



Banff, AB

THE NATIONAL RURAL ELECTIVES HANDBOOK

Created by the Society of Rural Physicians of
Canada Student Committee

Last Updated: March 2026



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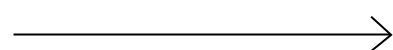
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WHO WE ARE

The Society of Rural Physicians of Canada (SRPC) is the national voice of Canadian rural physicians. Founded in 1992, the SRPC's mission is to champion rural generalist medical care through education, collaboration, advocacy and research.

As a subset of the society, the SRPC Student Committee is a group of medical students from across Canada who are collectively committed to supporting student interest in rural and remote medicine. Our aim is to increase the visibility of and engagement in student-relevant rural and remote medicine initiatives nationwide. We also create resources and opportunities for medical students to explore the field of rural medicine and hopefully consider it as a future career. Membership is FREE for students and comes with benefits like priority registration to events (like the annual Rural and Remote Course), access to the Manual of Rural Practice, and our mentorship program.



Connect With Us!

Website: <https://srpc.ca/student>
Facebook: SRPC Students
Twitter: @students_srpc
Instagram: @studentssrpc
Email: chairstudents@srpc.ca

ABOUT THIS INITIATIVE

Dear Medical Student,

In 2021, the Society of Rural Physicians of Canada (SRPC) Student Committee, Northern Ontario and Rural Medicine (NORM) Committee, and the Canadian Federation of Medical Students (CFMS) came together to collaborate on a resource for medical students who are interested in rural medicine elective opportunities. Led by the SRPC Student Committee, it was decided that we would update the rural filter of the CFMS Electives Database to accurately represent all university-affiliated rural elective opportunities. The SRPC Student Committee also decided to bring together all the resources that currently exist and create The National Rural Electives Handbook that can be your go-to resource for all things related to rural electives. The NORM Committee has played a significant role in helping compile data and support this project.

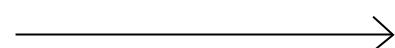
This handbook is a product of the hard work of numerous individuals over the years. It is a living document that will continue to be updated with new rural elective opportunities over time. It covers elective opportunities available to all specialties and houses links to many resources that you may find useful. While every effort has been made to ensure accuracy of this handbook, we cannot assure this with absolute certainty and information may change over time. However, we hope this handbook will help you decide on your future rural elective memories and the excellent rural learning experiences yet to come!

If you notice any errors in this handbook, please email us at chairstudents@srpc.ca to get it fixed. Thank you and good luck!

Sincerely,

Anchaleena Mandal

*Lead for the SRPC-NORM-CFMS Electives Collaboration
SRPC Student Committee Co-Chair 2021-2023*



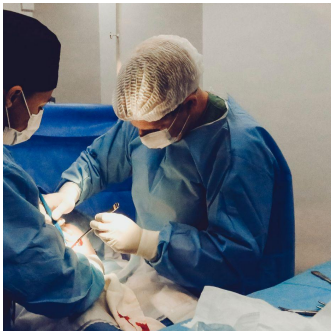
WHY DO RURAL ELECTIVES?

Adapted from the NORM Committee's Ontario Rural Electives and Rural Summer Opportunities Guide



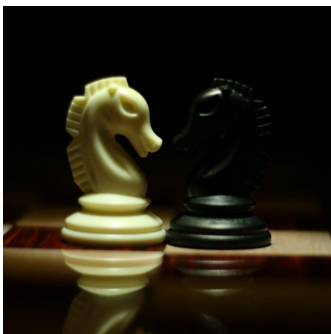
01 CONSIDER A FUTURE RURAL PRACTICE

Rural medicine is a very rewarding field! Doing a rural elective can help you to appreciate the breadth and scope of practice in rural and remote settings. If you are from a rural community, consider returning home to work as a rural doctor!



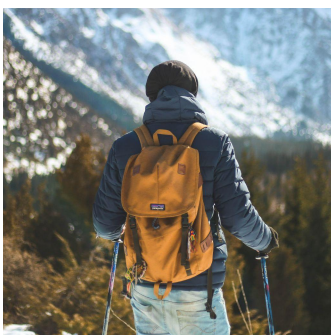
02 LEARN QUALITY MEDICINE

Often rural elective locations have fewer learners, allowing for more hands-on and one-on-one learning opportunities! Doing a rural elective can also help you appreciate how management sometimes changes in rural settings.



