

INTO 
LONDON
**STEM, MEDICINE
AND HEALTH**



Studying medicine

International Foundation
in Medicine and Health Professions
2025-26

Why study medicine in the UK?

The UK is one of the best places in the world to study medicine. You'll benefit from a world-class medical education, using the latest facilities in real healthcare settings.

Join the thousands of international students who choose to study medicine here, and get your career off to the best start.

- **World-leading medical schools** – 17 of the world's top 100 universities for medicine are in the UK*.
- **Learn from the best medical minds** – since developing the first vaccine in 1798, the UK continues to pioneer some of the best possible treatments today.
- **Globally recognised qualification** – known for their practical clinical skills, competence and personal qualities, UK-trained doctors can practise medicine worldwide**.
- **Practice in real-world healthcare settings** – placements and patient contact will be part of your degree thanks to close ties between UK universities and hospitals.
- **Latest learning environments** – get ready for your medical career by using state-of-the-art equipment and facilities as part of your training.
- **Home of medical English** – learn the universal language you need to communicate with medical communities across the globe.
- **Start studying sooner** – unlike other countries, medicine is available to study at undergraduate level in the UK.

* QS World University Rankings by Subject 2025.

** Registration with and/or a licence from the medical association of the country you wish to practise medicine in may be required, plus a Certificate of Good Standing from the General Medical Council.



Top 5 largest global workforce

The NHS employs
1.5+ million people
(Nuffield Trust 2024)

£25.7 billion additional investment

in the NHS in 2024 and 2025
by the UK government
(gov.uk, 2024)

Doctors in demand

Up to 488,000 new NHS
healthcare workers needed
by 2030–31

(The Health Foundation 2021)

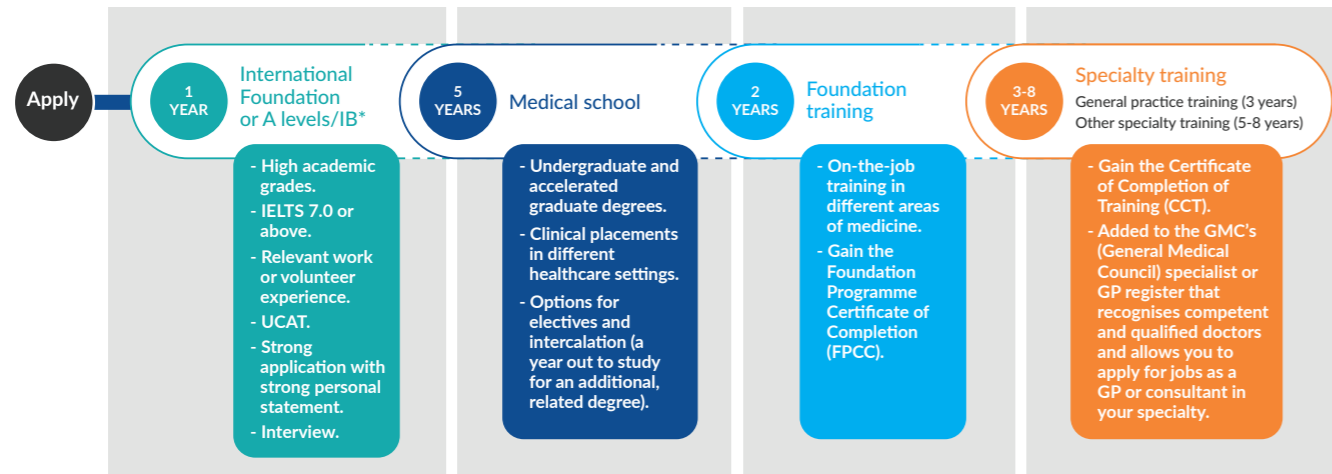
Gain professional experience in a
unique healthcare system

The National Health Service (NHS) is one of the largest publicly funded health services in the world.

UK health profession degrees train future healthcare professionals in NHS settings, so you'll experience this famous health system first-hand.

How to become a doctor in the UK

Becoming a qualified doctor takes time and commitment. You'll need several years of training to be able to work and practice in the UK.



* Please note that these requirements are general guidelines. Always check with the relevant university for their specific entry requirements for medicine.

What is an intercalated degree?

A year out from your medical programme to study for an additional undergraduate or postgraduate degree.

