

# دليل أطباء الكويت في كندا

للأطباء وطلبة الطب الكويتيين الراغبين في استكمال الدراسات العليا في كندا بعد التخرج من كلية الطب

إعداد / جمعية الأطباء الكويتيين في كندا  
الإصدار الأول، مارس ٢٠٢٢



## “The Manual”

For Kuwaiti doctors and medical students who are planning to pursue postgraduate medical education in Canada

By The Association of Kuwaiti Doctors in Canada  
First Edition, March 2022

# Table of Contents

## Introductions

This manual is made for.....	3
KIMS Statement.....	4
AKDC Statement .....	5
Preface.....	6
AKDC Contact information and social media accounts.....	7

## Contributors

Contributors' pages.....	8
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## Chapter 1

1. Why Canada?.....	11
2. MCCQE Part 1 Registration.....	12
3. Tips for the MCCQE Part 1.....	26
4. Your Application to the Canadian Residency via KIMS.....	29
5. How to Prepare for Interviews.....	30
6. Residency offers general advice in how to accept/reject offers.....	32
7. Applying for the Canadian Visa and Work Permit.....	33
8. CSC Scholarship Paperwork in Kuwait.....	35
9. Kuwait University Scholarship: how to apply?.....	36

## 3

## Chapter 2

## 37

1. Introduction: Canadian Residency Programs via KIMS.....	38
2. Anatomical Pathology.....	40
3. Dermatology.....	43
4. Diagnostic Radiology.....	47
5. Emergency Medicine.....	49
6. General Surgery.....	51
7. Internal Medicine.....	52
8. Neurosurgery.....	54
9. Ophthalmology.....	56
10. Orthopaedic Surgery.....	59
11. Otolaryngology (ENT).....	61
12. Paediatric Neurology.....	63
13. Paediatrics.....	66
14. Psychiatry.....	68
15. Radiation Oncology.....	71
16. Urology.....	73
17. Vascular Surgery.....	75
18. Other residencies summary....	76

## Chapter 3

## 77

1. Canada as a country.....	78
2. Halifax.....	79
3. Montréal.....	81
4. Ottawa.....	83
5. Kingston.....	84
6. Toronto.....	86

## Chapter 3 (Continued)

7. Hamilton.....	89
8. London, Ontario.....	91
9. Edmonton.....	93
10. Calgary.....	95
11. Vancouver.....	98

## Chapter 4

1. What to do in Kuwait before coming to Canada?.....	100
2. Your first week in Canada.....	101
3. General advice for residents.....	103
4. The benefits of being a resident..	104
5. Overview of healthcare professionals in Canada.....	104
6. Chief residents in Canada.....	105
7. Responsibilities as a Kuwaiti doctor in Canada.....	105
8. Rights as a Kuwaiti doctor in Canada (CSC/Ministry of Health).....	106
9. Rights as a Kuwaiti doctor in Canada (Kuwait University).....	109
10. General Tips on how to settle in Canada.....	110
11. Tips and tricks for doctors coming to Canada with their family.....	110
12. Driving licence in Canada.....	113
13. CSC and Ministry of Health promotion paperwork.....	114

## Chapter 5

1. Frequently asked questions....	116
-----------------------------------	-----

## 115

## 99 The Manual's conclusion

1. Conclusion.....	119
2. References.....	120
3. AKDC Videos.....	121
4. The Manual's feedback link.....	121

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

## This manual is made for:

Every Kuwaiti medical student and doctor who is aspiring to be the best medical doctor he or she could be! In order to make the health care system in our beloved Kuwait one of the best in the world, for patients, physicians and allied health workers!



# Kuwait Institute for Medical Specialization Statement

Dear Kuwaiti Physicians,

As the Secretary General of KIMS, I would like to take this opportunity to welcome you all to your exciting and fruitful experience of specializing in one of the best health care systems in the world, Canada.

KIMS has been working tirelessly year after year to help secure residency positions for our Kuwaiti Physicians who strive to get the best possible training in order to come back and take care of their own people at home. In 2016, the University of Ottawa was the only university that collaborated with KIMS in setting up such possible seats, and today I am proud to say that we have a total of 10 Canadian universities on board. This has given hundreds of Kuwaiti Physicians over the years the opportunity to become the best that they can and serve their country.

Remember that you are representing Kuwait on a daily basis, so make your country proud of you, be kind to others, learn as much as you can, and invest in yourselves, as we believe in you and will be supporting you throughout your Scholarship.

We are proud of you for getting accepted into these prestigious universities and we wish you all the best in your endeavors.



**Dr Fawaz Alrefaee**  
Secretary General of KIMS

# AKDC Statement

Dear colleagues,

For the past year, we have had the honor of representing the Kuwaiti physicians training in Canada. The main challenge we have faced as an association has been the need to establish ourselves and to create ties with the appropriate stakeholders. In recent months, we have taken steps to a stronger foundation, not just to establish our association, but to build something that will last and continue to grow. We have reached out to KIMS, the Kuwait Embassy in Ottawa, cultural offices in Ottawa and Washington DC and the Civil Services Commission.

As we have made progress, we also are aware that the road to further success remains long and difficult. We find ourselves in an increasing complex and difficult health care environment as we navigate our days through the pandemic. We now, more than ever, need strong leaders and physician organizations to face the many challenges we deal with on a regular basis. It is my sincere hope that we can continue to work together for our common goals, and for the AKDC to advocate on behalf of Kuwaiti physicians to achieve what they strive for.



**Dr Khaled Waleed Alshatti**  
President of AKDC

# Preface

As a medical student and an intern doctor, I have had many questions about residency and life in Canada. It was surprisingly difficult to find verified sources of information. It was even more difficult to get connections with Kuwaiti residents in Canada. This was a challenge that I believe should never have existed. I believe that every medical student and doctor should be able to access trusted information easily.

Hence, the idea of creating this manual came to light. The Association of Kuwaiti Doctors in Canada (AKDC) is dedicated to help all and every Kuwaiti student and doctor who is planning to come to Canada to pursue postgraduate medical education. The creation of this manual was made possible only by the invaluable input from about 30 contributors from all over Canada. I am so grateful for their excellent efforts and contribution; which indeed made the manual an informative, diverse and verified source of information.

We at the AKDC wish that this manual help you understand how life in Canada is and how the Canadian residencies look like. We also hope that reading this manual **will increase your chances in being accepted into your desired program and city**. As we shared many tips, tricks and advice of how to shine and stand out during your application and interview. I wish you all the best of luck and I ask Allah the Almighty to grant you success.



**Dr Ayedh Ayedh Alhajri**  
Editor-In-Chief

## AKDC contact information and social media accounts



Website: [www.akdc.ca](http://www.akdc.ca)



Email: [info@akdc.ca](mailto:info@akdc.ca)



YouTube Channel: AKDCanada



Twitter & Instagram: @AKDCanada



LinkTree: <https://linktr.ee/AKDCanada>

We would appreciate you following and supporting us  
on our social media accounts!

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# Chapter 1

## *Canadian Exams and Applications*

1. Why Canada?.....	11
2. MCCQE Part 1 Registration.....	12
3. Tips for the MCCQE Part 1.....	26
4. Your Application to the Canadian Residency via KIMS.....	29
5. How to Prepare for Interviews.....	30
6. Residency offers advice in how to accept/reject offers.....	32
7. Applying for the Canadian Visa and Work Permit.....	33
8. CSC Scholarship Paperwork in Kuwait.....	35
9. Kuwait University Scholarship: what is it and how to apply?.....	36

# 1. Why Canada?

*Written by Dr Ayedh Alhajri, PGY2 Paediatrics Resident - University of Toronto*

In this manual we will cover many aspects of Canadian residency applications, exam, interviews, programs, cities, and many other things. But first, let us answer the big question: **Why Canada?**

Each person will have their own individualized reasons on why they chose Canada for their postgraduate medical education. Here we will summarise the main advantages for doing residency and/or fellowship in Canada:

Training-wise:

- You will have the chance to be trained in a Royal College accredited program, where training is excellent and enhances your knowledge and clinical experience significantly.
- You will be trained under world renowned physicians and surgeons and you will be able to enrich your experience and gain from their knowledge and wisdom.
- You will have the chance to be trained in state-of-the-art health care facilities that offer many great research opportunities.
- You will be working in a multicultural, multi-ethnic environment which will enhance your overall training experience.
- You will be eligible to take the American board exam, which will enhance your future career opportunities.
- Having your residency in Canada will often open many opportunities for you in the future, in Kuwait and abroad.

Life-wise:

- It will be an experience and an adventure that will enhance and hone your skills in many ways: socially, culturally, intellectually and personally.

However, as all major decisions in life, there are advantages and disadvantages. The key here is that you balance both sides and see which one has the greater benefit. Some of the disadvantages include:

- Living away from home, family and loved ones for many years.
- Missing major events with your family and friends.
- Needing some time to adjust and integrate within the Canadian system.

At the end of the day, the most important point here is what are the advantages and disadvantages in your case, make it a **personalised decision**. Canada might be the best option for you and it might not be. Everyone is different!

However, if you decide that you are coming to Canada, we want you to know that the Association of Kuwaiti Doctors in Canada is here for you! We are here to help, to guide and to support you!

Good luck in whatever path you chose! May Allah bless you with success.

## 2. MCCQE Part 1 Exam Registration: Kuwait University Graduates, IMG, Medical Students and Medical Doctors

Written by Dr Khaled W M Alawadhi, Incoming Orthopaedics Resident - University of Toronto

### What is MCCQE Part 1? (Medical Council of Canada Qualifying Exam Part-1)

- One-day, computer-based test that assesses the critical medical knowledge and clinical decision-making ability of a candidate at a level expected of a medical student who is completing his or her medical degree in Canada. (Given at the End of their Medical School)
- Main requirement for all medical students and graduates who are planning for practice medicine and for residency and fellowship in Canada (**Equivalent to** USMLE Exams in the United States)
- For graduates from Kuwait University and international medical schools, this exam is the only requirement for the residency and fellowship applications in Canada.

### Important websites:

1. Medical Council of Canada: <https://mcc.ca/examinations/mccqe-part-i/>:
  - a. Main website with verified Information about the MCCQE Part 1: Exam dates, application and eligibility, resources for studying.
  - b. Current exam dates/windows for 2022 (Can be found at the end of the page of the link posseted above)
2. Physicians Apply: <http://physicianapply.ca/>:
  - a. To submit your credentials (Medical Diploma/Transcript/To Whom it may concern with certified copies of other documents) via a Source Verification Request (SVR)
  - b. To book and Pay your MCCQE Part 1 Exam Application fees after submitting your SVR
3. Prometric: <https://www.prometric.com/test-takers/search/mcc>
  - a. To schedule your exam during available windows provided by the MCC Website, either:
    - i. At a Prometric-Approved Examination Centre (In Kuwait it is in AMIDEAST)
    - ii. Remote Proctoring Virtual Exam (AT HOME)

### Requirements for the application process:

#### A. Graduates/Medical Doctors:

1. Medical Diploma/Transcripts (Certified by the Faculty Administration or by a lawyer in Kuwait)
2. Passport (Certified by the Faculty Administration for KU or a lawyer for other universities graduates)
3. Identity Confirmation (Certified by the Faculty Administration for KU or a lawyer for other universities)
4. Release of Consent of Information Paper - now as an online format in the [physicianapply.ca](http://physicianapply.ca) website

#### Link to all Files:

<https://www.dropbox.com/sh/s4daj5dcwa4xms5/AACHEryBi0azluoIWbAlrvzba?dl=0>

## B. Medical Students:

1. Student Attestation Form (Certified by the Faculty Administration/University)
2. Passport (Certified by the Faculty Administration/University)
3. Identity Confirmation (Certified by the Faculty Administration office/University)

Link to all Files:

<https://www.dropbox.com/sh/mfrhjdkxq1knapu/AADUKHGNCQNocDQWEBaAJPDBa?dl=0>

## APPLICATION PROCESS STEPS:

**NOTE:** STARTING FROM NOW ON, INCLUDE YOUR NAME AS IT IS WRITTEN IN YOUR PASSPORT IN EVERY DOCUMENT AND EVERY STEP WHILE CREATING YOUR APPLICATION – A CRUCIAL STEP TO AVOID ANY POTENTIAL DELAYS.

**Step 1:** Photocopy your Passport Page

**Step 2:** Take photos (White Background size 2 x 2 3/4 inches (5 x 7 cm in Kuwait's Standard)

**REALLY IMPORTANT:** You need to make sure that the STUDIO stamps the SHOP'S NAME and ADDRESS in ENGLISH OR FRENCH on the Back of your Picture with the Date of the Photograph taken (Recommend: Photokina Shop)



**Step 3 (Option 1) (KU Graduates only from July 2021 to June 2022):**

As of July 2021, the official medical diplomas will be published by the Dean of Admission and Registration on June 2022 (the to whom it may concern certificate with its transcript from the Dean of Admission and Registration in Shuwaikh, which is published and distributed on July/August 2021, will not be accepted as an official certificate by the MCC) - We need an official certificate as shown.

So instead:

- Request to whom it may concern from the COUNSELING AND GUIDANCE OFFICE in the Faculty (مكتب التوجيه والارشاد)
- Takes around 1 to 2 working days
- **CHECK FOR SPELLING ERRORS ESPECIALLY your name and M.D. Certificate NOT MBChB, which is pre-batch 2005 medical degrees.**

**Step 3 (Option 2)**

(All Graduates who graduated from KU - Batch 2013 or later after June 2021, IMGs from other universities, and Medical Doctors):

Degree Diploma with/without Transcripts, which are certified by your faculty administration (Academic Affairs in KU or other universities) or your lawyer from An Official Bar/Lawyers Association (جمعية المحامين الكويتية, In Kuwait)





### Step 3: Certified Copy of your Passport:

- For your reference: You can find the MCC Certification requirements via this link: <https://mcc.ca/media/2017/08/certification-requirements.pdf>
- Take a copy of your passport (**Main Details of your passport Information**) and bring the **original passport** for **authentication process**
- Note that some Certifying Officials may ask you to bring the original passport and make a photocopy at their Facility

### Step 4: Certified Identity Confirmation

- Certified Identity Confirmation Form can be found via this link: <https://mcc.ca/media/2017/08/Certified-identity-confirmation-form.pdf>
- This paper must be certified by the faculty administration or by the lawyer in Kuwait - **YOU ONLY FILL THE FIRST PART ONLY (HIGHLIGHTED IN GREEN)**
- The Faculty Administration or the lawyer will fill out the second part of the document and sign by them (**HIGHLIGHTED IN BLUE**)
- NOTE: Make sure who holds your document must stamp on a portion of the picture, not involving any part of the face, and a portion of the paper (AS SHOWN HERE in Black circle)
- For KU Graduates, the second part is filled out by the vice-dean of academic affairs
- Takes around **1 working day** to finish
- MCC Certified Document Samples can be found via this link: <https://mcc.ca/media/2017/08/certification-samples.pdf>
- For IMGs from abroad (Other Universities), refer to this link for document certification by a lawyer accepted by Canada: [https://www.canadainternational.gc.ca/kuwait-koweit/consular\\_services\\_consulaires/lawyers-avocats.aspx?lang=eng](https://www.canadainternational.gc.ca/kuwait-koweit/consular_services_consulaires/lawyers-avocats.aspx?lang=eng)



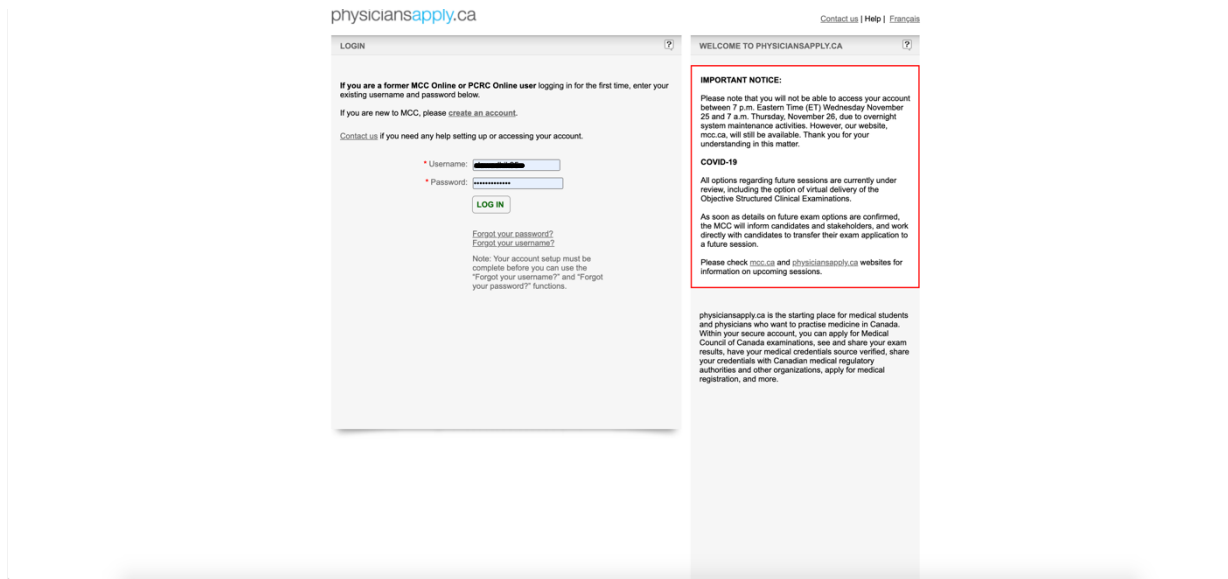
## Step 5: Physicians Apply Website

- Create an account in [www.physiciansapply.ca](http://www.physiciansapply.ca) website and follow the onscreen steps in regard to Name according to your PASSPORT, Email Address, Country of Residency, College attended or currently in, Date of Expected Graduation, Etc.
- You will be required to pay 290 Canadian Dollars (CAD) by Credit Card
- **DO NOT FORGET:** YOUR NAME WILL BE YOUR PASSPORT NAME FOR THE WEBSITE.

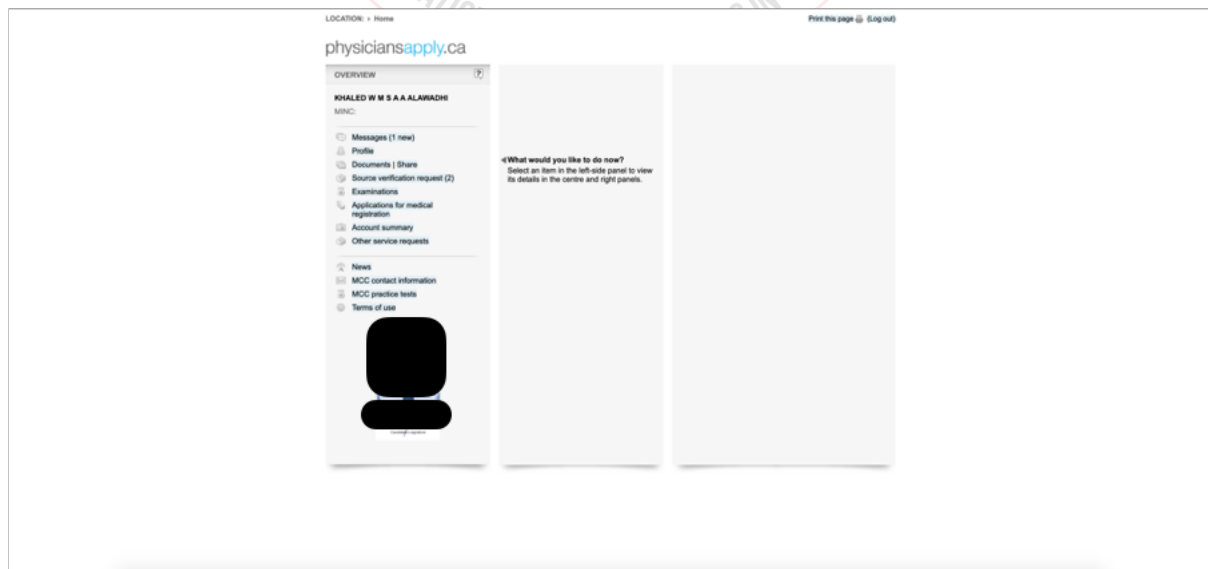


Step 5.1: Go to <https://physiciansapply.ca/>





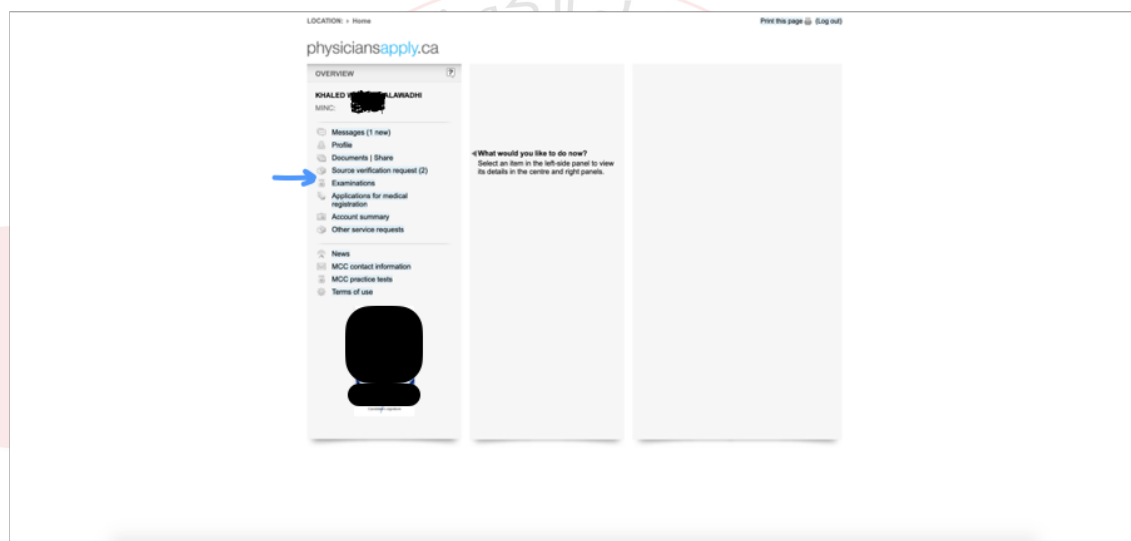
**Step 5.2: Register your account by clicking on Create an Account and follow the onscreen instructions and fill out your information and pay 290 CAD**



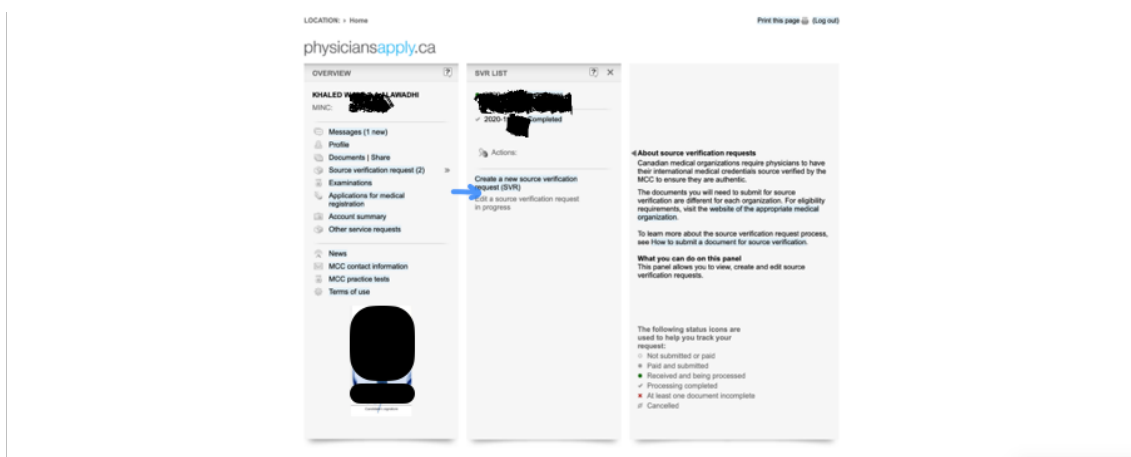
**This is your home page of your physiciansapply account**

## Step 6: Source Verification Request (SVR), Via physicians apply website

- Create a SVR for authentication of your documents and follow on the onscreen process, including Date of first studies (First Day of your freshmen year), and Date of last studies (Last Day of the Graduation Year)
- Once done, print the cover pages of the Passport and the Medical Degree/Diploma (These are important for the application process) - Your Candidate Code will be shown in the cover sheet document, which you will need to **add into the certified identity confirmation (HIGHLIGHTED IN BLUE)**
- You will be required to **pay 175 Canadian Dollars (CAD) by Credit Card**
- You will have **30 days to submit the files** requested for the SVR Request so make sure to submit the papers before the 30 days limit.



### Step 6.1: Click on **Source Verification Request (SVR)** on your left side of the page



### Step 6.2: Click on **Create a new Source Verification Request (SVR)** and follow onscreen instructions

LOCATION: Home > Source Verification Request Print this form > Go back

SOURCE VERIFICATION REQUEST: CREDENTIAL DOCUMENTS

**CREDENTIAL DOCUMENTS**

\*Credential type: Medical degree or diploma

\*Country of medical school: Select

\*Name of medical school: Select

\*Degree awarded: Select

\*Graduation date (YYYY-MM-DD):

\*Diploma issue date (YYYY-MM-DD):

\*Your name on the document:

\*Language of document: English, French, Other

\*Primary language of study: English, French, Other

\*Academic studies start date (YYYY-MM-DD):

\*Academic studies end date (YYYY-MM-DD):

☒ Medical degree or diploma

☒ Resubmit supporting documentation

☒ Medical degree or diploma: Cover sheet [300]

SAVE AND ADD ANOTHER DOCUMENT

SAVE AND CONTINUE

*for printing the cover sheet*


*Furthermore, you will be asked to print another cover sheet for your passport.*

**Furthermore, fill out this form (make sure the information are 100% correct)**

**After that, print the cover sheet of the medical degree/ diploma for either the actual diploma or To Whom It May Concern Letter**

**Then you will pay 175 CAD by Credit Card**

**Passport Cover Sheet**



**DOCUMENT COVER SHEET**

Passport

Country of issue: KUWAIT

Your name on the document: KHALED [REDACTED] ALAWADHI

Expiry date (YYYY-MM-DD): [REDACTED]

Language of document: English

Candidate Name KHALED [REDACTED] ALAWADHI


Candidate Code [REDACTED]

PLEASE ATTACH THIS COVER SHEET TO THE DOCUMENT YOU ARE SUBMITTING.

2020-10-08

*This code is to be filled in the certified identity confirmation sheet as mentioned earlier*

**Medical Degree/Diploma/To Whom It May Concern**



MEDICAL COUNCIL OF CANADA / LE CONSEIL MÉDICAL DU CANADA

**DOCUMENT COVER SHEET**

Medical degree or diploma

Country of medical school: KUWAIT

Name of medical school: Kuwait University Faculty of Medicine

Degree awarded: Doctor of Medicine (M.D.)

