



**ACE RMO Intake
2026 Training Year
Health New Zealand
Wellington Region
Employer Information Sheet**

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Wellington Regional District Hospitals

Covering Wellington Regional, Kenepuru, Hutt Valley and Masterton Hospitals

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Why Choose the Wellington Region?

The Wellington region hospitals have over 650 RMO positions across four regional hospitals Wellington, Hutt, Kenepuru and Wairarapa.

Our RMO positions are rotational which means that you will work across different sites during your time with us.

The Wellington region hospitals endeavor to provide a great RMO experience, through robust medical supervision, teaching and progression opportunities. This means you can meet all your training requirements within the one region which includes the possibility of rural attachments.

Attractions to the Region

Wellington has repeatedly been voted New Zealand's top life-style city and is the cultural and creative hub of the country renowned for its café culture, fantastic restaurants, sparkling harbour and close to vineyards. For more information about working and Living in Wellington, visit Discover Wellington.

Wellington: Wellington is New Zealand's art and culture mecca and a city with something for everyone. From live theatre and performance every night at one of our local theatres to major annual and biennial arts and sports festivals. Wellington is full of fabulous restaurants, excellent coffee, cafes and eateries for you to experience. Surf at Lyall Bay walk the hills or kayak in the inner harbour when you are off duty.



Capital, Coast – Wellington Regional Hospital

Provides secondary and tertiary surgical services and serves a local population of 296,000 and provides tertiary surgical services to a regional population of over 1 million.

Wellington Regional Hospital is a tertiary hospital with modern facilities including a Surgical Assessment and Planning Unit (SAPU) and offers exciting opportunities and top level training. Kenepuru Community Hospital provides predominantly secondary services catering to the communities north of Wellington, including Porirua and Kāpiti.

Hutt Valley: The beautiful Hutt valley is home to innovative art and cultural attractions, great shopping, nature escapes and gorgeous seaside communities. Some of the Wellington region's best kept secrets can be found in the Hutt Valley, where New Zealanders first settled and put their roots down. Hutt Hospital is beautifully located four kilometers from the northern shores of Wellington Harbour, 15 minutes' drive from the centre of our nation's vibrant and multi-cultural capital. A huge range of lifestyle choices and communities are available within short driving distance.



Hutt Valley Hospital is renowned in New Zealand for its relationship with its community and willingness to take the initiative. We already have one of New Zealand's top pediatric services, a world-renowned plastic and burns unit, regional rheumatology and public health services, and all our specialties have a strong focus on excellence and innovation.

Wairarapa: One of the country's finest wine regions, Wairarapa is just over an hour from Wellington. At the heart of the Classic New Zealand Wine trail, this region of big skies, wide valleys and small towns full of character. Wairarapa blends country charm with luxury retreats, olive groves, vineyard cafes, award winning restaurants and premium wines.

One of the major benefits of going to Masterton Hospital is the increased clinical independence and the opportunity to experience a wider range of clinical opportunities.

Masterton Hospital is also able to provide housing for staff rotating to the region. This means you are not required to give up your Wellington accommodation to undertake a rotation in Masterton.



Kenepuru (Porirua): Just 20 minutes north of Wellington, Porirua offers peaceful surroundings with vibrant culture, art, shopping and outdoor activities. Go walking along tranquil waterways, sandy beaches and meet friendly people from diverse backgrounds.



Kenepuru Community Hospital provides predominantly secondary services catering to the communities north of Wellington, including Porirua and Kāpiti.

Communication with Interns

We have a variety of methods for communication with interns. A regular RMO bulletin is published with important updates. We are also in regular email contact.

We use MedApp which is installed on all intern work/personal mobile phones and can push alert notifications directly to the relevant recipients. We also have the ability on MedApp to promote resources, additional teaching information as well as surveys.

This is available in all of our hospitals: Wellington, Kenepuru, Hutt and Wairarapa.

