TRAINEE INTERN CHECKLIST

When considering union membership, seek independent advice and ensure you understand the impact on your contract. It's not easy to change your contracts T&C's, so it's important to think about your career now and in the future.

ACE

Do you know what you need for your ACE application? It pays to be prepared and organise what you need early.

Not all Hospitals do interviews as part of the ACE process - however, some do. As well as the ACE website you can also check out some handy hints and top tips on our website:
www.stonz.co.nz

KIWISAVER

As an RMO, you are entitled to a match of your KiwiSaver/Superannuation contributions up to 6%.

If you are enrolled in KiwiSaver at least 3.5% of this is directed to KiwiSaver but the remainder can be put towards a separate superannuation scheme if you wish (or you can have the full 6% to KiwiSaver).

Got questions? Talk to the MAS team:
www.mas.co.nz/investments/kiwisaver

INDEMNITY COVER

Your Hospital will require you to have personal indemnity cover. Under the STONZ SECA you will be reimbursed the cost of MPS or an agreed alternative.

You can check out MPS here:
www.medicalprotection.org/newzealand

INSURANCE & FINANCES

Any time you are making a big change, like starting a new career, it pays to check in on if your insurances are sorted and if your needs have changed.

Now is a good time to check in with a financial advisor such as MAS:
www.mas.co.nz/investments/kiwisaver

LEAVE PLANNING

It's a good idea to plan ahead and have a plan to take leave throughout the year. Even if it's a day or two at home to tick off some 'life admin' or catch-up on some rest and read a book. Leave can be difficult to get, so plan ahead and book some breaks throughout the year, even if you don't have any set plans yet.

RELOCATING

If you incur expenses moving to your first House Officer job, make sure you check out the SECA *(Clause 32)* to see what you're entitled to claim back from the Hospital.

SUMMER PLANS

We encourage you to plan ahead for the summer and make the most of it before starting work in January.

SOCIAL MEDIA

A lot of RMOs have set up local Facebook pages or similar. These can be a great place to find local rentals, social events and other advice about moving/living and working in your new region.

EMPLOYMENT CONTRACT

Know your contract! It's so important to read your contract (including the small print), and understand what you are signing.

Make sure you seek independent advice if you have questions, even if it's just talking it through with friends and whānau. Take the time to review thoroughly but make sure you return it by the specified deadline. And you can always seek advice from STONZ too.

WELLBEING

Starting as a PGY1 can be a big change, especially working long days and nights. Working full-time and different roster patterns can have a big impact on social activities like team sports and hobbies.

Maintaining a work/life balance can be difficult, so we encourage you to talk to those closest to you and think about how you are going to work towards finding the right balance for you once you start working and training.

Resources to support your wellbeing can be found on our website:
www.stonz.co.nz/rmo-wellbeing-resources

RESEARCH

STONZ as a union have committed a portion of membership income to ensuring that TI and RMOs working and training environments are evidence based. We are looking to fund novel and local research to ensure recent literature is available to help us advocate for positive change.

If you're planning a research project, you can read more about funding opportunities here:
www.stonz.co.nz/research

YOUR FUTURE CAREER

It's important to think ahead about what you can do now, and during your House Officer years to help support your application to specialist training Colleges.

If you've got a particular specialty in mind, make sure you know the pre-requisites required including any courses, conferences and any particular 'Run Allocation' that you'll need as a House Officer in order to progress.

To help with this process 'STONZ Career Plan' can help you plan your pathway which is available on our website, as well as interviews with trainees about what it's like working in different specialties and information about the Colleges.