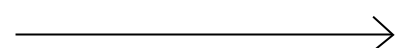
03 CHALLENGE STEREOTYPES

What better way to learn about rural communities and challenge assumptions than to do an elective in one? Even if you intend to practice in an urban location, doing a rural elective can help you to better understand the resources available to your rural colleagues and potential rural patients.



04 MAKE MEMORIES

Rural communities and their welcoming spirit are what makes rural placements so special. Engage with the community and the recreational opportunities available in the community, like hiking, canoeing, biking, snowshoeing, or skiing!



01

SRPC RURAL ELECTIVES COLLECTION



Alberta, Canada

RURAL ELECTIVES COLLECTION

The Association of Faculties of Medicine of Canada (AFMC) Student Portal does not currently have a rural electives filter and the full list is not accessible if you are not actively applying for electives currently. Therefore, the SRPC Student Committee has decided to help you get a head start on planning your rural electives experience! Please note that while every effort has been made to ensure accuracy, we cannot assure this with absolute certainty and information may change over time.

THE SRPC-AFMC RURAL ELECTIVES COLLECTION

With permission from the AFMC, we have compiled a shortlist of all **university-affiliated rural elective opportunities** across Canada in the spreadsheet below. Please note that rural has been defined as a community with <12,000 population, and regional has been defined as between 12,000 to 100,000 population.

https://docs.google.com/spreadsheets/d/1le4Ev9mkfLbkvuVKDsRNimA58_DKcoP9cBXpkD-jUDI/edit?usp=sharing



1	University Name	Site Name	Specialty	Subspecialty
2	Memorial University		Family Medicine	General
3	Memorial University		Family Medicine	General
4	Memorial University		Family Medicine	Progression to Post Graduate (P2P)
5	Memorial University		Family Medicine	General
6	Memorial University		Emergency Medicine	General
7	Memorial University		Emergency Medicine	Progression to Post Graduate (P2P)
8	Memorial University		Family Medicine	Progression to Post Graduate (P2P)
9	Memorial University		Family Medicine	General
10	Memorial University		Family Medicine	Hospitalist
11	Memorial University		Internal Medicine	General
12	Memorial University		Obstetrics and Gynecology	General
13	Memorial University		Anesthesiology	General
14	Memorial University		Diagnostic Radiology	Diagnostic Radiology
15	Memorial University		Emergency Medicine	Progression to Post Graduate (P2P)
16	Memorial University		Emergency Medicine	General
17	Memorial University		General Surgery	General Surgery
18	Memorial University		Psychiatry	General
19	Memorial University		Family Medicine	Care of the Elderly in Long Term Care
20	Memorial University		Family Medicine	General
21	Memorial University		Family Medicine	General
22	Memorial University		Anesthesiology	General
23	Memorial University		Emergency Medicine	Progression to Post Graduate (P2P)

Filters: Sort A → Z, Sort Z → A, Sort by color, Filter by color, Filter by condition, Filter by values, Select all, Clear

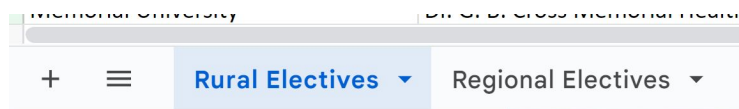
Search: []

Checkmarks: Dalhousie University, McGill University, McMaster University, Memorial University

You can search by university, site name, specialty or subspecialty by clicking the dropdown arrow beside the column title and selecting the item of choice or sorting the list.



Regional electives can be found on the second sheet at the bottom left of the screen.



Over time, universities are gradually adding more electives and capacity. By adding capacity to an elective, students are then able to see them and apply. Although we try to keep this list up-to-date, the AFMC Student Portal is your best bet for the most updated elective opportunities available for your application period.

THE SRPC-NORM RURAL ELECTIVES COLLECTION

The NORM Committee has reached out individually to all universities and has gathered detailed information about some of the rural elective locations. We have compiled this in the spreadsheet below:

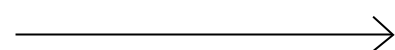
<https://docs.google.com/spreadsheets/d/1o7JQE7gthCnQgrrl7qEwPv-iLi1redz7/edit?usp=sharing&ouid=102550420154849556551&rtpof=true&sd=true>



LOOKING FOR OTHER RESOURCES?