Graduation date (YYYY-MM-DD): [REDACTED]

Diploma issue date (YYYY-MM-DD): [REDACTED]

Your name on the document: KHALED [REDACTED] ALAWADHI

Language of document: English

Primary language of study: English

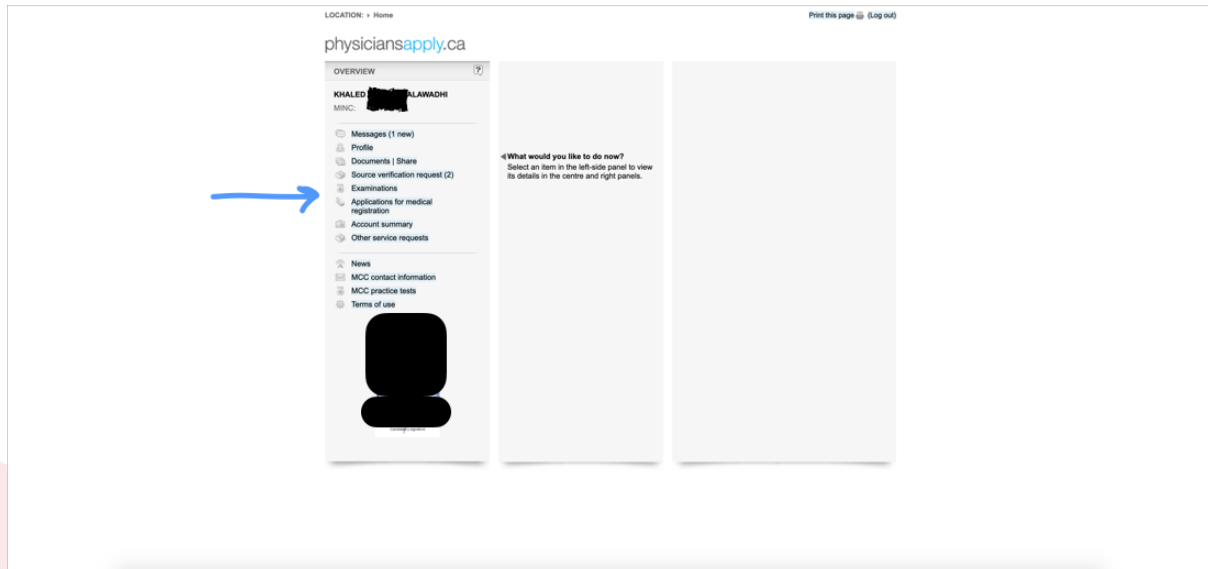
Academic studies start date (YYYY-MM-DD): [REDACTED]

Academic studies end date (YYYY-MM-DD): [REDACTED]

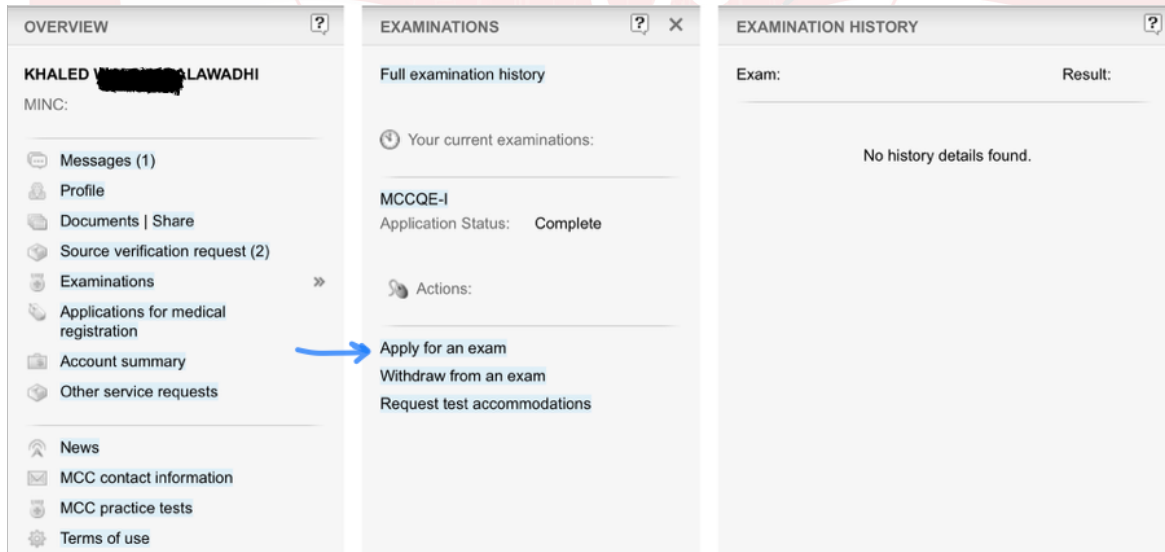
KHALED [REDACTED] ALAWADHI

## Step 7: Book and Pay the Exam fees:

- Once all documents are prepared, you can now book for your MCCQE Part 1 Exam on [physiciansapply.ca](http://physiciansapply.ca) website and pay 1,305 Canadian Dollars (CAD)



### Step 7.1: Select Examinations



Step 7.2: Select Apply for an exam and follow the onscreen instructions  
Then you will pay 1305 CAD

### Step 8: Documents Submission:

- Submit the documents (4 files) by Email Address of the Medical Council of Canada ([service@mcc.ca](mailto:service@mcc.ca)) in the following format shown:
  - **Title:** Attention: Exams Department - Candidate Code
  - **Message Content:** (See the attached email picture below)
  - **Note:** you should receive an update regarding your application within 3 weeks of sending the email with the files required
  - You may also be asked to submit your documents by mail so always check the MCC website for the latest updates.
- **Files Required for attachment to the Email**
  1. Filled and Certified Identity Confirmation (PDF File)
  2. Certified Passport with its cover page (PDF File)
  3. Medical Diploma or To Whom It May Concern with its cover Page (PDF File)

**Attention: Exams Department - MCC Application for a new SVR**  
**(Candidate Code: [REDACTED])**

Hello Agent

I hope this message sees you well

I am applying for a new SVR (Candidate Code [REDACTED]) and i am submitting my documents for the MCCQE Part I Exam

Please see the attached documents below

Thank you for your help and time

Best Regards,

Khaled W [REDACTED] Alawadhi, MD  
[REDACTED]

**Step 9:**

- Once your application is accepted and approved by the MCC (which you will receive in your physiciansapply.ca account in the messages section), including the ATT Number required for Scheduling your Exam Appointment in the Examinations Section shown.

**Subject: MCCQE Part I – Application complete and accepted**

Dear Khaled W M S A A Alawadhi,

Your application for the Medical Council of Canada Qualifying Examination (MCCQE) Part I is complete and has been accepted. The language of your examination is in English. If you would like to change the language, please contact us before scheduling your appointment with Prometric.

As of June 2020, please note that the MCCQE Part I will be offered through Prometric by remote proctoring and also at available Prometric test centres with recommended physical distancing and other personal protective measures in place, as per the guidelines put forward by the Public Health Agency of Canada to prevent the spread of COVID-19. To obtain information on Prometric's remote assessment platform, please consult their [ProProctor](#) web page and [user guide](#)

You can now schedule your appointment online with [Prometric](#) – the service provider that the Medical Council of Canada has contracted for scheduling and administering the computer-based MCCQE Part I. You will need to provide your Authorization To Test (ATT) number (Eligibility number) when scheduling



Step 10: Click on the **Examinations** —> Click on the **MCCQE-I** then this page will show  
The **ATT #** is required for scheduling your Exam Appointment in either a Prometric Center or remote Protocolling (Online Exam at Home)

**Please Note for Kuwait University:** Batch 2013 or later from July 2021 or later (Step 3 Option 1 for Graduates), you need to submit your Medical Degree, which will be issued in July 2022, even if your application has been accepted for Certification purposes

### Step 11: Scheduling your MCCQE Part 1 Exam

- Once you receive the ATT, go to the following website:  
<https://www.prometric.com/test-takers/search/mcc>
- How to book your appointment after finishing MCCQE Part-1 Paperwork:  
<https://media.giphy.com/media/U74IpffRR2Uwuf5oMq/giphy.gif>
- Then Click on Schedule in the English Column

**Next, a new popup window will open for scheduling the mccqe part 1 exam appointment**

**Follow the onscreen instructions**

Pro Scheduler

Language  
English

PROMETRIC

### Schedule Appointment

**How to become eligible**  
You must have applied and been accepted for your Medical Council of Canada Qualifying Examination (MCCQE) Part I and received an Eligibility number (Authorization To Test (ATT) number) from the Medical Council of Canada, prior to scheduling your testing appointment.

**What to bring to the exam**  
You will need to bring two pieces of valid **government-issued** identity documents (a passport and driver's licence, for example, but not a university student card) to your exam. Both documents must contain your photograph and signature, and the name on the documents must match your MCCQE Part I application.

**What not to bring to the exam**  
You are not allowed to bring **any** materials with you into the exam room.

**Note:** In a test centre exam, scratch paper and a pen will be provided. In a remotely proctored exam, you will have access to the electronic Scratchpad functionality.

**Test Sponsor:**  
Medical Council of Canada

**Program Name:**  
Qualifying Examination - Part I

**After that, this window will appear:**

Pro Scheduler

Language  
English

PROMETRIC

### Schedule Appointment

Exam Selection

Eligibility Information

\* Indicates required field

\* Authorization Number :

\* First 4 characters of last name :

Submit

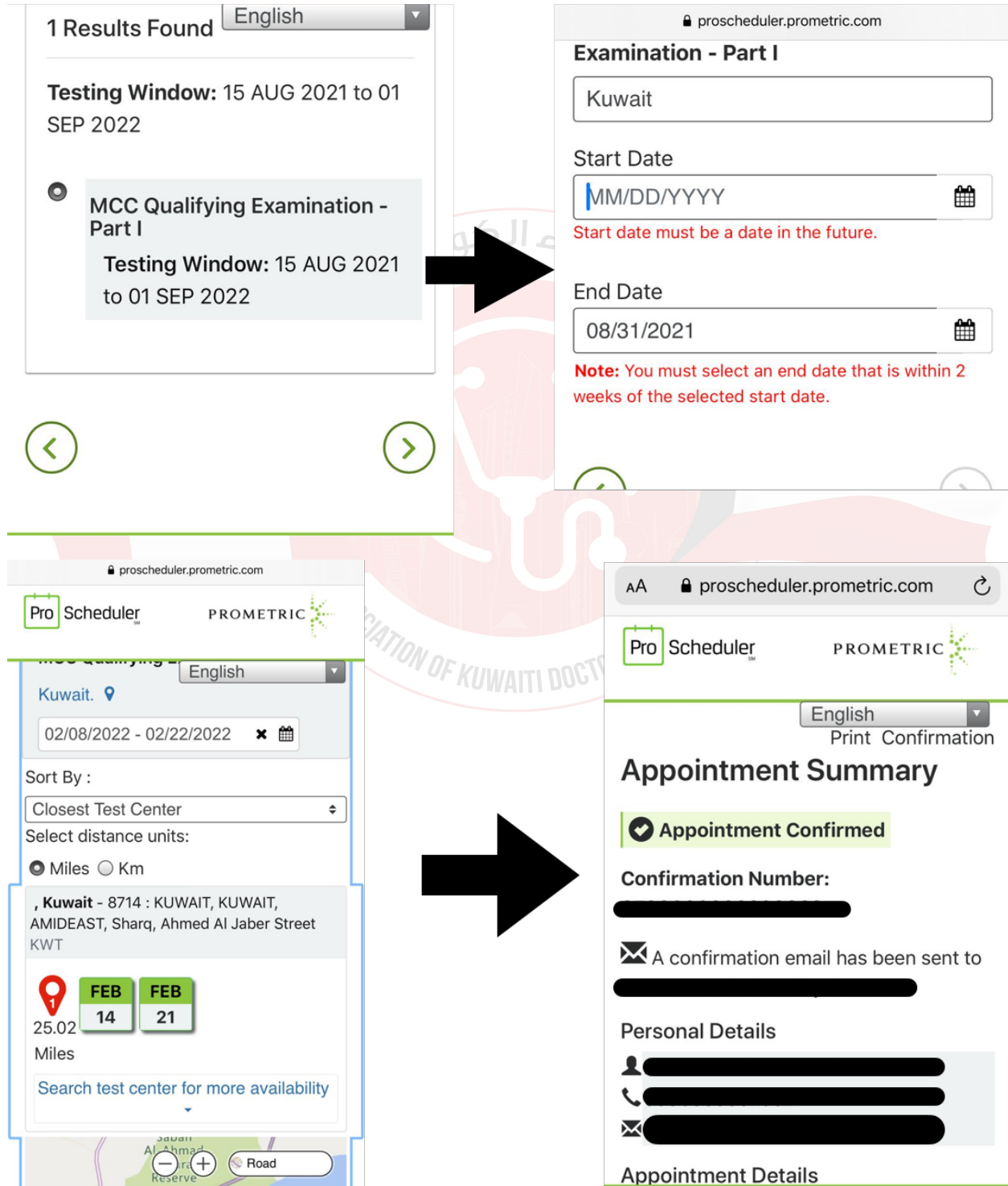
**Test Sponsor:**  
Medical Council of Canada

**Program Name:**  
Qualifying Examination - Part I

**Eligibility Information:**

**Fill the Authorization # (ATT #) and the first 4 letters of your family name**

**Then you will search and select the location and time of your appointment according to the MCC Website (MCCQE-1 Main Page)**



**1 Results Found** English

**Testing Window: 15 AUG 2021 to 01 SEP 2022**

**MCC Qualifying Examination - Part I**

**Testing Window: 15 AUG 2021 to 01 SEP 2022**

**Examination - Part I**

Kuwait

Start Date

MM/DD/YYYY

Start date must be a date in the future.

End Date

08/31/2021

**Note:** You must select an end date that is within 2 weeks of the selected start date.

Pro Scheduler PROMETRIC

Kuwait

02/08/2022 - 02/22/2022

Sort By :

Closest Test Center

Select distance units:

Miles Km

, Kuwait - 8714 : KUWAIT, KUWAIT, AMIDEAST, Sharq, Ahmed Al Jaber Street KWT

25.02 Miles

Search test center for more availability

Pro Scheduler PROMETRIC

English

Print Confirmation

**Appointment Summary**

**Appointment Confirmed**

**Confirmation Number:**

A confirmation email has been sent to

**Personal Details**

**Appointment Details**



**Please Note that the eligibility window for booking will be announced in the MCC website and/or their twitter account @MedCouncilCan**

**Once you confirm your appointment and fill out details, you will receive an email including your confirmation number by the Prometric Website and a confirmation page will appear as shown:**

Language English PROMETRIC

Pro Scheduler

### Appointment Summary

Appointment Confirmed

Confirmation Number: [REDACTED]

A confirmation email has been sent to alawadhik18@gmail.com

#### Personal Details

Khaled [REDACTED] Alawadhi

[REDACTED]

[REDACTED]

[REDACTED]

#### Appointment Details

KUWAIT, KUWAIT on [REDACTED] 9:00 AM - 6:00 PM

Status: Scheduled

Exam: MCC Qualifying Examination - Part I

AMIDEAST, Sharq, Ahmed Al Jaber Street, Plot 1, Floor 2, Commercial Bank Building, KUWAIT, 0000, KWT

Total Duration: 9 hr. 0 min

location in Kuwait

**You will be required at the time of the exam to show this document along with 2 official government-valid IDs (Passport + Civil ID) with the signature on the Day of the Exam.**

**Good Luck in the Exam!**

If you have any questions, please feel free to contact:  
Dr Khalid Alawadhi, B.Med.Sc, MD  
Email: khaledalawadhihsc@gmail.com  
Twitter: @KWALFC @OrthopedicsArt

### 3. Tips for The MCCQE Part 1 Preparation:

Written by Dr Ayedh Alhajri, PGY2 Paediatrics Resident - University of Toronto and  
Dr Mohammad Alotaibi, Incoming Internal Medicine Resident - Queen's University

- First, as you are reading this part of the manual thinking about taking the MCCQE Part 1 exam, we would like to say: GOOD LUCK! You can pass this exam and have a good grade. We believe in you!
- An important note to mention: everyone's study pattern and way is different, and here we gather our personal advices. Please take into consideration your OWN study methods that work best for YOU.
- We wish you all the best of luck. Ask Allah for guidance and success.
- الله يوفقكم ويسهل عليكم.
- **General points about the exam:**
  - The MCCQE Part 1 contains 210 Multiple-Choice Questions (MCQs) and 38 Clinical Decision-Making (CDM) cases (65-75 questions).
  - Exam duration:
    - MCQs: 4:00 hours
    - Break (Between MCQs and CDM): 45 minutes
    - CDM Cases: 3:30 hours
    - Total duration: 8:15 hours.
  - The exam will assess four different categories: Assessment/Diagnosis, Management, Communication and Professional behaviours.
  - Each category has four domains: Acute, Chronic, Illness prevention and Psychosocial aspects.

Dimensions of care						
Physician activities		Health Promotion & Illness Prevention	Acute	Chronic	Psychosocial Aspects	Row %
	Assessment/ Diagnosis					45±5
	Management					35±5
	Communication					10±5
	Professional Behaviours					10±5
Column %		20±5	35±5	30±5	15±5	100

(Table reference: Medical Council of Canada website, link : <https://mcc.ca/examinations/mccqe-part-1/>)



- Medical subjects covered in the exam include: Ethics , preventative medicine, geriatrics, internal medicine, general surgery, paediatrics, obstetrics and gynaecology, emergency medicine and psychiatry.
- The current pass score is **226**, on a reporting scale of 100 to 400 (This might change in the future as the Exam Oversight Committee review the pass score every three to five years)
- You can read more about the exam in the Medical Council of Canada (MCC) website (Link: <https://mcc.ca/examinations/mccqe-part-i/>)
- In the MCC website as well you can find different options of preparatory exams: with answers and explanation, which are helpful as well (Link: <https://mcc.ca/examinations/mccqe-part-i/preparation-resources/preparatory-products/>)

### 1. Before the MCCQE Part 1 Exam:

#### • **General advices:**

- You know yourself, better than anyone else! Make a study schedule that fits your daily work and personal responsibilities. Some people will need only 1 month and others might need up to 6 months.
- It is strongly recommended to do the exam as close as possible to your medical school graduation, as it has been noticed that medical and surgical knowledge is at its peak when you are freshly graduated!
- Ask your friends and colleagues who took the exam before you, what their experiences are and what are their recommendations.
- You need to understand how the CDM marking is, this link in the MCC website will explain it more: <https://mcc.ca/examinations/mccqe-part-i/clinical-decision-making/>
- A CDM module is also present in the MCC website which is very helpful to understand what the examiners are looking for in your answers: <https://mcc.ca/examinations/mccqe-part-i/preparation-resources/preparatory-products/cdm-marking-help/>

#### • **Resources:**

- Many Kuwaiti doctors graduate from different medical schools, and each school has its strong and weak subjects that they teach during clinical years; take this into consideration! So, if you feel you have a subject that you have major deficiency in since med school: try to give it more time.
1. *MCCQE part 1 preparatory exam by mcc, you have different options that you can choose from using this link: <https://mcc.ca/examinations/mccqe-part-i/preparation-resources/preparatory-products/>, it is an extremely helpful resource mainly to understand what the exam will look like and how the exam questions are formulated.*
  2. *Toronto notes: especially for the ethics and laws in Canada and preventative medicine (family medicine chapter, first couple of pages)*
  3. *Canadaqbank (link: <https://canadaqbank.com/mccqe-part1.php>)*
  4. *Uworld question bank for USMLE step 2 ck: excellent resource and very detailed review of different topics that are covered in the MCCQE part 1. (Link: <https://medical.uworld.com/usmle/usmle-step-2-ck/>)*



5. *You can use your medical schoolbooks/notes in certain topics that you feel you are more comfortable reviewing your university's resources.*
- **Revision: One week before the exam**
  - You can use Flash Cards, to help you revise some topics very quickly.
1. *You can try an mcc preparatory exam, they have one like the actual exam in terms of the number of questions: 210 MCQs and 38 CDMs.*
2. *First aid for the USMLE step 2 ck (chapter: rapid review, high-yield facts), about 25 pages of condensed high-yield medical knowledge that is relevant to the exam.*
3. *Family medicine chapter in Toronto notes (especially the first 5 pages, includes screening protocols for colon, cervical, breast, lung and prostate cancers.*
- **Duration of preparation:**
  - Ideally 2-3 months, but it is totally a personalised decision as each one have their own personal responsibilities and own work schedules!
- **The night before the exam:**
  - Relax. Try not to study or revise if you can, to eliminate any stress on the night of the exam. Have a nice dinner and sleep early!

## 2. On the day of the exam:

- Wake up at a reasonable time. Eat a nice breakfast. Pray and ask Allah for success and guidance!
- Arrive at the exam venue 30 minutes prior to the start time (Traffic jams can happen at any time!)
- Go to the washroom before the exam.
- It is totally up to you, but it is not recommended to study or review questions on the morning of the exam.
- Be prepared: bring with you: water, fruits, chocolate, snack +/- lunch box for your 45 minute break time. Go to the washroom during your break.
- Keep calm, even if you have multiple questions in a row that you think you do not know what they are talking about. Still, keep calm and you will be fine!
- Do not leave any question unanswered, there is no negative markings!
- Make sure that you did not exceed the answer limit for the CDM question, as exceeding the number of items requested might lead to losing the question mark.

## 3. After the exam:

- The exam is DONE! Well done! Enjoy your time and reward yourself!
- Results will be available approximately seven to nine weeks after the session's last day. You will get an email and a message in your physiciansapply.ca account.

If you have any questions, please feel free to contact your association, the AKDC!

## 4. Your Application to the Canadian Residency via KIMS:

*Written by Dr Ayedh Alhajri, PGY2 Paediatrics Resident - University of Toronto*

- Each year KIMS announces the Canadian scholarship program. There is no known annual date yet, however the announcement usually happens in May-July.
- For your reference, you can find the 2021/2022 scholarship announcement via this link: [https://twitter.com/kims\\_news/status/1396045110136160257?s=20](https://twitter.com/kims_news/status/1396045110136160257?s=20)
- We suggest following the social media accounts of KIMS to stay updated:
  - Twitter & Instagram: @kims\_news
- Since May 2021, KIMS have been accepting their Canadian scholarship application via their website: [www.kims-scholarship.com](http://www.kims-scholarship.com)
- Your Association the AKDC published a full video on YouTube about KIMS's electronic application process from A to Z. You can see the video via this link: <https://youtu.be/AQO7cyGnVVI>
- KIMS scholarship office contact information:
  - WhatsApp Number: 22451318
  - Email: [admin@kims-scholarship.com](mailto:admin@kims-scholarship.com)

## 5. How to prepare for the interviews:

*Written by Dr Ayedh Alhajri, PGY2 Paediatrics Resident - University of Toronto*

- This is one of the most common questions that anyone in Canada gets asked each year. We hope that this section will help you prepare well and ace your interview(s).
- Here you will find a YouTube video that we in AKDC prepared to help you in preparing for your interview: <https://youtu.be/kktUpseNBmY>. We hope that you find it helpful!
- Another helpful talk that you will find in our YouTube channel under the title “Acing your residency interview” By Dr. Mohamed Al Sharji and Dr. Ayedh Alhajri. (Link: <https://youtu.be/FOXdbectZxM>)
- We will have this section divided into three sections: before your interview, the day of the interview and after your interview.

### **Before your interview:**

- Read your personal CV and your personal statement very well.
- Read about the residency program that offered you the interview (+ read about the university and city you will be going to)
- Prepare some questions that you want to ask the program directors or residents when you are in the interview (when they ask you: do you have any questions?). Ask questions that really matter to you.
- Excellent reading material for all residency/fellowship interviews include the following:
  1. Residency Interview Tips, prepared by the Office of Health Professions Student Affairs: [https://drive.google.com/file/d/1A\\_718-DRX41kKXiQS\\_nk1bGG7EFH-MBt/view?usp=sharing](https://drive.google.com/file/d/1A_718-DRX41kKXiQS_nk1bGG7EFH-MBt/view?usp=sharing)
  2. The CanMEDS Framework, prepared by University Health Network: <https://drive.google.com/file/d/1TCFtDLyTA1Crq1ARcoNjA8GcWd1073Kp/view?usp=sharing>
  3. Interviewing for Residency general tips: <https://drive.google.com/file/d/1j4MFsa7pCGMBqb1ZDEZ9l21YDCprF7vr/view?usp=sharing>
  4. Common interview questions for preparations, by Ayedh Alhajri: [https://drive.google.com/file/d/1R0813dKIMhx4UQP0\\_Hi5DImA4a8eMzEf/view?usp=sharing](https://drive.google.com/file/d/1R0813dKIMhx4UQP0_Hi5DImA4a8eMzEf/view?usp=sharing)
- After reading the common interview questions, take your time to prepare your answers. From a personal experience I found writing my answers down helped me in preparing for my interviews.
- After you read those excellent documents and prepare your answers for the common interview questions: PRACTICE! PRACTICE! PRACTICE!
- Practice with family/close friends. It is very important to practice, as you will find some of your answers when you say them out loud are not as good as you have imagined.
- Ask for feedback from the people you practiced with.
- Ask your friends and colleagues who have had medical interviews in the past, what was their experience and what questions were they asked. (Regardless of their residency programs and the country they are applying for, all are relevant somehow)
- The day before the interview: relax, enjoy your time, have a nice dinner and sleep early. Make sure you have your alarm at a reasonable time in the morning.
- Make sure that you have your interview formal professional attire clean and ready to wear (For men: a suit and tie. And for women: a formal professional dress)

### *The day of the interview:*

- Wake up at a reasonable time. Pray on time and ask Allah for support and guidance.
- Have a nice breakfast (or lunch if your interview is late)
- If your interview is in person: plan to be in the interview venue at least 15-30 minutes before your scheduled time. (traffic jams could happen any time, so be prepared). Going to the interview early will make you more relaxed and you will not be rushing to the venue.
- If your interview is done virtually, join the link couple of minutes earlier (unless you are instructed otherwise)
- During the interview: BE YOURSELF! You are the BEST version of yourself, so do not try to be anyone else.
- If there was a question / word that you did not understand, that is totally fine, do not panic. Simply ask: Can you repeat that question again? / What do you mean by this word?
- If you were asked a question about a difficult situation (i.e. What would you do if....?). Remember the **SPIES** mnemonic:
  - Seek information
  - Patient safety
  - Initiative
  - Escalate
  - Support. (Refer to the first document attached above for more information)
- If you were asked a competency based question (tell me about a time when ....). Remember the **STARR** mnemonic:
  - Situation
  - Task/Tactics
  - Action(s)
  - Result
  - Lastly Reflect. (Refer to the first document attached above for more information).
- Stay CALM throughout the interview process.
- Usually at the end of some interviews they will ask if you have any questions: say yes and ask questions that really matter to you (That might change your mind about the program).
- After the interview: thank everyone who were involved for their excellent job.

### *After the interview:*

- Reward yourself with a nice coffee, a nice walk or anything you enjoy doing.
- It is nice to socialize with other candidates that you met on the day of the interview. I suggest that you do not speak with other candidates about the interview questions and how did they feel about it (you do not want them/or you to feel bad)
- You can discuss the interview in detail with the people you trust, I found that helpful.
- Relax, enjoy your time and do not overthink it!

That is it for this section. We are sure that you will be AMAZING and you will ACE your interview. All the best of luck and we cannot wait to welcome you here in Canada!

## 6. Residency offers: General advice in how to accept/reject offers

*Written by Dr Ayedh Alhajri, PGY2 Paediatrics Resident - University of Toronto*

- In the case that you receive multiple offers from different universities: take your time to decide which program is the best for you.
- I suggest making a table with different comparators so that you can objectively rate each program.
- After you reach your final decision send the acceptance email to your desired program saying how thrilled and happy you are to be joining their program.
- For the programs who sent you an offer that you will not be accepting, send them a rejection email saying how grateful you are for their offer but you choose a different program that is more suitable for you.
- Make sure that you reply to all the offers before their deadlines.
- Make sure to update the cultural office about all offers that you have received and which offer did you accept and which offer(s) did you reject.