Medical school

Your medical degree will normally be five years long. However, if you choose an intercalated degree, you'll study for an extra year. Or you may already hold a degree and are applying for graduate entry to medicine – this option is accelerated, so usually takes four years to complete.

What will I study at medical school?

The structure of medical degrees and how they're delivered will differ between medical schools*, but as a general guide could look like this:

Year 1 and Year 2

- Develop clinical skills and knowledge.
- Introduction to clinical practice.

Year 3 and Year 4

- Practical learning in clinical settings to build on theoretical learning.
- Lectures, group work, workshops and independent study to support clinical placements.

Year 5

- Option to study an area of interest with Student Selected Components (SSC).
- Prepare to progress onto Foundation Training.

* Check the university's website for the degree you're interested in for full details of what your time at medical school will cover.

What is an intercalated degree?

Intercalation is where you take a year out from your medical programme to study for an additional undergraduate or postgraduate degree.

For some medical schools, intercalation is compulsory but for many others it's optional. Studying for an extra year is a lot of work and a big commitment financially, so it's important to understand if intercalating is right for you.

Benefits of intercalating

- Explore a new subject area in greater depth. This could be related to medicine, like biochemistry or global health, or totally separate from your degree – like art history.
- Receive an additional degree on top of your undergraduate medical degree.
- Strengthen your CV with the additional skills and knowledge gained during your intercalated year.

Search all intercalation programmes available in the UK: www.intercalate.co.uk



Foundation training

If you wish to practise medicine in the UK, you must complete the Foundation Programme after graduating from medical school. This is a two-year, work-based training programme. It ensures that newly qualified doctors develop their clinical and professional skills in the workplace in preparation for their specialty training.

How does the training work?

When applying to the Foundation Training, you'll rank where you'd prefer to work for the two years following graduation. Medical students in the UK are also ranked against each other, based on their Situational Judgement Test results and academic achievements whilst at medical school. The highest ranked locations to work are awarded to students with the highest overall rank.

Foundation training is effectively your first paid job as a doctor. It usually involves six different rotations or placements in surgical or specialties. During your placements, you'll experience a broad range of workplaces, including acute, community, mental health and general practice settings.

What is the Foundation Programme Certificate of Completion?

Your first year of training is known as FY1, and the second as FY2. After successful completion of FY1, you'll be able to apply for full registration with the General Medical Council (GMC) – this allows doctors to work unsupervised in the NHS or private practice.

After satisfactory completion of FY2, you'll be awarded the Foundation Programme Certificate of Completion (FPCC) – this shows that you're ready to enter specialty training.

Visa sponsorship for foundation training

You'll need to apply for a Health and Care visa to allow you to stay in the UK to complete the Foundation Programme. The public body that sponsors your visa depends on which of the devolved nations you're training in:

- England: Health Education England
- Wales: Health Education Improvement Wales
- Scotland: NHS Education for Scotland
- Northern Ireland: Northern Ireland Medical and Dental Training Agency.

Specialty training

After successful completion of the Foundation Programme, doctors continue training in either a specialist area of medicine or general practice (GP) training.

What is a GP?

In the UK, general practitioners (GPs) are often the first healthcare professional a patient sees. Patients with a physical or mental health condition book a consultation with their GP. This is usually a 10-minute appointment in a GP surgery, or a video call, but GPs also see patients in the community and in their own homes.

GPs assess a patient's illness, referring to their medical history. They treat all common medical conditions, and refer patients to hospitals and other medical services for urgent and specialist treatment.

Other specialty training

Alternatively, you can apply to train in a chosen specialty, where training can last five to eight years. There are around 60 medical specialties to choose from, in areas including:

- anaesthesia
- clinical oncology or radiology
- emergency or intensive care medicine
- ophthalmology
- pathology
- psychiatry
- surgery.

Different specialties have different training programmes.

Run-through training

A single recruitment process, after which the training covers the whole specialty curriculum.

Uncoupled training

The first recruitment process is for core training, which can be two years (e.g. for Core Surgical Training) or three years (e.g. emergency medicine and psychiatry).

The second recruitment process is for competitive entry into higher specialty training – the length of this training will differ per specialty.

After successful completion of the specialty training, you'll be awarded the Certificate of Completion of Training (CCT). This allows you to register on the GMC specialist register and apply for consultant-level positions in your specialty.

What does general practice training involve?