Selection Criteria

The Wellington Region doesn't award additional marks based on the University you are graduating from or to candidates who have interned with us. All applicant CV's, Cover Letters and References are reviewed.

Helpful Tips:

- Career progression and aspirations linked to our 3 district hospitals
- Commitments in the Region
- Family/Friends or support in the region

Interested applicants should complete a phone interview via an online expression of interest form. During the interview you will be able to discuss the modules and indicate your choices and preferences.

Note: How you score by ACE contributes significantly to your application and your overall score so spend as much time as you can in having a solid ACE application and don't leave contacting your references to the last minute.

Positions Available

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

PGY1Runs

Wellington

- Cardiology
- Cardiothoracic
- Medicine
- Neurosurgery
- Obstetrics and Gynecology (O&G)
- Orthopedics
- Psychiatry
- Renal
- Respiratory
- Surgery – Upper GI/HPB and Gen/Colorectal
- Urology
- Vascular Surgery
- Community Based attachments – Community Geriatrics, Addictions



Kenepuru

- General medicine
- Stroke/Rehab
- Surgery/Orthopedics
- Older Persons Rehabilitation Service (OPRS)

Hutt Valley

- ENT/Plastics
- General Medicine
- Orthopedics
- Psychiatry
- Rehabilitation
- General Surgery

Wairarapa

- Medicine
- Orthopedics
- Surgery
- Community based Attachment – Working with District Nursing; GPs; Youth Clinics

PGY2Runs

Wellington

- Anesthetics
- Community Based attachments – Hospice; Addictions; Community Geriatrics; Forensics
- ED
- Cardiology
- Cardiothoracic
- ENT
- Gastroenterology
- Hematology
- Medicine

- Neurology
- Neurosurgery
- Oncology
- Obstetrics & Gynecology (O&G)
- Orthopedics
- Paediatrics
- Psychiatry
- Surgery
- Urology
- Vascular Surgery



Hutt Valley

- Cardiology
- Community Based attachments – Hospice; GP/Public Health; Older Persons Rehab Services
- Medicine
- Obstetrics & Gynecology (O&G) (suitable for diploma)
- Plastics
- Psychiatry
- Rheumatology
- Paediatrics (suitable for Paeds diploma)

Wairarapa

- ED
- Medicine
- Obstetrics & Gynecology (O&G)/Paediatrics
- Orthopedics
- Surgery

Orientation

All new employees will participate in a full orientation programme to both the hospital and the service in which you will be working.

Late Starts

Late starts for PGY1's may be accommodated at the discretion of CCHV. Please note that our ability to facilitate late starts is dependent on several factors and may not be able to be confirmed until later in the year. A personalised orientation is provided to any intern who requires to start later in the year.

Vocational Training

Gastroenterology; Geriatrics; Hematology; Infectious Diseases; Immunology; Emergency Medicine; Neurology; Obstetric Medicine; Oncology; Palliative Medicine; Renal; Respiratory; Rheumatology; Intensive Care Medicine; Obstetrics & Gynecology; Ophthalmology; Paediatrics; Pathology; Psychiatry; Public Health; Radiology; Surgery and Sub-Specialties; Orthopedics; Paediatrics Surgery; Urology; Neurosurgery; ORL; Plastic Surgery; Cardiothoracic Surgery; Vascular Surgery and General Surgery.



Regular House Officer Teaching

CCHV runs a robust and comprehensive intern training programme that is continually being reviewed to ensure the highest standards can be achieved this has meant allocation of more resources when necessary and adaptation to new methods of delivery. In 2020, as a result of the COVID-19 face to face teaching evolved to include the ability to participate in teaching via Zoom on occasions where it is not possible to hold face to face teaching.

This has made the teaching more accessible to all our interns, who can now arrange to be at teaching in person for practical sessions but elect to “Zoom in” for other sessions.