## 7. Applying for the Canadian Visa and Work Permit

*Written Dr Mohammed Alsaleh, Incoming Anaesthesia Resident - University of Toronto*

**Disclaimer:** The visa application process gets updated regularly. Information above applies to the year 2022. While most of the information provided should be relevant, there could be slight changes. Please visit their website for the most recent updates before proceeding with the application.

- In order to pursue a medical residency in Canada, you are required to have a valid work permit.
- The application process for both the visa and work permit is the same (i.e.. you apply once for both).
- You can either apply via VSF Global (In Alrayah Tower, Kuwait City) or online.
- If you opted to apply online, you will need to send your passport via VSF once your application is approved.
- **When to apply?**
  - Once you receive the letter of eligibility from your university or royal college + LMIA exemption number (LMIA: Labour and marketing impact assessment)
- To apply online:
  - Sign up through: <https://www.canada.ca/en/immigration-refugees-citizenship/>
  - Register for a GC account
- **Required documents:**
  1. Application to work permit made outside of Canada (IMM 1295)
  2. Employment reference letter (بيان الحالة الوظيفية من المنطقة الصحية - مترجم للغة الإنجليزية)
  3. Letter from current employer (Everything that proves that you will be financially supported during residency) (Sponsorship letter from KIMS, bank statement, translated salary certificate)
  4. Employment records (شهادة سيرة ذاتية من المنطقة الصحية - مترجمة)
  5. Passport (First page + any pages with stamps and visas)
  6. Education (Diplomas/degrees)
  7. Personal CV
  8. Personal digital photo
  9. Employment contract (Post offer letter)
  10. Family information form (IMM5645)
  11. Proof that you meet the requirements of the job being offered (A letter from the University/College stating that you are eligible and fit the requirements to work as a resident)
  12. Proof of upfront medical exam (See below)
  13. Police clearance Cert in English (السكن لعنوان التابع الفرع - الجنائية للأدلة العامة الإدارة من) - You will need a personal photo + passport + Civil ID

14. If you lived in a country for more than 6 months after the age of 18, you are required to obtain a police clearance certificate from that country. For Ireland Grads: (Dublin) email SC.Bservices@garda.ie (Galway): [GA.Bservices@garda.ie](mailto:GA.Bservices@garda.ie)
15. Application for a temporary resident visa made outside of Canada (IMM 5257)
16. LIMIA exempt proof (LIMIA exemption receipt, to be obtained from the university)
17. For married applicants, fill out the family authorization form found on their website.

- You will need to have a medical exam (you will be assessed by a medical doctor with a physical exam and you will have blood work and CXR) in order to obtain a work permit.
  - It is done at The New Mowasat Hospital, call them and arrange an appointment. Their contact number (and WhatsApp) is: +965 50826666.
  - Once done, they will provide you with proof that it is complete. Upload that to the visa portal.
  - The medical exam is valid for 1 year
- Once you submit and pay for the application fee, you will receive a biometrics collection letter. Print that letter and make an appointment with VSF Canada (At Alrayah tower in Kuwait City) to have your biometrics taken.
- You will receive an email once your application is approved, a letter will be uploaded to your GCKey account.
- Print the letter and submit it along with your passport to VSF Canada. It usually takes around a week to get your passport back.
- **Applying for your spouse and dependents:**  
During your application, you will have the option of adding your spouse and dependents to your application package.

- **Required documents (Spouse):**

1. Application for visitor visa (IMM5257)
2. Family information form (IMM5645)
3. Application for temporary residence (IMM5257b)
4. Passport (First page + any pages with stamps and visas)

- **Supporting documents:**

1. Marriage certificate (Translated)

- **Required documents (Dependents):**

1. Application for visitor visa (IMM5257e)
2. Application for temporary residence (IMM5257b)
3. Passport (First page + any pages with stamps and visas)

- **Supporting documents:**

1. Birth certificate (Translated)

## 8. CSC Scholarship paperwork in Kuwait

*Written by Dr Haneen Alsayegh, Incoming Paediatrics Resident - University of Toronto*

Once your visa is ready, visit the Civil Service Commission (CSC) (ديوان الخدمة المدنية) with a sponsor (a parent, for example). The CSC requires a sponsor for financial guarantee for in case you did not complete your scholarship, yourself and the sponsor will be able to pay back the fees to the CSC. Both you and your sponsor must be present physically.

When you go to the CSC, make sure you have the following documents with you:

1. Copy of your Canadian visa
2. Copy of your letter of acceptance from the university
3. Copy of your letter of acceptance from the cultural office
4. Copy of the sponsor's civil ID

CSC will call you the next day to collect your documents:

1. To Whom It May Concern letter (لمن يهمه الأمر): Original document.
2. Kuwait Airways airplane ticket request: Original document
3. Scholarship letter directed to the cultural office
4. Scholarship letter directed to the KIMS

Keep these letters with you. They are proof of your scholarship.

- Give the airplane request paper to a Kuwait Airways Tickets office to obtain your ticket (There is one in the Avenues mall)
- Make sure your workplace also receives a copy of the (To Whom It May Concern) letter given by the Civil Service Commission.

## 9. Kuwait University Scholarship: How to apply and what does it mean?

*Written by Dr Ayedh Alhajri, Current Scholar from Kuwait University - Paediatrics*

### Basic Information:

- If you want to be an academic clinician / faculty member / balanced clinical and academic work balance: then think about Kuwait University scholarship application.
- Each year (Usually around March) Kuwait University announces its scholarship program to be a mission demonstrator (معيد بعثة) in many medical-surgical specialties.
- The most recent announcement for the year 2021-2022 can be found via this link: [http://vpaa.ku.edu.kw/ar/documents/sch\\_uni\\_2020/scholarships2020.pdf](http://vpaa.ku.edu.kw/ar/documents/sch_uni_2020/scholarships2020.pdf)
- Each year there are different desired medical and surgical specialties offered.
- KU scholarship program eligibility can be found in the link above (read it carefully).

### Application:

1. You must have completed your internship year.
2. You must meet all of the eligibility criteria. (Can be found in the recent announcement: within the link mentioned above)
3. You must be accepted into a University that is listed in the KU announcement (in the field that you are applying to) [Hence, you will have your KIMS offer and University offer before applying into KU scholarship program]

### Interviews: (Total of two interviews, which can be done virtually if needed)

1. An interview with the department that you applied to (i.e. pediatrics or general surgery etc)
2. An interview with the Faculty of Medicine at Kuwait University (usually will have the dean, vice dean and multiple heads of departments)

### Pros: (Which might differ from person to person)

1. Diverse career including: clinical, academic and research activities.
2. Opens many opportunities when going back home.
3. The pleasure of working with and teaching future colleagues.
4. Canadian base salary is higher than MoH scholars Canadian base salary.
5. For married/parent applicants: an increase in the Canadian salary for your spouse and each child accompanying you during the scholarship duration.

### Cons: (Which might differ from person to person):

1. You will have a specified medical or surgical subspecialty (that you might want to change in the future: which might be a challenge). In comparison to MoH, CSC Scholars can choose any subspecialty after completing their residencies.
2. Your Kuwaiti salary will stay the same without an increase during the full duration of your scholarship time. In comparison to MoH scholars, their Kuwaiti salaries will increase with each promotion.

### If you have any questions, you can contact:

- Dr Ayedh Alhajri – KU Scholar, Paediatrics PGY2 at UofT: [ayedh.alhajri@ku.edu.kw](mailto:ayedh.alhajri@ku.edu.kw)

# Chapter 2

## Canadian Residency Programs

1. Introduction: Canadian Residency Programs via KIMS.....	38
2. Anatomical Pathology.....	40
3. Dermatology.....	43
4. Diagnostic Radiology.....	47
5. Emergency Medicine.....	49
6. General Surgery.....	51
7. Internal Medicine.....	52
8. Neurosurgery.....	54
9. Ophthalmology.....	56
10. Orthopaedic Surgery.....	59
11. Otolaryngology (ENT).....	61
12. Paediatric Neurology.....	63
13. Paediatrics.....	66
14. Psychiatry.....	68
15. Radiation Oncology.....	71
16. Urology.....	73
17. Vascular Surgery.....	75
18. Other residencies summary.....	76



## 1. Introduction:

Each year there are many medical and surgical residency and fellowship spots available for Kuwaiti doctors in Canada (Through the KIMS agreement with different Post-Graduate Medical Education offices (PGMEs) in Canada). For example in 2021, KIMS announcement showed that there are 29 different medical and surgical specialties as shown in the table below:

Residency Programs	Alberta	Calgary	Dalhousie	McGill	McMaster	Ottawa	Queens	Toronto	Western	Saskatchewan
Anatomical Pathology	✓			✓		✓		✓		
Anaesthesia	✓			✓	✓	✓		✓	✓	✓
Cardiac Surgery	✓			✓	✓			✓		
Dermatology		✓		✓				✓		
Diagnostic Radiology				✓	✓	✓		✓	✓	✓
Emergency Medicine				✓	✓	✓				
General Surgery		✓	✓	✓	✓		✓	✓	✓	✓
Hematological Pathology								✓		
Internal Medicine	✓		✓	✓	✓	✓	✓	✓	✓	✓
Medical Genetics				✓				✓		
Medical Microbiology								✓		
Medical Oncology					✓					
Neurology	✓			✓			✓	✓	✓	
Neuro-pathology								✓	✓	
Neuro-surgery	✓	✓	✓	✓	✓			✓	✓	
Nuclear Medicine				✓					✓	

Residency Programs	Alberta	Calgary	Dalhousie	McGill	McMaster	Ottawa	Queens	Toronto	Western	Saskatchewan
Obstetrics & Gynaecology			✓	✓		✓		✓	✓	
Ophthalmology				✓				✓		
Orthopaedics Surgery	✓		✓	✓	✓	✓	✓	✓	✓	
ENT	✓		✓	✓		✓				
Paediatric Neurology		✓		✓				✓		
Paediatrics		✓	✓	✓	✓	✓		✓	✓	
Physical Medicine & Rehabilitation								✓		
Plastic Surgery	✓			✓	✓					
Psychiatry				✓			✓	✓		
Public Health				✓				✓		
Radiation Oncology	✓	✓	✓	✓		✓	✓	✓	✓	
Urology			✓	✓	✓					
Vascular Surgery				✓	✓			✓		

## 2. Anatomical Pathology Residency

*Written by Dr Saba Alsaddah, PGY1 Anatomical pathology - McGill University*

### Introduction:

- Anatomical pathology is a branch of medicine concerned with the study of morphological and molecular aspects of disease. This involves surgical pathology, cytopathology, autopsy, and molecular pathology. Anatomical pathologists are responsible for the diagnosis of disease as well as the pathophysiology and the structural and physical changes that develop. Anatomical pathology provides a foundation on which clinical decisions are made.
- All anatomical pathology residency programs in Canada follow the CanMEDs framework in training future pathologists. The 7 roles of CanMEDs are: Medical Expert, Communicator, Collaborator, Leader, Health Advocate, Scholar and Professional. (You can read more about CanMEDS framework here: <https://www.royalcollege.ca/rcsite/canmeds/canmeds-framework-e>)

### Objectives:

- Each anatomical pathology residency program in Canada is required to meet the Royal College of Physicians and Surgeons in Canada "Anatomical Pathology Competencies with regards to the different CanMEDs roles. A link with the extensive list of competencies can be found on the royal college website: <https://www.royalcollege.ca/rcsite/documents/ibd/anatomical-pathology-competencies-e.pdf>
- Those competencies include the following examples within the different CanMEDs role:
  - 1 Practice medicine within their defines scope of practice and expertise.
  - 2 Perform a clinicopathologic assessment of a case.
  - 3 Plan and perform tests and procedures for the purposes of diagnosis and case management
  - 4 Document and share written and electronic information about the pathology encounter to optimize clinical decision making and patient safety.
  - 5 Work effectively with physicians and other colleagues in the health care professions.
  - 6 Teach students, residents, the public, and other health care professionals.

### Assessments:

- During residency:** Each residency program has their own specific evaluations and assessments throughout residency, mostly it will include the following:
  1. Resident In-Service Examination (RISE): once/year.
  2. In-training examination: oral, written, and rapid slides (program specific): twice/year
  3. OSCE stations exam: once/year.
  4. In-Training Evaluation Report (ITERs): one for each rotation.
  5. Entrustable professional activities (EPAs): task-based assessments that are used to assess resident competency as the anatomical residency programs in

Canada have transitioned to Competency By Design (CBD). (To read more about CBD: <https://www.royalcollege.ca/rcsite/cbd/cbd-assessment-e>)  
(To learn more about anatomical pathology competencies: <https://www.royalcollege.ca/rcsite/documents/cbd/epa-guide-anatomical-pathology-e.pdf>)

- **At the end of residency:**

The Royal College exam will have two components:

1. Written (SAQs – can be answered in short words/phrases): 3 hours each
  - SAQ: basic science and applied knowledge of pathology (25-35 questions)
  - SAQ: virtual microscopy and static image based practical (80-90 questions)
2. Applied: structured oral exam: 2 hours
  - 60 minutes candidate content review
  - 5 stations x 10 minutes each

**Duration:**

- All anatomical pathology residents are expected to complete 5 years of training to meet the Royal College requirements.
- This period must include at least 40 blocks of core anatomical pathology along with selectives and basic clinical training.
- Each residency program will differ slightly in the distribution of these training blocks.
- A list of the specialty training requirements can be found at: [https://www.royalcollege.ca/rcsite/documents/ibd/anatomical\\_pathology\\_str\\_e](https://www.royalcollege.ca/rcsite/documents/ibd/anatomical_pathology_str_e)

**Accredited Anatomical Pathology Programs in Canada:**

- Currently there are 16 accredited paediatrics training programs by the Royal College of Physicians and Surgeons of Canada.
- Usually, Kuwait has sponsorship agreements with the following universities (McGill University, University of Ottawa, McMaster University, University of Alberta, Queens University and University of British Columbia)
- However, this list might change annually, hence we recommend checking the KIMS Canadian Sponsorship announcement each year.

**How to increase your chances in being accepted into an anatomical pathology program in Canada:**

- Canadian anatomical pathology residency programs, similar to many other programs in Canada, look at your application holistically.
  1. I strongly suggest reading the CanMEDS framework to understand what residencies are looking for. It is very important that you outline your ability to embody different CanMEDS roles in your application (In your CV and your personal statement). CanMEDS roles are the following:
    - **Medical Expert** (e.g. high/good med school grades, high/good MCC exam score)
    - **Communicator** (e.g. therapeutic relationships with patients/families)
    - **Collaborator** (e.g. Ability to work with different teams / committees)

- **Leader** (e.g. in med school student committees / extra-curricular activities)
  - **Health Advocate** (e.g. being actively involved in medical awareness campaigns)
  - **Scholar** (e.g. being involved in medical research, teaching others)
  - **Professional** (e.g. working with peers, being involved in mentorship programs)
  - An excellent reading material for CanMEDS framework can be found via this link:  
<https://drive.google.com/file/d/1TCFtDLYtA1Crq1ARcoNjA8GcWd1073Kp/view?usp=sharing>.
  - The Royal College of Physicians and Surgeons in Canada have a nice e-tool to understand CanMEDS framework more:  
<https://canmeds.royalcollege.ca/>.
2. Electives in Canada can be very beneficial:
- Having an elective in Canada is usually helps in most cases as it shows your interest and your dedication; however, it could backfire if you have a bad experience or leave a bad impression.
  - It also helps you experience the program and see if it is a good fit for you or not.
  - Some programs **REQUIRE** an elective prior to considering your application. It is best to email and check with the respective Canadian program directors as KIMS may not always have this information.
  - Personally I suggest emailing programs and expressing your interest and asking if you could get in touch with some of the programs' current residents to ask about their experiences. Especially if you are unable to have an elective in Canada.
3. Personal CV:
- Being involved in extra-curricular activities will show that you are well-rounded and have a personality beyond just academics.
  - Have your CV show a clear message and path of what kind of physician you are – if a particular experience will make your CV seem disorganized then it may be best to not include it.
  - Research is always a bonus – even if it is not published, showing research experience is still good.
  - **Always always always** check for spelling and grammatical errors before submitting your application!
4. Personal statement:
- Do NOT make your personal statement a repetition of your CV.
  - Try to include stories that showcase your background and who you are as a person – Canadian programs really like to see the applicant as more than just a doctor so do your best to convey your personality and story

**Some of the current Kuwaiti pathology residents in Canada:**

- Saba Alsaddah, McGill University - PGY1 ([saba.alsaddah@mail.mcgill.ca](mailto:saba.alsaddah@mail.mcgill.ca))



### 3. Dermatology Residency Programs

*Written by Dr Ali Alajmi, former dermatology resident at McGill University (Graduated 2021), currently a PGY6 Dermatology fellow at Johns Hopkins University*

#### Introduction:

- Dermatology is that branch of medicine concerned with the study and clinical management of the skin, its appendages and visible mucous membranes, in both Adults and paediatrics populations .
- All Dermatology residency programs in Canada follow the CanMEDs framework in training future Dermatologists . The 7 roles of CanMEDs are: Medical Expert, Communicator, Collaborator, Leader, Health Advocate, Scholar and Professional. (You can read more about CanMEDS framework here: <https://www.royalcollege.ca/rcsite/canmeds/canmeds-framework-e>)

#### Objectives:

- Upon completion of training, a resident is expected to be a competent specialist in Dermatology, capable of assuming a consultant's role in the specialty. The resident must acquire a working knowledge of the theoretical basis of the specialty, including its foundations in science and research, as it applies to medical practice
- Each Dermatology residency program in Canada are required to meet the Royal College of Physicians and Surgeons in Canada "**Objectives of Training in Dermatology**" (Full list can be found via this link: [https://www.royalcollege.ca/rcsite/documents/ibd/dermatology\\_otr\\_e.pdf](https://www.royalcollege.ca/rcsite/documents/ibd/dermatology_otr_e.pdf))
- Those objectives include the following examples:
  - 7 Function effectively as consultants, integrating all of the CanMEDS Roles to provide optimal, ethical and patient-centred medical care.
  - 8 Establish and maintain clinical knowledge, skills and attitudes appropriate to Dermatology.
  - 9 Perform a complete and appropriate assessment of a patient.
  - 10 Use preventive and therapeutic interventions effectively
  - 11 Demonstrate proficient and appropriate use of procedural skills, both diagnostic and therapeutic
  - 12 Seek appropriate consultation from other health professionals, recognizing the limits of their own expertise

#### Assessments:

- **During residency:** Each residency program has their own specific evaluations and assessments throughout residency, mostly it will include the following:
  6. In-Training Examination of the American Board of Dermatology (ABD) : total of 5 exams  
(**One Basic Dermatology exam** and **four Core exams** ( Medical dermatology , Surgical dermatology ,Dermatopathology and Paediatrics dermatology ) all ABD exams are MCQ based , starting from PGY2.

**Note :** if the resident would like to write the actual American board exam after finishing residency (to be American Board certified Dermatologists), they must pass all these 5 exams to be eligible to do it

7. In-Training Exams (McGill University): twice / year , each exam includes 6-8 stations OSCE and written exam ( 80-100 questions as a short answers exam – No MCQ in order to mimic the actual Royal college exams) starting from PGY3.
8. Electronic In-Training Evaluation Report (ITERs): one for each block.
9. Work-based assessments: implementing the Competency By Design (CBD) model and the assessments are done via assessing the trainee on Entrustable Professional Activities (EPAs). (To read more about CBD: <https://www.royalcollege.ca/rcsite/cbd/cbd-assessment-e>)
10. Overall comprehensive evaluation and meetings every 6 months with the program director in person based on the above points (1-4) as well as the performance during weekly academic days and book clubs (McGill)
11. PGY1 year evaluations are under Internal Medicine

• **At the end of residency (The Royal college exam) - Based on 2021 exam:**

- The exams will have two components in 3 days :
- 3. Written: day 1 and day 2 , in each day 80-100 questions (Short answers question NO MCQ)
- 4. Applied: 6 stations (20 minutes each), with 2 minutes in between (Total duration: 2 hours) each station can have Long case – Short cases – Spot diagnosis cases

**Duration:**

- Currently and since July 1st, 2021, all Dermatology residents are expected to complete 5 years of training to meet the Royal College requirements
- PGY1 will be full internal medicine year (all residency program across Canada)
- PGY2 year will be 50% - 60% Dermatology ( Each residency program will have slightly different schedules)
- PGY3-5 years are Full Dermatology Rotations

• **McGill University :**

- **PGY1:**
  - Internal Medicine Core rotation
  - Endocrinology
  - Rheumatology
  - Medical haematology/oncology
  - Infectious Diseases
  - Tropical medicine
  - Allergy & immunology
- **PGY2 :**
  - Family medicine/emergency room
  - Plastic surgery
  - Ophthalmology/oculoplastic
  - General pathology/dermatopathology
- **PGY3-5:**
  - Clinical Core Dermatology

### Accredited Dermatology Programs in Canada:

- Currently there are 8 accredited Dermatology training programs by the Royal College of Physicians and Surgeons of Canada.
- Dalhousie University, McGill University, University of Ottawa, University of Toronto, McMaster University, University of Calgary, University of Alberta and University of British Columbia.
- However, this list might change annually, based on the university seats availability for example: (UBC usually they have only one seat every 4-5 years for sponsored residents , also we recommend checking KIMS Canadian Residency Sponsorship announcement each year.

### How to increase your chances in being accepted into a Dermatology program in Canada:

5. Canadian Dermatology residency programs, similar to many other programs in Canada, look at your application holistically.
6. I strongly suggest reading the CanMEDS framework to understand what residencies are looking for. It is very important that you outline your ability to embody different CanMEDS roles in your application (In your CV and your personal statement).
7. CanMEDS roles are the following:
  - **Medical Expert** (e.g. high/good med school grades, high/good MCC exam score , USMLE exams , although not required in the application to Canada , However USMLE exams are respected in Canada especially step 1 )
  - **Communicator** (e.g. therapeutic relationships with patients/families)
  - **Collaborator** (e.g. Ability to work with different teams / committees)
  - **Leader** (e.g. in med school student committees / extra-curricular activities)
  - **Health Advocate** (e.g. being actively involved in medical awareness campaigns)
  - **Scholar** (e.g. being involved in medical research, teaching others)
  - **Professional** (e.g. working with peers, being involved in mentorship programs)
8. An excellent reading material for CanMEDS framework can be found via this link: <https://drive.google.com/file/d/1TCFtDLYtA1Crq1ARcoNjA8GcWd1073Kp/view?usp=sharing>
9. The Royal College of Physicians and Surgeons in Canada have a nice e-tool to understand CanMEDS framework more: <https://canmeds.royalcollege.ca/>
10. Having an elective in Canada\USA as a medical student is usually a bonus in most cases as it shows your interest and your dedication (however, for some, it might be a disadvantage as they leave a bad impression in the hospital that they were working in).
11. Personally, I strongly recommend doing an elective in Canada\USA.
12. Being involved in Extra-curricular activities and research is always a bonus!
13. Showing huge interest Dermatology in your CV and personal statement (e.g. doing extra-curricular activities related to Dermatology , participating in Dermatology research projects, attending dermatology conferences, being involved in Dermatology committee(s))
14. Letters of recommendation should be written in a very good way with personal details supporting the candidate not just a copy-paste versions (programs will read them in depth!)

15. Basics French course (Only for McGill University) could be helpful , no need to do intensive courses

### **Reference and Study Materials for Dermatology Royal College Exam:**

16. For sources with multiple editions, please refer to the most recent edition. In the event that a textbook or guideline has been published in the last 12 months, answers will also be accepted from the previous edition of the textbook.
17. Study materials include, but are not limited to:

### **General Dermatology textbooks**

- Dermatology, by Bologna, Schaffer and Cerroni
- Fitzpatrick's Dermatology, by Kang, Amagai, Bruckner et al.

### **Other textbooks**

- **Surgical Dermatology**
  - Primer in Dermatologic Surgery: A Study Companion, by Mariwalla and Leffell
  - Surgery of the Skin: Procedural Dermatology, by Robinson, Hanke, Siegel et collab
- **Pathology**
  - McKee's Pathology of the Skin, by Calonje, Brenn, Lazar and Billings
  - Weedon's Skin Pathology, by JW Patterson
  - Practical Dermatopathology – Ronald Rapini
- **Contact Dermatitis:** Fisher's Contact Dermatitis, by Fowler and Zirwas
- **Pediatric Dermatology**
  - Hurwitz Clinical Pediatric Dermatology: A Textbook of Skin Disorders of Childhood and Adolescence, by Paller and Mancini
  - Genodermatoses: A Clinical Guide to Genetic Skin Disorders, by JL Spitz
- **Therapeutics**
  - Comprehensive Dermatologic Drug Therapy, by Wolverton
  - Treatment of Skin Disease, by Lebwohl, Heymann, Berth-Jones and Coulson
- **Review Books :**
  - Review of dermatology - Ali Khan
  - Dermatology illustrated study guide – Sima Jain
  - Derm in review – website

### **Sample Journals**

Continuing medical education (CME) articles, such as those commonly found in:

- *Journal of the American Academy of Dermatology (JAAD)*
- *Journal of the American Medical Association-Dermatology (JAMA-Dermatology)*
- *British Journal of Dermatology (BJD)*

Articles relevant to dermatology in top-tier general medicine journals such as:

- *The New England Journal of Medicine (NEJM)*



## 4. Diagnostic Radiology Residency

*Written by Dr Fahd Alkhalifah, PGY3 Diagnostic Radiology - University of Toronto*

### Introduction:

- Diagnostic radiology is a field of medicine concerned with the use of imaging modalities to study, diagnose and treat patients.
- As any residency program in Canada, Radiology uses CanMEDs roles as the backbone in training. These include: Collaboration, Leadership, Medical Expertise, Communication Health Advocacy, Scholarship and Professionalism. (You can read more about CanMEDS here: <https://www.royalcollege.ca/rcsite/canmeds/canmeds-framework-e>)

### Objectives:

1. Competent as consultants in diagnostic radiology. Residents are required to develop the ability to supervise, advise on and perform imaging scans and procedures.
2. Acquisition of an attitude to the practice of medicine that establishes a habit of continuous learning and the importance of promoting a team approach to the provision of services.
3. Demonstrate knowledge, skills and attitudes for effective patient centered care and service to a diverse population.
4. Address ethical issues of culture, age and ethnicity in a professional manner.

### Assessments:

- In-residency evaluation varies depending on the program, but generally include:
  1. Two per year written OSCE examination.
  2. One per year oral OSCE examination.
  3. American Board of radiology examination in January.
  4. Evaluation at the end of each rotation.

#### Exiting exam:

1. Written Examination: 180 questions.
2. Oral OSCE examination

### Duration:

- Residency constitutes of a 4-year radiology training year and one preliminary year yielding a total of 5 years.
- The type and number of rotations that need to be covered in the preliminary year varies depending on the program
- Residency includes training in nuclear imaging and interventional radiology.