The specialty training in general practice takes three years to complete. This includes:

- 18-24 months as a specialty registrar in a range of hospital roles, such as geriatric medicine, obstetrics and gynaecology, or paediatrics and
- 12-18 months as a GP specialty registrar in general practice.

You'll also need to pass the exams for the Royal College of General Practitioners and will then be awarded the Certificate of Completion of Training (CCT). This means you can then be added to the GMC GP register and start applying for jobs.

Visa sponsorship for specialty training

Each of the devolved nations has a team that's responsible for visa sponsorship of medical and dental trainees. Depending which country you're studying in, you'll need to apply to the following for visa sponsorship:

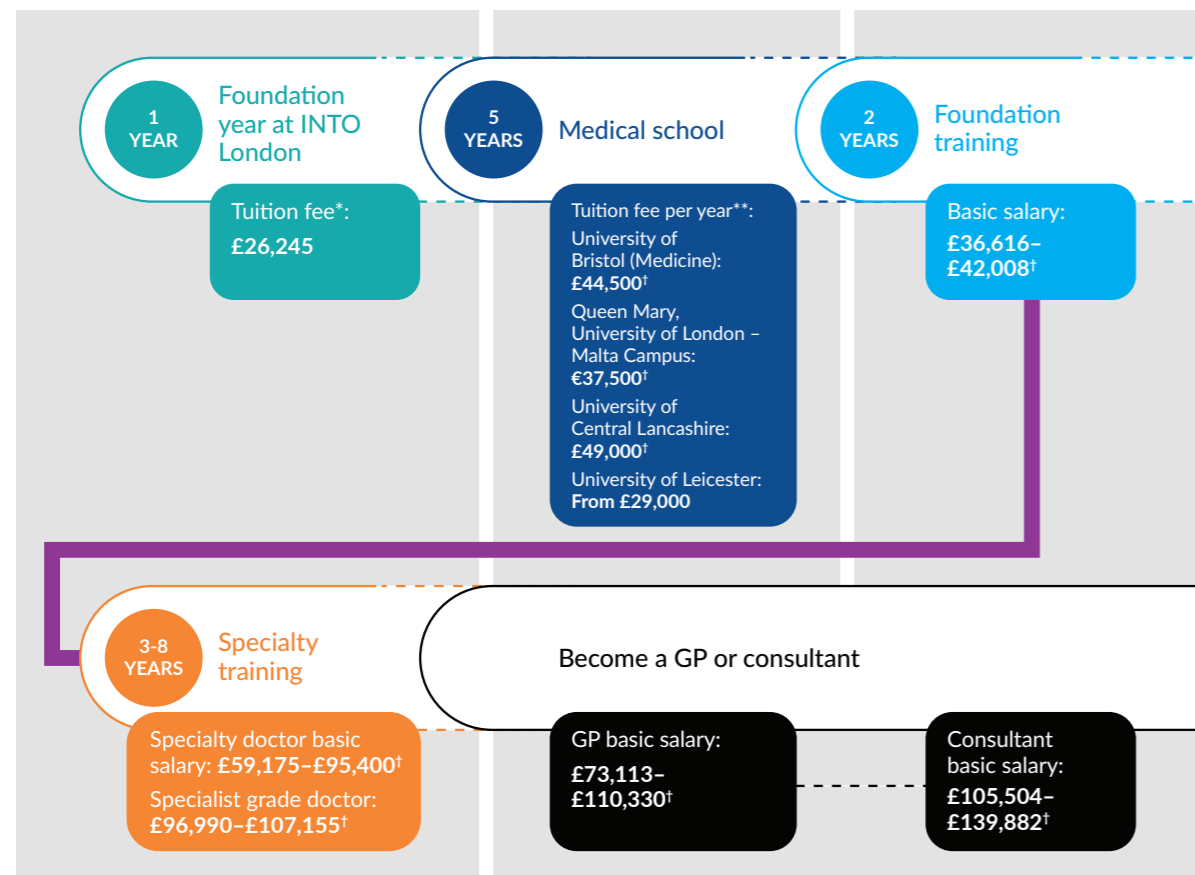
- England: Health Education England
- Wales: Health Education Improvement Wales
- Scotland: NHS Education for Scotland
- Northern Ireland: Northern Ireland Medical and Dental Training Agency.



What is the cost of studying medicine in the UK?

Studying for a medical degree doesn't just mean investing your time, but your money too. Tuition fees for medical degrees vary between universities but can cost from around £29,000–£49,000 per year for international students.

