Residency Options for Canadian Students
Frequently Asked Questions and Informational Resources

1) How should I balance rotations between Canada and the United States so I don’t sacrifice my chance to match in either country?
   Matching in Canada is challenging but not impossible. Be proactive and plan ahead. It can be beneficial to obtain clinical experience as well as strong letters of recommendation (LoRs) from physicians within the Canadian system preferably teaching hospitals or from attendings with medical school affiliations. At the same time, it is also important to not “put all your eggs in one basket” but rather balance your activities between the two countries to ensure that you’re prepared for both the Canadian and U.S. matches.

2) When is the optimal time frame in which to complete rotations in Canada?
   Work with the MSUCOM Office of the Registrar on scheduling logistics and strategies osteomedreg@hc.msu.edu. Also, be sure to research each program’s policies and deadlines so that you can schedule accordingly. For example, some programs may restrict participation in elective rotations to 4th year students.

3) What are some options for scheduling rotations in Canada?
   - **Bluewater Health in Sarnia** for core or elective rotations. For details, contact the MSUCOM Office of the Registrar osteomedreg@hc.msu.edu.
   - **Association of Faculties of Medicine of Canada (AFMC) portal** for visiting electives. Be aware that certain schools will not accept IMGs for any elective rotations. Schools that do take IMGs have drawings so placement is not guaranteed. The process costs approximately $1000-1500 per elective and you are not guaranteed what specialty you will get. You are also required to carry Canadian malpractice insurance, which can be about $1000 for 2 weeks.
   - **Independent elective.** Perhaps the simplest way to schedule an elective is if you already know or can identify a physician who will allow you to rotate. If you don’t personally know a physician, call around to areas that need physicians. Talk to recruiters; let them know you’re interested in working there and ask about elective opportunities. However, be forewarned that physicians may require you to work through the Rural Ontario Medical Program (ROMP—see student perspective below). Many regions in Ontario are specifically affiliated with one of the medical schools, so people may refer you to them, however, this can be a dead end. The process of finding a Canadian elective opportunity may take
patience, creativity, and finesse but it can be worth the effort of trying to convince physicians to allow you to rotate independently of the medical schools or ROMP.

4) In what Canadian programs have students rotated?  

5) How do J-1 and H-1B visas differ and what are the pros and cons?  
http://www.studentdo.ca/us-residency

6) What are options for staying and becoming a resident in the U.S.?  
If you will ultimately be seeking a U.S. residency, the H-1B visa provides the appropriate track. The J-1 visa requires you to live in your home country for two years if you have special skills needed by your country. One option is to obtain a waiver: http://www.studentdo.ca/us-residency

7) Which hospitals have granted J-1 or H-1B visas to Canadian MSUCOM grads?  
Hospitals that are for profit can offer H1B visas, however you need to apply through the national H1b quota, this quota is used by people from all over the world, in all employment categories who are trying to immigrate to the US. It’s not a guarantee. Only nonprofit hospitals and those affiliated with a university can give out non quota H1bs.

8) Are any Canadian alumni available to guide me in the match process regarding specifics on pursuing residencies in the U.S. or Canada?  
https://docs.google.com/spreadsheets/d/1iixZDK5ISoP90Y3xLfigEHvlgxg6RLtd3BRZyEqQHk/edit#gid=0

9) What is the timeline for taking the exams required by the U.S. and Canada?  