### Accredited Radiology Programs in Canada:

- Kuwait has established agreements with the following universities: University of Toronto, McGill University. Other programs have a year per year agreement with Kuwait, such as Queens, Western Ottawa and McMaster

### How to increase your chances in being accepted into a radiology program in Canada:

- I strongly suggest reading the CanMEDS framework to understand what residencies are looking for. It is very important that you outline your ability to embody different CanMEDS roles in your application (In your CV and your personal statement).
- CanMEDS roles are the following:
  1. **Medical Expert** (e.g. high/good med school grades, high/good MCC exam score)
  2. **Communicator** (e.g. therapeutic relationships with patients/families)
  3. **Collaborator** (e.g. Ability to work with different teams / committees)

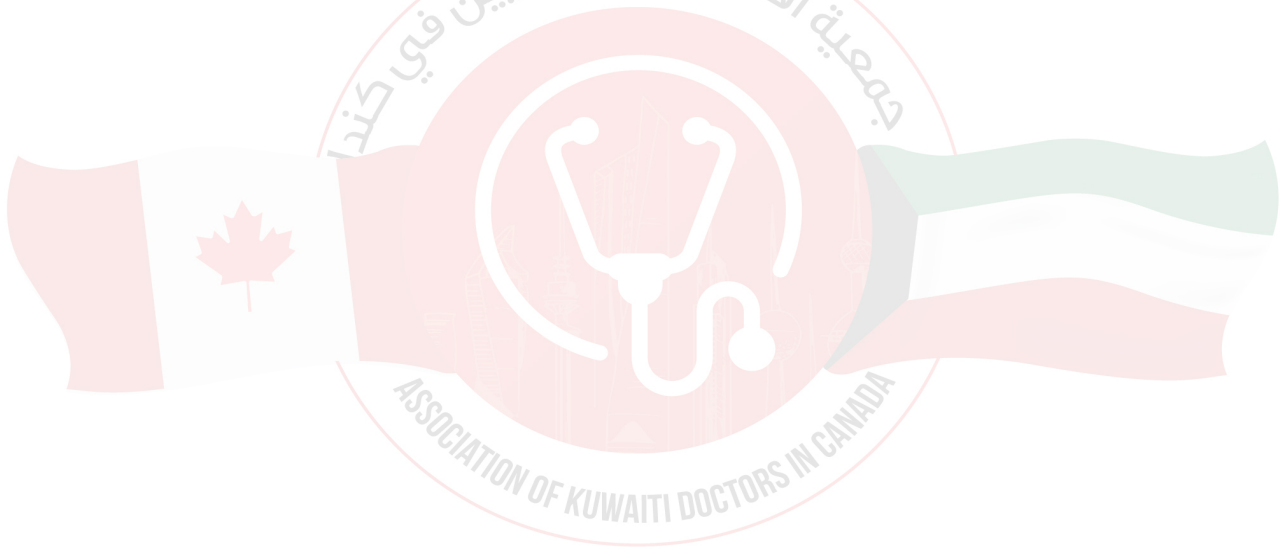




4. **Leader** (e.g. in med school student committees / extra-curricular activities)
  5. **Health Advocate** (e.g. being actively involved in medical awareness campaigns)
  6. **Scholar** (e.g. being involved in medical research, teaching others)
  7. **Professional** (e.g. working with peers, being involved in mentorship programs)
- Having an elective in Canada or the United States as a medical student is helpful to supplement your CV with. In most cases as it shows your interest and your dedication.
  - Being involved in Extracurricular activities and research always leaves a good impression!
  - interest in radiology in your CV and personal statement (e.g. doing extra-curricular activities related to radiology, participating in a radiology research project, attending radiology conferences, being involved in radiology committee(s) etc.)

**Current Kuwaiti Radiology residents:** (You can reach out to them if you have any questions)

- Fahd Alkhalifah, PGY3, at University of Toronto: [Fahd.alkhalifah@mail.utoronto.ca](mailto:Fahd.alkhalifah@mail.utoronto.ca)
- Sulaiman Alosaimi: PGY1 at McGill University: [Sulaiman.Alosaimi@mail.Mcgill.ca](mailto:Sulaiman.Alosaimi@mail.Mcgill.ca)



## 5. Emergency Medicine Residency

*Written by Dr Estabraq Alnajjar, PGY3 Emergency Medicine - McGill University*

### Introduction:

Emergency Medicine is the branch of medicine that is concerned with the resuscitation and management of patients in all age groups with injuries, acute illnesses, and acute exacerbations of chronic illness.

Emergency medicine is like other residency programs in Canada which integrates CanMEDs roles in its training. These include: Collaboration, Leadership, Medical Expertise, Communication Health Advocacy, Scholarship and Professionalism. (You can review the CanMEDS here: <https://www.royalcollege.ca/rcsite/canmeds/canmeds-framework-e>).

### Objectives:

- The different objectives for EM residency program according to the Royal College are covered in detail in the link below:  
[https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwitvaiQ\\_8v2AhVYkYkEHbB1A9QQFnoECCKQAQ&url=https%3A%2F%2Fwww.royalcollege.ca%2Frcsite%2Fdocuments%2Fibd%2Femergency\\_otr\\_e.pdf&usq=AOvVaw0p-uStBZrEGfRYNY1htrmc](https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwitvaiQ_8v2AhVYkYkEHbB1A9QQFnoECCKQAQ&url=https%3A%2F%2Fwww.royalcollege.ca%2Frcsite%2Fdocuments%2Fibd%2Femergency_otr_e.pdf&usq=AOvVaw0p-uStBZrEGfRYNY1htrmc)

### Duration:

- Five (5) years of approved residency training.

### Rotations:

- Throughout the 5 years of residency, the EM resident will be exposed to different off service rotations. These includes ICU, Anesthesia, Sport medicine, Obstetrics, Trauma, Neurology consults, Neurology ICU, IM consults, Cardiology consults and CCU.

### Assessment:

- **During the residency:**
  - During EM rotations, the resident is being evaluated on daily basis based on his/her performance and a standard form is filled by the staff at the end of the EM shift.
  - By the end of each rotation and based on daily evaluations, an Electronic In-Training Evaluation Report (ITERs) is filled by the site coordinator (one for each block).
  - As part of the Competence By Design (CBD) program, residents will progress through the four Stages of training and Promotion will be based on completion of Entrustable Professional Activities (EPAs) for each Stage in addition to the ITERs results.

- **Exit Exam:**

- The royal collage exam is now completed on 4<sup>th</sup> year of the residency as implemented by CBD program.
- It consists of two parts:
  - Written: this part is divided into two days and consist of 25 short answer questions for each paper/day. Duration: 3hours each paper.
  - Structured orals: 6 stations x 20 minutes each

### **Emergency medicine Programs in Canada: Sponsorship**

- Each year the number of residents being accepted in different universities throughout Canada is increasing.
- The current list of Canadian universities offering EM residency programs includes: McGill university, McMaster university, Ottawa university. This list is subjective to annual change.

### **Fellowship:**

- As any other residency program, Emergency medicine has a great variety of fellowship programs after the 5 years residency. These include (and not limited to): ICU, pediatric emergency, Sport medicine, Disaster medicine, Simulation, Aviation medicine, POCUS, IT, medical education.

## 6. General Surgery Residency

*Written by Dr Yousef Almotawa, PGY2 Vascular Surgery - McGill University*

### Introduction:

General Surgery: the parent of all surgical specialties, may be confined to a specific area or broadly based to involve diseases or injury affecting any system of the body.

“General Surgery is that branch of surgery concerned with the diagnosis and management of patients with a broad range of clinical problems.

This specialty focuses on patients with conditions involving the alimentary tract, including the liver and pancreas, as well as endocrine disorders, and conditions of the breast, skin and soft tissues, and the abdominal wall.

The nature of the practice includes providing both acute and non-acute surgical care as well as gastrointestinal endoscopy. Recognizing the generalist nature of this specialty, general surgeons may provide care for patients with a broad range of surgical conditions, depending on the specific practice environment.” Royal College of Physicians and Surgeons in Canada.

### Duration:

- Five (5) years of approved residency training.

### Completion Requirements:

Royal College certification in General Surgery requires all of the following:

1. Successful completion of the Royal College Surgical Foundations curriculum
2. Successful completion of the Royal College Surgical Foundations Examination
3. Successful completion of a 5-year Royal College accredited program in General Surgery
4. Successful completion of a research investigation including presentation of results related to General Surgery, as attested by the residency program director
5. Successful completion of the Royal College certification examination in General Surgery

For Detailed information on General Surgery Training Objectives and Requirements:

<https://www.royalcollege.ca/rcsite/documents/ibd/general-surgery-otr-e>

[https://www.royalcollege.ca/rcsite/documents/ibd/general\\_surgery\\_str\\_e](https://www.royalcollege.ca/rcsite/documents/ibd/general_surgery_str_e)

### Application Boosters:

1. Basic Surgical Skills Course
2. ATLS Course
3. Participation in surgical research projects and publications
4. Demonstrate strong surgical interest throughout your years in medical school and internship
5. Display aspects of your character and interests that fulfil the CANMEDS roles. Read more about CANMEDS: <https://www.royalcollege.ca/rcsite/canmeds/canmeds-framework-e>

## 7. Internal Medicine Residency Programs

*Written by Dr Khalid Almunaikh, PGY2 Internal Medicine - University of Alberta*

### Introduction:

- Internal medicine or general internal medicine is the medical specialty dealing with the prevention, diagnosis, and treatment of internal diseases. Physicians specializing in internal medicine are called internists.
- All internal medicine residency programs in Canada follow the CanMEDs framework in training future paediatricians. The 7 roles of CanMEDs are: Medical Expert, Communicator, Collaborator, Leader, Health Advocate, Scholar and Professional. (You can read more about CanMEDS framework <https://www.royalcollege.ca/rcsite/canmeds/canmeds-framework-e>)

### Objectives:

- Each internal medicine residency program in Canada is required to meet the Royal College of Physicians and Surgeons in Canada "Objectives of Training in internal medicine"
  - INTERNAL MEDICINE COMPETENCIES
    - Upon completion of residency training, Internists will show proficiency in the field by demonstrating:
      - interviewing, problem formulation and treatment
      - a developmental, cultural and lifespan perspective
      - the ability to teach
      - consultation, assessment, and management referrals
      - the ability to review and interpret the scientific literature

### Assessments:

- **During residency:** Each residency program has their own specific evaluations and assessments throughout residency, mostly it will include the following:
  - 12. In-Training Examination of the American Board of internal medicine: once / year.
  - 13. MCQ and SNQ examination: twice / year
  - 14. OSCE stations exam: once / year.
  - 15. Electronic In-Training Evaluation Report (ITERs): one for each block.
  - 16. Clinical skills assessment (Long case exam): twice / year
  - 17. Work-based assessments: implementing the Competency By Design (CBD) model and the assessments are done via assessing the trainee on Entrustable Professional Activities (EPAs). (To read more about CBD <https://www.royalcollege.ca/rcsite/cbd/cbd-assessment-e>)
- **At the end of residency:**
  - The exams will have two components: written and oral



**Duration:**

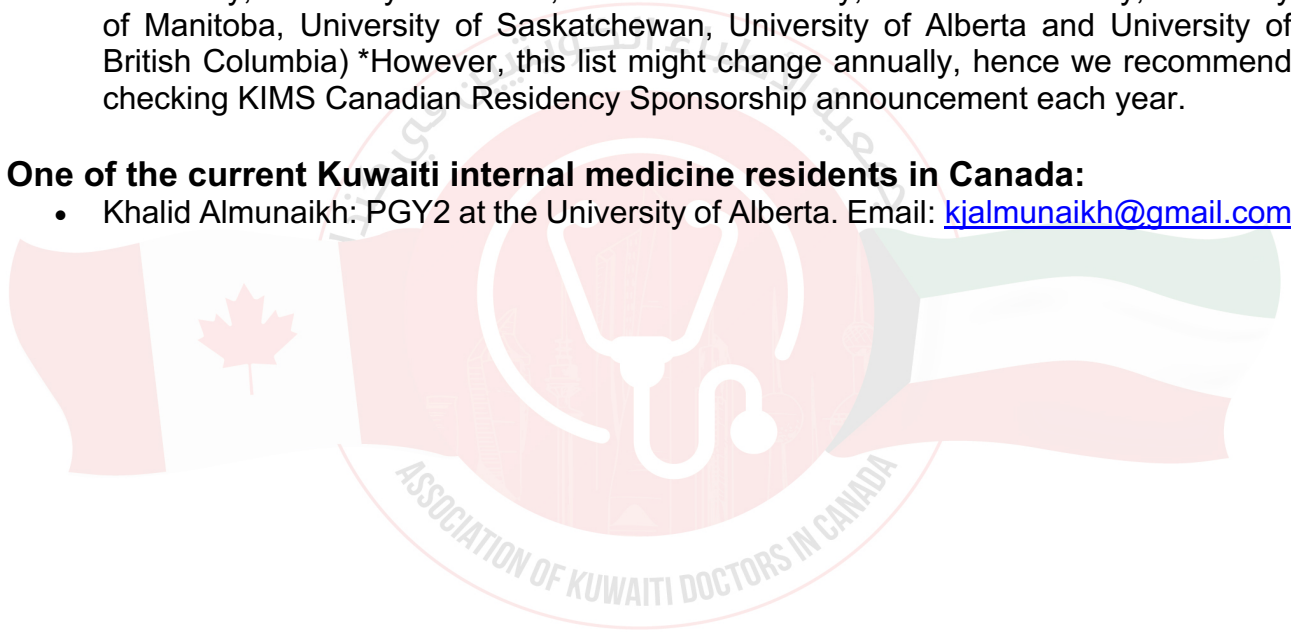
- 3-year internal medicine training then 2-year of fellowship. Or 4-year total of internal medicine residency program without fellowship.
- Each residency program will have slightly different schedules. However, the Royal College have set clear requirements for all residency programs that all paediatrics residents must meet in order to be certified

**Internal medicine Programs in Canada: Sponsorship**

- Usually, Kuwait has sponsorship agreements with the following universities (From East to West: Dalhousie University, McGill University, University of Ottawa, Queens University, University of Toronto, McMaster University, Western University, University of Manitoba, University of Saskatchewan, University of Alberta and University of British Columbia) \*However, this list might change annually, hence we recommend checking KIMS Canadian Residency Sponsorship announcement each year.

**One of the current Kuwaiti internal medicine residents in Canada:**

- Khalid Almunaikh: PGY2 at the University of Alberta. Email: [kjalmunaikh@gmail.com](mailto:kjalmunaikh@gmail.com)



## 8. Neurosurgery Residency Programs

*Written by Dr Abdulrahman Almansouri, PGY2 Neurosurgery - McGill University*

**Program:** McGill University health Centre.

### Training sites:

1. Montreal Neurological Hospital (MNH).
2. Montreal General Hospital (MGH).
3. Montreal Children's Hospital (MCH).
4. Jewish General Hospital (JGH).

**Duration:** 6 years of residency training. This includes one year of research which can also give you the opportunity to register in a graduate entry program for that year.

### Surgical Foundation exam:

The principles of surgery exam (POS) take place at the beginning (fall) of PGY2. This is a 2-day exam consisting of multiple-choice questions testing knowledge in all surgical specialties.

### Assessments:

In training neurosurgery written exams are held three times a year for all residents. Also, Oral mock exams for senior residents are held twice a year.

### Rotations:

This is a sample breakdown of the expected rotations based on each level of training (this can vary depending on preferences). Each academic year is composed of 13 blocks, starting on July 1<sup>st</sup>.

#### *PGY1 (one year of surgical foundation training)*

- 5 Blocks of Neurosurgery.
- 3 Blocks of intensive care unit. 2 blocks of vascular surgery.
- 2 Blocks of general surgery.
- 1 Block of emergency medicine.

#### *PGY2*

- 2 Blocks Neuroradiology.
- 2 Blocks Neurology.
- 2 Blocks MGH-OrthroSpine.
- 5 Blocks MGH-Neurotrauma service. 2 Blocks MNH-Neurosurgery.



### *PGY3 & PGY4*

Can be chosen as research year or Clinical (13 blocks of Neurosurgery).

### *PGY5 and PGY 6*

Dedicated clinical neurosurgery blocks as well as some blocks of neuropathology and interventional neuroradiology.

### **Entrustable professional activates (EPAs):**

Residency training in neurosurgery has transitioned to competency by design (CPD). Entrustable professional activates are assessments that will have to be completed in a continues fashion based on your level of training. Those are mainly observations of procedures or clinical activities. Different EPAs have different numbers of required observations to be considered completed.

### **References:**

<https://www.royalcollege.ca/rcsite/documents/ibd/neurosurgery-str-e>  
<https://www.mcgill.ca/neurology-neurosurgery/education/residency/neurosurgery>  
<https://www.royalcollege.ca/rcsite/cbd/implementation/cbd-milestones-epas-e>

## 9. Ophthalmology Residency Programs

*Written by Dr Shaikhah Abohaimed, PGY2 Ophthalmology - University of Toronto*

**Introduction:** Ophthalmology is that branch of surgery concerned with the prevention, diagnosis, and management of optical, medical, and surgical disorders of the eye, its adnexa, the visual pathways, and the visual system.

**Duration of Program:** 5 years.

### Program Design:

1. **PGY1:** designed to meet the requirements of the Royal College of Physicians & Surgeons and to prepare the applicant for the Medical Council of Canada Qualifying Examinations Part II. It involves rotating through surgical and medical subspecialties (similar to trainee year) which include in U of T: (other programs in Canada include similar options with some minor variations in subspecialty)
  - a. 2 blocks of General Internal Medicine
  - b. 1 block Pediatrics
  - c. 1 block Emergency Medicine
  - d. 1 block ENT & Head and Neck Surgery
  - e. 1 block Plastic Surgery
  - f. 2 blocks Neurology
  - g. One week of ocular pathology
  - h. Elective: choice of Dermatology, Rheumatology, and Infectious Diseases
  - i. **TORIC COURSE:** Toronto Ophthalmology Residency Introductory Course
    - i. The TORIC Course is a 6-week course organized and hosted by the University of Toronto. It coincides with the last 6 weeks of PGY1, and all ophthalmology PGY1 Residents in Canada attend this course. The program involves didactic lectures with slide presentations, wet labs and dissection sessions. It is a great introductory course to ease the transition into PGY2 year.
2. **PGY 2:** Residents rotate through each of the 5 teaching hospitals in order to acquire a solid foundation in the basic science and clinical aspects of medical and surgical ophthalmology. PGY-2 residents complete 4 month rotations in general eye clinics which involve exposure to all areas of ophthalmology and allow development of core ophthalmic knowledge and skills
3. **PGY 3:** Residents in PGY-3 complete 2-month blocks of "vertical" medical ophthalmology rotations, including exposure to each of the subspecialty disciplines including: cornea/external ocular diseases, retina/vitreous, glaucoma, neuro ophthalmology & oculoplastic, and pediatrics.
4. **PGY4:** Involves rotating through teaching hospitals with the emphasis on surgical training only. This includes subspecialty surgeries as well as cataract surgery.
5. **PGY5:** Further surgical training and preparation for the Royal College exam, taken usually in March of PGY5.

### Assessments during residency:

1. **Block exams:** These are short exams occur on a semi monthly basis. They follow a “block” of academic half day teachings that are focused on a certain subspecialty of ophthalmology i.e.. Retina exam following the Retina block. They are structured around the American Academy Manuals and include: **retina, cornea, glaucoma, oculoplastic, paediatrics, lens and cataract, optics, neuro-ophthalmology.**
2. **Departmental exam:** Annual exam that encompasses the entire field of ophthalmology. Residents from PGY2-PGY5 sit this exam and are expected to pass (the passing grade increases as you go up in residency).
  - a. Short answers
  - b. MCQs
3. **OKAPs (ophthalmic knowledge assessment program):** This is an annual standardized ophthalmic exam organized by the American Academy of Ophthalmology and is taken by all ophthalmology residents in the USA and Canada on a yearly basis.
  - a. MCQs (260)
4. **Royal College Exam:** taken around March/April of PGY5.
  - a. MCQs: 200 questions delivered over 2 Papers, 3 hours each.
  - b. Structured Oral Exam: 6 stations, 20 minutes each.

### Accredited Otolaryngology Programs in Canada:

- 18 accredited Ophthalmology programs by the Royal College of Physicians and Surgeons in Canada:
  - Agreements with The Kuwait Institute for Medical Specializations (KIMS) usually with McGill, Toronto, Ottawa, and Western. This changes on a yearly basis.

### Tips for applying to Ophthalmology Residency in Canada:

1. **Elective:** an elective is a great opportunity to both allow you to get to know the program and city and allow the program and faculty to know you. The more familiar they are with you, the more they trust you and your potential, the more likely you are to get in. Who you do your elective with matters, too. Ensure you are with someone who participates in the residency selection process, and if you don't know, ask the residents!
2. **Letters of Recommendation:** strong letters of recommendations go a long way, especially if you are unable to organize an elective opportunity. Ensure the letter is personalized, speaks to specific situations that allowed your instructing to witness either your character, hard work, or knowledge.
3. **Exams:** Ophthalmology is a highly competitive specialty, and the easiest way to eliminate an applicant is a poor score on the MCCQE Part 1. Study hard, it goes a long way!
4. **Research:** Most programs have research as a graduating requirement for all of their residents, therefore, demonstrating that you know how to conduct a research project -and even better- publish a research project, is a highly appealing trait to your program director.





- 5. Interview:** The interview holds great value in the application process. This is when the faculty gets to meet you and assess for qualities they want (hard worker, friendly, ethical, calm under pressure) and red flags. Practice, practice, practice! The more you go through mock interviews, the better you are when the day comes.

**One of the current Kuwaiti ophthalmology residents in Canada:**

- Dr Shaikhah Abohaimed, PGY2 ophthalmology resident at the University of Toronto
- Contact information for any questions: [sabohaimed@gmail.com](mailto:sabohaimed@gmail.com)



## 10. Orthopaedic Surgery Residency

*Written by Dr Ali Alsayegh, PGY2 Orthopaedics Resident – University of Alberta and  
Dr Khalifah Alhojailan, PGY1 Orthopaedics Resident – McGill University*

### **Introduction:**

Orthopaedic surgery is a medical specialty that caters to the treatment of musculoskeletal conditions via surgical or nonsurgical means. This includes conditions related to bones, joints, muscles, ligaments, tendons, and nerves.

### **Why Canada?**

1. Opportunity to be trained under world-renowned health professionals.
2. Graduate with competency in research under the guidance of staff that author literature in peer-reviewed journals and textbooks.
3. Become accredited worldwide to pursue fellowship opportunities in Canada, the United States, and around the world.
4. Exposure to a country with a rich, multicultural history.
5. Enroll in a competency-based training framework that ensures early hands-on surgical experiences.

### **Overview of training:**

The Royal College of Surgeons and Physicians of Canada regulates the quality of surgical training in the region.

All medical training in Canada is defined in accordance with the CanMEDS Framework. This ensures that all Canadian-trained residents graduate with the ability to be well-versed in the following components:

- Medical Expert
- Communicator
- Collaborator
- Leader
- Health Advocate
- Scholar
- Professional

As of 2020/2021, all surgical training programs in Canada have been formally transitioned to Competency by Design training where residents are evaluated via Entrustable Professional Activities (EPAs) and Continuous Longitudinal Assessments (CLAs). This method is summarized as follows:

Each candidate is continuously assessed throughout residency using EPAs and CLAs. This revolves around fulfillment of certain activities such as performing a primary hip arthroplasty, open reduction and internal fixation of a wide array of trauma cases, performing shoulder and knee arthroscopies, among others. A detailed overview of all activities that need to be fulfilled during residency can be found here in the Royal College website.

EPAs and CLAs are overseen by a competency committee where a candidate's progress is carefully noted and mapped.

Lastly, the Competency by Design initiative encompasses four different stages that needs to be achieved:

- Transition to Discipline – Essentially what is considered as a trainee in Kuwait
- Foundations of Discipline – Achieve fundamental skills needed during residency (i.e. pathology, anatomy, procedural skills, patient management, and disposition).
- Core of discipline – Demonstrating the capability of treating different diseases, performing different operations and managing complications, etc.
- Transition to Discipline – Manage a clinical practice.

More information can be found in the medical educator section of the Royal College of Physicians and Surgeons in Canada.

### **Some of the current Kuwaiti orthopaedics residents in Canada:**

You can reach out to us for further information.

- Ali Alsayegh PGY2 Orthopedic Surgery, University of Alberta
  - Email: [alsayegh@ualberta.ca](mailto:alsayegh@ualberta.ca)
- Khalifa Alhojailan, PGY1 Orthopedic Surgery, McGill University.

# 11. Otolaryngology Residency Programs

*Written by Dr Hamad Almhanedi, PGY1 ENT Resident - McGill University*

## Introduction:

- Otolaryngology – “Head and Neck Surgery is the surgical specialty concerned with the screening, diagnosis, and management of medical and surgical disorders of the ear, the upper aerodigestive tract, and related structures of the face, head, and neck, including the special senses of hearing, balance, taste and olfaction.”- Royal College of Physicians and Surgeons in Canada.

## Assessments:

- Different residency programs have different ways of assessment; In general they include:
  - Examination after every teaching block relating to the topic taught in the teaching block
  - Electronic In-Training Evaluation Report (ITER) after every block
  - Work-based assessment which ensures achieving the targets set by the Royal College of Physicians and Surgeons (Entrustable Professional Activities (EPAs))
  - Examination for knowledge assessment that compares resident level across all ENT residency programs

## Duration:

- Five (5) years of approved residency training.

## Examination at the End of Residency:

- Passing the Exam requires at least 70%
- Components of Exam
  - Written
    - Paper 1
      - Short answer questions
      - 50-70 questions
      - 3 hours
    - Paper 2
      - Short answer questions
      - 50-70 questions
      - 3 hours
  - OSCE
    - 8 stations
    - 15 minutes each
    - 2 hours

## Completion Requirements:

- Completion of Surgical Foundations Training
- Completion of Principles of Surgery examination

- Completion of a 5-year Royal College accredited program in Otolaryngology – Head and Neck Surgery
- Successful completion of the certification examination in Otolaryngology – Head and Neck Surgery

### Accredited Otolaryngology Programs in Canada:

- 13 accredited Otolaryngology programs by the Royal College of Physicians and Surgeons in Canada:
  - Agreements with The Kuwait Institute for Medical Specializations (KIMS) usually with McGill, Toronto, Dalhousie, Western, Alberta, Calgary and McMaster. Openings in these locations differ on a yearly basis.

### How to increase your chances in being accepted into a Otolaryngology residency program in Canada:

- Applications are reviewed in a holistic nature. All components of an applicant are taken into consideration.
- Applicants have to ensure they do their best in all areas of their application to ensure they have a higher chance of getting accepted. All parts of an applicant are important with no part being specifically more important than the other.
- Applicants may take the CanMEDS roles to reflect their abilities which can increase their chance of being accepted
- 1. **Medical Expert:** Example of this would be good results in medical school or MCCQE exam
- 2. **Communicator:** Letters of recommendation reflecting the nature of interaction an applicant has with patients
- 3. **Collaborator:** Letters of recommendation showing how an applicant interacts with different teams and different team members
- 4. **Leader:** Activities that demonstrate leadership traits such as extra-curricular activities
- 5. **Health Advocate:** Active in campaigns to spread medical awareness
- 6. **Scholar:** Showing ability in research and spreading of knowledge in the form of publications or presentations at conventions.
- 7. **Professional:** Personal letters or statements reflecting the professional nature of the applicant.
- Electives o Electives represent a great chance for residency programs to have an in-person experience of what it is like to work with an applicant and gives an applicant a chance to show their skills and their professional nature.

