

## Top 10 Reasons Our Residents Love the Kingston & the 1000 Islands Site

1. Living in Kingston:
  - Beautiful city with great waterfront and outdoor activities
  - Historic market square and vibrant restaurant scene
  - Close proximity to Toronto, Ottawa, and Montreal
  - Easy access to great destinations like Prince Edward County, and Bon Echo and North Frontenac provincial parks
2. Strong focus on resident wellness that promotes valuable support networks and lasting friendships between residents in the program.
3. Access to Queen's Medical School, including state-of-the-art simulation labs and courses during boot camp and beyond, with ample medical student teaching opportunities.
4. Welcoming and enthusiastic staff at the Queen's Family Health Team.
5. Curriculum structured to allow for flexibility and horizontal experiences.
6. Large resident cohort and interdisciplinary teams that promote lots of support and shared resources.
7. Strong emphasis on evidence-based medicine and ongoing excellent teaching.
8. Opportunities during both on- and off- service rotations to explore a full range of urban, rural, and remote training environments and practice styles.
9. Proximity to residents in other programs at Queen's.
10. Military and public health curriculum tailored to residents' unique needs.

*Train at Queen's. Work Anywhere.*