For **rural electives not affiliated with the AFMC Student Portal**, please check out section 2.

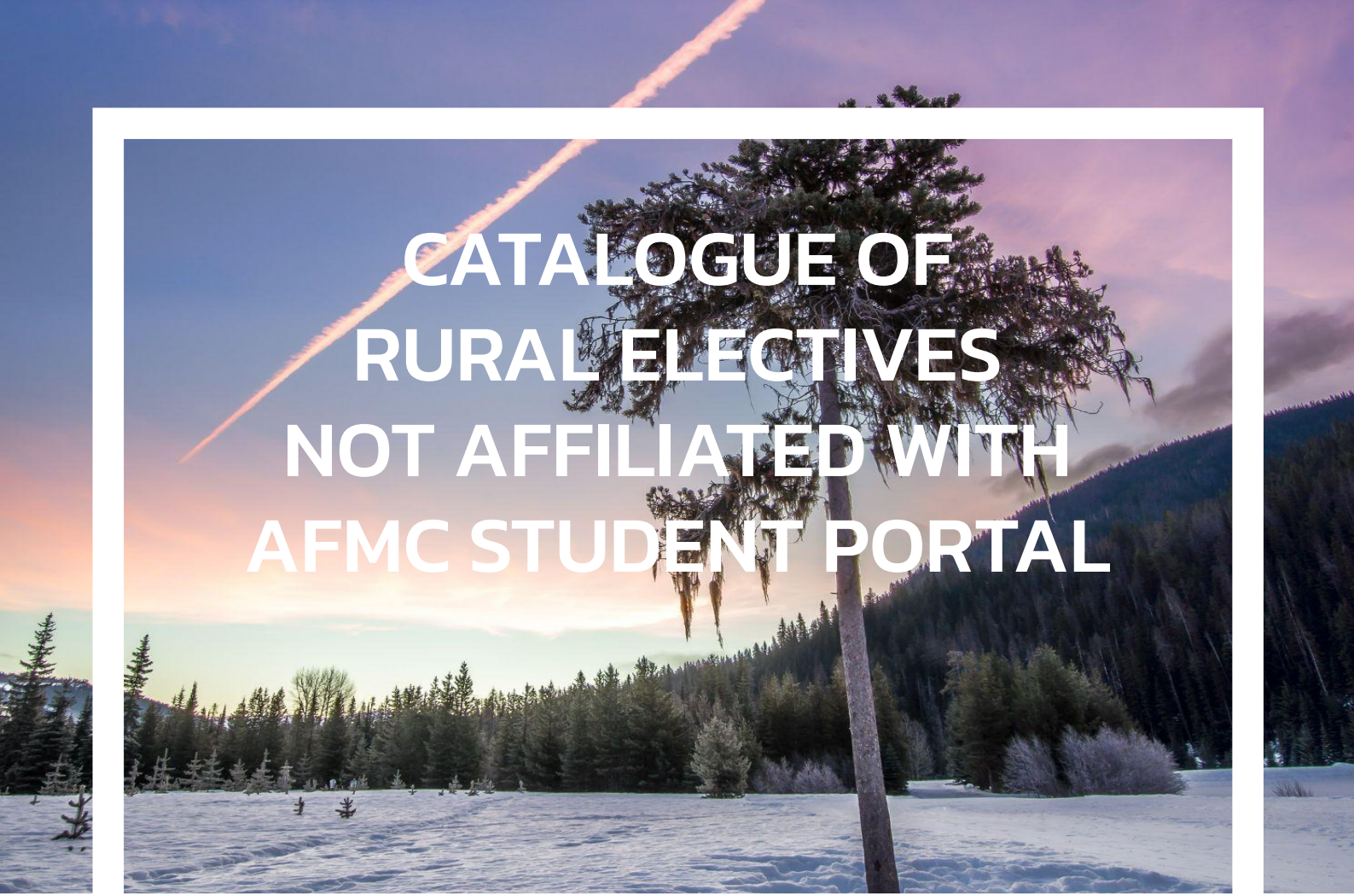
Also, check out the **CFMS Electives Database** for reviews from other medical students about their experiences at these sites! You are also welcome to submit your feedback for a site as well. Check out Section 3 for more information about the CFMS Electives Database and more!



