



**ACE RMO Intake  
2026 Training Year  
South Canterbury  
District  
Employer Information Sheet**

**Health New Zealand**  
**Te Whatu Ora**  
South Canterbury

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# South Canterbury District

## Contact

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## Why South Canterbury District? (RMO Feedback)

- Lifestyle-work balance is good here
- Only 7 Registrars plus several medical students so you gain more experience
- Opportunity for direct hands-on experience with Consultants
- You feel like a valued member of the team and not just a paper pusher
- Where else will you go straight from manipulating a femur in an Orthopaedic theatre to holding the camera in a laparoscopic appendectomy
- Whatever run you do, there are always opportunities to branch out and see a wide range of clinical scenarios

## Attractions to the Region

- Large picturesque coastal town
- Central Location – approximately 2 hours from Christchurch and Dunedin
- Many outdoor recreation opportunities, such as boating, surfing, camping, tramping, climbing and skiing
- Within easy reach of sea, lakes, rivers and mountains
- South Canterbury District Tekapo Holiday Homes
- Good range of pubs/bars, cafes and restaurants
- Multiplex Movie Cinema

## Selection Criteria

As a relatively small team of RMO's, candidates need to have a reasonably high level of academic achievement and clinical competence. Most importantly candidates must be able to demonstrate the following characteristics:

- Supportive team member
- Flexible attitude and resilience
- Self-confident but aware of limitations
- Excellent communication skills
- Understanding of the Timaru Hospital environment
- Strong desire to work here

Cover letters are helpful to show your knowledge of the environment provided in South Canterbury District and explain why you would like to be part of our team.

Referee reports carry considerable weight, the RMO Manager is also eager to talk to anyone interested in working in South Canterbury.

## Positions Available

The number of positions expected per District will be released on the ACE RMO website during 2025.

### **PGY1 Runs**

- General Surgery
- General Medicine
- Geriatrics
- Orthopaedics

### **PGY2 Runs**

- As above plus
- Emergency Medicine
- Obstetrics & Gynaecology
- Paediatrics
- Medical Relief
- Surgical Relief
- Leave/Night Relief
- Community – General Practice
- Community – Psychiatry & Palliative Care

### **Late Starts**

Late starts cannot be facilitated at our District. Successful applicants are required to commence work at the start of the training year in January.

### **Vocational Training**

- South Canterbury is currently accredited in Rural Hospital Emergency Medicine Training and can offer 6-month placements.
- South Canterbury can also offer 6-month placements towards Obstetrics & Gynaecology diploma, and Paediatric diploma in Child Health.

### **Regular House Officer Teaching**

House Officers have 2 hours protected teaching time per week.

### **Rosters**

Rosters vary across the specialties however to give you an idea:

#### **PGY1 – Quarter 1-Quarter 2**

- Long Days Approximately 1:9
- Weekends Approximately 1:4

#### **PGY1 – Quarter 3-Quarter 4**

- Long Days Approximately 1:13
- Nights Approximately 1:4
- Weekends Approximately 1:7

### **PGY1 Average Pay**

Depends on Single Employer Collective Agreement (SECA)