

# MEDICAL CAREERS

IN WALES

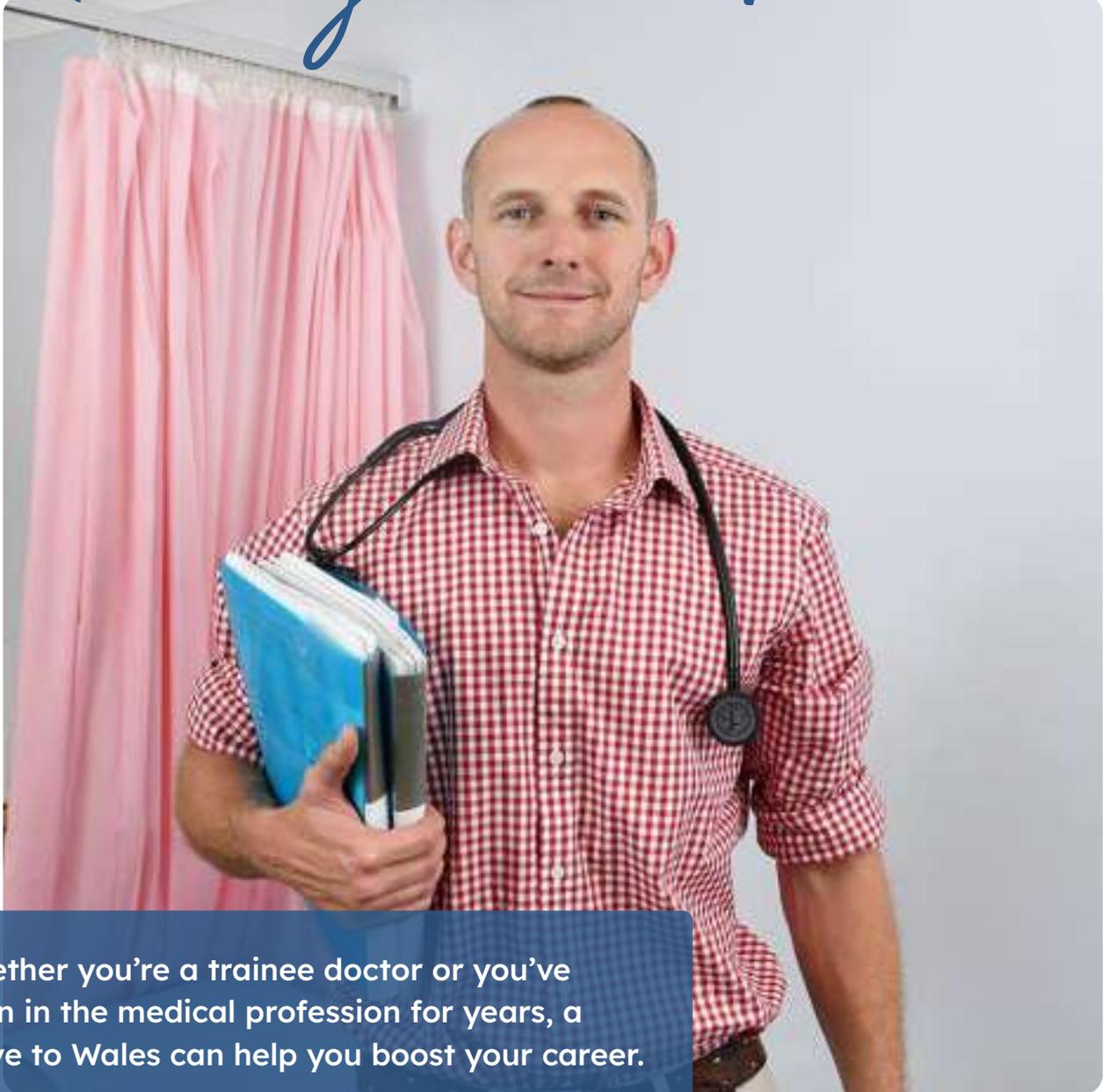


**In Wales,  
we don't  
just offer  
a career,  
we offer a  
way of life.**





# Balance your work...



**Whether you're a trainee doctor or you've been in the medical profession for years, a move to Wales can help you boost your career.**

As a trainee, you can choose from a wide range of high quality specialty training programmes – designed to be as flexible as you need – and learn in a supportive environment with a reputation for world-class research. And as a senior doctor you'll be able to shape your career with access to Government and decision makers.