02

CATALOGUE OF RURAL ELECTIVES NOT AFFILIATED WITH THE AFMC STUDENT PORTAL





CATALOGUE OF RURAL ELECTIVES NOT AFFILIATED WITH AFMC STUDENT PORTAL

There are some sites that offer elective opportunities but are not affiliated with the AFMC Student Portal. The SRPC Student Committee has started a catalogue of these electives for you to explore...even if you are thinking about an observership or an IMG considering an informal elective opportunity! This is a living document and will be updated with new opportunities as we discover them.

PLEASE NOTE: Information about these electives were submitted by individuals through the Rural Med Listserv, and you may pursue these opportunities at your own discretion. Furthermore, some institutions do not allow students to arrange their own electives; please consult your home institution's policies. The SRPC Student Committee does not hold any responsibility and cannot guarantee the quality of any of these experiences.

If you have a elective opportunity that you'd like to include in this catalogue and is not affiliated with the AFMC Student Portal, please submit it here: <https://forms.gle/GPWv5VCKPDBBM1tD8>

For more rural elective opportunities in Ontario through reputed elective providers (not universities), check out the **Ontario Rural Electives and Rural Summer Opportunities Guide** found in Section 3. → **10**

Shellbrook Community Elective

Specialties: Family Medicine with time in ER, Acute Care, Long-term Care, etc.

Location

Shellbrook, SK

Duration of Elective

2-6 weeks

Who can apply?

Any medical students and residents

How to apply?

Through the University of Saskatchewan, asking for Dr. Ryan or Dr. Saidu to be a preceptor in Shellbrook SK. Acceptance dependant on availability.

Website

None

Funding Opportunities

None.

Accommodations available?

Local Hotel, Billets, and if available there is student housing

Special Note

Dr. Ryan would be happy to provide more information. We have a mix of clinic and a fairly busy ER, close to lakes and the Prince Albert National Park.

For more information, check out their orientation package: https://drive.google.com/open?id=1X_VUzSkKv__HcCE92DS9LIcMh2Xsp00S

Hawkesbury General Hospital

Specialties: Family Medicine, Anesthesia, General Medicine, Obstetrics, Dermatology, Gynecology, Emergency Medicine, General Surgery, and Cardiology



Location

Hawkesbury, ON

Duration of Elective

Flexible but generally 1 month

Who can apply?

Any bilingual medical students or residents.

International, out of province students and residents will be required to apply through the University of Ottawa.

How to apply?

Please send a request to Academic Affairs by email: chgardner@hgh.ca. Apply a minimum of 1 month before the desired commencement date.

Website

www.hgh.ca

Funding Opportunities

Funding available through the ERMEP

Accommodations available?

If interested a suggested lodging list is available. Funding for lodging is also available through the ERMEP.

Special Note

The candidate must be bilingual, a member of good standing with their university, and completely vaccinated against COVID-19. If they are a resident, they must have valid coverage from the CMPA and be a member of the CPSO.

Nipigon District Family Health Team

Specialties: Rural Family Medicine



Location

Nipigon, ON

Website

<https://ndfht.ca>

Duration of Elective

2-4 weeks

Funding Opportunities

N/A

Who can apply?

Medical students in 2nd, 3rd and 4th year and Residents

Accommodations available?

