MedStart4U

Taster days for Year 11 & 12 school students considering medicine as a career

Please read this information before completing the application form

East Kent Hospitals University NHS Foundation Trust (EKHUFT) is running a program comprising of taster days to give school students in East Kent an insight into medicine as a career choice.

These events are **free of charge**

QEQM – Thursday 2nd July 2026
WHH – Tuesday 7th July 2026

Who can apply to attend this day?

- Any student currently in Year 11 or 12 (aged 15 and over) who is considering exploring a career in medicine.

What are the benefits of attending the day?

Competition for places at medical school is fierce and applicants need to prepare as thoroughly as possible in advance of applying. At MedStart4U you will:

- Observe what a typical "day in the life" of a medical student looks like and speak informally with current medical students studying and working in our hospitals, who can provide real insight into gaining entry to medical school and what it is like to study medicine.
- Speak with foundation programme doctors in their early postgraduate years, who can offer first-hand perspectives on life as a busy "doctor in training" in a hospital setting. This will help you decide whether a career in medicine is the right choice for you before applying to medical school.
- Learn key information about the medical school admissions process, including what admissions tutors, selection committees, and interview panels are looking for in candidates, and how you can stand out.
- Gain practical advice on writing a strong personal statement and understand the types of questions commonly asked during medical school interviews.
- Engage with senior consultants who hold educational roles within our hospitals and can provide guidance on medical education and training pathways, from medical school through to consultant level.
- Through observation and participation, develop an understanding of the assessments and practical clinical skills that medical students and doctors perform in their day-to-day practice.
- Explore what education and training as a doctor involves across different settings, including both hospital and general practice environments.

*You will find that MedStart4U provides you with the information, advice and practical experience that will **help you decide if medicine is for you**. If medicine is definitely for you, MedStart4U will help you demonstrate your interest and commitment, and will give you a head start in applying to medical school.*

What is the content of the day?
Everyone participating in the day is giving their time for free and, whether they are a medical student, a training doctor or a consultant, they must respond to the demands of a busy hospital and so any programme may change slightly on the day! We will send details of the programme to applicants once they have been accepted onto the day.

Applying for MedStart4U

Interested students need to complete the online application form via the link below **by no later than 17:00 on Tuesday 5th May 2026.**

Please note, as part of our widening participation approach, we particularly welcome applications who are from non-selective schools however we will still be reviewing applications from all schools within Kent.

Click the following link to apply: MedStart4U 2026 Application form – Fill in form

Any further enquiries should be emailed to: ekhuft.medstart4u@nhs.net

MedStart4U Booking Terms

The following terms and conditions apply:

- *MedStart4U is organised by the Medical Education Directorate at East Kent University Hospitals NHS Foundation Trust (EKHUFT).*
- *EKHUFT and East Kent Training Hub will not sell, trade or pass on your personal information.*
- *An email acknowledgement of the receipt of your application form plus confirmation of your place will be sent to you.*
- *Substitute participants may be accepted provided that EKHUFT is informed of any substitution at least 48 hours in advance of the event taking place and all application paperwork has been completed and meets the criteria.*

- *Participant students should be fully aware that MedStart4U takes place in a busy hospital setting and that they are expected to behave appropriately and responsibly at all times. Any conduct/activity that causes or could cause any disturbance or annoyance to any healthcare professionals or patients may result in instant removal from the event.*

- *Any participant causing loss or damage to persons or property will be held liable for the damage they have caused.*

- *EKHUFT and East Kent Training Hub reserve the right to alter the schedule of the day, or change the venue or speakers.*

- *All medical students, doctors and other medical education and healthcare professionals speak from their own experience and their views, and EKHUFT and East Kent Training Hub are not responsible for their comments.*

- *EKHUFT and/or East Kent Training Hub reserves the right to cancel any of the MedStart4U events.*