*...with your life*

David, GP

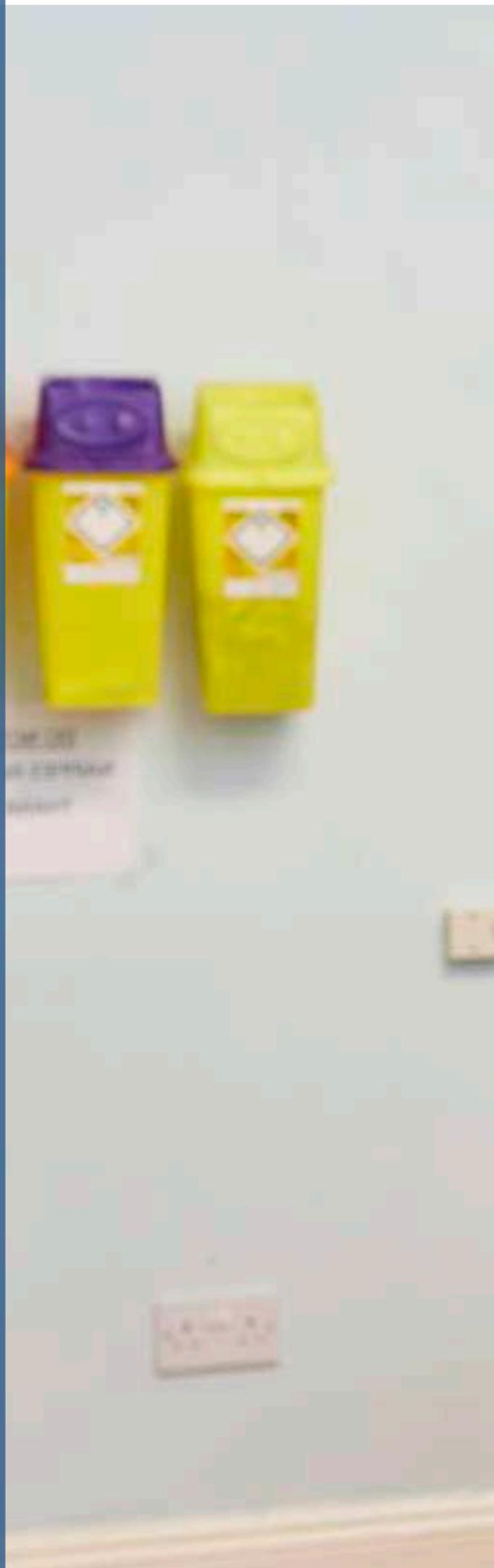


When it comes to forging a successful career, finding higher levels of fulfilment away from work can be vital in giving you the energy and motivation you need to achieve everything you aspire to.

Blessed with a strong sense of community, affordable housing, stunning surroundings and the potential for endless relaxation or adventure, Wales promises you the opportunity to choose the lifestyle you want.

By training in Wales, you'll get to choose from dozens of flexible, high quality specialty training programmes and receive support from experienced doctors who can support your development.

# Train in Wales





Hooria, GP Trainee

# Innovation



**“Wales provides opportunities for a very supportive and flexible GP training programme, which provides me with good work life balance. Commutes are much more manageable than other parts of the UK.”**

**Hooria Ghani, GP Trainee**

## **Innovative training you can count on**

Health Education and Improvement Wales (HEIW) operates a wide range of specialty training programmes for you to choose from, with access to teaching programmes, educational and specialised simulation resources. Because we know it takes commitment on both sides to produce the best results, NHS Wales continues to invest in technology to create world-class educational facilities up and down the country.