Housing through NOSM

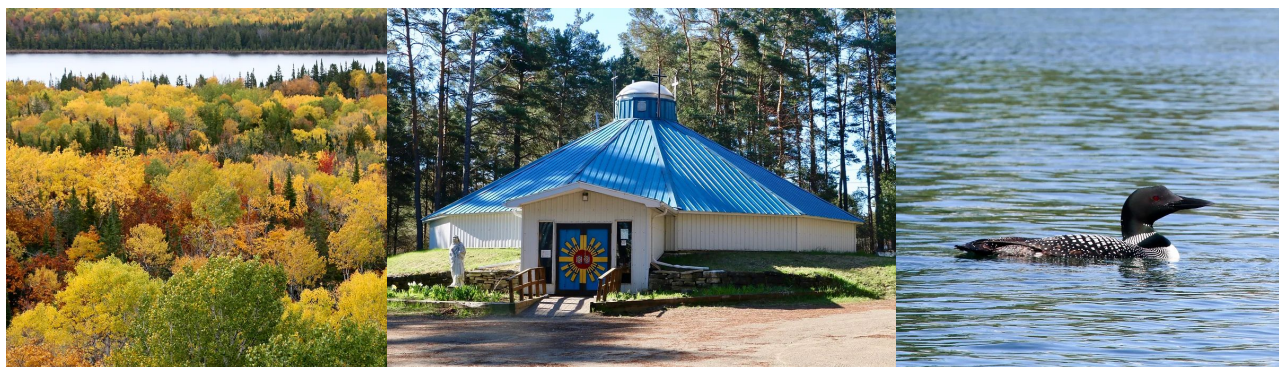
How to apply?

Through NOSM or email clinic manager Kim Landry at doctorsgroup@ndfht.ca

Mindemoya Family Health Team

Specialties: Rural Family Medicine

Our physicians & NPs are enthusiastic teachers. We have a busy ER (10k visits/year), do inpatient (including palliative care), office & house calls.



Location

Mindemoya, ON

Duration of Elective

2-4 weeks

Who can apply?

3rd and 4th year medical students, FM residents and ER residents

How to apply?

Through NOSM
<https://www.nosm.ca/education/medical-electives/>

Website

<https://www.manitoulinle.org/mindemoya>
https://www.nosm.ca/wp-content/uploads/2023/11/Mindemoya_Nov-2023.pdf

Funding Opportunities

NOR STAR Funding Program: New funding for PGME Visiting Resident Electives

Accommodations available?

Beautiful 4 bedroom century home that had been updated for energy efficiency (no pets).

Le Soutien aux Régions pour le Recrutement d'Omnipraticiens et de Spécialistes (SARROS)

Specialties: Mostly family medicine, but with possibility to ask for specialties

Location

Bas-Saint-Laurent;
Saguenay-Lac-Saint-Jean;
Mauricie-et-Centre-du-Québec;
Outaouais; Nunavik;
Abitibi-Témiscamingue,
Côte-Nord, Nord-du-Québec,
Îles-de-la-Madeleine, Gaspésie,
Laurentides – secteur
Hautes-Laurentides, and
Terres-Cries-de-la-Baie-James

Duration of Elective

2-8 weeks

Who can apply?

All medical students,
including Year 1 for
summer internships

How to apply?

Submit online forms + send
CV/motivation letter prior to
deadline as found on website

Website

<https://www.equipesarros.ca/>

Funding Opportunities

Minimum salary during
the internship +
allocations for food, rent
and transport

Accommodations available?

N/A

Special Note

Check out the FAQ Page here:
<https://www.equipesarros.ca/faq>

Northern Rural Family Medicine (NORFAM)

Specialties: Rural and Remote Emergency Medicine



Location

Goose Bay, Labrador

Duration of Elective

4-5 weeks

Who can apply?

Medical students in 3rd and 4th year

How to apply?

Through MUN/ AFMC portal; please apply a minimum of 12 weeks before desired commencement date

Website

<http://norfam.ca/> or check us out on Instagram #mun.norfam

Funding Opportunities

Housing and meals provided

Accommodations available?

Yes, shared accommodations

Rural Medicine in Neils Harbour, Cape Breton

Specialties: Rural Family Medicine (Clinic, ER, inpatient, LTC)

Small, welcoming community hospital in a beautiful rural setting along the Cabot Trail in the Highlands of Cape Breton - quaint fishing villages, ocean/beaches, mountains, hiking.



Location

Neils Harbour in Cape Breton, Nova Scotia

Duration of Elective

Flexible

Who can apply?

Medical Students and Residents

How to apply?

Contact Dr. Rebecca Hoffer (rhoffer@mun.ca) / Emmanuel Comtois (manager@highlandsmedical.ca)

International Students

For international medical students, please contact Dalhousie via <https://afmcstudentportal.ca/dalhousie-university> to confirm your eligibility and for information on how to apply. We are happy anytime to answer questions about our site and the surrounding area - you may contact us directly for that.

