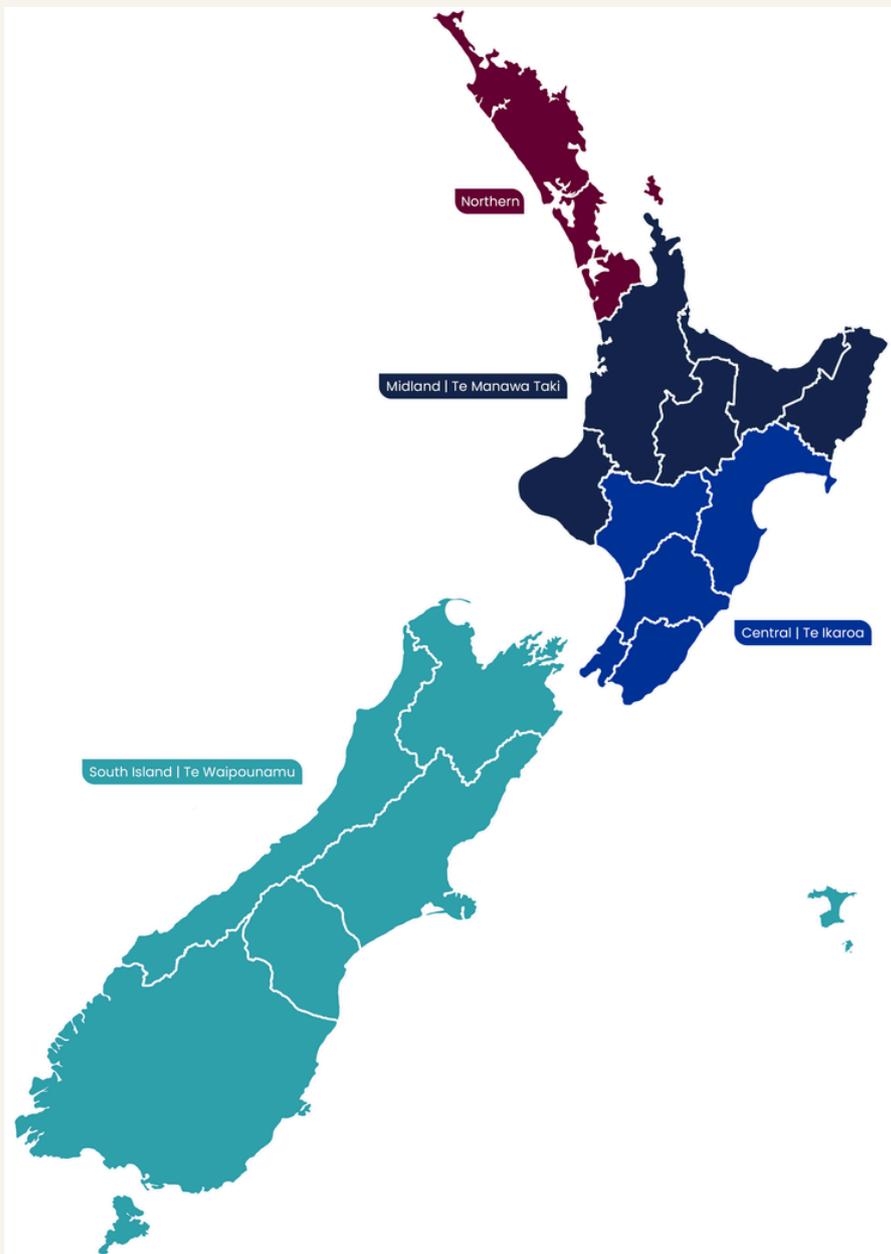


# Step into your Pharmacy future: Hospital internships across Aotearoa





## Health New Zealand Te Whatu Ora has four regions

- Northern
- Midland | Te Manawa Taki
- Central | Te Ikaroa
- South Island | Te Waipounamu

Local health services within each region are provided in 19 districts



Health New Zealand hospital pharmacy internships are recruited using a nationally coordinated timeline. This means hospitals across the country advertise, shortlist, interview, and make offers during the same time period.

Each hospital site manages its own advertising and interviews. If you want to be considered for more than one site, you must apply separately to each site.

The number of hospital pharmacy intern places can vary slightly each year. In most years, there are around 25 to 30 places available across Aotearoa New Zealand.

#### Typical recruitment timeline

Applications open: March to April

Shortlisting and interviews: May to June (about 6 weeks)

First round offers made: Mid to late June

As part of your application, you will rank sites in order of preference. By ranking a site, you are confirming you are willing to accept an offer there.