## Our training arrangements give you more

In Wales, our training programmes provide you with access to all the education and training requirements and opportunities you need to hit your training targets and grow into a skilled and confident doctor. Alongside your training placements, we are rolling out a Generic Curriculum programme which will provide training in core generic skills, aligned to the GMCs Capabilities in Practice. And outside hospitals, we have a huge variety of training practices in beautiful rural settings to cosmopolitan cities.

## Earn a prestigious fellowship

Development options in Wales include opportunities to train on the highly regarded Welsh Clinical Academic Track (WCAT) Fellowship or Welsh Clinical Leadership Training Fellowship. By completing an Academic Fellowship, you'll be ideally placed to build and lead translational research from bench to bedside or improvements in the delivery of healthcare in Wales. The leadership opportunities will prepare you for leadership and management roles in the future.

## Flexible options to suit you

Should anything change once your training starts, our flexible training options are here to help you stay on track. The option to train on a less than full-time basis (LTFT) helps you devote time to other areas of your life should anything unexpected happen, or if you plan to undertake development opportunities, or start a family.

## Single Lead Employer

Building on the success of our Single Lead Employer model for GP trainees, we have rolled this out for all our trainees, which means wherever you train in Wales, you will have one employer for the duration of your training programme. The main advantages of this model include: you'll only need to sign one contract for your training programme and you'll experience a more seamless transition between posts; you'll get your queries answered quickly and consistently; mortgage applications should be more straightforward; less complication with the Tax & NI you pay and associated benefits (maternity, paternity etc.); plus you'll be able to take advantage of the NHS Salary Sacrifice scheme and other Employee Benefits packages available to other NHS Wales employees.



Esther, GP/HEIW Director



Cefn Coed Hospital, Swansea

As a doctor in Wales, you'll get the chance to continue the traditions of the NHS in the country of its birth and influence future models of care.

**Work in  
Wales**





# Traditions



### **Uphold the past & shape the future**

When Aneurin Bevan established the NHS in 1948, he did so on the principles of equality of access and the service being based on need, not on the ability to pay. By taking on a role that promises access to key decision-makers, you'll be able to continue these traditions and shape the services you provide.

## One career, many paths

A career in Wales gives you the chance to work at the cutting edge of medicine, in a variety of environments. From creating artificial limbs with 3D printing to working as a rural GP; taking part in pioneering university research to joining a Mountain Medicine team. There's plenty to get excited about whatever your preferred direction.

## Develop the way you want

NHS Wales is fully committed to helping you shape your career the way you want. So whether it's a comprehensive choice of CPD courses, structured appraisal from senior doctors, flexible working options or the chance to experience a range of exciting environments, there's almost unlimited potential for you to explore the things that interest you the most and discover a rewarding career in a way that suits your lifestyle.

## A vibrant research culture, world-class resources

In Wales we recognise that research changes lives and offers great opportunities for career development. Health and Care Research Wales offers funding, support and training to enable you to get involved in research and contribute to the international standard research taking place here. This means that when you bring your career to Wales, you'll be able to fall back on a superb range of resources providing you with the right skills to work at the forefront of knowledge and current practice.



Keir Hardie Health Park



Cardiff University Brain Research Imaging Centre





Esther, GP/HEIW Director

## Wellbeing

In NHS Wales, we actively encourage and enable our colleagues to prioritise selfcare and the health and wellbeing of others, by promoting a culture of compassionate leadership and self-compassion.

## A lifetime of progress

By joining the NHS in Wales, you'll discover a culture where we never stop learning, where skills and knowledge are shared openly, and where your personal development is a high priority – after all, we understand that true fulfilment comes from the bigger picture.