- Weekly teaching session on a Tuesday afternoon for **Wellington, Kenepuru, Hutt & Wairarapa: 1230-1330**
- ALERT course
- CORE – Certificate of Resuscitation & Emergency Care

Apart from the above, we offer specific hospital teaching sessions as follows:

Wellington Hospital hosts a teaching session on **Wednesday afternoon: 13:00-14:00**

Kenepuru Hospital organises teaching sessions as below:

- **Monday** Lunch time – Departmental meetings
- **Wednesday** – lunch time
- **Friday** – Journal club/Radiology meeting

Hutt Valley Hospital provides a comprehensive teaching session on **Friday morning: 08:15-09:15**

Wairarapa Hospital's protected teaching times are scheduled as follows:

- **Wednesday** lunchtime: **12:00-13:00**
- **Thursday** Journal Club: **12:00-13:00**

We are committed to supporting interns through their prevocational years in terms of their own stress levels and mental health. Sessions are put aside every quarter in the PGY1 teaching schedule for a “catch up” with the PESS to discuss concerns and get feedback on the teaching programme. The PGY1 teaching programme includes formal sessions that focus on self-care and stress management for example surviving nights, the CCHV approach to bullying, autonomy and LGBT issues.



PGY2 teaching sessions are mostly **hands-on** and are scheduled ad-hoc.

In addition to the formal weekly PGY1 and PGY2 teaching programmes, all attachments provide weekly specialty specific teaching that the interns attend, for example:

Wellington

Emergency Department	Thursday 9-11am
General Medicine	Monday 12:30-13:30pm and Thursday 12:30-13:30pm
Respiratory	Tuesday 11am-12pm
Cardiology	Tuesday 12:30-13:30pm
Ear Nose and Throat	Friday afternoon
Vascular Surgery	Tuesday morning
General Surgery	Friday morning
Hematology	Journal club Tuesday 10:30am, Teaching Friday 12:30pm
Oncology	Friday 8am
Neurology	Friday 9:30pm

Capital, Coast and Hutt Valley provide an extensive list of additional work based teaching and training that is available to all CCHV employees through the “ConnectMe” application. This includes, but is not limited to:

- Tikanga Māori
- Te Ara Rāanga Hāpainga
- Open communication
- Understanding bias in health care

Rosters

You will have the opportunity to rotate across each of our three regional hospitals; Wellington Regional hospitals and Kenepuru hospital, located in Porirua; Hutt and Wairarapa hospital which is in Masterton. Each hospital will provide a range of different experiences enabling you to build a balanced career.

Rosters are written by the RMO Unit in conjunction with the services and are all fully compliant with RDA and STONZ MECA requirements, and MCNZ provisions.

PGY1 Average Pay 2025

Salaries are based on NZRDA or STONZ MECA.

Modules for PGY1 Allocations (2025/2026 - designed for obtaining general registration)

Each PGY 1 doctor gets to choose 10 top preferences then matched to Job cluster.

