



Nau mai ki Te Poari Hauora o Te Tai Tokerau

Welcome to Health New Zealand | Te Whatu Ora - Northland District

About us

We cover one of the largest geographical regions in the country, from Cape Reinga in the north to Te Hana in the south.

- Our four hospitals are located in:
- Whangārei
- Dargaville
- Bay of Islands (Kawakawa)
- Kaitaia

These services are supplemented by a network of community based outpatient and mental health services, a range of allied health services and public and population health unit across Northland.

Some specialist services like radiation treatment and rheumatology services are provided from Auckland or through visiting specialists travelling to Northland. A new LINAC facility scheduled to open July 2026 will provide radiation treatment in Northland.

We have a new hospital approved for Whangārei – building scheduled to begin 2026.



Our Population

- Te Tai Tokerau population estimated at 203,900 in 2025 estimate.
- Whangārei District had the highest population of 101,900 (50%), followed by the Far North and Kaipara District with 72,700 (37%) and 27,300 (13%) respectively.
- Te Tai Tokerau's population tends to be significantly older than the national average – 21% over the age 65.
- Te Tai Tokerau has a much higher proportion of Maori (37.4%) and lower proportion of Pasifika (4.9%) compared to the national average.
- Rurality and high rates of deprivation
- Our population has some of the highest rates of coronary artery disease, diabetes, lung cancer, chronic respiratory disease, stroke and asthma.



Why Northland/Te Tai Tokerau?



Why Choose Northland/Te Tai Tokerau?

Choose Whangārei for the first step of your medical career. Be close to the action with small teams, a wide variety of services and plenty of opportunities to learn and improve. Make Whangārei your home for two years or more and spend time in the highly regarded ED, Paeds & O&G departments as a house officer working side by side with consultants.

Work in an environment that is about supporting your development. Get to work alongside specialists, be able to access support for further study and take advantage of a workplace that rewards those who want to go above and beyond.

On- site benefits we offer

RMO lounge	Professional experience
On-site clinical library	Sociable working conditions
Free on-site 24/7 staff gym	Great training
On-site cafeterias	Hands on learning

Prevocational Educational Supervisors

- Close knit clinical community
- Less formality with greater access to senior medical staff that may not be possible in larger regions
- A diverse region with demographics of a higher proportion Māori population than most other regions, a large geographical spread and small rural communities.
- Access to CMO and ACMO for info transfer/feedback sessions during protected teaching on a quarterly basis
- Pilot programme for developing individual cultural competency plans based on the Takarangi Cultural Competency Framework
- Careers event held annually to help with attachment choices and career pathways

Our Supervisors will

- Support your transition to Junior Doctor
- Educational Supervision
- Pastoral Care
- Career Planning
- One on one, quarterly meetings plus more if needed PES
- Range of Specialties



PGY1 Runs

- **General Medicine**
- **General Surgery**
- **Renal**
- **Health of older people**
- **Stroke**
- **Rehab**
- **Urology**
- **Orthopaedics**

PGY2 Runs

- **Community Based Attachments**
- **Medical Admitting**
- **ENT**
- **Emergency Medicine**
- **Paediatrics**
- **Obstetrics and Gynaecology**
- **Acute Care of the Elderly**
- **Psychiatry**
- **Ophthalmology**

Regular House Officer Teaching

- Weekly protected teaching session on a Tuesday and Thursday 1230pm – 1330pm
- Journal Club
- Grand Rounds held weekly on Wednesday's

Types of Roster

Rosters vary across the specialties and are all templated

PGY1's roster

- Long Days – up to four per quarter
- Weekends – approximately three to four per quarter
- Swing Shift - approximately two sets per quarter
- No nights in first 6 months

Vocational Training

Te Whatu Ora, Te Tai Tokerau is committed to training with support for courses, diplomas and study.

Anaesthesia	Emergency Medicine
ENT / ORL	General Medicine
General Surgery	Geriatrics
Intensive Care	Orthopaedics
Paediatrics	Psychiatry
Renal	Urology

Training in a regional centre provides excellent “hands on”, well supervised training. Whangārei has close links with Auckland Hospital which provides tertiary care and many sub-specialists do outreach clinics in Whangārei. There are also close links with tertiary centres for educational purposes. There are positions available for basic and advanced trainees with college accredited Registrar training jobs in most specialties.

Selection Criteria

Please email the RMO Unit at NI-Rmo.Unit@TeWhautuOra.govt.nz and we will send you out a questionnaire to complete.

We are interested in hearing from you on:

- Your reasons for choosing Northland/Te Tai Tokerau
- What do you see as the benefits of training away from a large training centre?
- In Northland there are significant inequities in health outcomes between Māori & Pākehā, what changes to the health system can most reduce the health inequities suffered by Māori?
- How will you contribute to healthcare in Northland/Te Tai Tokerau



Application and Offer Dates

Applications open

Open Now

Applications Close

Friday 3 July 2026

Offers Made By

Monday 31 August 2026

Acceptances by

Monday 7 September 2026



Ngā mihi nui

Te Kāwanatanga o Aotearoa
New Zealand Government

Health New Zealand
Te Whatu Ora