## Relocation support

Wales offers comprehensive relocation packages, and if you're a year 1 foundation doctor, you're entitled to free accommodation whatever part of Wales you choose. We also offer lots of family-friendly benefits, including childcare voucher schemes, work-life balance policies and on-site crèche facilities.

Benefitting from a strong sense of community, affordable housing, great schools and loads of ways to relax and have fun, Wales is a great place to work and live either on your own, or with your family.

**Live in  
Wales**







## A country of compelling contrasts



Harlech Beach, Snowdonia

Compact but diverse, Wales is a country where picturesque communities, unspoilt coastlines, stunning countryside and vibrant cities combine to offer you all the relaxation and family adventure you need.

(LEFT PAGE) FROM LEFT TO RIGHT: Manorbier Tenby, Cardiff Bay, Manorbier Tenby, Merthyr Mawr Food Festival, Pembrokeshire, Ffestiniog & Welsh Highland Railways Snowdonia, Presili Hills, Cardiff Market.

### Urban living

Fast emerging as one of Europe's most energetic capitals, Cardiff offers world-class shopping, stylish dining, beautifully kept parks and all the other advantages you'd expect from modern urban living. Newport is a city rejuvenated by investment, Swansea appeals with its beach suburbs and the market town of Wrexham offers historical buildings and is the gateway to North Wales.

### The great outdoors

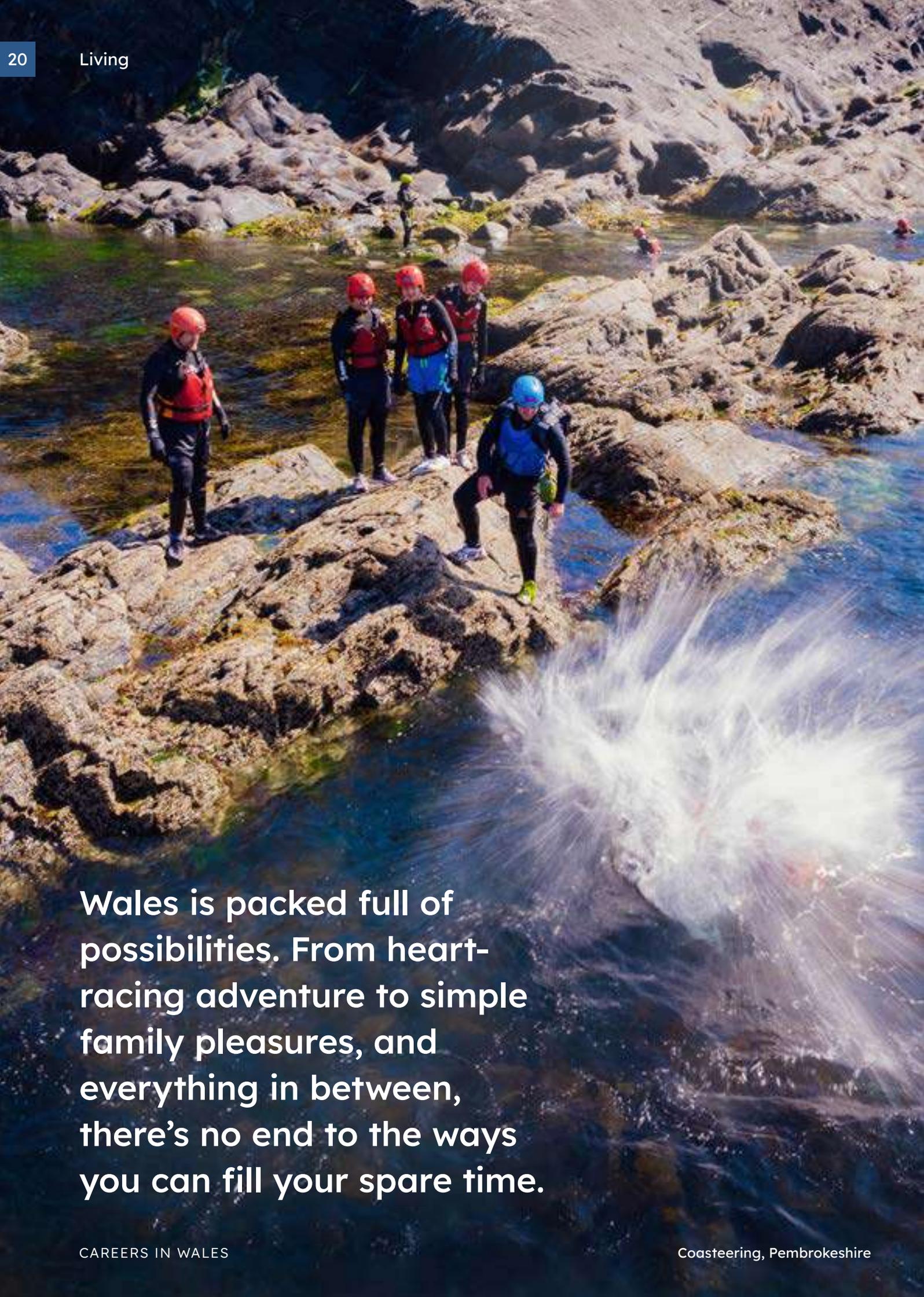
There are three National Parks in Wales. But wherever you go, nature is all around you. From lush mountains to dramatic river valleys, deserted beaches to rugged cliff tops, the natural landscape offers a stunning backdrop whether you're in the mood for adventure, looking to unwind or simply following your daily routine.