Funding Opportunities

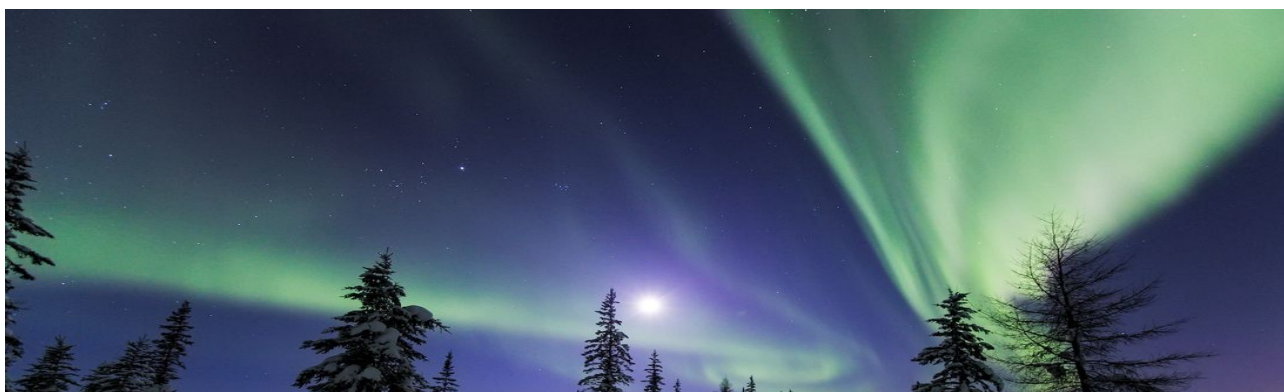
Please contact for further information

Accommodations available?

Housing often available. Please contact for more information.

Northern Family Medicine

Specialties: Rural Family Medicine (Clinic, ER, LTC, minor procedures)



Location

Northwest Territories

Duration of Elective

Variable

Who can apply?

Medical Students and Residents

How to apply?

Complete the online application or email Dr. Boudreau directly at Coralie_Boudreau@gov.nt.ca

Website

<https://www.practicenwt.ca/en/practicum-placements>

Funding Opportunities

N/A

Accommodations available?

Potential for billets or low cost rentals.

Practice Medicine in Kincardine

Specialties: Family medicine, hospitalist, ER and Palliative Care



Location

Kincardine, Ontario

Duration of Elective

Variable

Who can apply?

Medical Students and Residents

How to apply?

Please email Chrystel Murphy at physicianrecruitment@kincardine.ca

Website

<https://www.kincardine.ca/live-here/doctors-and-health-care/physician-recruitment/>

Funding Opportunities

N/A

Accommodations available?

Please email for more information.

Elective in Kenora

Specialties: Family medicine (Addictions and Indigenous Health), General Surgery, Anesthesiology, Emergency, Diagnostic Radiology, Internal Medicine, Psychiatry



Location

Kenora, Ontario

Duration of Elective

2-8 weeks

Who can apply?

UGY3-PGY5

How to apply?

<https://www.nosm.ca/education/medical-electives>

Applications submitted through AFMC portal

Deadline

Learners are encouraged to apply 36 weeks prior to the placement start date.

Website

<http://www.lwdh.on.ca/>

Funding Opportunities

NOSM University will pay your preceptor stipend

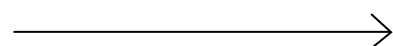
Accommodations available?

If LWDH housing is available, there is a subsidized rate of \$375/week through NOSM U

Preparation

Indigenous Cultural Safety course must be completed

Questions can be directed to NOSM Administrative Coordinator Bobbi Derkson
bderkson@lwdh.on.ca



Rural Family Medicine in Watson Lake

Specialties: Family medicine and rural emergency medicine



Location

Watson Lake, YT

Duration of Elective

Variable

Who can apply?

Medical Students & Residents

How to apply?

Contact
electives-watson@yukondoctors.ca

Website

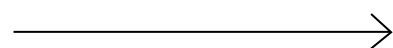
<https://yukondoctors.ca/resident-support>

Funding Opportunities

Opportunities available through the YMA Medical Student and Resident Support FUND

Accommodations available?

