



**ACE RMO Intake
2026 Training Year
Northland - Te Tai Tokerau
Employer Information Sheet**

Health New Zealand
Te Whatu Ora

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Health New Zealand – Northland - Te Tai Tokerau

Contact:

Janaea Wilson: RMO Workforce Officer

Luke Claris: RMO Unit Manager

Email: RMO.unit@northlanddhb.org.nz

Website: [Northland DHB](http://NorthlandDHB)

Why Choose Northland - Te Tai Tokerau?

Whangārei is a great choice for the first step of your medical career. Whangārei Hospital is the largest in Northland serving the community with 309 inpatient beds. The team also supports regional hospitals in Dargaville, Kaitaia, Rawene and Bay of Islands.

We provide a dynamic and immersive working environment where being part of a small team allows you to be close to the action, fostering a sense of camaraderie and collaboration. The wide variety of services available enables you to choose areas of interest, whether it be the fast-paced Emergency department, the specialised field of Paediatrics, or the diverse experiences as an O&G house officer.

You will work alongside experienced consultants who provide valuable mentorship and hands-on experience. Our aim is to place an emphasis on learning and to provide opportunities to further your development through exposure to different medical specialties.

Our commitment is to support ongoing education and provide access to further study allowing you to continue your learning journey and stay updated with the latest advancements in the medical field.

On-Site:

- RMO lounge
- Clinical library
- Free 24/7 staff gym
- Free seasonal outdoor swimming pool
- Cafeterias
- Cheap parking (\$1 per day)
- New facilities

<https://www.facebook.com/NorthlandDHB>

<http://www.northlanddhb.org.nz>

Attractions in Northland

[Northland](#) is blessed with a subtropical climate and a combination of world class beaches, ancient forests and historical sites – perfect for an outdoor lifestyle.

The crystal clear bays and white sand beaches on the east coast and windswept beaches, great surf and massive sand dunes on the west coast will allow you to indulge year-round in numerous recreational activities including fishing, diving, canoeing, surfing and swimming. Other activities include tramping walking, horse riding and many sports and tourist-based activities from tandem skydiving through to dune surfing and quad biking – we also have some of the best golf courses in New Zealand.

The Whangārei region has a population of 101,000 with 57,000 based in [Whangarei city](#). The city is great for family living with a myriad of parks, gardens, BMX tracks, aquatic centre and amenities for children. Whangārei also has a thriving arts community with many regional galleries and studios and of course the new Hundertwasser Art Centre in the Town Basin.

If you need more, the beautiful Bay of Islands is only an hour drive away and Auckland a quick two-hour skip

down the highway.

Selection Criteria

Selection will be based on:

- Consideration of ACE scoring
- Mandatory cover letter information (see below) and CV
- References from supervisors
- Reliability and team player
- Interests in the benefits Northland provides

It is important your cover letter includes a summary on the following criteria:

- Your reasons for choosing Health New Zealand - Northland
- What 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 do you feel can most reduce the health inequities suffered by Māori?
- How you will contribute to healthcare in Northland

Interviews: We will not be holding interviews but if you wish to provide us with more information when considering your application, you can request a PGY1 questionnaire that allows you to do so. The questions are Northland specific. Hospital campus visits are available upon request via RMO.unit@northlanddhb.org.nz

Positions Available

20

PGY1 Runs

- General Medicine
- Renal Medicine
- General Surgery
- Orthopaedics
- Urology
- Acute Care of the Elderly
- Rehabilitation & Stroke
- Psychiatry

PGY2 Runs

- Acute Care of the Elderly
- Community Based Attachments in Rural Hospital Medicine, Palliative care or General Practice
- ENT
- Emergency Medicine
- Obstetrics and Gynaecology
- Ophthalmology
- Paediatrics
- Psychiatry
- Relief

Late Starts

Late starts for PGY1's may be accommodated at our discretion. Please note that our ability to facilitate late starts is dependent on a few factors and may not be able to be confirmed until later in the year.

Vocational Training

Health New Zealand - Northland 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

Regional centre training provides excellent hands on, well supervised training. Whangārei has close links with Auckland hospital which provides tertiary care with many sub-specialists doing outreach clinics in Whangārei. There are also close links with tertiary centres for educational purposes. Positions are available for basic and advanced trainees with college accredited registrar training jobs in most specialties.

Regular House Officer Teaching

PGY1 teaching is scheduled twice weekly on a Tuesday and Thursday for 1 hour.

Rosters

Rosters vary across the specialties however to give you an idea PGY1's allocated on Medical or Surgical based attachments on average will work:

- 1 weekday long day every 3 weeks (Gen Med 0800 – 2230 or Gen Surg 0715 - 2200)
- 1-2 short day weekends (0800 – 1600)
- 1-2 long day weekends (Gen Med 0800 – 2130 or Gen Surg 0730 – 2130)
- 2 sets of night shifts per attachment worked in blocks of 4 and 3 nights (There will be no night shifts during the first six months, and the frequency of weekend shifts will decrease once night shifts are introduced)

Roster frequencies vary across the Services, however most of the rosters work to a predictable template, to help you to plan your life outside work.

PGY1 Average Pay

Salaries vary according to union membership and the workload of the particular service to which you are allocated