1	H ENT/PLAS	H MED 1	H REHAB 1	M SURG 2
2	H MED 1	H ORTH 1	H ENT/PLAS	H MED 2
3	H MED 2	H ORTH 2	H PSYCH 1	H REHAB 1
4	H MED 3	H ORTH 3	H MED 7	H ORTH 3
5	H MED 4	H PLAS 2	H REHAB 2	M SURG 1
6	H MED 5	H SURG 1	M MED 1	H PSYCH 1
7	H MED 6	H SURG 2	H MED 1	K MED 4
8	H MED 7	H SURG 3	M MED 3	H REHAB 2
9	H MED 8	H PSYCH 1	H SURG 1	K SURG/ORTH 2
10	H ORTH 1	H REHAB 2	M MED 2	H SURG 1
11	H ORTH 2	H MED 5	H SURG 2	H MED 3
12	H ORTH 3	H MED 6	W NRSURG 1	W MED 8
13	H PLAS 2	H MED 7	M Ortho	H MED 1
14	H PSYCH 1	H MED 8	H ORTH 1	H MED 5
15	H REHAB 1	H ENT/PLAS	H MED 3	H SURG 2
16	H REHAB 2	H MED 4	H ORTH 3	H MED 7
17	H SURG 1	H MED 2	H PLAS 2	M MED 1
18	H SURG 2	H MED 3	H ORTH 2	H MED 8
19	H SURG 3	H REHAB 1	H MED 2	H ENT/PLAS
20	K MED 1	W ORTH 1	H MED 4	H PLAS 2
21	K MED 2	W ORTH 3	W MED 6	W PSYCH 1
22	K MED 3	W ORTH 4	W MED 9	W CARDTHCIC 2
23	K MED 4	W OTO	H MED 5	H ORTH 1
24	K MED 5	W NRSURG 1	W MED 7	W CARD 1
25	K STROKE/RHB	W SURG 1	H MED 8	H SURG 3
26	K SURG/ORTH 1	W MED 6	W ORTH 4	K MED 1
27	K SURG/ORTH 2	W MED 7	W ORTH 3	K MED 2
28	M CBA	W MED 3	W ORTH 1	W MED 9
29	W CARD 1	W CBA 3	W MED 1	W SURG 1
30	W CARD 2	K SURG/ORTH 1	W MED 8	M ORTH
31	W CARDTHCIC 2	W MED 8	K MED 4	W ORTH 4
32	W CBA 3	W MED 9	K SURG/ORTH 1	W VASC SRG 1
33	W MED 1	W CBA 1	W CARD 2	W SURG 2
34	W MED 2	K SURG/ORTH 2	W PSYCH 2	W ORTH 1
35	W MED 3	M CBA	W SURG 1	K MED 5
36	W MED 4	W PSYCH 1	W SURG 4	M MED 2
37	W MED 5	W CARDTHCIC 2	K MED 3	W SURG 4
38	W MED 6	W UROL	K SURG/ORTH 2	W ORTH 3
39	W MED 7	W VASC SRG 1	K MED 5	K SURG/ORTH 1
40	W MED 8	W VASC SRG 2	K STROKE/RHB	W MED 1
41	W MED 9	W PSYCH 2	M SURG 2	W MED 7
42	W NRSURG 1	K MED 1	H MED 6	H ORTH 2
43	W ORTH 1	K MED 5	W CBA 3	W MED 5
44	W ORTH 3	W CARD 1	M CBA	W MED 6
45	W ORTH 4	W CARD 2	K MED 1	M MED 4

46	W OTO	K MED 3	H SURG 3	H MED 4
47	W PSYCH 1	W MED 1	M SURG 1	W MED 4
48	W PSYCH 2	W MED 2	W SURG 2	K MED 3
49	W SURG 1	K MED 4	M MED 4	W O&G 2
50	W SURG 2	K MED 2	W CARDTHCIC 2	W MED 3
51	W SURG 4	K STROKE/RHB	W MED 5	M CBA
52	W UROL	W MED 4	W O&G 1	K STROKE/RHB
53	W VASC SRG 1	W RESP	W MED 4	M MED 3
54	W VASC SRG 2	W SURG 4	W MED 3	W CBA 3
55	W CBA 1	W MED 5	W MED 2	W NRSURG 1
56	W RESP	W SURG 2	K MED 2	W MED 2

If you are interested in working for Health New Zealand Wellington, Hutt Valley and Wairarapa please fill in the “Expression of Interest” form via the link below or scan the QR code to register for a short interview with one of our educational supervisors.

[Expression of Interest for Wellington Hutt and Wairarapa 2025](#)

If you are then successful in being matched to us by ACE, this interview will contribute to your 3District score and ranking.

ACE Matching Wellington, Hutt Valley, Wairarapa

**We welcome interest from trainee interns around
Aotearoa New Zealand for the ACE match 2025**



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