You'll also need to factor in the cost of living in the UK. Student discounts are often available in shops and restaurants and can help make the cost of living more affordable.



* Tuition fee for September 2025 start.

** These are examples of the tuition fees for some of the progression options for Medicine from INTO London. Tuition based on the most recent information on the university's website at time of this brochure's publication i.e. either 2025 or 2026 entry. Due to inflation, universities increase tuition fees each year, which can be from 2-5% each year.

† Pay scales from April 2024 for medical professionals in England (healthcareers.nhs.uk).

International Foundation

Please check with the centre to confirm the age requirements of your study choice*

3-term: Sep

3-term: IELTS 6.0 (with a minimum of 6.0 in writing and 5.5 in all other subskills) or equivalent**

UCAT and relevant work and volunteer experience strongly recommended. You do not need this to be accepted to the foundation programme, however you will need this when you apply to medical school.

Award: NCUK International Foundation Year

* Aston University, University of Bristol, University of Leicester and Queen Mary, University of London (Malta Campus) will not accept students under the age of 18 to study medicine. The University of Central Lancashire and St George's University Grenada will accept students under the age of 18. Students aged 16 and under may not be accepted.

** If you do not meet the minimum English language requirements, you should apply for our Academic English course. For more information, visit www.intostudy.com/en/universities/into-london/courses

Medicine and Health Professions

Your medical career, your choice of QS top 150 universities.



Why study the foundation leading to medicine at INTO London?

- Progression options to QS world top 150 universities¹.
- Guaranteed interview at a UK medical school².
- Two specialist medical modules, exclusive to INTO London.
- Tailored support including personal statement workshops, masterclasses from medical professionals and interview preparation.
- Online summer course to prepare for your University Clinical Aptitude Test (UCAT).

What will I study?

This programme has been carefully designed to set you up for the best chance of success in securing offers for medicine and other health professions, as well as developing the academic knowledge and skills for success in your degree.

Specialist medical modules

Advanced Science for Medicine³

Building on the fundamentals of biology and chemistry, this module equips you with the relevant knowledge for success studying a degree in medicine or related subjects. You'll explore a range of topics including microbiology, health and disease, the immune system, medicine and pharmaceuticals.

Professional and Communication Skills for Medicine³

An introduction to the medical and healthcare sector, including the National Health Service (NHS) and contemporary medical and ethical issues. You'll develop the key skills needed for a successful career in medicine and healthcare professions. It also supports you with your university application, including Multiple Mini Interviews (MMI) practice.

You'll also study modules in Academic English or Research Skills, plus three of the following modules:

- Biology
- Chemistry
- Mathematics
- Physics.

Access to top specialist facilities

In addition to the facilities available to everyone at INTO London, you'll also have access to a world-class Superlab at London Metropolitan University⁴, which features:

- state-of-the-art equipment including binocular microscopes for studying cells and spectrophotometers for enzyme activity experiments
- a range of chemicals and titration apparatus for chemical analysis
- individual safety equipment such as lab coats, safety glasses, gloves and fume cupboards.

Find out more at www.intostudy.com/into-london/foundation/medicine

How to apply

Depending on your academic performance and progression degree and career goals, you can choose to study:

- Progression to Medicine route
- Progression to Health Professions route

When it's time to apply to university, our University Progression Team will offer individualised support, helping to find the right option for you.

Age requirement

Start dates

English requirements

¹ QS World University Rankings 2025.

² For students on the Progression to Medicine route.

³ Compulsory but non-credit bearing. Subject to validation.

⁴ Access to laboratory facilities is subject to contracts, which are subject to annual renewal.

What are the different types of doctor?

Junior doctor

Junior doctors are doctors who are still in training. Training continues after medical school with a two-year Foundation Programme. This involves moving around different medical specialties to gain experience.

Specialty and specialist grade (SAS) doctors

SAS doctors are experienced senior doctors. They've completed at least four years of full-time postgraduate training, two of which were in their relevant specialty.

