

FREE GUIDE · MASTERCLASS FOLLOW-UP

CaRMS 2027 Resource Guide for IMGs

Every official link you need for the R-1 match, the key dates, and the summary of our free masterclass of 24 October 2026, as promised.

Missed part of it? [Watch the full recording on YouTube.](#)

Dr. Bilal Akil · Emergency Medicine, Western University · Founder, mccQbank

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Applying this cycle? The CaRMS application and document deadline is **26 November 2026 at 12:00 noon ET**. Anything submitted or assigned after that is time-stamped late, and some programs don't review late applications.

All dates and links in this guide were checked on 25 October 2026 on carms.ca and mcc.ca. Official dates can change, so always confirm on the official page before you act.

1 Key CaRMS 2027 dates

R-1 Main Residency Match, first iteration. All times Eastern. Source: [CaRMS applicant timeline](#) (updated 13 May 2026).

9 Sep 2026, noon	CaRMS Online opens to applicants; program descriptions go live Passed
15 Oct 2026, noon	Program selection opens: choose programs and assign documents Passed
5 Nov 2026, 17:00	Deadline: requests to have your references translated through CaRMS
13 Nov 2026	Deadline: transcripts and MSPRs should arrive from your medical school. Sending them directly to CaRMS is your responsibility
25 Nov 2026, 21:00	Deadline: referees submit references through the CaRMS referee portal
26 Nov 2026, 12:00 noon	Deadline: applications and all documents submitted and assigned to programs Key deadline File review begins at 12:05.
12 Jan 2027	Programs complete their initial interview-offer status updates in CaRMS Online
16 Jan – 7 Feb 2027	National interview period. Interviews for IMGs are coordinated separately, with no set national period
21 Jan 2027, noon	Ranking opens: start your rank order list
18 Feb 2027, 15:00	Deadline: rank order list. CaRMS calls this deadline firm Key deadline
2 Mar 2027, 12:00 noon	Match Day: results in CaRMS Online
12 May 2027, 15:00	CaRMS Online access closes for this match. Save anything you need before then

Read every program description

Each program sets its own rules: IMG eligibility, required documents, how long since graduation it accepts, and whether it reviews late applications. If you've had gap years, this is where to check, program by program.

[CaRMS program descriptions](#) →

Check the match data

Past R-1 results by discipline and applicant group show how competitive each specialty is for IMGs, so you can rank with real numbers.

[CaRMS R-1 data and reports](#) →
[Our CaRMS 2027 timeline for IMGs](#) →

2 The exams you need first

The Medical Council of Canada (MCC) says IMGs applying to the CaRMS R-1 match need results from **both** the MCCQE (formerly MCCQE Part I) and the NAC Examination, taken in whichever order you prefer. Source: [MCC: CaRMS and MCC exams](#).

Timing matters. MCC's plan for the 2027 match has candidates sharing both results with CaRMS in time for file review, which opens on 26 November 2026. Still to sit one or both exams? Use the 2027 sessions below to plan for the following match, and confirm the timing on [mcc.ca](#).

MCCQE: 2027 sessions

19 Jan – 11 Feb 27 Apr – 1 Jun 10 Aug – 7 Sep

5 – 26 Oct

- In person at Prometric test centres
- Seats are first come, first served
- Scheduling opens 5 months before each session
- 230 multiple-choice questions in two sections of 115

Sources: [MCC MCCQE scheduling](#) · [MCCQE overview](#)

NAC Examination: May 2027

Apply 18 Nov – 9 Dec 2026

- Applications close 9 December 2026 at 11:59 PM ET
- Half-day OSCE: 12 stations, 2 of them unscored pilots
- 11 minutes per station, 2 minutes between stations
- In English or French; results about 8 weeks after the exam

Sources: [MCC NAC overview](#) · [NAC scheduling](#)

Applying in Quebec, British Columbia or Alberta

Quebec

Meet the Collège des médecins du Québec (CMQ) requirements before you apply to CaRMS, including recognition of equivalence of your MD degree.

[CMQ: international graduates](#)

→

British Columbia

IMGs applying for residency in BC must take part in UBC's Clinical Assessment Program (BCIMG CAP).

[BCIMG CAP](#) →

Alberta

To be eligible for IMG-designated positions in Alberta, complete the Alberta International Medical Graduate (AIMG) Program.

[AIMG Program](#) →

Source for all three: [MCC: CaRMS and MCC exams](#).

Free from mccQbank: plan your exams

[NAC exam eligibility and application, step by step](#) →

[An MCCQE study plan you can follow](#) →

3 Masterclass summary: 24 October 2026

The key points from Dr. Akil's talk, as promised. Watch any part again on the [full recording](#).

The MCCQE

- 1 **Your MCCQE score matters most.** In Dr. Akil's experience, it's the single strongest predictor of matching, so give it your best preparation.
- 2 **Plan 3 to 6 months, in three phases.** First, theory with active learning (Toronto Notes as your reference, a crash course to structure it). Second, the question bank in tutor mode, learning from every explanation. Third, timed mode, to build exam pace.
- 3 **Study Canadian.** US question banks such as UWorld aren't written for the MCCQE. Learn Canadian guidelines, not US ones.
- 4 **Never skip public health, ethics and epidemiology.** They are always tested.
- 5 **Use your medical library's books,** not pirated material.
- 6 **Check you're ready before exam day.** Start the MCC practice tests once you score about 80% in the question bank. Under 75% on the MCC practice test? Consider moving your exam date.
- 7 **Target your lowest subscore first.** That's where the marks are.

