

Humans of Medicine

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ANONYMOUS

As an International medical graduate arriving in Australia to work for the first time was a daunting prospect. Family halfway across the world and a whole new system of work to adjust to, it can be a lot to manage. Thankfully I was not alone in this, with many other ex-pats choosing to do the same thing. My wife and I have surrounded ourselves with a close group of friends who moved out here around the same time. Meeting with them regularly and doing things together has been our biggest lifeline. They understand what it's like, we help each other out when needed and have really become like an extended family. I have also taken up surfing which is great for my mental health personally; getting outside, enjoying the fantastic Australian weather and learning something new, it has it all. The usual things for me, regular exercise, eating well, building a good routine, they are all still important but our friends and the outdoor lifestyle are the things that mattered most for our wellbeing when making the transition to being here. That and being willing to try new things as well!