General practitioners (GPs)

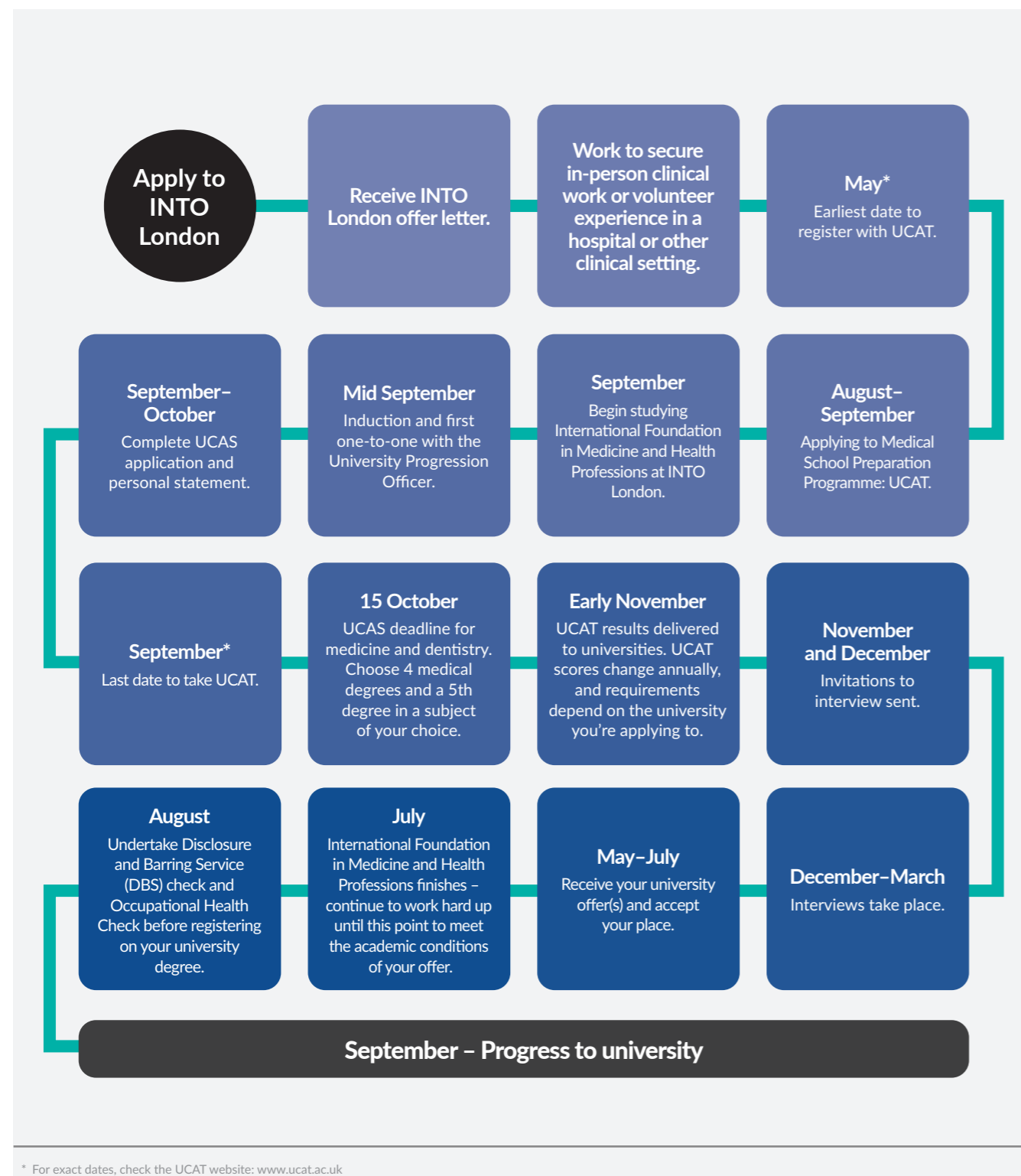
GPs have overall responsibility for the management of patient care outside of hospitals. They diagnose and treat common health conditions, referring patients for specialist treatment where necessary.

Consultants

Consultants are the most senior level of hospital doctors. They've completed full medical training in a selected medical field and supervise other doctors. Consultants can supplement their salary by working in private practice if they wish.

Progression to Medicine route

Securing a place at medical school is competitive, so it's important that you have an outstanding academic performance and are committed to a career in medicine.



Work or volunteer experience

Medical schools often require students to have relevant healthcare-related work or volunteer experience – both clinical and non-clinical. This shows your dedication to a career in medicine and that you understand the realities of working in a caring profession.

Medical schools look for students to undertake two basic types of work experience, where possible, within two years of applying:

- working with other people in a caring or service role – in particular with people who are ill, disabled or disadvantaged

- direct observation of healthcare – this can include experience gained in settings such as care homes for older people, hospices, nurseries and special schools, or by volunteering to provide first aid or other support services.