The NAC OSCE

- 8 **Sit the MCCQE first, then the NAC.** That's our suggestion; MCC lets you take them in either order.
- 9 **Practise with a partner,** out loud and timed. You don't need an expensive two-day course.
- 10 **Drill one station flow until it's automatic:**
 - Introduce yourself > Wash hands > Offer a drape > Open-ended question > OPQRST >
 - Review of systems > Past medical, surgical, social and sexual history > Verbalize your exam >
 - Offer to examine associated systems > 3 to 4 differentials >
 - Investigations: imaging and blood work, named in full > Management > Summarize
- 11 **Repetition, repetition, repetition.**

CaRMS

- 12 **Do electives in Canada.** That's where your Canadian letters of reference come from. See the [AFMC Student Portal](#) for visiting electives; eligibility varies by school.
- 13 **Gap years? Check program by program.** Each program description on [carms.ca](#) says what it accepts.
- 14 **Use Canadian clinical resources,** such as [Choosing Wisely Canada](#) and [Thrombosis Canada's clinical guides](#) (both in section 5).

Questions? Email marketing@mccqbank.com. We usually reply within 24 hours.

4 Official links directory

Bookmark these. Every link below was opened and checked on 25 October 2026.

CaRMS: the match

CaRMS home	Log in to CaRMS Online, news and match updates
R-1 applicant timeline	Every deadline for the 2027 match, first iteration
Program descriptions	Each program's eligibility, documents and selection criteria
Eligibility criteria	Provincial eligibility rules for the R-1 match
Language proficiency	English and French language requirements by province
Application documents	What to submit and how documents reach CaRMS
R-1 data and reports	Past match results by discipline and applicant group
CaRMS Help Center	Answers to applicant questions and how to contact CaRMS

Medical Council of Canada: exams and credentials

physiciansapply.ca login	Your MCC account: exam applications, documents, results
MCC services	MCC services for candidates (physiciansapply.ca now opens here)
CaRMS and MCC exams	Which exam results the R-1 match needs, and provincial routes
MCCQE	Overview, eligibility, scheduling and results
MCC Objectives	What the MCCQE is written to: the objectives to study from
Preparatory products	MCC's official practice tests
Free practice questions	Free MCC sample questions
NAC Examination	Format, eligibility, scheduling and results
Free NAC resources	MCC's free NAC preparation material
Score interpretation	How to read your MCCQE and NAC results
Prometric: MCC exams	Book and manage your MCCQE test centre appointment

Provincial programs, electives and your school

Collège des médecins du Québec	Quebec: equivalence and requirements for international graduates
BCIMG Clinical Assessment Program	British Columbia: UBC's assessment program for IMGs
AIMG Program	Alberta: required for IMG-designated positions
AFMC Student Portal	Apply for visiting electives at Canadian medical schools
World Directory of Medical Schools	Check how your medical school is listed

5 Canadian clinical resources

Choosing Wisely Canada	Recommendations on tests and treatments to avoid, by specialty
Thrombosis Canada clinical guides	Canadian guidance on anticoagulation, DVT and PE (promised in the talk)
Canadian Immunization Guide	Canada's vaccine schedules and recommendations
CanMEDS framework	The physician roles Canadian programs and exams assess

6 Free guides and prep tools

For IMGs preparing for the MCCQE, the NAC OSCE and CaRMS.

Free from mccQbank

Masterclass recording	The full 24 October session on our YouTube channel
CaRMS 2027 timeline for IMGs	The match dates explained for international graduates
NAC eligibility and application	Who can apply, and how, step by step
MCCQE study plan	A 16-week plan with weekly targets, built on the MCC blueprint
NAC OSCE station checklist	What examiners score in each 11-minute station
Caribbean school to Canadian residency	The route from a Caribbean medical school to a Canadian match
mccQbank on YouTube	Free videos for the MCCQE and NAC

2,600+

MCCQE1 question bank

Practice questions in English and French, written by Canadian physicians to the MCC blueprint, each with a full explanation. Tutor and timed modes, as in the study plan from the talk.

[See the question bank →](#)

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OSCE-R for the NAC

Timed history and physical-exam stations across 16 organ systems. Practise solo or with a partner, as the talk recommends.

[See OSCE-R →](#)

Crash Course Theory, structured

A high-yield review based on Toronto Notes and aligned with current Canadian guidelines: phase one of the study plan. Every bundle plan includes it.

[See the Crash Course →](#)

1-on-1 Mentorship

Start with a free 15-minute call. Then sessions with a Canadian resident or attending physician, or a mock NAC station with debrief.

[See mentorship →](#)

Bundle plans: [100% money-back pass guarantee on bundle plans](#) — conditions apply.

Your masterclass code: WEBINAR25

25% off any mccQbank plan until 31 December 2026. Enter it at checkout.

[See plans](#)

[Try 30 questions free](#)

[Book a free 15-min call](#)

mccQbank is an independent exam-preparation company and is not affiliated with CaRMS or the Medical Council of Canada. Dates and links were checked on 25 October 2026 on carms.ca and mcc.ca; official bodies can change them, so always confirm on the official page.

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