Locum housing if available, otherwise program will provide supports for finding accommodation



03

RESOURCES

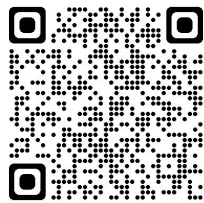


RESOURCES

Rather than reinventing the wheel, this section has a compilation of links and resources made by different organizations that you may find helpful as you plan your rural elective experience.



Student Portal
Portail étudiant

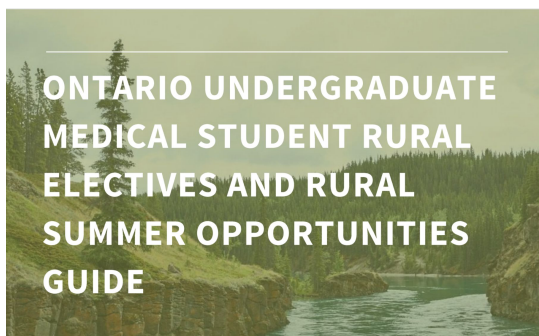


<https://afmcstudentportal.ca/>

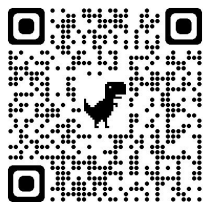
AFMC STUDENT PORTAL

Requested by Learners in Canada and hosted by the Association of Faculties of Medicine of Canada

The AFMC Student Portal is an online, bilingual service that facilitates applications and placements of medical students for undergraduate visiting electives at the 17 faculties of medicine in Canada. This is where you apply for visiting electives and should be your main go-to site for up-to-date information.



**ONTARIO UNDERGRADUATE
MEDICAL STUDENT RURAL
ELECTIVES AND RURAL
SUMMER OPPORTUNITIES
GUIDE**



<https://drive.google.com/file/d/1RxSgkRfPSpejWSACL8f6cnI1YixbCxUQ/view?usp=sharing>

ONTARIO RURAL ELECTIVES AND RURAL SUMMER OPPORTUNITIES GUIDE

Created by Northern Ontario and Rural Medicine (NORM) Committee

Interested in doing an elective in Ontario? This guide was created with the intention of facilitating rural electives and rural experiences for medical students by making it easier to explore and compare rural electives and summer opportunities. It summarizes rural clerkship opportunities as well as rural pre-clerkship summer opportunities in Ontario.

RESOURCES

Rather than reinventing the wheel, this section has a compilation of links and resources made by different organizations that you may find helpful as you plan your rural elective experience.



<https://www.ualberta.ca/en/medicine/programs/md/program/curriculum/electives/index.html>



<https://afmcstudentportal.ca/university-of-alberta>



<https://medicine.usask.ca/students/undergraduate/electives.php>

ALBERTA

Created by the SRPC Rural E&R Subcommittee

Students at the University of Alberta and the University of Calgary are able to apply for rural electives by contacting their respective schools. Visiting students must use the AFMC portal to access rural Alberta placements.

Please follow the links for more information about applying.

SASKATCHEWAN

Created by the SRPC Rural E&R Subcommittee

Students at the University of Saskatchewan submit an electives application through the use of a Sharepoint site. There are options available for rural and Indigenous Health focused placements.

Visiting students must use the AFMC portal to access elective placements through the University of Saskatchewan.

Please follow the link for more information about applying.

CFMS Electives Database



Been on elective recently?
Don't forget to rate it here!



<https://www.cfms.org/databases/electives>

CFMS ELECTIVES DATABASE

Created by the Canadian Federation of Medical Students (Log-in required)

The Electives Database is a platform aimed at helping students be better informed about elective placements by highlighting constructive comments from other students across Canada. Students leaving reviews will have the ability to select the school, specialty and the location they completed their elective. Pros, cons, helpful tips, and an overall rating are some of the things that a student can comment on. After screening by a CFMS Service Committee member, the review will be posted for prospective students to research. The database will be continually improved moving forward.