### Beach life

From the world-renowned Gower coast in the south, to the beautiful Llŷn Peninsula on the edge of Snowdonia National Park in the north, Wales is home to many of the UK's best beaches – all accessible along a continuous 870-mile coastal path that reveals coves, headlands and bays overflowing with wildlife.

### Castles & legends

Castles define the Welsh landscape just as much as our hills and valleys. There are 641 in total – imposing, fairy-tale and tumbledown – each offering a glimpse into the past and the chance for you to explore the legends within their walls. Going back even further, there are also dozens of pre-historic sites to see, including some of the best-preserved Neolithic wonders in the UK.



**Wales is packed full of possibilities. From heart-racing adventure to simple family pleasures, and everything in between, there's no end to the ways you can fill your spare time.**



### Enter the field of play

Wales has a proud sporting heritage. From rugby, football and hockey clubs that welcome players of all standards, to golf clubs boasting championship courses, you're welcome to get involved and test your skills.



### Adventure on your doorstep

For kids (both small and big), Wales is the perfect playground. Explore pristine rock pools or go pony trekking across our beaches or up some gently rolling hills. We have accessible beaches – many are dog friendly all year round – perfect to provide you and your family with as much fun as you can handle.



### Your entertainment capital

With its high-end designer stores, high-street favourites and charming Victorian arcades, it's easy to see why Cardiff is on the map as a destination for world-class shopping. Throw in laid-back live music venues, an ultra-modern waterfront, family-friendly museums and an open-air theatre in the shadows of the castle and you won't be able to stay away.



### Dining to suit all tastes

From Michelin-starred restaurants to farmers' markets, cosy neighbourhood cafes to award-winning country pubs, Wales is a place where you can enjoy delicious food whoever you're with and whatever you like to eat.



### Family fun with a difference

Sometimes, kids crave something a bit different. If you like to arrange family days out with a twist, Wales is home to the fastest zip line in the world plus an underground trampoline that's suspended 180 feet in the air.

FROM TOP TO BOTTOM: Principality Stadium, Yr Wyddfa, Mermaid Quay in Cardiff, Llandovery Town, Zip Tower in Aberdare.





In Wales, we don't just offer a career,  
we offer a way of life.

## TrainWorkLive | Wales

[trainworklive.wales](http://trainworklive.wales)  
[trainworklive@wales.nhs.uk](mailto:trainworklive@wales.nhs.uk)



Transforming the workforce for a healthier Wales