### Current Kuwaiti Otolaryngology residents:

- Hamad Almhanedi: PGY1 at McGill University ([Hamad.Almhanedi@mail.mcgill.ca](mailto:Hamad.Almhanedi@mail.mcgill.ca))



## 12. Paediatrics Neurology Residency Programs

Written by Dr Mohammed Azib Alqahtani, PGY2 Paediatric Neurology – University of Toronto



### Introduction:

- Paediatric Neurology is the field of medicine that is concerned with all central nervous system, peripheral nervous system and muscular disease during childhood. It is a fairly new speciality with first fellowship program being approved around 1967. The fast and quick growth in diagnostics, therapeutics and required skills to manage these diseases made it highly difficult for general paediatricians or adult neurologists to care for children who have neurological diseases, which influenced the development of standalone residency programs to equip trainees with necessary skills and competencies.
- Paediatric Neurology is a branch of Neurology, and graduates will have the RCPSC board of Neurology with special qualification in paediatric neurology. The residency programs are considered “Neurology residencies (paediatric stream)”.
- All residency programs in Canada follow the CanMEDs framework. The 7 roles of CanMEDs are: Medical Expert, Communicator, Collaborator, Leader, Health Advocate, Scholar and Professional. (You can read more about CanMEDS framework here: <https://www.royalcollege.ca/rcsite/canmeds/canmeds-framework-e>)

### Objectives:

- RCPSC accredited programs in Paediatric Neurology have transitioned completely to Competence by Design framework since July 2020. The objectives are built based on trainees level of training as follows:
  - Transition to discipline (TTD): the main objective is to have an orientation to the Neurology residency program, including the hospital environment, with the focus on inpatient neurology unit.
  - Foundation of Discipline (FOD): In this stage, residents assess and provide initial management for patients with acute neurological emergencies and common neurological presentations. The focus is on recognizing and localizing abnormal clinical findings and neuroimaging. They also develop competence in performing lumbar punctures.
  - Core of Discipline (COD): In this stage, residents build on foundational skills and their approach to assessing and managing patients with acute and chronic neurological presentations in cases with greater complexity. They perform special neurological examination techniques and procedures and request and interpret reports of advanced investigations. They lead patient care teams and communicate with

patients and families in complicated situations. This stage also includes maintaining clinical records and managing adverse events.

- **Transition to practice (TTP):** The focus of this stage is the development and demonstration of independence in patient care. By the end of this stage, residents independently manage a neurological inpatient service, outpatient practice, and offsite consultations for patients with any condition, including complex diagnoses and undifferentiated neurological conditions. This stage also focuses on implementing a plan for lifelong learning and continuing professional development.
- The details of objectives and competencies under each stage can be found in Neurology Training Experience Document in the RCPSC website.  
<https://www.royalcollege.ca/rcsite/ibd-search-e?N=10000033+10000034+4294967107&label=Neurology>

#### Assessments:

- **During residency:** Progress in training occurs through demonstration of competence and advancement through the stages of the Competence Continuum. The main assessment tools and examinations may include, but are not limited to: (can differ by program)
  - Entrustable Professional Activities (EPAs) which is a documentation of a structured feedback filled by an educator who observes the trainee while performing a clinical encounter or task. EPAs include assessment of level of competence at the end of the encounter.
  - In training evaluations (ITERS), which are summative evaluations at the end of each block to assess trainee's overall performance during the rotation.
  - Standard Assessment of Clinical Encounter Report (STACERs), which are usually a structured 1-hour observed clinical encounter followed by a discussion with the assessor.
  - NiteCAP: National in Training Exam for Canadian Paediatric Neurology Residents, which takes place once every year.
  - AAN RITE: Residency in service training exam provided by American Academy of Neurology Annually.
  - Other forms of assessments such as OSCEs, and other examinations
- **At the end of residency:**
  - The current format of the examination is provided in the table below:

Component	Format	Topic*	Number of Items	Total Test Time
Written	Paper 1: SAQ	Day 1: adult or paediatric paper	~45-55	3 hours
	Paper 2: SAQ	Day 2: common paper	~45-55	3 hours
Applied	OSCE		8 stations x 15 minutes each	2 hours

- On the first day of the exam, adult candidates will complete the adult paper, and paediatric candidates will complete the paediatric paper. On the second day, all candidates will complete the common paper.
- For trainees under CBD, the written examination will take place during PGY-4 and the applied examination during PGY-5 year. The exact format of the examination for the CBD cohorts has not yet been finalized.

### Duration:

- Paediatric Neurology is planned as a five-year residency program. There is no mandated period of training in each stage. Individual duration of training may be influenced by many factors, which may include the resident's own progression through the stages, the availability of teaching and learning resources, and/or differences in program implementation. Duration of training in each stage and progression to the next stage are determined by the competence committee.
- Expected durations of each stage are as follows:
  - 1-3 blocks in Transition to Discipline
  - 13-26 blocks in Foundations of Discipline
  - 27-39 blocks in Core of Discipline
  - 6-13 blocks in Transition to Practice

### Accredited Paediatric Neurology Programs in Canada:

- Currently there are 9 accredited paediatrics training programs by the Royal College of Physicians and Surgeons of Canada.
- Usually, Kuwait has sponsorship agreements with the following universities from East to West: McGill University, University of Toronto and University of Calgary. However, this list might change annually, hence we recommend checking KIMS Canadian Residency Sponsorship announcement each year.

### How to increase your chances in being accepted into a paediatric neurology program in Canada:

- Residency programs in Canada usually look at your application holistically and no single factor is considered "everything".
- CanMEDS framework will be a great reference to understand what programs look for when assessing your application. It is very important to showcase your potential in each CanMEDS role through your application (In your CV and your personal statement).
- You can indicate your potential in each CanMEDS role through the following:
  1. **Medical Expert** (e.g. high/good medical school grades, high/good MCC exam score)
  2. **Communicator** (e.g. therapeutic relationships with patients/families)
  3. **Collaborator** (e.g. Ability to work with different teams / committees)
  4. **Leader** (e.g. work in medical school student committees/extra-curricular activities)
  5. **Health Advocate** (e.g. being actively involved in medical awareness campaigns)
  6. **Scholar** (e.g. being involved in medical research, teaching others)
  7. **Professional** (e.g. working with peers, being involved in mentorship programs)
- An excellent reading material for CanMEDS framework can be found via this link: <https://drive.google.com/file/d/1TCFtDLyTA1Crq1ARcoNjA8GcWd1073Kp/view?usp=sharing>
- The RCPSC provides a nice e-tool to facilitate the understanding of CanMEDS framework which can be found in the following link: <https://canmeds.royalcollege.ca/>
- Doing an elective in Canada is usually a bonus in most cases, since it shows your interest and your dedication and provides you with a chance to show your potential.
- Being involved in extra-curricular activities and research is always a bonus!
- It is important to show great interest in paediatric neurology in your CV and personal statement (e.g. doing relevant extra-curricular activities, participating in a relevant research projects, attending relevant conferences, being involved in relevant committee(s) etc)



## 13. Paediatrics Residency Programs

Written by Dr Ayedh Alhajri, PGY2 Paediatrics - University of Toronto

### Introduction:

- Paediatrics is that branch of medicine concerned with the study and care of infants, children and youth in health and disease, their growth and development, and their opportunity to achieve full potential as adults.
- All paediatrics residency programs in Canada follow the CanMEDs framework in training future paediatricians. The 7 roles of CanMEDs are: Medical Expert, Communicator, Collaborator, Leader, Health Advocate, Scholar and Professional. (You can read more about CanMEDS framework here: <https://www.royalcollege.ca/rcsite/canmeds/canmeds-framework-e>)

### Objectives:

- Each paediatrics residency program in Canada are required to meet the Royal College of Physicians and Surgeons in Canada "Objectives of Training in Paediatrics" (Full list can be found via this link: [https://www.royalcollege.ca/rcsite/documents/ibd/pediatrics\\_otr\\_e.pdf](https://www.royalcollege.ca/rcsite/documents/ibd/pediatrics_otr_e.pdf))
- Those objectives include the following examples:
  - 1 Function effectively as consultants, integrating all of the CanMEDS Roles to provide optimal, ethical and patient-centred medical care.
  - 2 Establish and maintain clinical knowledge, skills and attitudes appropriate to Paediatrics.
  - 3 Perform a complete and appropriate assessment of a patient.
  - 4 Use preventive and therapeutic interventions effectively
  - 5 Demonstrate proficient and appropriate use of procedural skills, both diagnostic & therapeutic
  - 6 Develop rapport, trust, and ethical therapeutic relationships with patients and families

### Assessments:

- **During residency:** Each residency program has their own specific evaluations and assessments throughout residency, mostly it will include the following:
  1. In-Training Examination of the American Board of Paediatrics: once / year.
  2. MCQ and SNQ examination (Core Paediatrics Program Directors exam): twice / year
  3. OSCE stations exam: once / year.
  4. Electronic In-Training Evaluation Report (ITERS): one for each block.
  5. Clinical skills assessment (Long case exam): twice / year
  6. Work-based assessments: implementing the Competency By Design (CBD) model and the assessments are done via assessing the trainee on Entrustable Professional Activities (EPAs). To read more about CBD: <https://www.royalcollege.ca/rcsite/cbd/cbd-assessment-e>
- To learn more about pediatric competencies: <https://www.royalcollege.ca/rcsite/documents/ibd/pediatrics-competencies-e.pdf>
- **At the end of residency:**
  - The exams will have two components:
    5. Written: 2 papers, each will have ~100 MCQs (Total duration: 3 hours for each paper)
    6. Applied: 8 stations (16 minutes each), with 2 minutes in between (Total duration: 2 hours)

### Duration:

- Currently and since July 1st, 2021, all paediatrics residents are expected to complete 4 years of core paediatrics training to meet the Royal College requirements.

- Each residency program will have slightly different schedules. However, the Royal College have set clear requirements for all residency programs that all paediatrics residents must meet in order to be certified (Which can be found here: [https://www.royalcollege.ca/rcsite/documents/ibd/pediatrics\\_str\\_e.pdf](https://www.royalcollege.ca/rcsite/documents/ibd/pediatrics_str_e.pdf))

### Accredited Paediatrics Programs in Canada:

- Currently there are 17 accredited paediatrics training programs by the Royal College of Physicians and Surgeons of Canada.
- Usually, Kuwait has sponsorship agreements with the following universities (From East to West: Dalhousie University, McGill University, University of Ottawa, University of Toronto, McMaster University, Western University, University of Calgary and University of British Columbia) \*However, this list might change annually, hence we recommend checking KIMS Canadian Residency Sponsorship announcement each year.

### How to increase your chances in being accepted into a paediatrics program in Canada:

- Canadian paediatrics residency programs, similar to many other programs in Canada, look at your application holistically.
- I strongly suggest reading the CanMEDS framework to understand what residencies are looking for. It is very important that you outline your ability to embody different CanMEDS roles in your application (In your CV and your personal statement).
- CanMEDS roles are the following:
  - Medical Expert** (e.g. high/good med school grades, high/good MCC exam score)
  - Communicator** (e.g. therapeutic relationships with patients/families)
  - Collaborator** (e.g. Ability to work with different teams / committees)
  - Leader** (e.g. in med school student committees / extra-curricular activities)
  - Health Advocate** (e.g. being actively involved in medical awareness campaigns)
  - Scholar** (e.g. being involved in medical research, teaching others)
  - Professional** (e.g. working with peers, being involved in mentorship programs)
- An excellent reading material for CanMEDS framework can be found via this link: <https://drive.google.com/file/d/1TCFtDLyTA1Crq1ARcoNjA8GcWd1073Kp/view?usp=sharing>
- The Royal College of Physicians and Surgeons in Canada have a nice e-tool to understand CanMEDS framework more: <https://canmeds.royalcollege.ca/>
- Having an elective in Canada as a medical student is usually a bonus in most cases as it shows your interest and your dedication (however, for some, it might be a disadvantage as they leave a bad impression in the hospital that they were working in).
- Personally, I strongly recommend doing an elective in Canada.
- Being involved in Extra-curricular activities and research is always a bonus!
- Showing huge interest paediatrics in your CV and personal statement (e.g. doing extra-curricular activities related to paediatrics, participating in a paediatric research project, attending paediatrics conferences, being involved in paediatrics committee(s) etc)

### Some of the current Kuwaiti paediatrics residents in Canada:

- Ayedh Alhajri: PGY2 SickKids, University of Toronto: [ayedh.alhajri@sickkids.ca](mailto:ayedh.alhajri@sickkids.ca)
- Mohammad Alsarraf: PGY1 McGill University: [mohammad.hussain95@hotmail.com](mailto:mohammad.hussain95@hotmail.com)



## 14. Psychiatry Residency Programs

*Written by Dr Hana Jafar, PGY1 Psychiatry - University of Toronto*

### Introduction:

- Psychiatry is the medical specialty devoted to the diagnosis, prevention, and treatment of mental disorders. These include various maladaptation related to mood, behaviour, cognition, and perceptions
- All psychiatry residency programs in Canada follow the CanMEDs framework in training future psychiatrists. The 7 roles of CanMEDs are: Medical Expert, Communicator, Collaborator, Leader, Health Advocate, Scholar and Professional. (You can read more about the CanMEDS Psychiatry Competencies here: [https://www.royalcollege.ca/rcsite/documents/ibd/psychiatry\\_otr\\_e.pdf](https://www.royalcollege.ca/rcsite/documents/ibd/psychiatry_otr_e.pdf))

### Objectives:

- Each psychiatry residency program in Canada is required to meet the Royal College of Physicians and Surgeons in Canada “Objectives of Training in Psychiatry”
- Those objectives include the following examples:
  1. Function effectively as consultants, integrating all the CanMEDS Roles to provide optimal, ethical and patient-centred medical care.
  2. Establish and maintain clinical knowledge, skills and attitudes appropriate to psychiatry
  3. Perform a complete and appropriate assessment of a patient.
  4. Use preventive and therapeutic interventions effectively
  5. Demonstrate proficient and appropriate use of procedural skills, both diagnostic and therapeutic
  6. Develop rapport, trust, and ethical therapeutic relationships with patients and families

### Assessments:

- **During residency:** Each residency program has their own specific evaluations and assessments throughout residency, mostly it will include the following:
  1. Yearly STACER Exams:

The **Standardized Assessment of a Clinical Encounter Report (STACER)** is a semi-structured examination of Canadian psychiatry resident’s interviewing and consultancy skills. An STACER examination is usually a 50 minute diagnostic interview of a volunteer patient that both the resident and examiners do not know. The purpose of the STACER is to demonstrate your psychiatric interview skills, present a mental status examination, generate a comprehensive DSM-5 diagnosis (and differential diagnosis), a biopsychosocial formulation of the patient, and finally, a comprehensive treatment and management plan.

The STACER lasts usually between 90 minutes to 120 minutes, with the following breakdown of times:

    - Interview (60 minutes)
      - 50 minutes for interview with patient
      - 10 minutes for presentation preparation (patient is gone)
    - Case Presentation (20-25 minutes)
    - Examiner Questions (20 minutes)
  2. Electronic In-Training Evaluation Report (ITERs): one for each block.

3. Work-based assessments: implementing the Competency By Design (CBD) model and the assessments are done via assessing the trainee on Entrustable Professional Activities (EPAs). (To read more about CBD: <https://www.royalcollege.ca/rcsite/cbd/cbd-assessment-e>)

- **At the end of residency:**

The Royal College examination in Psychiatry consists of a written and an applied component. The written component of the examination will be taken before the applied, and only those candidates passing the written examination will be invited to the applied examination. The pass score is 70% for each component.

- Written (MCQ): ~130-150 questions. Duration: 3 hours.
- Applied (OSCE) 6 stations x 20 minutes each. Duration: 2 hours.

**Duration:**

- Currently and since July 1st, 2021, all psychiatry residents are expected to complete 5 years of core psychiatry training to meet the Royal College requirements.
- Continuing a Fellowship in Psychiatry is optional, and fellowships include:
  1. Addictions Fellowship
  2. Child and Adolescent Psychiatry fellowship
  3. Early Psychosis Treatment Service
  4. Family Therapy
  5. Forensic Psychiatry
  6. Geriatric Psychiatry
  7. Mood Disorders
  8. Psychosocial Oncology

**Accredited Psychiatry Programs in Canada:**

- Currently there are 17 accredited paediatrics training programs by the Royal College of Physicians and Surgeons of Canada.
- Usually, Kuwait has sponsorship agreements with the following universities: University of Toronto and Queen's University.
- Although Western University is ticked on the KIMS list, they have not offered interviews to anyone in many years so it is unclear as to whether there is a sponsorship. McGill University is also marked as one of the options, but they have a strict requirement of the applicant being fluent in French (be able to conduct Psychiatric history taking in French)
- However, this list might change annually, hence we recommend checking KIMS Canadian Residency Sponsorship announcement each year.

## How to increase your chances in being accepted into a Psychiatry program in Canada:

- Canadian psychiatry residency programs, similar to many other programs in Canada, look at your application holistically.
- I strongly suggest reading the CanMEDS framework to understand what residencies are looking for. It is very important that you outline your ability to embody different CanMEDS roles in your application (In your CV and your personal statement).
- CanMEDS roles are the following:
  1. **Medical Expert** (e.g. high/good med school grades, high/good MCC exam score)
  2. **Communicator** (e.g. therapeutic relationships with patients/families)
  3. **Collaborator** (e.g. Ability to work with different teams / committees)
  4. **Leader** (e.g. in med school student committees / extra-curricular activities)
  5. **Health Advocate** (e.g. being actively involved in medical awareness campaigns)
  6. **Scholar** (e.g. being involved in medical research, teaching others)
  7. **Professional** (e.g. working with peers, being involved in mentorship programs)
- An excellent reading material for CanMEDS framework can be found via this link: <https://drive.google.com/file/d/1TCFtDLYtA1Crq1ARcoNjA8GcWd1073Kp/view?usp=sharing>
- The Royal College of Physicians and Surgeons in Canada have a nice e-tool to understand CanMEDS framework more: <https://canmeds.royalcollege.ca/>
- Participating in research related to Psychiatry
- Be able to manage acute emergencies in psychiatry (this is almost always asked about during the interview)
- Doing an elective in North America (Canada or the USA) in Psychiatry
- Collecting recommendation letters from Canadian graduates in Psychiatry
- Showing that you are well rounded and have interests and achievements outside of medicine- the program here often thinks outside the box with the type of people they accept!
- Showing interest in psychiatry in your CV and personal statement and having a unique reason as to why you want psychiatry

## Some of the current Kuwaiti psychiatry residents in Canada:

- Hana Jafar (PGY1 at University of Toronto): [h.jafar94@gmail.com](mailto:h.jafar94@gmail.com)
  - Hadeel AlJazzaf (PGY1 at University of Toronto): [hadeelaljazzaf@gmail.com](mailto:hadeelaljazzaf@gmail.com)

## 15. Radiation Oncology Residency

*Written by Dr Faisal Alfadli, PGY1 Radiation Oncology - University of Toronto*

### Introduction:

- Radiation Oncology is a specialized field that focuses on the treatment of cancer using various radiotherapy modalities.
- It is both a clinical and academic field that emphasizes the importance of research and mentorship.
- It is a diverse, multidisciplinary specialty that deals with most anatomic sites, with treatment approaches including curative intent, supportive, and palliative.
- CanMEDs roles are critical in Radiation Oncology, as can be seen across all specialties in Canada. These roles are: Collaboration, Leadership, Medical Expertise, Communication Health Advocacy, Scholarship and Professionalism.

### Objectives:

1. To provide comprehensive training and exposure to the various cancer sites treated with radiotherapy.
2. Knowledge and training in creating diverse plans and contours for radiotherapy.
3. Working in a multidisciplinary team involving Radiation Oncologists, Medical Oncologists, Surgical Oncologists, Radiation therapists, Physicists, and many others.
4. Gain a practical baseline knowledge of physics as relevant to your role in the field.
5. Create a confident clinical and scientist involved in both patient care and research to advance the field.

### Assessments:

In-residency evaluation varies depending on the program, but generally include:

1. Completion of evaluations required of the end of each rotation and specific post-graduate year
2. Physics assessments in PGY1 and PGY2 as preparation for Royal College Exams (for educational purposes, and not formally a part of your marks or evaluations)
3. Planning Exam in PGY3 to prepare for the Royal College

Exiting exam (Royal College Exam – timings subject to change to curriculum adjustments and COVID):

1. Written Section: spring PGY4
2. Oral Section: fall PGY 5

### Duration:

- Residency includes a first year of “off-service” rotations that include but not limited to GIM, Medical Oncology, Palliative Care, Radiology, Surgical Oncology, and Head and Neck surgery. PGY2-5 are dedicated to Radiation Oncology as residents rotate through anatomical sites.
- The type and number of rotations that need to be covered in the preliminary year varies depending on the program.

### Accredited Radiation Oncology Programs in Canada:

- Kuwait has established agreements with the following universities (2020-2021 application period): University of Toronto, McGill University, Queens University, University of Ottawa, University of Alberta, and Dalhousie University. These schools are subject to change on a yearly basis.



**How to increase your chances in being accepted into a Radiation Oncology program in Canada:**

- Develop a CV that shows interest in the field, ideally including electives and research.
- Research within the field of Radiation Oncology or Oncology in general is high yield when applying.
  - However, do not worry if your CV is lacking research or has no research, this will not be a reason for your application's rejection. Research simply shows interest and adds strength to your application. Overall, any background in research will work in your favor, as this is an academic field.
- A Master's degree or any post-graduate degree can work very strongly in your favor especially if involved in oncology, cancer research, medical education, public health, etc. Once again, this shows that you are multidisciplinary, a cornerstone in the field. This is not a requirement however, and many visa-sponsored applicants from the GCC do not enter the residency program with a post-graduate degree.
- Show your personality during interviews! Radiation Oncology is a small field in most schools outside Toronto and Montreal, so your interview panel will be eager to get to know you better before accepting you into their program.
- Have an idea of common interview questions and prepare for them, answering with confidence and personality.
  - Being asked medical questions or OSCE type scenarios is not common during visa-sponsored interviews but are during CARMS interviews. It is good to have a very general idea of Radiation Oncology emergencies (i.e., spinal cord compression, SVC obstruction, hypersensitivity reactions) and common radiation side effects to show you are prepared and aware of the field.

**Current Kuwaiti Radiation Oncology residents:**

- Faisal Alfadli, PGY1 at the University of Toronto: [faisal.alfadli@mail.utoronto.ca](mailto:faisal.alfadli@mail.utoronto.ca)



## 16. Urology Residency Programs:

*Written by Dr Ahmad Alshammari, PGY3 Urology - McGill University*

### Introduction:

"Urology is that surgical branch of medicine concerned with the study, diagnosis, and treatment of abnormalities and diseases of the genitourinary tract of the male and the urinary tract of the female in adults and children." - Royal College of Physicians and Surgeons in Canada

Urologists are also known as the '**Happy Surgeons**'.

### Assessments:

- Different residency programs have different ways of assessment; In general they include:
  - Electronic In-Training Evaluation Report (ITER) after every block
  - Work-based assessment which ensures achieving the targets set by the Royal College of Physicians and Surgeons (Entrustable Professional Activities (EPAs))
    - It's important for every applicant to know about this new method of education.  
[See link](#)
  - Examination for knowledge assessment that compares resident level across all ENT residency programs

### Duration:

- Five years (65 blocks) of approved residency training in Urology. A block is defined as one complete four (4) week rotation.
- The Royal College of Physicians and Surgeons in Canada, also known as the royal college for short, has a set required training blocks that need to be done and some suggestions for electives.

### Completion Requirements:

Royal College Certification in Urology requires all of the following:

1. Successful completion of a two year Royal College Surgical Foundations curriculum
2. Successful completion of the Royal College Surgical Foundations examination
3. Successful completion of a five year Royal College accredited program in Urology;
4. Participation in a scholarly research, quality assurance, or educational project relevant to Urology; and
5. Successful completion of the Royal College examination in Urology.

### Accredited Urology Programs in Canada:

KIMS is expanding its portfolio of where it sends its aspiring urologist. At the moment, Kuwaiti urology residents are practicing in the following programs:

1. McGill in Montreal, Quebec
2. McMaster in Hamilton, Ontario
3. Dalhousie in Halifax, Nova Scotia

However, you can see all the urology programs and the program director's contact list via this [link](#).

### How to increase your chances in being accepted into a Otolaryngology residency program in Canada:

- Urology is very competitive by design.

- Applications are reviewed by a committee of urology staff in the respective programs and might include a senior IMG resident.
- All components of an applicant are taken into consideration.
- Applicants have to ensure they do their best in all areas of their application to ensure they have a higher chance of getting accepted. All parts of an applicant are important with no part being specifically more important than the other.
- Applicants may take the CanMEDS roles to reflect their abilities which can increase their chance of being accepted
  1. **Medical Expert:** Example of this would be good results in medical school or MCCQE exam
  2. **Communicator:** Letters of recommendation reflecting the nature of interaction an applicant has with patients
  3. **Collaborator:** Letters of recommendation showing how an applicant interacts with different teams and different team members
  4. **Leader:** Activities that demonstrate leadership traits such as extra-curricular activities
  5. **Health Advocate:** Active in campaigns to spread medical awareness
  6. **Scholar:** Showing ability in research and spreading of knowledge in the form of publications or presentations at conventions.
  7. **Professional:** Personal letters or statements reflecting the professional nature of the applicant.

#### Electives:

- Due to covid-19 pandemic, many electives have been cancelled. However, you should be following up the news to get hold of an elective when possible.
- Electives are a great way to learn about the program and learn if you fit the program's culture. Remember, it's a time to shine not play around and see the city.

#### Research:

The more research opportunities the better!

#### Associations important to Urology:

They have many nice events that aspiring urologist may benefit from. Being a member of these associations will help you make connections and be involved.

- Canadian Urology Association
- American Urology Association
- Societe Internationale D'Urologie (SIU)
- European Urology Association

#### Current Kuwaiti Otolaryngology residents:

- Ahmad M. AlShammari – PGY3 Urology – [ahmad.alshammari@mail.mcgill.ca](mailto:ahmad.alshammari@mail.mcgill.ca)

## 17. Vascular Surgery Residency

*Written by Dr Yousef Almotawa, PGY2 Vascular Surgery – McGill University*

### Introduction:

Vascular surgery is the science and art of treating disorders of the arteries, veins, and lymphatics with a vast skillset ranging from conservative medical management to minimally invasive endovascular intervention and open surgery. The vascular surgeon operates on the entire central and peripheral vascular system excluding the intracranial and coronary vasculature.

### Duration:

Vascular surgery is a 5-year integrated residency.

Rotations include: general surgery, trauma, critical care, internal medicine or medical subspecialties, vascular surgery, cardiac surgery, thoracic surgery, and non-invasive vascular laboratory.

### Certification:

Royal College certification in Vascular Surgery:

1. Successful completion of the Royal College Surgical Foundations Examination & Portfolio
2. Successful completion of a Royal College accredited program in Vascular Surgery
3. Successful completion of the Royal College Certification Examination in Vascular Surgery.

