

ELECTIVE PLANNING TIMELINE

12-18 Months Before



Step 1

Start Planning

Find out:

- ✓ Your Elective dates
- ✓ Duration
- ✓ Funding available
- ✓ Key deadlines
- ✓ Download and Read Elective handbook

Choose Your Destination

Consider the following:

- ? What is your budget?
- ? Which specialties are you interested in?
- ? What Type of Healthcare Setting?
- ? DIY or travel company?

Step 2



9-12 Months Before

Apply to a Placement

If Using a Travel Company:

Follow application instructions on their website. Most require a deposit and have rolling admissions.

If Self Organising:

- Option A - Contact the Hospital
- Option B - Contact Individual Consultants



Step 3

6-9 Months Before

Arrange Funding

Electives can cost £250-£5000, covering travel, insurance, and living expenses. Students fund them through savings, work, family or grants. Start saving early!

Step 4



6-9 Months Before

Understand The Requirements

Check your medical school's handbook for proposal forms, insurance, and risk assessments. Host institutions may need references, DBS checks, proof of vaccinations, academic transcripts, personal statements or language certification



Step 5

3-6 Months Before

Health and Safety Preparation

- Prepare early for a safe elective: get vaccinations, malaria prophylaxis and a medical kit.
- Practise food and water safety when away.
- Stay within professional limits.
- Research local laws and customs, and keep emergency contacts handy.

Step 6



ELECTIVE PLANNING TIMELINE

3-6 Months Before

Get Insurance (and a Visa)

- Get medical indemnity (not covered by travel insurance)
- Arrange travel insurance for delays, illness or lost items
- Check visa requirements early and ensure you apply for the correct type.



Step 8

After Your Elective

After the elective placement, many medical schools ask their students to write reflective pieces on their experience. Reflecting on your elective is a useful way to consolidate what you have learned, and to look back at the goals you set yourself before you went.

Step 7



Make the Most of Your Elective

Your elective is a chance to grow both professionally and personally. To do this:

- Set Learning Objectives
 - SMART goals
- Embrace Cultural Differences
- Document Your Experience
- Network!



Step 9