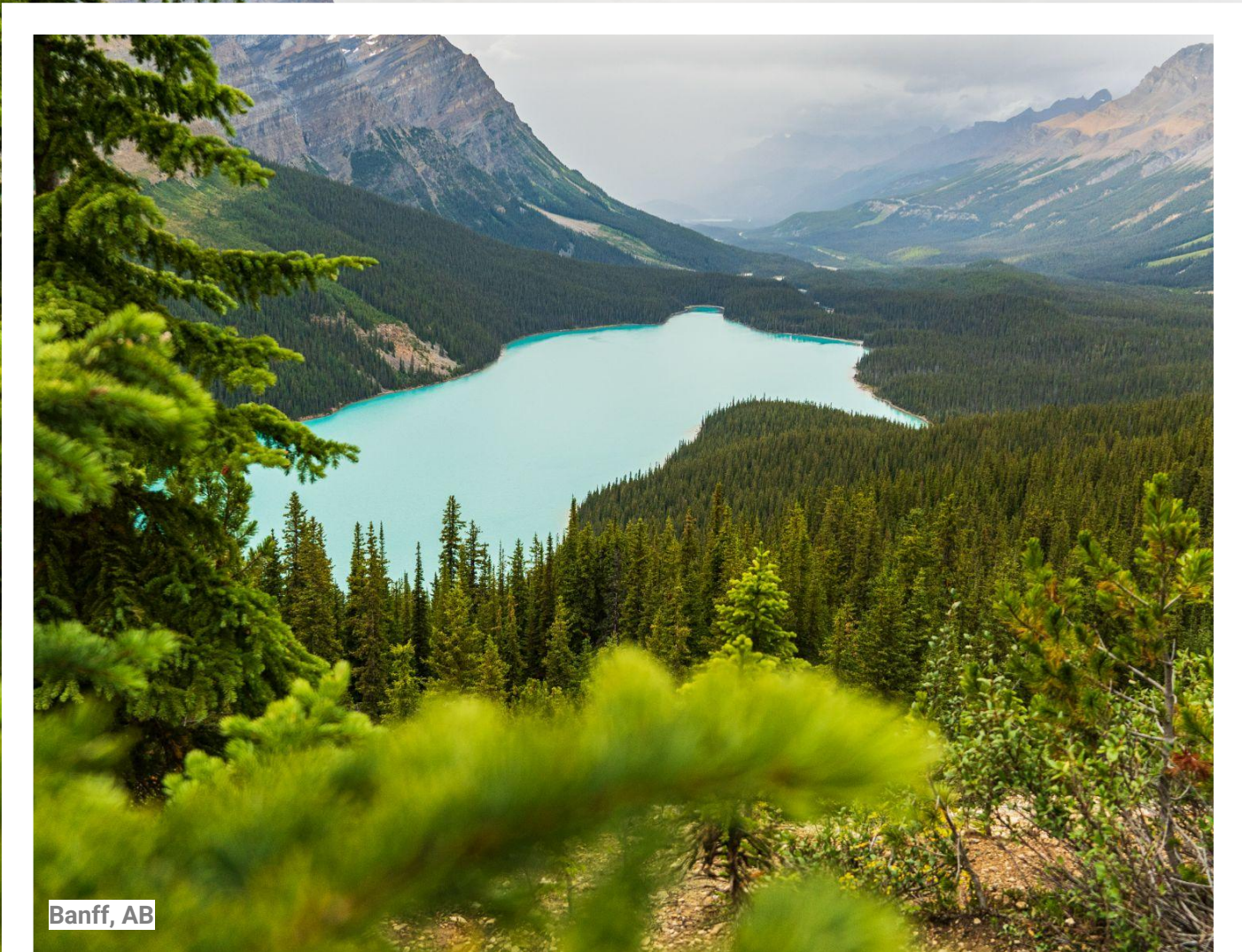
GUIDE TO ARRANGING RURAL ELECTIVES IN CANADA FOR MEDICAL STUDENTS

Created by the SRPC (last updated 2009)

This is an older guide to arranging rural electives in Canada for medical student that was last updated in January 2009. While it is outdated and the AFMC Student Portal has since been created, this may be a good resource to glimpse at for tips and tricks!



<https://www.yumpu.com/s/6t055a02GJYJSt6D>



THANKS

Please send us your feedback!

chairstudents@srpc.ca | <https://srpc.ca/student>



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