Germany, Denmark, or Finland is your focus. Register for Cambridge ERA Fellowship (free) if AI/UK interests you — deadline April 12, 2026. Begin WES or ECFMG credential verification (takes 8-12 weeks — do not wait). Search fully funded PhD positions at findaphd.com. Shortlist 3-5 visa pathways. Consult a government-approved migration lawyer.</p>
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STEP Days 61-90	<p>Action & Activation</p> <p>Activate LinkedIn: professional photo, clear headline, 3 recommendations. Join IMG-specific Facebook groups, WhatsApp communities, and subreddits. Schedule mock interviews using the 6-part template: Clinical, Ethics, Patient Safety, Quality Improvement, Leadership, Communication. Apply for fellowships, scholarships, or PhD positions with deadlines in next 6 months. Submit visa documentation using MARA-registered agent (Australia) or OISC-regulated adviser (UK) — NOT a general consultancy.</p>
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Day 90 Checkpoint
<ul style="list-style-type: none"> • You should have clarity on your visa pathway and a realistic timeline • At least one application — fellowship, scholarship, PhD, or visa — submitted or ready to submit • 5+ genuine connections with professionals in your target country • Interview preparation started and at least 2 mock sessions completed

This guide was created for attendees of the International Healthcare Careers Workshop · March 28, 2026

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