### Application Boosters:

6. Basic Surgical Skills & ATLS Courses
7. Participation in vascular surgical research projects and publications
8. Demonstrate strong vascular interest throughout medical school and internship
9. Display aspects of your character and interests that fulfil the CANMEDS roles. Read more about CANMEDS: <https://www.royalcollege.ca/rcsite/canmeds/canmeds-framework-e>

### References:

- Royal College: <https://www.royalcollege.ca/rcsite/documents/ibd/vascular-training-experiences-e.pdf>
- Royal College (CBD): <https://www.royalcollege.ca/rcsite/documents/cbd/pathway-to-competence-vascular-surgery-e.pdf>
- Canadian Society for Vascular Surgery: [www.vascular.ca](http://www.vascular.ca)
- Society for Vascular Surgery: <https://vascular.org>

## 18. Other Residency Programs Summaries

Written by Dr Ayedh Alhajri, PGY2 Paediatrics - University of Toronto

Residency Program	Accredited programs Canada? <a href="#">Link</a>	Programs that KIMS have agreements with (as of 2021)	Residency duration	Royal College link (for more information)
Anesthesiology	17	7	5 years	<a href="#">Link 1</a> <a href="#">Link 2</a>
Cardiac Surgery	12	4	6 years* (However, there are three pathways)	<a href="#">Link</a>
Hematological Pathology	4	1	4 years	<a href="#">Link</a>
Medical Genetics	7	2	5 years	<a href="#">Link</a>
Medical Microbiology	12	1	5 years	<a href="#">Link</a>
Medical Oncology	15	1	2 years* (However needs to be certified in internal medicine by the RCPSC)	<a href="#">Link</a>
Neurology	16	5	5 years	<a href="#">Link</a>
Neuro-pathology	4	2	5 years	<a href="#">Link</a>
Nuclear Medicine	10	2	5 years* (However, there are three pathways)	<a href="#">Link</a>
Obstetrics & Gynaecology	16	5	5 years	<a href="#">Link</a>
Physical Medicine & Rehabilitation	13	1	5 years	<a href="#">Link</a>
Plastic Surgery	12	3	5 years	<a href="#">Link</a>
Public Health	14	2	5 years	<a href="#">Link</a>

# Chapter 3

## Canada @ Canadian Cities

1. Canada as a country.....	78
2. Halifax.....	79
3. Montréal.....	81
4. Ottawa.....	83
5. Kingston.....	84
6. Toronto.....	86
7. Hamilton.....	89
8. London, Ontario.....	91
9. Edmonton.....	93
10. Calgary.....	95
11. Vancouver.....	98



# 1. Canada as a country.

*Written by Ayedh Alhajri, PGY2 Paediatrics - University of Toronto*

- Canada is a parliamentary democracy and an institutional monarchy, where Queen Elizabeth II is Canada's queen.
- It is a federation as well, where they have a federal government and local provincial government for each province.
- It is the second largest country on the planet with 9.98 million km<sup>2</sup> (only after Russia)
- **Canada has 10 provinces and 3 territories:**
  - Provinces (East to west)
    1. Newfoundland and Labrador. Capital: St. John's
    2. Nova Scotia (i.e. New Scotland). Capital: Halifax
    3. New Brunswick. Capital: Fredericton
    4. Prince Edward Island. Capital: Charlottetown
    5. Quebec. Capital: Quebec City.
    6. Ontario. Capital: Toronto.
    7. Manitoba. Capital: Winnipeg.
    8. Saskatchewan. Capital: Regina.
    9. Alberta. Capital: Edmonton.
    10. British Columbia. Capital: Victoria.
  - Territories (East to west)
    1. Nunavut. Capital: Iqaluit
    2. Northwest Territories. Capital: Yellowknife
    3. Yukon. Capital: Whitehorse
- **Canada's capital:** the city of Ottawa in the province of Ontario.
- **Population:** Over 38 million people and many of which are immigrants.
- **Culture:** Due to the high numbers of immigrant to Canada each year, it is a very multi-cultural country.
- **Islam in Canada:** Islam is the second largest religion in Canada, after Christianity. According to a 2011 census there are just over 1 million Muslims in Canada making 3.2% of the population. Muslims lived in Canada since 1871 and the first mosque in Canada was built in 1938.
- **Arabs in Canada:** Over half a million Arabs in Canada according to a 2016 census making 1.5% of Canada's population.
- **Kuwait and Canada relations history:** Canada is a very strong ally to Kuwait. The diplomatic ties were established in 1965. And Canada stood very firmly with the Kuwaiti right during the second Gulf War (1990 invasion of Kuwait) and the best two examples are:
  - **Dessert storm:** Canada and Kuwait were never better demonstrated than in 1991, when Canadian Armed Forces personnel served with those of the Armed Forces of Kuwait and coalition allies in the Gulf War and its aftermath
  - **Kuwait burning oil field crisis:** Canadian firefighters and well control specialists played a major role and worked tirelessly with Kuwaitis in extinguishing massive oil well fires and blowouts.

## 2. The City of Halifax:

*Written by Dr Hamid Husain, PGY1 Paediatrics Resident - Dalhousie University*

- **Geography:** Halifax is the capital and largest city in the Province of Nova Scotia in Atlantic Canada. The economic and cultural hub of Nova Scotia.
- **Population:** Halifax is home to more than 315,000 people and the Halifax Regional Municipality is home to more than 415,000 people.
- **Language:** English is the predominant language spoken in Halifax with approximately 90% of residents speak English. Arabic is the second most spoken language with approximately 2% of residents speak it.
- **Time difference from Kuwait:** Summertime +6 hours, Wintertime +7 hours.
- **Safety:** Halifax is a safe city to walk around throughout the day and night, it compares to other safe cities in Canada.
- **Public transportation:** Halifax Transit provides transportation across the city via simple bus routes. There is a ferry service which connects Halifax to neighboring city Dartmouth and is the oldest saltwater ferry service in North America.
- **Culture:** Halifax is the largest cultural hub in Atlantic Canada and is becoming more multiculturally diverse. Muslims comprise the second-largest minority.
- **Food:** The Maritimes is home to the best seafood in Canada and Halifax has a considerable number of seafood restaurants which highlights it. Halifax is also home to cuisine from all over the world as well as plenty of Halal restaurants which caters the increasing Muslim population.
- **Weather:** Some of the best weather you can experience in Canada is summer in Halifax. Winter in Halifax is not as harsh as other cities in Canada, the lowest it can get is  $-15^{\circ}\text{C}$ .
- **Cost of living:** Halifax provides affordable living costs with the average rent of a one-bedroom apartment ranging from 1500 to 1800 CAD and a two-bedroom apartment ranging from 1900 to 2100 CAD.
- **Accommodation:** There is no shortage of apartment complexes with affordable rates in Halifax. There are plenty of new complexes currently being constructed in Halifax which will guarantee new homes for every new IMG coming to Halifax.
- **Travel from Kuwait:** The most efficient route would depend on the time of year.
  - During the summer, British airways or Lufthansa will fly from Kuwait to London or Frankfurt and then to Halifax Stanfield Airport.
  - During the winter, Qatar Airways or Emirates will fly from Kuwait to Doha or Dubai to Montreal or Toronto and then to Halifax.
- **Arab and Muslim community:** There are many Muslim supermarkets and Halal restaurants for the ever-growing Arab community in Halifax. There are several Mosques located across Halifax.
- **Education:** Halifax is home to Dalhousie University, Atlantic Canada's research-intensive university which offers many residency programs and fellowship positions. Some of the top doctors at KIMS are resident graduates from Dalhousie University.

- **Hospitals:** There are over 40 hospitals throughout Nova Scotia, but the main teaching hospitals affiliated with Dalhousie University include the QEII Health Sciences Centre and the IWK Health Centre. Other affiliated hospitals include the Nova Scotia Hospital in Dartmouth and the Saint John Region Hospital in New Brunswick.
- **Family-friendliness:** Halifax is a little big city that everyone loves to be in. With many parks and colorful places to see, families would love to live in Halifax.
- **Shopping options:** Halifax Shopping Centre (largest mall in Atlantic Canada), Scotia Square, Farmer's market.
- **Fun times:** Take a stroll on the Halifax Waterfront Boardwalk (the longest continuous boardwalk in North America), highlighting Halifax's great connection with the sea. Halifax's most important historical site at Citadel Hill. Point pleasant park is just a walk away, displaying the Maritimes' natural beauty.
- **Nearby natural attractions:** Peggy's Cove Lighthouse is the most iconic Nova Scotian landmark, and it is probably the most photographed lighthouse in the world which is just an hour's drive away. It is also close to a whole bunch of beach houses and resorts (in Canada!). A four-hour drive to enjoy the beautiful natural landscapes of Cape Breton and Prince Edward Island.

### 3. The City of Montréal

*Written by Dr Mohammad Alsarraf, PGY1 Paediatrics Resident - McGill University*

- **Geography:** The island of Montréal is located in the Southwest of the province of Québec. Located at the confluence of the Saint Lawrence and Ottawa Rivers
- **Population:** Montréal is the home for almost 2 million people of different backgrounds and different ethnicities
- **Language:** French is the predominant language spoken by most people in the City of Montréal. Most people are bilingual, speaking both English and French. The third most common spoken language being Arabic. Every service is available in English.
- **Time difference** – Montréal is 7 hours behind Kuwait summertime and 8 hours wintertime (Winter timing begins on the last Sunday of October and Summertime begins on the last Sunday of March)
- **Safety:** One of the most safe cities to live in Canada and the world
- **Public transportation:** An excellent Metro network reaching the main landmarks of Montréal and most McGill affiliated hospitals, along with excellent routes to the airport and to nearby cities. Bicycles are available called “Bixi bikes”, stations are available everywhere and many canals and riverside routes with exceptional scenery. Easy to use app to rent bikes.
- **Culture:** Multi-cultural city with people of different backgrounds happily living together
- **Food:** The best destination for a wide range of amazing restaurants in Canada. Here are some of the most well-known restaurants: Damas (Mouth-watering Syrian food), Garage Beirut, Original shawarma, Khorasan (authentic Persian cuisine), Shay (authentic Karak), Restaurant Rayan (middle eastern fishmonger). Many brunch restaurants that you will not be able you try all by the end of your residency. Best bagels in the world are in Montréal, Fairmont and St Viateur bagels.
- **Cost of living:** the average rent for a 1-bedroom apartment ranges from 1900 CAD to 2200 CAD, the average rent for a 2 bedroom ranges from 2400 to 3500 CAD. Everyday cost of living is affordable
- **Accommodations** – There are many excellent condo buildings in the Downtown area <https://www.centris.ca> a great website to explore all the options with an interactive map. Many Kuwaiti doctors live in the following buildings: Tour des Canadiens 1,2,3 (3 complexes), Rocabella, YUL phase 1 and 2
- **Travel from Kuwait** – Montreal Trudeau Airport (YUL) is an international airport that serves many destinations, many airline options with 1 layover stop, Airlines, British, Qatar airways, Fly Emirates and Turkish airlines
- **Arab and Muslim community:** Montréal has a large, diverse, multicultural population. The Arab community makes a huge part of the general community here. That's why there are many masjids and many halal restaurants and stores (including the famous Adonis, Bazaar and Mizan Market)
- **Education:** Montréal is unique that it has 2 universities that provide excellent residency and fellowship programs. One of these universities being the famous



McGill University (An alumni of which is William Osler, the father of modern medicine and the creator of the first residency program at Johns Hopkins University). The language of instruction at McGill University is English. The other university is the University de Montréal, at which the language of instruction is in French

- **Hospitals:** There are many hospitals in Montréal serving the population of Québec including the large population of the First Nations. Some of the Hospitals being affiliated with McGill University such as the Royal Victoria Hospital, the Jewish general hospital and Montréal Children's Hospital. Other hospitals are affiliated with University de Montréal such as St. Justine Hospital and CHUM hospital
- **Family-friendliness-** Given all of the above-mentioned characteristics of Montréal, it is fairly a nice family friendly city
- **Shopping Options** – St. Catherine's Street (has many well-known shops, including Holt Renfrew Ogilvy, a department store with high end brands), Eaton centre, Place Montreal Trust and Montréal is the home to the largest underground shopping mall. Nearby Outlet shopping centre – Premium Outlets Montreal just a 45-minute drive away
- **Fun times** – Many activities are available in Montréal and the nearby cities. To mention some: climbing the famous Mount-Royal and looking at the cities amazing skyline, La Ronde theme park operated by Six flags!, hiking the mountains at the outskirts of Montréal such as Mount St Hillaire, walking around the plateau de mont-royal area and enjoying the different cuisines it offers. Winter activities – snowboarding, skiing, snowtubing, snowshoeing and many more! A great city to enjoy in any season of the year
- **Nearby Natural attractions-** Québec city and nearby Montmorency falls (2-hour drive), Mont-Tremblant resort (2 hours away), Coaticook camping (2 hours away), New York state is just a 2-hour drive away with the amazing Adirondack Park



## 4. The City of Ottawa:

- **Population:** Ottawa is the home for almost 1 million people of different backgrounds and different ethnicities
- **Language:** Truly bilingual city with most people speaking English and French
- **Time difference** – Ottawa is 7 hours behind Kuwait summer time and 8 hours winter time (Winter timing begins on the last Sunday of October and Summer time begins on the last Sunday of March)
- **Safety:** Pretty safe city
- **Public transportation:** not great system in place, you will need a car to get around
- **Food:** breakfast & brunch (Art-is-in the bakery, Wilf & Ada's), Fine dining (north and navy, Beckta), Asian food (Sushi 88, Siam Kitchen, Social Thai), Afghan kebab express (for great lamb shank)
- **Cost of living:** the average rent for a 1-bedroom apartment ranges from 1800 CAD to 2400 CAD, the average rent for a 2-bedroom ranges from 2600 to 3500 CAD. Everyday cost of living is affordable. Houses will be cheaper than apartments!
- **Accommodations** – most people rent an apartment or a house, houses tend to be bigger and cheaper thus ideal for families especially if you need more parking space. Hintonburg, westboro, little Italy are all great neighbourhoods to live in, yet Ottawa has many other great neighbourhoods to explore especially when it comes to houses, it's easy to drive anywhere in Ottawa given the size of the city and the traffic is not horrible.  
Check out rentals.ca for housing options
- **Education:** uOttawa is the biggest university in the capital city and the only medical school.
- **Hospitals:** there are many small community hospitals, The Ottawa hospital is comprised of two campuses (General & civic) and that's where you will spend most of your time between these campuses
- **Family** – Ottawa is a very family friendly city with great school districts.
- **Shopping Options** – Rideau mall has pretty much what you need for your shopping needs, its located downtown
- **Outdoor activities-** Dows Lake and Rideau canal (great for running, biking in summer, experience the longest skating rank in the world in winter), Many museums to explore (Canadian museum of nature, Canadian museum of history, War Museum, National Gallery of Canada, Aviation and space museum)
- **Nearby Natural attractions-** Gatineau Park is only 20mins drive, great place for hikes during the summer, amazing for cross-country skiing & snowshoeing during winter (one of the best cross-country skiing in the world!), Eagle pine nest in Calabogie is only an hour drive! (Beautiful hike with breathtaking views)

## 5. The City of Kingston:

*Written by Dr Anwar Albasri, Adult Rheumatology Fellow - University of Toronto, completed Internal Medicine residency at Queen's University*

- **Geography:** Kingston is halfway to every way. It is located in eastern Ontario, where Lake Ontario flows into the St. Lawrence River, about 200 km from Canada's capital city, Ottawa, about 250 km from the center of Toronto, and about 300 km from Montréal, Québec.
- **Population:** Kingston is home for only around 130,000 people. The population has bimodal distribution, students, and elderly as it is considered ideal spots to raise a busy family and to retire.
- **Language:** English is the main language spoken by Kingstonians.
- **Time difference from Kuwait:** Summertime +7 hours, Wintertime +8 hours.
- **Safety:** It is very safe city. Safety index is 67 with very low crime rate.
- **Public transportation:** Kingston is a very easy city to get around. You don't really need to own a car. Residents usually live on Ontario Street and so all the important places are in walking distance or accessible via the buses. It is just a 10-minute walk from the campus to shopping centre, restaurants, theatres and water sports in Kingston's downtown. Otherwise, Kingston transient Buses are the main way of public transportation. If you wish to use the bus you can have unlimited rides when you take the monthly pass on Kingston transient. (You can renew your pass monthly online). You can also use Taxi or Uber.
- **Culture:** It is mainly occupied by Caucasian while other races being minorities including Arabs, Asians and African Canadians.
- **Food:** Limited number of Mediterranean and Halal restaurants (around 12) present in Kingston. Most famous and clean Halal restaurants are Alibaba and Flavor of India.
- **Weather:** Kingston is the most consistently windy city in Canada (Take note, sailors!). While temperatures have been known to reach as high as 34 degrees Celsius in the summer and as low as -34 degrees Celsius in the winter. Over the course of the year, Kingston sees a lot more rain than snow.
- **Cost of living:** The cost of living in Kingston is less than in other big cities like Toronto, Ottawa and Montreal. This includes rents, cost of childcare, restaurants, and utilities. For example, as of December 2021: the average rent for a 1-bedroom apartment is 1,500 CAD and the average rent for a 2-bedroom apartment is around 2000 CAD if old building and reaching 2700 if it is a new building.
- **Accommodation:** Ontario Street is where most of resident level as it is very close to the hospital and the university. Most of the buildings are owned by "Homestead". There are relatively old buildings (but apartments are renovated) with lower rent compared to the new buildings. Regardless, these apartments are affordable and space to rent-cost ratio is way better than the big cities. If you do not find anything you like on Ontario street, you can use online listing for further search: ListNet, Kijiji, RentSeeker.ca, 4Rent.ca, Rentals.ca, Zoeken Canada, Realtor.ca.
- **Travel from Kuwait to Kingston:** No international airport in Kingston. However, you can reach the international airport in Toronto and Montreal very easily through car, Mega bus, Via rail train, domestic airplane. After that you can travel back to Kuwait from the

international airport (in Toronto or Montreal) through airlines like Turkish Airlines, British Airways, Qatar Airways, Emirates and KLM.

- **Arab and Muslim community:** Muslim community got bigger in Kingston over the years. There is also Queen's University Muslim Student Association (QUMSA). There is a Masjid on Sydenham Road but also many prayer rooms are available in Queen's university main campus. The resources for Halal food are limited in Kingston but you can get them from Toronto or Ottawa. (Best Arabic store you can ask for: Adonis!)
- **Education:** Queen's university offers relatively good number of positions in limited residency programs for Kuwaiti doctors.
- **Hospitals:** There are many hospitals but the ones you rotate through are Kingston general hospital, Hotel Dieu Hospital (There is a free shuttle between these 2 hospitals.) and St. Mary of the lake Hospital. For Community rotations you can be allocated to Belleville hospital or Oshawa.
- **Family-friendliness:** It is a very family friendly city where you can raise your children in a safe and calm environment.
- **Shopping options:**
  - Grocery: Costco, Freshco, Food basic
  - Others: Shopping at downtown Kingston on Princess Street. Limited shopping mall in Kingston. The main one is Cataraqui Centre. However, again, Kingston is so close to Toronto, Ottawa, Montreal and New York where you have great shopping options.
- **Fun times:**
  - Summer:
    - Movie night at Market square
    - 1000 Island Cruise at sunset
    - Stand-up Paddleboarding
    - Fort Henry museum
  - Spring: annual Maple Madness
  - Winter: winter festival called FebFest. Ice Skating on Market square

## 6. The City of Toronto:

*Written by Dr Ayedh Alhajri, PGY2 Paediatrics Resident - University of Toronto*

- **Geography:** Toronto is Canada's largest city. It is located on the shores of Lake Ontario and Toronto is the capital of the Canadian province of Ontario.
- **Population:** Toronto is home for 3 million people and the Greater Toronto Area is home for 6 million.
- **Language:** English is the predominant language spoken by Torontonians with approximately 95 percent of residents having proficiency in English.
- **Time difference from Kuwait:** It is the Eastern Standard Time in Toronto.
  - Summertime +7 hours.
  - Wintertime +8 hours.
- **Safety:** According to the 2021 Safe Cities Index (by Economist Intelligence Unit), Toronto ranked as the 2nd safest city in the world.
- **Public transportation:** Toronto has an excellent public transportation system coordinated by the Toronto Transport Commission (TTC). It makes your life easier and it includes:
  - The subway: underground trains.
  - Streetcars: above the ground trains.
  - TTC Buses
  - Additionally, bicycles can be found essentially anywhere with Bike Share Toronto.
- **Culture:** Walking the streets of Toronto, you will never feel like a stranger! As Toronto is the most multicultural city in the world with more than 200 ethnic groups and over 140 languages spoken!
- **Food:** Due to the huge cultural diversity in the city, you will find authentic food from anywhere in the world! There is even a Kuwaiti restaurant (Walima)! Top picks:
  - The 360 restaurant at the CN tower where you will have a breathtaking and revolving views of the city.
  - Sumaq Iraqi Charcoal Grill: Iraqi Kebab and cuisine.
  - Ruth's Chris Steak House
  - Copacabana Brazilian Steakhouse
- **Weather:** Toronto has four seasons each year. Toronto winters are usually not harsh and it is totally manageable, the lowest it gets is around -15 to -20 C each year, however the city is well equipped for harsh winters. For example, the PATH is an excellent underground system that connects the city for pedestrians and it has plenty of shops, cafes and restaurants. Snow approximately starts from mid-December until mid-March. Toronto summer is very warm and temperature might reach as high as 35-39 C.
- **Cost of living:** Toronto is the most expensive Canadian city (and the third most expensive in North America). For example, as of February 2022: the average rent for a 1-bedroom apartment is 2,200 CAD, 1-bedroom + a den is 2,450 CAD and the average rent for a 2-bedroom apartment is 3,300 CAD.



- **Accommodation:** There are many excellent condo buildings in the downtown area. You can use [www.condos.ca](http://www.condos.ca) to explore different options. Many Kuwaiti doctors live in the following buildings in the downtown area: The Livmore, Aura at College Park, College Park Towers (North and South Towers), One Park Lane, 99 Gerrard Street, The Residences (At 488 University Avenue).
- **Travel from Kuwait to Toronto:** As Toronto is home to Toronto Pearson International Airport, the largest in Canada, you have many options with only 1 layover stop. Many Kuwaiti doctors travel via: Turkish Airlines, British Airways, Qatar Airways and KLM. Total travel time is usually around 18-22 hours.
- **Arab and Muslim community:** Toronto is home for the largest Muslim community and the second largest Arab community in Canada! Hence, you will find Halal food nearly everywhere. There are many Arabic food stores as well as many Masjids in the City! (Best Arabic store you can ask for: Adonis!). There are more than 150 Mosques and Musallah throughout the GTA and Masjid Toronto is located in the middle of the downtown area.
- **Education:** Toronto is home to the University of Toronto, one of the best universities in the world, which offer many residency programs and fellowship positions for Kuwaiti doctors every year. U of T ranks highly in all of the international university ranking systems, for example it is the 1<sup>st</sup> in Canada and 3<sup>rd</sup> in the world for research impact (NTU Ranking 2021)
- **Hospitals:** There are over 40 hospitals in the Greater Toronto Area, many of which are affiliated with U of T. Most notably they include:
  - University Health Network (Which include Toronto General Hospital)
  - The Hospital for Sick Children (SickKids)
  - Mount Sinai Hospital
  - Sunnybrook Hospital.
  - And many other hospitals.
- **Family-friendliness:** Given all of the above-mentioned characteristics of Toronto, it is a nice, safe and family-friendly city.
- **Shopping options:**
  - Eaton Shopping Centre (in the downtown area)
  - Yorkdale Shopping Centre (looks like the Avenues to some degree)
  - Saks Fifth Avenue
  - Bloor Street
  - Toronto Premium outlet. (20-30 minutes drive from the downtown)
- **Fun times:** You have many indoor and outdoor activities to enjoy your time in Toronto which include:
  - Canada's Wonderland
  - Toronto Zoo and Safari
  - Centerville Amusement Park
  - Toronto Islands
  - Wet'n'Wild Water Park.





## جمعية الأطباء الكويتيين في كندا ASSOCIATION OF KUWAITI DOCTORS IN CANADA

- **Nearby natural attractions:**
  - Niagara falls (within 2 hours)
  - Blue Mountains (within 2 hours)
  - Muskoka lakes (within 1:30 hours)
  - One Thousand Islands (within 2 hours).
- **Toronto travel guide video by Expedia:** <https://youtu.be/7uY0Ab5HIZ0>



## 7. The City of Hamilton:

Written by Dr Hamad Almutairi, PGY1 Internal Medicine Resident - McMaster University

- **Geography:** Hamilton is one of the Canadian cities the province of Ontario. It is one hour drive from Toronto and one hour drive from USA borders (Buffalo)
- **Population:** Hamilton is home to 800,000 people.
- **Language:** English is the official language.
- **Safety:** according to where you live:
  - Ancaster (Very safe)
  - Grimsby (Very safe)
  - Burlington (Very safe)
  - The mountains (Safe)
  - Hamilton city (Not safe)
  - Stony creek (Not safe)
- **Public transportation:** You need a car to survive in Hamilton, otherwise Uber is the best solution or Hamilton Cap (they have an app)
- **Airport:** Toronto Airport is the nearest airport from Hamilton, 1 hr drive from Hamilton, cost 100-150 \$
- **Time difference from Kuwait:** In the winter, Hamilton is 8 hours behind Kuwait. In the summer, Hamilton is 7 hours behind Kuwait.
- **Culture:** Hamilton is a multicultural city, all cultures are welcome, you see all these diversities on people's clothes, worship places, restaurants etc.
- **Food:** Hamilton has many types of restaurants and if you're bored from them, you can try Mississauga restaurants (has more Arabic population)
  - Food delivery apps: skipdish or uber eat
- **Weather:**
  - In summer (Late march until early November) = Warm 20-30 c, simply you need air conditioner on your car and home.
  - In winter (Late November until early March = very cold with snow, simply you need a car to move around)
- **Accommodation:** You can rent a house or apartment.
  - Best website: Zillow Rentals, point2homes
  - Prices range for a livable 2–3-bedroom apartment/house 2500\$ up to 3500\$
  - Utility bills and insurance=100-200 \$ per month.
  - Best places to live (+ how long it takes to drive to main hospitals in Hamilton):
    - Ancaster (10-20 minutes)
    - Grimsby (20-30 minutes)
    - Burlington (25-30 minutes)
    - Hamilton city and Stony creek and the mountains (5-15 minutes)
  - You need a car if you're going to live in Grimsby, Ancaster and Burlington.
  - You can survive on Uber drive if you are going to live in Hamilton city, Stony creek and the mountains.
  - Safest areas to live in: Grimsby, Ancaster and Burlington
  - Dangerous areas to live in= Hamilton city and Stony creek.
- **Cost of living:**
  - Food: 30-60 \$per person per day

- Car insurance: 100-200 \$ per month
- Car fuel: 70-150 \$ per 7 days
- Car parking in hospitals :100-150\$ per month.
- Cost of Accommodation and utilities: discussed above
- **Arab and Muslim community:** there are many mosques and Arabic shops, however if you want more options Mississauga is the best solution.
- **Education:** McMaster University, is ranked #133 in Best Global Universities and 6th in Canada rank, surely is one of Canada top teaching and research universities.
- **Hospitals:**
  - Hamilton has 3 main hospitals for adults subspecialties and all of them are within 10 minutes drive from each other:
    1. Hamilton General Hospital
    2. Juravinski Hospital
    3. St. Joseph's Healthcare Hamilton
    4. Other Hospitals: St Peter, West Lincoln Memorial Hospitals.
  - For Pediatrics subspecialties:
    1. McMaster Children's Hospital, McMaster University.
- **Family-friendliness:** **Hamilton** is a very family friendly city, especially Grimsby, Ancaster and Burlington.
- **Shopping options:**
  - **Grocery :**
    1. No frills (has Halal meat secretion)
    2. Food basics.
  - **Malls:**
    1. Outlet collection at Niagara(best prices)
    2. CF lime ridge
    3. Mississauga has more options (like square one)
- **Fun times:**
  - Niagara Falls is a short drive 30-40 mins, a good place to spend the whole day there with the family.
  - Marineland : aquatic zoo
  - Grimsby lake: for a short walk by the lake
  - The blue mountains: is a small European town,2-3 hr drive , you must visit it , you can travel in the morning and drive back on the same day.
  - Hamilton Zoo
  - Buffalo, USA is only a 40 min drive .
  - Toronto is only 50 min drive from Hamilton.