We'll help you find opportunities once you start your programme at INTO London, but you must secure experience in a clinical setting before you join us.

Scan the QR code to know more.



Do I need to take the UCAT?

The UCAT (University Clinical Aptitude Test) is an admissions test used by some universities for their medical programmes. It's also your opportunity to stand out from other medical school applicants, and show you've got what it takes to study medicine.

The UCAT is an online two-hour, multiple-choice test. It consists of five separately timed sub-tests designed to assess a range of mental abilities which medical schools consider important. These include:

1. Verbal Reasoning
2. Decision Making
3. Quantitative Reasoning
4. Abstract Reasoning
5. Situational Judgement.

Key dates for UCAT* - please check the UCAT website for exact dates. As a guideline:

- May – account registration opens
- June – booking opens
- July – testing starts
- September – booking deadline and last test day
- Early November – results delivered to universities

* These dates are a guideline. Check the UCAT website for exact dates: www.ucat.ac.uk

You'll receive your UCAT results within 24 hours of taking the test. You can then use your UCAT score to help you decide which universities to apply to.

Most UK universities require the UCAT, so it's a good idea to take this before starting at INTO London. Over the summer, INTO London offers an Applying to Medical School Preparation Programme, which includes preparation for the UCAT.

Applying to Medical School Preparation Programme

INTO London's online, part-time course will help you prepare to apply for medical school. You'll automatically be offered this course if you have an offer for the International Foundation in Medicine and Health Professions Progression to Medicine route.

Course content: preparation for your UCAT and UCAS application for medicine or dentistry

Contact the Centre for more information and course dates.

Scan the QR code to know more.



Preparation for interview

Passing an interview is a requirement for studying medicine – and students on the Progression to Medicine route are guaranteed to be offered an interview at a UK medical school.

Your medicine interview is your chance to show that your personal qualities align with those of a good doctor, and to demonstrate your skills. Most medical schools use one of two types of interview during their selection process:

- panel interviews – where you'll answer multiple questions from a panel
- Multiple Mini Interviews (MMI) - where you'll face a variety of short, task-based assessments.

What is an MMI?

MMIs involve rotating through a series of mini-interviews – or stations – to assess your soft skills and get a better understanding of you as a person. Universities may have up to 10 MMI stations, each lasting about 10 minutes. Some common MMI stations include:

- role-play
- professional judgement
- prioritisation
- giving instructions
- calculation and data interpretation
- problem-based learning.

INTO London will help you prepare with seminars and practice interview sessions for both types of interview.

What is a panel interview?

Panel interviews are question-focused rather than task-based. You'll be interviewed by two to three people. They can be a mixture of clinical and faculty staff, a senior medical student, a university lecturer or someone else altogether.

Lasting 20 to 40 minutes, the interview may feel more like a conversation, giving you time to establish a rapport with the panel.

International Foundation

Progression to Health Professions route

Prepare to study a wide range of health-related subjects including nursing, nutrition, optometry and pharmacy.

Work or volunteer experience

Depending on your progression degree, you may need to have relevant healthcare-related work or volunteer experience – both clinical and non-clinical. We'll help you find opportunities once you start your program, but you must secure experience in a clinical setting before you join us.

Preparation for interview

Each Health Professions subject area has different progression requirements and passing an interview or Multiple Mini Interviews (MMI) may be required. INTO London will help you prepare for this.



What universities can I progress to?

Progression to Medicine route

NCUK university progression options include:

UK universities



Options abroad



Guaranteed interview at a UK medical school

The requirements for progressing to some of the most popular degrees include:

