

# Hints and tips for overseas nurses

## Prepare to make a good impression

We always welcome experienced nurses from overseas. To help you settle in, here are six things you can do before you come to the UK and when you arrive.

### 1. Do some research

Look into the area you want to relocate to. Check house prices or rentals. If you have a family, look into the schools in the area.

### 2. Get your National Insurance number

To work, you need a National Insurance (NI) number. Make sure you apply when you arrive in the UK. You can [apply here](#) or call 0345 600 0643 from inside the UK.

### 3. Open a bank account

You will need to open a bank account when you arrive in the UK. We'll provide you with the paperwork to do this.

### 4. Make sure you send in all your paperwork to the NMC

Don't forget to submit all of your certified documents requested by the Nursing & Midwifery Council (NMC) on time. If you don't, it can cause long delays in getting your NMC pin number.

### 5. Work on your English

Continue improving both your spoken and written English, before and after you come to the UK. [ESOL provide free online courses.](#)

### 6. Find a place to live

Care UK will provide you with temporary accommodation. But it's a good idea to find a permanent place to live as soon as you can. It'll help you settle in. So, if you can, start looking online before you come to the UK.

Good luck with your move to the UK! We're here to support you.