## 8. The City of London, Ontario:

*Written by Dr Sarah Alobaid, PGY4 GI fellow at the University of Ottawa, completed Internal Medicine residency at Western University (London, ON)*

- **Geography:** London is in Southwestern Ontario in between 2 hours away from each) Windsor and Toronto. Windsor also borders Detroit, Michigan so you would also be 2 hours away from a land border with the USA. Port Stanley beach is 45 minutes south of London and is popular with locals during the summer.
- **Population:** The population of London's census metropolitan area, which includes Strathroy and St. Thomas, is projected at 545,441 as of July 2019.
- **Safety:** London ranks 81 out of 237 communities on Canada's Safest Places list in 2020, with a CSI (Crime severity Index) of 84 higher than the national average of 75.
  - That said, there are pockets of crime and safe neighborhoods just like you see in mid-sized or large cities. These statistics represent London as a whole and when looking where to live, I would recommend research specific neighborhoods. Common sense safety tips such as avoiding walking alone late at night, being mindful of your surroundings, and considering home security devices is likely all you need to do.
- **Public transportation:** Public transport includes mainly buses using London transit commission. From my experience, you can expect buses every 10-15 minutes. Occasionally at longer intervals. There is no underground subway service, unfortunately. The ideal way to commute in London would be by car.
- **Food:** There is a good variety of food in London. You can find familiar international restaurants, as well as several high-quality local restaurants, including Asian, Italian, Indian, as well as middle eastern cuisine.
- **Cost of living:** Rent in London is, on average, considered reasonable and 29.50% lower than in Toronto. Apartment or house rental prices will also vary in price depending on amenities offered and location.
- **Arab and Muslim community:** You will find people of all ethnic and racial backgrounds throughout London, Ontario. There is a sizeable Arab and Muslim community in London and you should be able to find small mosques around town.
- **Education:** One of the biggest and most well-known universities in London is the University of Western Ontario (also known as Western). Western will be the university that you would be applying to start residency. It is ranked in the top 10 medical schools in Canada. Notable alumni include Frederick Banting, who invented insulin.
- **Hospitals:** There are several hospitals of varying sizes in London, Ontario. The main 2 hospitals that you will likely be working in are:
  - University Hospital
  - Victoria Hospital.
    - St. Joseph's is a hospital that you may rotate in as well and it includes mostly outpatient clinics and procedures.

- **Family-friendliness:** There are several safe and family friend neighborhoods with great schools for families with kids. This [link](#) includes a map created by JM (a security company in London) of the popular neighborhoods in London for families.
- **Shopping options:** The main two malls are Masonville place and White Oaks which both have most of the main brands for essential clothes, electronics, and other accessories. For luxury clothing shopping, most would travel to Toronto for the weekend for high-end shops. For furniture, the most popular options include Structube, Leon's, Ashley's home store and urban barn. IKEA is not available in London, but options include either buying online or travelling to Toronto to buy from IKEA and see the furniture in person.
- **Nearby attractions:** There are a lot of attractions in London and within driving distance. If you like to keep active there are several parks throughout London:
  1. Victoria Park (one of the largest parks in London), which is the location for many activities in the summer. Springbank Park is also a popular choice.
  2. There is also the Thames valley trail, which is a 109 km trail that is paved and runs along the Thames River.
  3. Niagara Falls is a beautiful and popular attraction that is only 2-hours away by car.
  4. Wonderland Park is a popular theme and is two hours away by car from London. It spans over 300 acres and has over 200 attractions.



## 9. The City of Edmonton

Written by Dr Khalid Almunaikh, PGY2 Internal Medicine Resident - University of Alberta

- **Geography:** Edmonton is the capital of the Canadian province of Alberta. It lies along the North Saskatchewan River in the center of Alberta. It is North America's northernmost metropolitan area with a population over one million
- **Population:** The metro area of Edmonton had a population of 1,491,000 at the beginning of 2021. Making it Canada's fifth largest municipality.
- **Language:** English is the official language of Edmonton, with approximately 98 percent of residents having proficiency in the language.
- **Safety:** Edmonton is a safe place to live. The index of crime is moderate to low here
- **Public transportation:** Edmonton Transit provides extensive bus and light rail transit (LRT) services. The LRT project along with its future extension is the development of a modern, globally competitive city with a transportation system that meets the needs of a diverse, dynamic, and growing population. It is reliable, accessible and connects people to where they want and need to go — here, there and way over there. E-scooters and bikes are excellent ways to commute in summer.
- **Airport:** Edmonton international airport is the main airport is Edmonton. Usually, Kuwaiti doctors would need 2 transits to arrive to Kuwait from Edmonton. KLM currently has one transit to Kuwait via Amsterdam.
- **Time difference from Kuwait:** In winter, Edmonton is 10 hours behind Kuwait. In Summer, Edmonton is 9 hours behind Kuwait.
- **Culture:** Edmonton is a city that is supportive of its many culturally and socially diverse communities. It is welcoming, inclusive, and cohesive. It is known for its natural beauty, culture, history and attractions, Edmonton is a city for everyone. It is home to Canada's largest living history museum, Canada's largest historical park and North America's largest mall
- **Food:** Edmonton has a restaurant for every craving, whether you're downtown, on the southside or near West Edmonton Mall. So go ahead, treat yourself!
- **Weather:** Edmonton has four distinct seasons, and the temperature can vary considerably from 35° at the peak of summer to -40° Celsius in winter. Edmonton experiences an average of 325 sunny days and 2,345 bright sunshine hours per year
- **Accommodation:** You can rent apartments or houses in Edmonton with affordable prices. Multiple great neighborhoods in Edmonton like Oliver and the University area. The Oliver Residence is a modern complex for renting, along with many others in the Downtown Edmonton area. You can start by contacting the management offices of different complexes. If you have a family, renting a house would be more spacious.
- **Cost of living:** Anyone that lives in Edmonton knows it has its financial perks. In fact, compared to cities all across North America, Edmonton is one of the most affordable. The latest North American housing affordability report from Oxford Economics found that Edmonton is the fourth-most affordable city on the entire continent. The average rent for a 1-bedroom apartment in Edmonton, AB is currently \$1000. The average rent for a 2-bedroom apartment in Edmonton, AB is currently \$1500
- **Arab and Muslim community:** The Al-Rashid Mosque was the first mosque built in Canada. It was constructed in Edmonton, Alberta in the late 1930s. There are so many Halal foods and multiple Arab stores. Great Muslim community.
- **Education:** Edmonton has one of Canada's top teaching and research universities, the University of Alberta (U of A) which has an international reputation for excellence across several disciplines. The U of A is ranked 4th in Canada and 81st in the world for research impact (NTU Ranking 2019), with several of its subjects ranking very highly.

- **Hospitals:** Edmonton has more than 10 hospitals. The University of Alberta Hospital along with the Royal Alexandra hospital are two large hospitals with great academic centers. The Stollery children's hospital is for pediatrics. Edmonton hospitals have a great patient exposure. For example, the total catchment area for the RAH is equivalent to 1/3 of Canada's land mass, stretching north from Downtown Edmonton to encompass both the Northwest Territories and Yukon territory, and stretching as far west as British Columbia's pacific coast
- **Family-friendliness:** Edmonton is a very family friendly city and very affordable
- **Shopping options:** West Edmonton Mall in Alberta, was ranked as the largest shopping center in Canada with 3,200 thousand square feet area in 2017. Jasper Avenue along with Whyte Avenue are two famous streets to visit.
- **Fun times:**
- Edmonton is known as **Canada's 'festival city'**, Edmonton hosts over 50 unique festivals annually.
- Edmonton is famous for its beautiful river valley park system, the North Saskatchewan River Valley, which offers over 100 kilometers of recreational trails, wildlife viewing, and city views
- Edmonton is surrounded by Banff and Jasper within 3 to 4 hours drive. They are a natural beauty along with the Rockies' mountains.

## 10. The City of Calgary:

*By Humoud Alnassar, KOC Petroleum Engineer, Secondee in Chevron-Canada in Calgary*

- **Geography:** Calgary is the business capital of the province of Alberta. Downtown Calgary is about 1,000 m above city level, with the Rocky Mountains to the west.
- **Population:** With a population of 1,239,220, Calgary is the most populous city in Alberta, and the third most populous city in Canada after Toronto and Montreal.
- **Language:** English is the predominant language spoken by the residents of Calgary, with about 97 percent speaking English.
- **Time difference from Kuwait:** It is the Mountain Standard Time in Calgary.
  - Summertime +9 hours.
  - Wintertime +10 hours.
- **Safety:** Calgary is a safe and peaceful city, nothing major to worry about, and regular precaution is recommended in certain areas after midnight.
- **Public transportation:** Reliable public transportation system exists in Calgary Downtown and the surrounded areas, such as:
  - C-Train (LRT)
  - Local Buses

The public transportation is free in a specific mapped zone in the downtown. Yet, it is highly recommended to own a car while living in the province of Alberta.

- **Culture:** Calgary is a highly diverse city, which is similar to most places in Canada. No one look different and whoever lives in Calgary can feel home.
- **Food:** Variety of restaurants and groceries are available in Calgary covering almost every culture's need. Main middle eastern restaurants and groceries:
  - Yemeni Village Restaurant (traditional Kabsa), Aladdin's Casbah (Lebanese grill), Jerusalem Shawarma, Basha Foods International, Village Pita Bakery and Medina Café & Grill.

Local and international restaurants:

- Modern Steak, Saltlik Steakhouse, Seed N Salt, Anatolia Turkish Restaurant, Cactus Club Café (Restaurant), Alforno Bakery and Village Ice Cream.
- **Weather:** Calgary has four seasons each year. Following the dry and windy fall, the winter is considered extreme, and the lowest it gets is around -20 to -35 C each year, however the city is well equipped for harsh winters. Main downtown buildings are connected by indoor bridges called +15 to help the people walking around. It is recommended to live close to train stations to have an option to park the car and use the train in heavy snowy days (about 2-3 weeks a year). Due to the existence of the rocky mountains, a climate phenomenon called Chinooks can result in strangely warm days in mid of winter, increasing the temperature by 20 to 30 degrees above the normal winter temperature, therefore it is recommended to keep an eye on the weather forecast every morning.

While the snow season starting month is changing every year from October to December, the snow usually melts in late April to early May. June to August are the summer month, with daily temperature ranging between 33 to 15 C. Carrying and extra light coat is recommended.

- **Cost of living:** Comparing to the middle east, Calgary living cost is considered above average in term of food, transportation and accommodation.

- **Accommodation:** The best areas to live in Calgary is either the South of SW for families, while the downtown is the best for singles and small families. The other places in Calgary are not bad except for the NE which is not recommended. <https://www.rentfaster.ca/> is the main accommodation leasing website/app used in Calgary. The Downtown 2 bedrooms condos leasing prices are between 2500 CAD to 4500 CAD, the same prices for the inner-cities 4 bedrooms houses which are 10 to 15 minutes away from the Downtown by car. The main things to be considered when leasing a place in Calgary:
  - AC and heating system
  - Covered parking (garage or underground)
  - Utilities inclusion/ exclusion
  - Appliances age
  - Snow removal contracting for the winter season (in case of house leasing, and could cost about \$200/month)
- **Travel from Kuwait to Calgary:** Few options are available to travel between Kuwait and Calgary. Lufthansa itinerary is the less transfer option, while Qatar Airways and KLM have the same duration option which is 24 hours.
- **Arab and Muslim community:** A large Muslim community are living in Calgary. While Calgary Islamic Centre SW is the main mosque in Calgary, Baitun-Nur Mosque Calgary is the largest. Islamic Center of South Calgary seems to be closed.
- **Education:** University of Calgary (U of C) uniqueness resides in the engagement of students in developing leadership skills in all disciplines including medicine. In Canada, University of Calgary is one member of the U15 leading research-intensive universities. U of C governs 73 Canada Research Chairs and has more than 50 research institutes that involves Interdisciplinary research. U of C is ranked one of the top 10 universities in Canada, in fact, the youngest university that ranked as top five research university (Research info source Ranking 2021).
- **Hospitals:** There are more than 15 hospitals in Calgary, five acute care hospitals of which is affiliated with U of C that provide 63 postgraduate residency programs or more than 90 Fellowships. Hospitals affiliated with U of C includes:
  - Foothills Medical Centre (Cumming School of Medicine Campus, One of Canada's largest hospitals)
  - Peter Lougheed Centre
  - Rockyview General Hospital (Becoming the leader for urological care in Canada)
  - South Health Campus
  - Alberta Children's Hospital (Pediatrics)
- **Family-friendliness:** Given all of the above-mentioned characteristics of Calgary, it is a nice, safe and family-friendly city, with variety of places for the family to enjoy around the year.
- **Shopping options:**
  - CF Chinook Centre
  - CF Marker Mall
  - CORE Shopping Centre
  - Stephen Avenue Walk
  - CrossIron Mills – Outlet Shopping Mall (within 25 minutes drive from the downtown)



- **Fun times:** You have many indoor and outdoor activities to enjoy your time in Toronto which include:
  - The Big Box indoor playground
  - Flying Squirrel (Indoor trampoline park)
  - Rec Room (all ages)
  - TELUS Spark Science Centre
  - Bow Habitat Station (fish feeding and aquarium)
  - WinSport offering from ski option in winter to downhill karting in summer and many other activities.
  - Calgary Zoo
  - Princes Island Park
  - Fish Creek Provincial Park (native birds can be spotted during the day, while owls can be spotted during sunset time)
  - Bowness Park is also famous with native bird species
  - Edworthy park is a great option for close-by hiking option as well as biking all the way to Princes Island Park.
  - Heritage Park Historical Village
- **Nearby natural attractions:**
  - Banff National Park (within 1.5 hours)
  - Lake Louise (within 2 hours)
  - Drumheller: The dinosaur capital of the world (within 2 hours)
  - Jasper National Park (within 5 hours)
  - Waterton Lakes National Park (within 3.5 hours)
  - Kananaskis hiking trails (within 50 minutes)
  - Canmore hiking trails (within 1 hour)
- **Recommended Schools for families with children:**
  - Webber Academy (Grades JK to 12)
  - Rundle Academy (Grade K to 12)
  - River Valley School (Grades PS to 6)
- **Tutoring:** In-home private tutoring for Arabic/ Islamic studies is available in Calgary (Recommendation: Ms. Fatoon: fzumlot@hotmail.com)



## 11. The City of Vancouver:

Written by Dr Faisal Saleh Yaseen, PGY2 Paediatrics - University of British Columbia

- **Geography:** Vancouver is located in the Pacific Northwest and it is the largest city of the Canadian province of British Columbia and it's Canada's third largest metropolitan area.
- **Population:** Vancouver is home to more than 600,000 people and the Vancouver Metropolitan Area is home to 2.5 million.
- **Language:** English is the predominant language spoken by Vancouverites with approximately 87 percent of residents having proficiency in the language.
- **Public transportation:** Vancouver has an excellent public transportation system that includes underground trains (sky train) and buses all coordinated by the Vancouver TransLink. Additionally, bicycles can be found essentially anywhere with Vancouver Bike Share (Mobi). Vancouver is also a very pedestrian friendly and car friendly city!
- **Culture:** Vancouver is a very diverse and multicultural city. It has been called a "city of neighborhoods". Each neighborhood in Vancouver has a distinct character and ethnic mix.
- **Food:** Due to the huge cultural diversity in the city, you will find authentic food from anywhere in the world! Vancouver is especially known for its Asian food, Sushi, donuts, ice cream and coffee! (Top picks: Minami for sushi, Tacofino for Mexican food, 49<sup>th</sup> Parallel Coffee and Donuts, Earnest for ice cream).
- **Cost of living:** Vancouver is one of the most expensive cities in Canada and North America. For example, as of January 2022: the average rent for a 1-bedroom apartment is 2,200 CAD and the average rent for a 2-bedroom apartment is 3,000 CAD. British Columbia also has one of the highest tax rates in Canada.
- **Arab and Muslim community:** Vancouver metropolitan Area (specifically Surrey) is home to a large Arab and Muslim community. There are many mosques in the area and various halal restaurants. Top picks are Zaatar w Zeit and Nuba.
- **Education:** Vancouver is home to the University of British Columbia, one of the most prestigious universities in Canada, which offer many residency programs and fellowship positions for Kuwaiti doctors.
- **Hospitals:** There are many hospitals in the Vancouver Metro Area, many of which are affiliated with UBC. Most notably they include: Vancouver General Hospital, St Paul's Hospital, Royal Columbian Hospital, Lions Gate Hospital, Surrey Memorial Hospital and BC Children's and Women's Hospital.
- **Family-friendliness:** Given all of the above-mentioned characteristics of Vancouver, it is a very family friendly city.
- **Shopping options:** Pacific Center (Downtown), Robson Street, Park Royal and Metropolis at Metrotown
- **Fun times:** You have many activities to enjoy your time in Vancouver. Including Stanley Park and the famous Seawall, Granville Island, and the various beaches including Kitsilano beach, Sunset beach, English Bay and Spanish Banks.
- **Nearby natural attractions:** British Columbia is consistently ranked as one of the most beautiful places in North America with various beaches, national parks and mountains only a short drive away. Head to Squamish (1 hr drive) and Whistler (2 hr drive) via the Sea to Sky highway for beautiful hikes, scenery and winter sports. Vancouver Island is a short ferry trip away and is home to the historical City and Capital of BC, Victoria, as well as the beautiful surf town, Tofino, on the Pacific Ocean. In every direction there are various mountains and national parks to enjoy day trips or weekend trips!

# Chapter 4

## *Your Canadian experience*

1. What to do in Kuwait before coming to Canada?.....	100
2. Your first week in Canada.....	101
3. General advice for residents.....	103
4. The benefits of being a resident in Canada .....	104
5. Overview of healthcare professionals in Canada.....	104
6. Chief residents, what do they do? .....	105
7. Responsibilities as a Kuwaiti doctor in Canada.....	105
8. Kuwaiti doctor's rights in Canada (CSC/MoH).....	106
9. Kuwaiti doctor's rights in Canada (Kuwait University).....	109
10. General Tips on how to settle in Canada.....	110
11. Tips and tricks for doctors coming with their family.....	110
12. Getting a driving licence in Canada.....	113
13. KIMS Promotions while in Canada (CSC scholars).....	114

# 1. What to do in Kuwait, before coming to Canada:

Written by Dr Mohammad Alsarraf, PGY1 Paediatrics Resident - McGill University and  
Dr Ayedh Alhajri, PGY2 Paediatrics Resident - University of Toronto

- **Passport:** Consider renewing your passport before traveling and even before applying to the Canadian visa, it will make your life easier. You can add doctor (طبيب) to the job section in the passport if you want (Bring your KMA membership card and your hospital ID)
- **Driving Licence:** Make sure that your name on your driving licence matches the name on your passport. (If not, change the spelling of your name in English in Aldhajej (إدارة الجنسية ووثائق السفر) and then print a new licence from (خدمة المواطن)
- **Power of Attorney (توكيل عام):** It is optional but I strongly recommend doing it. It will help if you need someone to do your paperwork in Kuwait while you are in Canada.
- **Finances:** Consider an American Express card (without profit), as it is accepted in most places in Canada and you can pay your AMEX fees via K-net with lower charges than using your Kuwaiti bank cards here in Canada.
- **Work-related matter:** Make sure that your direct supervisor and your head of department know that you are going to Canada for training and that you have submitted all of the required paperwork.
- **Travel:** Civil Services Commission (CSC | الخدمة المدنية) will provide you with a document to Kuwait Airways, so that you can go to any KA office and book your flight to Canada.

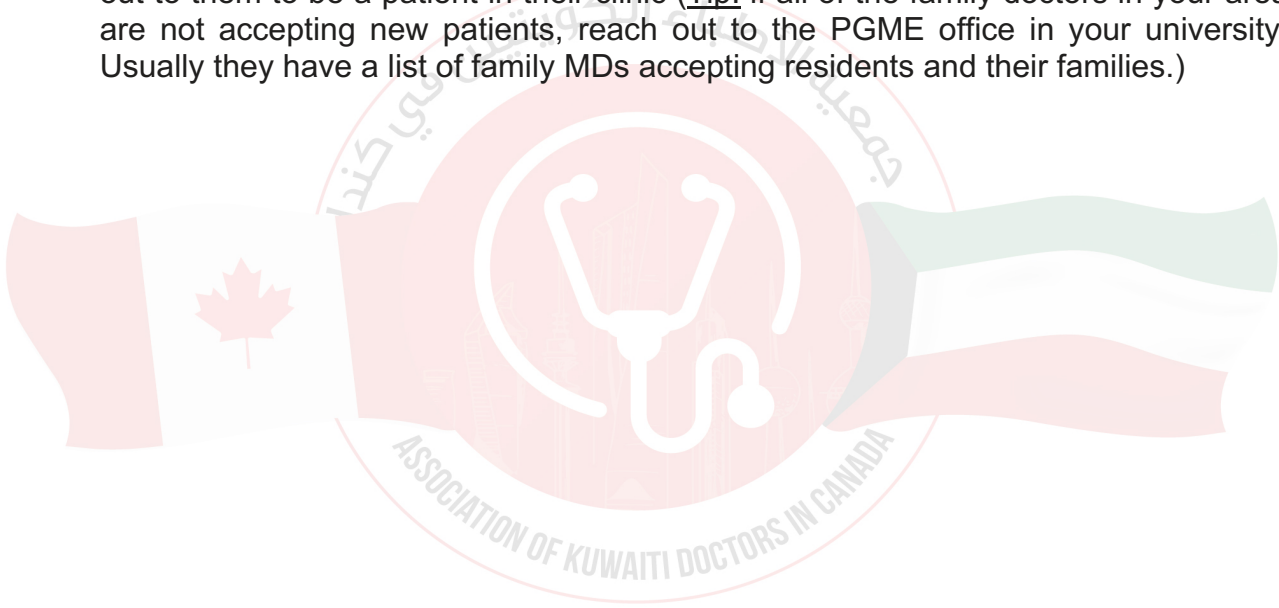
## 2. Your First week in Canada, what to do?

*Written by Dr Ayedh Alhajri, PGY2 Paediatrics Resident - University of Toronto*

- **Work permit:** once you land in Canada and have all of your documents, you will go to the immigration office in the airport to provide you with your physical work permit. Make sure that your name was spelled correctly as well as the information it contains (university etc)
- **Mobile networks:** There are many mobile networks here in Canada. The most widely and nationally present companies are Rogers and Bell. From personal experience, Rogers has great coverage and a reasonable fee. For some universities they have a discounted rate if you have a university email (e.g. 15% off for UofT with Rogers).
- **Accommodation:** It is recommended that you do not sign a contract until you physically see the apartment/condo. In each city there are many brokers that can help you find and view different condos, you can ask your friends/colleagues in that city or search the web.
- **Bank account:** The best banks in Canada are the Big 5, you can open in any of those:
  1. Toronto-Dominion Bank (TD)
  2. Royal Bank Of Canada (RBC)
  3. Bank Of Nova Scotia
  4. Bank Of Montreal (BMO)
  5. Canadian Imperial Bank Of Commerce (CIBC)
- **Cultural office:** Once you arrive, email the cultural office/your supervisor indicating that you landed and include the following attachments:
  1. Your contact information (Mobile number, email, address [permanent or temporary])
  2. Photocopies of: passport, work permit, Canadian arrival stamp, Canadian visa.
  3. Bank information: voided cheque with your account information and bank SWIFT code.
  4. Your family's passport(s) and visa(s) (spouse and children)
  5. Updated University Letter of Appointment with your first block schedule.
- **Residency:** Inform your residency program that you have landed and came to Canada.
- **CMPA:** Once you have your Canadian bank account and a Canadian address, you can complete your CMPA application and pay for it fees (Tip: make your payment monthly for the first year not annually, so that you can get reimbursement from the Cultural Office later on. If you pay for the full year BEFORE the official start date of your scholarship you will not get reimbursement)



- **Medical Authority (e.g. CPSO, CPSA etc.):** Complete the remaining of your application, each province has its own application process so refer to their websites for further information.
- **Health Insurance:** Kuwait cultural office will provide you with your health insurance details with Green Shield Canada insurance company. Additionally, each province has their own insurance plan for workers, including doctors (For example in Ontario, you will have an OHIP card when you apply in any of the Service Ontario offices).
- **Family Doctors:** It is trickier in larger Canadian cities to find a family doctor easily. My recommendation is to search for available family doctors in your area and reach out to them to be a patient in their clinic (Tip: if all of the family doctors in your area are not accepting new patients, reach out to the PGME office in your university. Usually they have a list of family MDs accepting residents and their families.)





### 3. General Advice for Residents

*Written by Dr Fares Alfares, PGY3 Paediatrics Resident - Dalhousie University*

Moving to Canada may seem like a daunting experience, however these quick tips should help you get a better grasp of what to expect when you start your residency. Practicing as a resident physician has different expectations and responsibilities. It is important to remember your learning comes first.

#### GENERAL ADVICE AS A RESIDENT:

- Take full advantage of the orientation period and learn about the system you will be working in.
- Socialize with your co-residents and other fellow sponsored residents to acclimate and familiarize yourself with your new program
- Expose yourself to your administrative support persons (roles may differ between programs and sponsors)
  - o Academic supervisors: point of contact with Kuwait Cultural Office
  - o Program coordinator: Administration of program
  - o Program Director: direct supervisor and runs program
  - o Resident Affairs: office within university that offers different kinds of support
  - o Chief Residents: the resident representatives with a wide variety of responsibilities
- Find a mentor within your program, to help you adjust, learn from, and receive guidance and career advice. They do not necessarily have to be full time faculty.
- Plan your early and ahead regarding vacations and time off. The earlier you plan your vacations, the more likely you are to have all your time used and approved.
- There are also other days off such as lieu days, flex days, personal days, conference time and sick days. These differ from program to program but be sure to take full advantage of it!
- Review the Royal College Objectives for your program. You can map them out based on your rotations to have specific and focused learning goals during your rotations.
- Your main priority is your learning. Feedback is meant to be helpful and constructive.
- Reach out to other colleagues or friends to provide their experience and share what struggles they faced. Your problems may not just be unique to you!

## 4. Benefits of being a resident in Canada

*Written by Dr Fares Alfares, PGY3 Paediatrics Resident - Dalhousie University*

As a resident, you are both a physician and student. You may enjoy some perks that come out of both.

- Resident Associations: each province and Canada as a whole has a resident lead organization that negotiates for the benefits and rights of residents.
  - o Resident Doctors of Canada (RDoC)
  - o Maritime Resident Doctors (MaRDoC)
  - o Professional Association of Residents of Newfoundland & Labrador (PARNL)
  - o Resident Doctors of Saskatchewan (RDoS)
  - o Professional Association of Resident Physicians of Alberta (PARA)
  - o Professional Association of Residents and Interns of Manitoba (PARIM)
  - o Professional Association of Residents of Ontario (PARO)
  - o Resident Doctors of BC (RDBC)
- Resident Support/Affairs: your university may also offer help that ranges from academic support, to adjusting to life in Canada
- Health Center/Hospital Network: as an employee of a hospital or health network, you may have special offers such as with phone plans, or other benefits.
- Student Card: as a student you may be eligible for some discounts on groceries, stationary, and other services.

## 5. Overview of Healthcare Professionals in Canada

*Written by Dr Fares Alfares, PGY3 Paediatrics Resident - Dalhousie University*

The Canadian health care system is very different from Kuwait's. This is a brief review of some of the health care professionals you'll be working with. Do note that some provinces may differ slightly in the terminology and roles.

- Staff Physician: Sometimes called the "Attending Physician". They are board certified specialists in their respective field. This is the equivalent to the Consultant of the team.
- Resident Physician: Depending on the program the title and responsibilities of "junior" and "senior" vary. These are your colleagues within your program looking to become board certified. There are often promotion criteria you will need to progress from academic years, stages, and responsibility.