University	Degree	IFY	IFY specific requirements	IFY EAP	Work & Volunteer experience	UCAT	Interview	Additional requirements
University of Bristol	MBChB (Hons) Medicine	AAA	AA in Chemistry and one of Biology, Physics or Mathematics	A*,A,A,A,A	Recommended	Required	Panel	High school requirements: 7 or A in GCSE Mathematics or equivalent and 4 or C in GCSE English or equivalent. Occupational Health Check and DBS, must be 18 years of age.
UCLan	MBBS Medicine	AAA	At least two science subjects including Chemistry	A,A,A,A,A	Recommended	Not required	MMI	Students also need evidence of sustained academic achievement with a broad study of Science, English and Maths up to the age of 16. Under 18s accepted.
University of Leicester	MBChB Medicine	A*AA	specific requirements: Must include Chemistry and Biology, and either Physics or Maths.	A*,A,A,A,A	Recommended	Required	MMI	Applicants must be 18 years old by 1 September of their year of entry. Applicants who do not meet the university's age requirement may still apply, but applicants will be asked to defer starting their degree until they meet the age requirement.
Queen Mary, University of London (Malta Campus)	MBBS Medicine	AAA	Biology, Chemistry and Maths required	A,D,D,D,B	Recommended	Required	Panel	High school requirements: must have Biology, Chemistry, English Language, and Mathematics (or Additional Mathematics or Statistics) at GCSE level, at grades AAABBB/ 777666 in any order or international equivalent. Occupational Health Check and DBS, must be 18 year of age.
St George's University, Grenada	MD Medicine (5 Yr Medical Degree Pathway)	AAB	Must include AA in Chemistry and Biology with B in Maths	A,A,A,A,A	Recommended	Not required	1-to-1	Under 18s accepted.

These requirements should be used as a guideline and requirements may change for 2025 entry. Universities reserve the rights to change the entry requirements. For the most up-to-date information on progression options and progression requirements, please contact the Centre.

Progression to Health Professions route

Progression options to 35+ universities in the NCUK global network, including:



Progress to a wide range of health-related degrees in subject areas including:

- adult nursing
- biomedical science and biological sciences
- child nursing
- learning disability nursing
- mental health nursing
- midwifery
- nutrition
- optometry
- occupational therapy
- physiotherapy
- pharmacy
- psychology
- sport and exercise science
- veterinary nursing.

Not all subjects are available at all universities. Contact the Centre for the most up-to-date information on progression options.

NCUK guarantee

For students on the Progression to Health Professions route, the NCUK Guarantee applies: Students who successfully complete an NCUK qualification and actively engage with the Centre's University Progression Team gain guaranteed entry to an NCUK University Partner. View full terms and conditions at www.ncuk.ac.uk/guarantee

Your pathway to a world-class medical school

INTO London is where global ambition meets expert guidance. Since 2022, we've supported students in securing places at respected medical schools across the UK and beyond.

Whether you aim to become a doctor, surgeon or a medical researcher, your journey begins here. Join our growing community of future healthcare leaders. Build the skills, knowledge and confidence to succeed – and take the first step towards a career that changes and saves lives.

Our students have continued their studies for medicine at leading universities, including:

University	Degree	IFY	IFY specific requirements
Newcastle University	MBBS Medicine and Surgery	A*A*A	Kuwait
University of Central Lancashire	MBBS Medicine and Surgery	A*AA	Kuwait
Queen Mary, University of London (Malta Campus)	MBBS Medicine and Surgery	A*AA	USA
University of Central Lancashire	MBBS Medicine and Surgery	A*AA	Kuwait
University of Central Lancashire	MBBS Medicine and Surgery	A*AA	Iran
University of Central Lancashire	MBBS Medicine and Surgery	A*AB	Kuwait
University of Central Lancashire	MBBS Medicine and Surgery	AAA	Kuwait
University of Central Lancashire	MBBS Medicine and Surgery	AAA	Kuwait
University of Central Lancashire	MBBS Medicine and Surgery	AAA	Kuwait
University of Central Lancashire	MBBS Medicine and Surgery	AAA	Kuwait
University of Central Lancashire	MBBS Medicine and Surgery	AAA	Kuwait
University of Central Lancashire	MBBS Medicine and Surgery	AAA	Kuwait
St George's University Grenada	5 Year Doctor of Medicine (MD) Programme	AAB	Mozambique
University of Central Lancashire	MBBS Medicine and Surgery (6 year)	AAB	Kuwait
St George's University Grenada	6 Year Doctor of Medicine (MD) Programme	BBC	Myanmar

“As an international student, it's very important to know how to communicate well. At INTO, I take part in English classes and improve my academic writing, and how to prepare for presentations – this really helped me when writing personal statements.

I also have 1-1 sessions with the University Progression and Career Manager, during which I discuss personal statements, and they provide feedback for applying to university medical schools.”

Nara, South Korea

Achieved A*A*A*A*A

Progressed to the MBBS at Queen Mary, University of London (Malta Campus)



Hear more about Nara's story



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View our FAQs for more information
about the International Foundation
in Medicine and Health Professions

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