You will only receive one internship offer from a Health New Zealand hospital site. If you receive an offer, you will have two days to accept or decline.

# Northern



Northern region is made up of the following districts

- Northland
- Waitemata
- Auckland
- Counties Manukau

## Northland | Te Tai Tokerau

### **Broad clinical scope & deep community impact in a subtropical setting**

Northland/Te Tai Tokerau delivers health services through four hospitals. Whangārei Hospital, the region's main referral centre, has around 230 beds and provides emergency, surgical, maternity, and specialist services. Kaitia Hospital (28 beds) and Bay of Islands Hospital (20 beds) deliver rural secondary care, while Dargaville Hospital (12 beds) provides essential services for its community.

Clinicians here enjoy broad scopes of practice, close knit teams, and the chance to make a visible difference across both rural and urban communities all in New Zealand's only subtropical region with a relaxed pace and lower cost of living.



## Waitemata

### **Specialist depth & technological advancement in Auckland's North-West hub**

The Waitematā district is serviced by 2 hospitals and is well known for its electronic systems such as ePrescribing, electronic notes and automated dispensing machines. North Shore Hospital, overlooking Lake Pupuke, is a 660 bed facility offering full emergency, surgical, maternity and specialist medical services, and a regional mental health service. Waitākere Hospital in West Auckland has 330 beds and includes emergency care, maternity, paediatrics, medical and surgical services. Pharmacists here engage closely with the medical education service, and with clinical teams across varied specialties.

Outside of the workplace, we benefit from Auckland's amenities, coastal access, and vibrant cultural mix.

## Auckland | Te Toka Tumai

### **National specialist hub & everyday front line care at the heart of the city**

Auckland Central Te Toka Tumai serves more than half a million people and supports national specialist services. Key sites include Auckland City Hospital, providing emergency, surgical, medical, critical care and tertiary maternity services, and Starship Children's Hospital, home to national paediatric specialties. Greenlane Clinical Centre adds a strong outpatient and day surgery focus, supporting high patient throughput and diverse clinical exposure.

Pharmacists work across complex, high-acuity adult, child and specialist pathways, developing strong clinical skills in a fast-paced teaching environment. Outside work, Auckland offers the energy, diversity and convenience of New Zealand's largest city, with easy access to beaches, parks, food and culture.



## Counties Manukau

### **Cutting-edge tertiary care & grassroots connection in South & East Auckland**

Counties Manukau, covering South and East Auckland, is a fast-growing region anchored by Middlemore Hospital, a major tertiary centre of around 800 beds. Middlemore provides full services including emergency care, specialist surgery, neonatal intensive care, renal dialysis and burns, creating a high-acuity environment with strong learning opportunities.

Services extend across community and outpatient sites including Manukau SuperClinic, Manukau Surgery Centre and Botany SuperClinic, as well as smaller hospitals in Ōtāhuhu and Pukekohe.

Pharmacists gain experience across complex specialist pathways and community-facing services in one of New Zealand's most diverse populations, building cultural confidence and strong connections with local whānau and communities.

# Midland | Te Manawa Taki



Midland | Te Manawa Taki is made up of the following districts

- Waikato
- Rotorua and Taupō (Lakes)
- Bay of Plenty
- Taranaki
- Tairāwhiti

## Waikato

### **Tertiary expertise + wide regional reach at the heart of the Waikato**

Waikato Hospital, one of New Zealand's largest tertiary centres, with approximately 750 beds and links to 6 rural hospitals, delivers a full range of emergency, medical, surgical, maternity, and critical care services. The hospital also hosts major regional and national specialties including trauma, cardiology, oncology/haematology, renal, paediatrics, and intensive care, serving a large and diverse Midlands population.

Pharmacists working here gain experience in complex, high-acuity care within a service that combines tertiary excellence with strong rural and regional connections, all based in a city known for affordability, accessibility, and easy access to the outdoors.



## Rotorua and Taupō (Lakes)

### **Nature, culture & community-centred care in the Lakes region**

Rotorua and Taupō offer a unique blend of everyday clinical practice and strong community connection set against the dramatic geothermal and lake landscapes of the central North Island. The region has two main hospitals: Rotorua Hospital with emergency, secondary birthing and mental health services, and Taupō Hospital with emergency, primary birthing and mental health services, both providing broad general care across acute and specialist areas.