- Clinical Associate/Physician Assistant: colleagues of different educational backgrounds, who have restricted licenses for practice. They also have the same responsibilities of Resident physicians.
- Nurse Practitioner: Nurse who have completed further training and certification. Their roles also vary, but essentially function as a physician in terms of responsibilities.
- Respiratory Therapist: these are specialized members of allied health who mainly work with managing airways and respiratory support. This may also include intubation in some centers.
- Registered Nurse: nurses have wider scopes of practice and even carry out procedures that are done by physicians in Kuwait.
- Social Worker: a member of the multidisciplinary teams you work with. They can help address non-medical concerns of patients you treat.

## 6. Chief residents

*Written by Dr Fares Alfares, PGY3 Paediatrics Resident - Dalhousie University*

Chief residents have a wide range of responsibilities to the program and even hospital. Although these differ between programs, there often common responsibilities and expectations. You may also find yourself a chief resident one day, as some programs have mandatory chief rotations for senior or graduating residents.

- Leadership of Resident Program and representing the resident body on various committees.
- Orientation of Juniors to the program, including giving lectures
- Setting the call schedules
- Sitting on academic committees regarding promotions
- Attending other administrative meetings involving hospital management
- Interviews and selection committees of applications to the program (Canadian and sponsored graduates).

## 7. What are your responsibilities as a Kuwaiti medical doctor in Canada?

*Written by Dr Ayedh Alhajri, PGY2 Paediatrics Resident - University of Toronto*

- To be a good representative of our beloved country where-ever you work.
- To maintain professional relationships with your residency program and the cultural office representatives.
- To complete your training objectives fully.
- To fulfill your scholarship mission and return to Kuwait when you are done.

## 8. What are your rights as a Kuwaiti medical doctor in Canada (From CSC/MOH)?

*Written by Dr Ayedh Alhajri, PGY2 Paediatrics Resident - University of Toronto*

- The following rights to Kuwaiti doctors sponsored by CSC/MOH were communicated to me by email from the Washington cultural office in January 2022.
- The original document can be found via this link:  
<https://drive.google.com/file/d/14oGlaQZsu2UgRsQG1os7vCQ5WzuffyGTT/view?usp=sharing>

### 1. Monthly Stipend:

- Please be advised that your stipend will be deposited to your account between the 19th and 22nd of each month and that you get paid a month in advance (ex. February stipend is deposited between the 19th and 22nd of January).
- Please note that your salary start date is indicated on the final decree from Civil Service.
- You will receive your stipend from our office as long as you are actively training full time and are eligible to receive stipend.
- Your scholarship stipend will be suspended during any leave of absence (not including annual approved vacation).

### 2. Elective Rotations:

- Residents who wish to take an "Elective Rotation" in Kuwait are entitled to receive their basic salary, stipend, and other benefits in Kuwait, but their scholarship mission will be suspended, and they will not receive stipends from this office if the rotation period is more than one (1) month in duration. Please provide the following information at least two months prior to the starting date of your elective rotation:
  - Your letter of request.
  - A letter from your program director approving your elective rotation, which should include the starting and ending dates of the rotation.
  - A letter from the physician at a Kuwaiti hospital who would be supervising and evaluating your elective rotation.
- Elective rotations must be required for successful completion of your program in order to be approved.
- Any fees incurred are the responsibility of the trainee and are not eligible for reimbursement by the Cultural Office.

### 3. Health Insurance:

- You will be registered with the Embassy and with the Kuwait Health Office for your supplemental health insurance effective the date of your arrival. If you have questions regarding your health insurance, you may contact the Health Office directly at +1202-



686-4304/4307 or via email to MaryBeth Byrdy ([Mary\\_b@usakho.org](mailto:Mary_b@usakho.org)) or Bernadeth Busog ([bernadeth\\_b@usakho.org](mailto:bernadeth_b@usakho.org)). The health office will email you confirmation regarding your health insurance registration and you will receive your cards in 2-3 weeks.

#### 4. Book Allowances:

- Starting in the second year of your scholarship mission, you are eligible for 300 KD book allowance annually. This allowance will be distributed twice per year, 150 KD with your September stipend and 150 KD with your February stipend.

#### 5. General Reimbursements:

- According to your scholarship mission, you are entitled to reimbursement for the following fees **as long as they were paid after your scholarship start date**:
  - Admission/Registration Fees
  - Immigration and Visa processing fees (restrictions apply)
  - Canadian Medical Protective Association (CMPA) Malpractice Insurance
  - Local College of Physicians and Surgeons Membership and Renewal Fees and Medical Council Licensing fees
  - Royal College of Physicians and Surgeons of Canada (RCPSC) Membership and Renewal Fees
  - Royal College Board Examination (one time, only if training in Canada)
  - American Board Examination (Part 1, 2, and 3; one time; only if training in the United States)
  - 1 journal subscription per year
- For each reimbursement, submit the following as a proof of purchase:
  - A brief explanation of the charge to your advisor via email
  - Dated receipt
  - Bank statement.
- Any missing documents **may prohibit the processing of the reimbursement**.
- Please note:** that reimbursements older than 1 year cannot be processed by our office and will need to be submitted to your sponsor for approval. Therefore, please send your eligible reimbursements regularly to avoid delays in processing.

#### 6. Child Tuition Reimbursement:

- For children between the ages of 3-18 our office can cover 50% for the tuition at private schools and 100% of the fees at public schools.
- Please note:** public schools do not charge tuition.
- Schools that are private, charge tuition.
- We only cover tuition and registration fees, we cannot cover supply fees, lunches, late pick-up fees, aftercare, transportation, field trips, etc.
- Our office prefers to pay the school directly for the 50% tuition and registration fee that we cover. They can send us an invoice and we can pay them directly allowing you to pay the other 50%. The invoice will need to show the dates the tuition is for, a breakdown of the tuition charges, your child's name, and the school's contact information.



- Otherwise you can pay the school the full amount then send us an invoice (with the same information) and we can reimburse you 50%. Please be advised that our office must confirm enrollment with the school.

#### 7. One-time Equipment Reimbursements:

- You are eligible for a one time 800 KD reimbursement for equipment (including laptops, tablets, and loupes).
- This fee is only reimbursed **once**, so make sure you do not need additional equipment later in your training. You will need to submit a letter from your program director stating the equipment is necessary, along with the dated receipts and bank statement showing proof of payment.

#### 8. Annual Home Leave Ticket:

- You are eligible for the first annual ticket after the first year of scholarship. You become eligible for each annual ticket on the anniversary of your scholarship start date. Requests for annual tickets may be submitted up to two months prior to your eligibility date.
- Annual tickets cannot be issued if you have less than six months of scholarship time left or will graduate within six months.
- Please note that if you do not use your annual home leave ticket within the year of eligibility, **you forfeit your ticket**.

#### 9. Conferences/Courses:

- You are entitled to conferences/courses based on your status with our office:
  - If you began Residency with our office, you are entitled to 3 domestic and 2 international conferences/courses throughout your scholarship mission.
  - If you completed your Residency elsewhere (outside the US or Canada), and are starting your scholarship with our office by undertaking a Fellowship, you are entitled to 1 international and 1 domestic conference/course during your scholarship mission.
- **Note:** Both Canada and the US are considered domestic (i.e. if you are studying in Canada, a US conference/course will count as a domestic conference/course.)
- In order to be reimbursed for a conference, we require the following:
  1. A letter from your program director confirming your attendance is required or recommended.
  2. Airfare/Train confirmation with the amount you paid. We can only cover the cost of your airfare, not airfare for dependents. We **DO NOT** reimburse for taxis/rideshare.
  3. Conference/Course registration confirmation with the amount you paid (we only reimburse the cost of attendance, not hotel accommodations).
  4. Proof of attendance - picture of your name badge, completion certificate, post attendance email, transcript, etc.

#### 10. Final One Way Graduation Return Ticket:

- You are entitled to a Final One Way Graduation ticket from your study location to Kuwait only if you have met the following conditions:

- Residents: completed your residency program successfully and successfully passed the Royal College Board Examination/American Board Examination
- Fellows: completed your fellowship successfully and successfully passed required examination, if applicable.
- If you are suspending your scholarship or have not met the above conditions, you are not entitled to a Final Ticket.

#### 11. Shipping Reimbursement upon Graduation:

- Once you have completed your scholarship mission and we have received confirmation that you have graduated, you are entitled to a reimbursement of shipping costs associated with your return to Kuwait.
- This reimbursement is eligible for a maximum of 5 people (1 student + dependents).
- Please submit both the shipping receipt and bank statement showing proof of payment as well as an explanation (via email) of the charges and items shipped. Be sure to complete this before the end of your scholarship mission to avoid delays.
- This payment will be presented to your sponsor for their review and action.
- If you do not ship any belongings, you are eligible for 1 piece of excess luggage per person instead.

For more information visit the following links:

1. CSC FAQs: <http://www.kuwaitculture.com/civil-service-commission/frequently-ask-questions>
2. Info Page for Physicians: <http://www.kuwaitculture.com/civil-service-commission/physicians-dentists>
3. CSC Rules & Regulations: [http://www.kuwaitculture.com/sites/default/files/rules\\_regulations/rules\\_CS.pdf](http://www.kuwaitculture.com/sites/default/files/rules_regulations/rules_CS.pdf)

## 9. Kuwait University scholar's responsibilities & rights while in Canada:

*Written by Dr Ayedh Alhajri, PGY2 Paediatrics Resident - University of Toronto*

- The following PDF document written by the scholarship department at Kuwait University contain the scholar's responsibilities and rights in details: [http://ku.edu.kw/cs/groups/scr/documents/ku\\_content/kuw175441.pdf](http://ku.edu.kw/cs/groups/scr/documents/ku_content/kuw175441.pdf)

## 10. General tips of how to settle in Canada:

*Written by Dr Ayedh Alhajri, PGY2 Paediatrics Resident - University of Toronto*

- Read about your city before going there.
- Reach out to the Kuwaiti / Arabian Gulf doctors in your city to ask them about their experience and what they recommend in terms of: accommodation, mobile sim cards and coverage, the need to have a car and other questions.
- Connect with Kuwaiti doctors in your city, they are home away from home and usually in many Canadian cities there is a Kuwaiti / Gulf community.
- Know your rights and responsibilities as set by your sponsoring agency: CSC/MOH or KU.
- Each province have their professional association of residents (For example, PARO ([www.myparo.ca](http://www.myparo.ca)) for Ontario residents, where you can read your rights and responsibilities as a resident in Ontario as set by the law)
- If you have any questions, the Association of Kuwaiti Doctors in Canada is always here to help you.

## 11. Tips and tricks for Kuwaiti doctors coming to Canada with their family

*Written by Sara Alajmi and Ayedh Alhajri, a Kuwaiti family in Canada.*

- Living in Canada with your family is super FUN! And of course as anything in life, you might face some challenges. That's why we wrote this chapter to help you overcome them and enjoy your time here!
- Every family is different and they have their own way of doing things, however those are general tips and tricks that we hope will help you. (Of note we live in Toronto, Ontario, but we tried to have those recommendations applicable for any Canadian city you will live in)
- **What to bring from Kuwait?** Simply bring things that you will not find here.
  - (E.g. Arabic coffee, Arabic dates, Bukhoor (بخور), herbs and spices etc).
  - If you travel with an infant who is formula-fed, look into what are the formulas available in the city that you are going to, as many of the milk formulas in Kuwait are NOT available in Canada. Common formulas used here in Canada include: Nestle (Good start), Enfamil and Similac.
  - Consider switching your infant's formula to a formula that you will be using in Canada before your travel date (so that you do not need to bring many formula boxes with you to Canada from Kuwait)

- **Immunisations record (In Kuwait):** Make sure your children's vaccinations record is up-to-date according to Kuwait's schedule. And make sure you have an English version of the child's immunisation record.
- **Travelling to Canada with kids:**
  - Layover duration (Transit time): ideal to have 3 - 5 hours.
  - Strollers: for families with infants and/or toddlers, make sure that the stroller can be taken onboard into the plane (Fits the overhead cabinet). It will make your life much easier.
  - Clothing: have extra pairs for everyone in your family (As it might get messy)
- **Immigration Office:** when your family (spouse/children) first come to Canada, they will be directed to go to the Immigration office. There, they should ask for a "Visitor Record" and it looks like your work permit. Having a visitor record will allow them to stay in Canada as long as they wish (given they have a valid visa). However if they do not have this record they will need to leave Canada every 6 months and come back!
- **Proof of Address for family:** Have your family members' names in your accommodation contract which will then become a proof of address for them. Other options include having their Canadian driving licence, if they wish.
- **Accommodation:** Ask your Kuwaiti colleagues in the city you are going to what are the best places to live in for families in your city. Choose a place that is safe and secure. It is recommended to live in a place close to you children's day-care/school.
- **Education:** If you want a specific school in the city for your children, make sure that your apartment/address is in the school's catchment area.
- **Language Course:** As part of your rights as a medical doctor in Canada, your spouse is able to join a language course if they wish.
  - KU Scholars: Spouse English course covered by the cultural office for 2 courses.
  - CSC Scholars: We are not sure if the cultural office cover English course fees.
- **Day-care:** In most cases, day-care waiting times in Canada are very long. Hence, once you have your university offer signed, start looking for good day-cares around your workplace/accommodation. Send emails early to different day-cares indicating that you would like your child to be enrolled at this time if possible.

- **Health care:** Once your family arrives in Canada, apply for their provincial health insurance card at your earliest convenience. Although the Kuwaiti cultural office will have them covered under a private insurance company “Green Shield Canada”, it is way more convenient for you and your family to use the provincial health insurance card (e.g. in Ontario it is called the OHIP card)
- **Family doctors:** As mentioned in the previous section. It is always recommended to have a family doctor for you and your family.
- **Dentist:** Once you settle in, look in the internet to find a close by dentist with good reviews to be you family’s dentist.
- **Shopping/Grocery:** One of the great things that you will notice in Canada is how it’s easy to shop/do grocery even when you are at home.
  - Shopping recommendations: Amazon and many brands that have online shop experience where you will have your items in couple of day or the next day!
  - Grocery recommendations: Instacart App, Cornershop App.
- **Social life:** One of the biggest challenges that Kuwaiti families face in Canada is the huge difference in social life between Canada and Kuwait. And that is largely due to the different work culture, in Kuwait working hours are way less than working hours in Canada. The way to overcome this is by socialising and befriending with other Kuwaiti / Gulf / Arabic / Muslim families in your neighbourhood. Going to your local Masjid and starting new social friendly relationships.



## 12. Getting a driving licence in Canada

Written by Dr Ayedh Alhajri, PGY2 Paediatrics Resident - University of Toronto

- **Of note:** each Canadian province has its own regulations for getting a driving licence, please check the official provincial website before proceeding more.

### 1) Ontario:

- In Ontario, the Kuwaiti driving licence is valid only for the first 90 days of your arrival to Canada, you can use it to rent cars.
- If you are planning to buy a car, you cannot use your Kuwaiti licence for its insurance. You need to get an Ontario driving licence.
- In Ontario there are 3 different driving licence types:
  - G1 (Learner permit, you need to have a person with G2 or G in the car if you drive with it and you cannot drive in highways)
  - G2
  - G (Full licence)
- The process:
  - Take the G1 theory exam. Booking link via [https://www.services.gov.on.ca/sf/?\\_ga=2.14206263.1887972999.1616080451-1079059621.1616080451#/oneServiceDetail/137/ip/sr/t](https://www.services.gov.on.ca/sf/?_ga=2.14206263.1887972999.1616080451-1079059621.1616080451#/oneServiceDetail/137/ip/sr/t)
  - You can study from this website: <http://www.apnatoronto.com/ontario-g1-test-arabic/>
  - You need to have your Kuwaiti driving licence (with identical English name to your Kuwaiti passport)
  - Email [info@kuwaitembassy.ca](mailto:info@kuwaitembassy.ca) and CC: [consel@kuwaitembassy.ca](mailto:consel@kuwaitembassy.ca) to get a letter indicating your Kuwaiti driving licence details and that you have driving experience.
  - Take the embassy's letter (original) to a close by Service Ontario centre to add experience into your G1 driving licence.
  - Contact an instructor / driving learning school to teach you how to pass the driving licence practical exam. (Toronto you can contact: Mohammad Atif +1 (416) 879-4580)
  - Book your G2 or G exam and then get your licence.
- **Important note:** If you have full driving licence from certain countries (i.e. Ireland, the UK, the US etc.) you can exchange that licence with an Ontario licence without the need to do exams.
- **The government of Ontario website (How to get a licence in Ontario):**  
<https://www.ontario.ca/document/official-mto-drivers-handbook/getting-your-drivers-licence>

### 2) Quebec: The government of Quebec website (For driving licence instructions)

<https://saaq.gouv.qc.ca/en/drivers-licences>

### 3) Alberta: The government of Alberta website (For driving licence instructions)

<https://www.alberta.ca/get-drivers-licence.aspx>

### 4) Nova Scotia: The government of Nova Scotia website (For driving licence instructions)

<https://novascotia.ca/sns/paal/rmv/paal269.asp>

## 13. KIMS and MOH Promotions while in Canada for CSC Scholars

Written by Dr Khaled Alshatti, PGY5 Geriatric Medicine Fellow - University of Alberta

- **Of note:** Please contact the cultural office and KIMS to get the most up to date steps for promotion.

### ١. الترقية الأولى: من مساعد مسجل إلى مسجل

- شهادة اجتياز السنة الثانية من التدريب أو اجتياز اختبار التخصصات الجراحية خلال السنة الثانية من التدريب
- نسخة من الـ ITTERS: In-Training Evaluation Reports
- شهادة اجتياز دورة الـ ACLS
- يتم ارسال هذه الأوراق من قبل الملحق الثقافي إلى ديوان الخدمة المدنية ومعهد الكويت للاختصاصات الطبية.

### ٢. الترقية الثانية: من مسجل إلى مسجل أول

- شهادة اجتياز البورد الكندي من الكلية الملكية الكندية
- يقوم الملحق الثقافي بالتحقق من الشهادة
- كتاب طلب معادلة الشهادة موقع من رئيس الوحدة في الكويت ومدير المنطقة الصحية موجه إلى وكيل وزارة الصحة للشؤون الفنية
- إنشاء حساب في قسم معادلة الشهادات في موقع التعليم العالي ورفع الأوراق المطلوبة:
- كتاب طلب المعادلة
- الشهادة
- كتاب من ديوان الخدمة المدنية يفيد انتهاء أو تمديد البعثة
- صور من البطاقة المدنية وجواز السفر
- مراجعة قسم معادلة الشهادات في وزارة التعليم العالي
- استخراج ترخيص مزاولة المهنة، موقع وزارة الصحة

### تسليم ملف طلب الترقية في كيمز ومرفق معه:

- السيرة الذاتية
- المؤهل العلمي + صورة من المعادلة
- صورة قرار آخر ترقية
- كتاب بيان الحالة الوظيفية والمالية من جهة العمل
- شهادة CME/CEPD تستخرج من كيمز، يتم معادلة البورد بالنقاط المطلوبة.

# Chapter 5

## Frequently Asked Questions

# Frequently Asked Questions & Answers

Written by Dr Ayedh Alhajri, PGY2 Paediatrics Resident - University of Toronto

## Chapter 1:

- 1. What is the best MCCQE Part 1 exam score that will grant me a residency position in Canada?**
  - There is no magical score in the MCCQE Part 1 that will grant you residency acceptance. The most important thing is that you pass the exam. The higher the score the better for sure, but in many residency programs your score is NOT the deciding factor for your applications acceptance/rejection.
- 2. What is the ideal duration to study for the MCCQE Part 1?**
  - Three months is a good estimate to prepare and study for the exam, although some candidates needed more time and others needed less. Make a schedule that suits YOU.
- 3. How many exams do I need to do in order to apply to the KIMS Canadian Scholarship Program?**
  - As of March 2022:
    - Medical exams: only the MCCQE Part 1 exam is required.
    - Language exams: *It depends*. Some candidates are required to take English language exams (i.e. TOFEL or IELTS) and others are not. This depends on:
      - Which medical school did you go to and where (country)?
      - Residency/University that you are applying to
    - KIMS will specify the English language requirements in their annual scholarship application announcement.
- 4. Do I need to take the MCCQE Part 2 to apply to Canada as a Kuwaiti physician applying through KIMS?**
  - No.
- 5. Do I need to take the USMLE exams to apply to Canada as a Kuwaiti physician applying through KIMS?**
  - No.
- 6. If I took USMLE exams, can I include it in my application to Canada?**
  - Yes.
- 7. Having done the USMLE exam(s) will increase my chances of being accepted into a residency in Canada?**
  - Many will agree to this statement, that it will increase your chances. However, keep in mind that it is NOT a requirement to apply and MANY Kuwaiti doctors have been accepted into their desired residency program in Canada without taking the USMLE exam(s).

**8. When is the best time to apply to the KIMS's Canadian Scholarship Program (i.e. during intern year, first year as an assistant registrar)?**

- The usual rule is, the earlier the better as many programs are looking for freshly graduated medical doctors. However, we want to reiterate that this is a personal decision and it totally depend on your preference.

**9. Can I apply independently to Canadian residency programs (without the KIMS Scholarship Program)?**

- No\*. Even if you contact the different PGME offices they will defer you to the cultural office and/or KIMS.
- There are some exceptions of course:
  - Canadian graduates (Kuwaiti medical students graduating from Canada can apply through CaRMS)
  - Canadian citizens and Canadian permanent residents can apply through CaRMS as an IMG (even if they did not graduate from Canada)
  - However, those options are way harder to get into your residency/university of choice, given the intense competition.

**10. Who will make the final decision on my residency acceptance (KIMS or Canadian residency program)? [In another words, does KIMS participate in the Canadian residency's selection decision?]**

- KIMS will make sure that you meet the Kuwaiti requirements for the scholarship: which are included in the scholarship application announcement each year.
- Once you are eligible, KIMS will send you application to your desired programs in Canada, where they will make the final decision of your application acceptance/rejection.

## Chapter 2:

**1. How to increase my chances in being accepted in my desired residency program?**

- Please review Chapter 2 of this manual.

**2. In the case I have multiple residency offers from different programs, what should I do?**

- Take your time to decide (unless your deadline is very short), do more research about each city, program, hospital and university. Try to objectify your decision: based on your research findings.
- Accept one of the offers and reply back to the other offers with your rejection in a nice way mentioning that you have accepted another offer in a different program.

## Chapter 3:

**1. What is the best Canadian city to live in?**

- Each Canadian city is unique and has its own character. And for sure, nothing is perfect, you will find advantages and disadvantages in each city in the globe.



## 2. How to best prepare for Canadian winters?

- Canadian winter is so different in different Canadian cities (For example Vancouver Vs Calgary). So the best way is to ask the people from your city!
- Buy your winter jackets in Canada, as they know what is the best fit for their winter.

## Chapter 4:

### 1. Is it manageable to come to Canada with your family?

- Yes and it is super fun having your family with you in Canada. You might face some challenges at the beginning to adjust and settle in but that is totally fine and expected.

### 2. Is the total salary (Kuwait + Canada) enough to live in Canada as a single scholar/doctor?

- Yes. Of course it depends on your expenditure and in what city are you living (e.g. Toronto and Vancouver and known to be more expensive than other Canadian cities)

### 3. Is the total salary (Kuwait + Canada) enough to live in Canada as a married scholar/doctor?

- Yes. Of course it depends on your expenditure and in what city are you living (e.g. Toronto and Vancouver and known to be more expensive than other Canadian cities)

### 4. For residents coming with family, is it best to live in a house or an apartment?

- It depends on the city and on your decision as a family. Some places it is more convenient to live in a house and other it is better to live in an apartment.

### 5. Is it worth buying a car in Canada?

- It depends on your city size and public transportation, work schedule, hospital(s) proximity to your accommodation as well as it depends on your personal needs (i.e. large family or want to have a car to explore the area and travel more).

### 6. Is it worth buying a property in Canada?

- Again, it depends on many factors which include but are not limited to:
  - Property price (i.e. some cities the property price is just astronomical like Toronto and Vancouver and other cities the prices are very reasonable)
  - Your personal/family preference and income.
  - The total price difference in renting Vs buying calculation.

## The Manual's Conclusion

At the end of this manual, we wish that you have found what you are looking for. We believe that everyone should be able to match to the residency of his choice, and that's of course by being prepared and having what that residency needs in your resume! And this manual should be able to guide you on how to do that!

As this is our first edition of the manual, we would love to hear your feedbacks and suggestions so we can modify our future editions accordingly. We will be thrilled to hear from you and we will work together to improve this manual to be the most helpful resource for all future medical students, residents and fellows from Kuwait! You can reach us by our social media accounts and/or via our email.

Additionally, if you are a current or an incoming resident in Canada and would like to contribute to the creation of our next edition, please get in touch! We would really appreciate your help and input!

Lastly, I ask Allah to accept this work and to guide us and all of our colleagues to work in the best interest of humanity and to help us in improving the health care system in our beloved country, Kuwait!

***Thank you and have a nice day!***

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## References and helpful websites:

1. Kuwait Institute for Medical Specialisation (KIMS): [www.kims-scholarship.com](http://www.kims-scholarship.com)
2. Kuwait cultural office Washington DC: <https://www.kuwaitculture.com/kuwait-cultural-office>
3. Kuwait Embassy in Ottawa, Canada: <https://kuwaitembassy.ca/>
4. Kuwait University, Cultural and Scholarship Department: <http://ku.edu.kw/SCR/ar/index.htm>
5. The Government of Canada: <https://www.canada.ca/en/services/immigration-citizenship.html>
6. VFS Global Kuwait: <https://visa.vfsglobal.com/kwt/en/can>
7. The Medical Council of Canada: <https://mcc.ca/>
8. Physicians Apply Website: <https://physiciansapply.ca/>
9. Canadian Medical Protection Association (CMPA): <https://www.cmpa-acpm.ca/en/home>
10. The Royal College of Physicians and Surgeons in Canada: <https://www.royalcollege.ca/rcsite/home-e>
11. Residency Interview Tips, prepared by the Office of Health Professions Student Affairs: [https://drive.google.com/file/d/1A\\_718-DRX41kKXiQS\\_nk1bGG7EFH-MBt/view?usp=sharing](https://drive.google.com/file/d/1A_718-DRX41kKXiQS_nk1bGG7EFH-MBt/view?usp=sharing)
12. The CanMEDS Framework, prepared by University Health Network: <https://drive.google.com/file/d/1TCFtDLYtA1Crq1ARcoNjA8GcWd1073Kp/view?usp=sharing>
13. Interviewing for Residency general tips: <https://drive.google.com/file/d/1j4MFsa7pCGMBqb1ZDEZ9I21YDCprF7vr/view?usp=sharing>
14. Common interview questions for preparations, by Ayedh Alhajri: [https://drive.google.com/file/d/1R0813dKIMhx4UQP\\_o\\_Hi5DImA4a8eMzEf/view?usp=sharing](https://drive.google.com/file/d/1R0813dKIMhx4UQP_o_Hi5DImA4a8eMzEf/view?usp=sharing)

## AKDC Videos:

1. Canada Scholarship Application Video [KIMS] 2022:

<https://youtu.be/AQO7cyGnVVI>

2. Canadian Residency Interview Video:

<https://youtu.be/kktUpseNBmY>

3. Acing Residency Interviews: <https://youtu.be/FOXdbectZxM>

## The Manual's Feedback:

We would appreciate if you take the time to complete this feedback survey to help us improve the future editions of this manual, Link: <https://forms.gle/DwCEBTJGkX4zYL6x9>