Pharmacists here engage across diverse scopes of practice, from hospital wards to community health settings, while living in a vibrant cultural heartland rich in Māori tradition and outdoor adventure opportunities

## Bay of Plenty

### **Specialist exposure, community scale, coastal living**

Bay of Plenty offers the clinical breadth of a large regional service without the scale and pressure of a major city. Care is delivered through Tauranga Hospital, providing emergency, secondary birthing, medical, surgical and specialist services, and Whakatāne Hospital, which delivers emergency, primary birthing and core hospital care for the Eastern Bay. Pharmacists work across a wide range of specialties within close-knit teams, gaining strong generalist and specialist experience while supporting one of New Zealand's fastest-growing populations—all set in a region known for its lifestyle, accessibility and strong sense of community.



## Taranaki

### **One hospital, many hats. Accelerated learning in a contained environment**

Taranaki's health services are centred on Taranaki Base Hospital, which delivers emergency, maternity, surgical, medical, mental health and outpatient care for the whole region. With care concentrated in a single main hospital, pharmacists gain unusually broad exposure early, taking on responsibility across multiple clinical areas and working closely with senior clinicians and multidisciplinary teams. The contained scale means shorter feedback loops, visible impact, and faster development of confidence and capability, alongside a lifestyle shaped by coastline, mountain and an easy daily rhythm.

## Tairāwhiti Gisborne

### **Close connections, broad roles, unforgettable coastline**

Tairāwhiti's health services are anchored by Tūranga Health, offering emergency, surgical, medical, maternity and outpatient care that meets the needs of a proud and tight-knit community. In this setting pharmacists regularly step beyond narrow roles to contribute across clinical, operational and patient-focused work, building real confidence and capability early in their careers.

With strong team relationships and the chance to see the difference you make up close, Tairāwhiti also offers a coastal lifestyle framed by world-class beaches, surf breaks and outdoor living.



# Central | Te Ikaroa



Central | Te Ikaroa is made up of the following districts

Hawkes Bay

Manawatū and Whanganui

Wairarapa

Wellington, Hutt Valley and Kapiti

## Hawkes Bay

### **Regional scale with real clinical responsibility**

Hawke's Bay delivers regional hospital care through Hawke's Bay Hospital in Hastings, a major centre providing medical, surgical, maternity, children's and mental health services, supported by smaller hospitals serving surrounding communities. In this environment, pharmacists are trusted early with meaningful responsibility, working across multiple clinical areas and closely with multidisciplinary teams. The result is rapid skill development, strong professional confidence, and the satisfaction of seeing your decisions make a genuine difference in patient care.



## Palmerston North

### **Where breadth meets depth and learning accelerates**

Palmerston North Regional Hospital is a key tertiary centre in Manawatū-Whanganui region, offering a wide spectrum of care from emergency and surgical specialties to comprehensive medical, maternity, mental health and community-linked services.

Pharmacists here are part of a dynamic clinical environment where generalist and specialist pathways intersect, gaining exposure to complex caseloads while working with experienced teams that invest in teaching and mentorship. For students and early-career pharmacists, this means rich clinical variety, rapid professional growth and the satisfaction of making tangible contributions in a centre that balances academic strength with strong regional connection.

## Whanganui

### **Where you step in, not stand back**

Whanganui Hospital is a regional secondary hospital providing emergency, surgical, medical, maternity, mental health and outpatient services for its community. This setting offers broad clinical exposure and a strong generalist foundation, with the chance to see the full patient journey from admission through to discharge.

Pharmacists are embedded members of the clinical team, contributing across a wide range of practice areas rather than observing from the margins. For students and early-career pharmacists, this means hands-on involvement, steady skill development and supportive supervision from experienced colleagues. You are known, valued, and given real responsibility at an appropriate level, with work that has clear and immediate impact on patient care and outcomes.



## Wairarapa

### **Broad exposure, fast-tracked confidence**

In Wairarapa, health services centre on Wairarapa Hospital, delivering emergency care, medical, surgical and maternity services for a diverse regional population. Pharmacists in this setting are routinely involved across multiple areas of practice, working directly with clinical teams and taking on responsibility early in their careers. The result is accelerated skill development, strong professional confidence and real everyday impact on patient outcomes.

Wairarapa offers pharmacists a chance to build broad clinical capability in a supportive environment where your contributions are visible, valued and genuinely influential.

## Hutt Valley

### **Diverse practice engagement close to major expertise hubs**

Hutt Hospital offers 24-hour emergency care, secondary birthing, mental health and specialist services, supported by regional strands such as plastics, burns and rheumatology, with Kenepuru Community Hospital and Kapiti Health Centre extending accessible care into their communities. In this setting pharmacists experience a blend of broad general practice and specialist service involvement, building practical capability through hands-on roles and teamwork across sites. The region's proximity to Wellington also means easy access to tertiary resources while retaining a strong local identity in patient-centred care.



## Wellington

### **Multidisciplinary practice at national specialist scale**

Wellington Regional Hospital is a major tertiary centre delivering advanced services across intensive care, cardiac, cancer, renal and neurological care, alongside comprehensive medical, surgical, children's and maternity services. Kenepuru Hospital and Kāpiti Health Centre provide important local and community-based services that support the wider Wellington system.

Pharmacists work as embedded members of multidisciplinary teams, contributing directly to complex decision-making across specialist pathways. For students and early-career pharmacists, this offers exposure to high-acuity care, strong clinical mentorship, and the opportunity to develop confidence within teams where pharmacy expertise is integral to patient outcomes.

# South Island | Te Waipounamu



South Island | Te Waipounamu is made up of the following districts

Nelson Marlborough

Canterbury

West Coast

South Canterbury

Otago and Southland (Southern)

## Nelson Marlborough

### **Close clinical teams with real decision influence**

Nelson Marlborough delivers hospital care through Nelson Hospital and Wairau Hospital, both providing emergency, medical, surgical, maternity and outpatient services for their communities.

In these settings, pharmacy teams are small enough to be visible and influential, working closely with medical, nursing and allied health colleagues rather than through layered hierarchies. For students and early-career pharmacists, this means strong relationships, direct involvement in clinical decisions, and the opportunity to develop confidence and professional voice early.



## Canterbury

### **Where pharmacy shapes services, not just supports them**

Canterbury's health services are centred on Christchurch Hospital, a major tertiary facility delivering emergency, medical, surgical, children's and maternity care for the South Island. This is supported by a network of specialist and community hospitals including Burwood for surgical and rehabilitation services, Hillmorton for mental health, and rural hospitals across the region.

Pharmacy in Canterbury plays an active role in service design, innovation and quality improvement, working closely with clinical teams across multiple settings. For students and early-career pharmacists, this means exposure not only to complex clinical care, but also to how services evolve, improve and respond to real system pressures, building capability that extends beyond the ward.

## West Coast

### **Seeing the whole patient journey**

West Coast health services operate across community hospitals in Greymouth, Hokitika and Reefton, delivering emergency, inpatient and outpatient care for a geographically dispersed population. Based at Te Nikau, Greymouth pharmacists develop strong generalist skills, making independent, well-reasoned decisions without multiple layers of escalation. The pace allows for continuity of care, close working relationships with clinicians, and a clear line of sight between decisions and outcomes.

For students and early-career pharmacists, West Coast offers a rare opportunity to build clinical judgement, resilience and confidence in a setting where your expertise truly counts



## South Canterbury

### **Close-knit clinical collaboration with broad practice exposure**

South Canterbury's health services are centred on Timaru Hospital, providing emergency, medical, surgical, maternity and outpatient services to a diverse regional community. Pharmacists here work closely with doctors, nurses and allied health professionals in an environment where collaboration happens naturally across wards and clinics. This close collaboration means students and early-career pharmacists have regular opportunities to contribute meaningfully to patient care, sharpen clinical judgement and build confidence through shared decision-making. South Canterbury offers a practice environment where strong professional relationships and broad clinical exposure go hand in hand, allowing you to grow as both a clinician and a communicator.

## Dunedin

### **Teaching hospital with real clinical leadership opportunities**

Dunedin Hospital is the principal tertiary hospital for Otago and Southland, with around 360 beds providing emergency, medical, surgical, maternity, paediatric, mental health and specialist care. It functions as a major trauma and referral centre for the lower South Island and is closely connected with the University of Otago's medical and health sciences programmes, creating a strong teaching and research environment.

Pharmacists here are part of teams that contribute to clinical leadership, advanced practice and evidence-informed care, gaining exposure to both complex patient cases and opportunities for professional development and academic engagement. This blend of robust clinical practice and learning culture makes Dunedin an excellent place for students and early-career pharmacists to build confidence, capability and strategic thinking in pharmacy practice.



## Invercargill

### **Supportive generalist learning with real clinical exposure**

Southland Hospital in Invercargill provides emergency, medical, surgical, maternity, mental health and outpatient services for the wider Southland region. In this setting, students and early-career pharmacists are welcomed into day-to-day clinical work, gaining broad exposure across services while being supported by experienced pharmacy and multidisciplinary teams.

The generalist nature of care allows learners to build strong foundations, see how different services connect, and develop confidence at a steady, supported pace in an environment that values teaching and teamwork.