



# Basic Guide to emigrate to UK

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¡Hello everyone!

Before starting with the basic guide for moving to the UK, I'll introduce myself very briefly:

I'm Javi. I studied a **nutrition degree** in Nutrition in **Spain**, and after realizing the almost nonexistent job opportunities in my country, I decided to try my luck in England. That's when I discovered the **NHS** (the English public health system). I started looking for work and, after putting in a lot of effort and despite having no prior experience, **I got my first position as a dietitian**. Now, with more than **5 years of experience**, I hold a nutrition manager position in a hospital near London, specializing in Surgery and Oncology.

I decided to launch this project to help more dietitians move to a country where, once and for all, **you are respected and paid what you deserve!** We didn't spend years studying to be treated poorly by other professionals or be underpaid.

In England, the salary for a dietitian (equivalent to nutritionist in Europe) starts at over £32,000 per year and can reach **more than £100,000 annually** depending on your position and experience. This is far more than what I could ever earn in Spain, and likely in most other European countries. Additionally, the cost of living in England is NOT high compared to these salaries; in fact, it's lower than in many Spanish cities.

But it's not just the salary that I liked about England, it's also the **working conditions** and **career progression**. You will never have split shifts again! Plus, you can **specialize** in any area of nutrition you want: Surgery, Pediatrics, Critical Care, Eating Disorders, Renal, Gastroenterology, Oncology, and many more... All while feeling **professionally valued** and **respected** by the rest of the team (doctors, nurses, etc.).

So, what are the basic requirements to move? It's very simple, there's just one:

- You must have a university degree in Nutrition.

And that's it, really, that's all.

**Work experience?** Not required.

**English?** Yes, but only at a functional level, does not need to be advanced.

And you might be thinking: *Sounds too good to be true...*

Well, yes, it's **completely true!** And it's not just me who has landed a job in the NHS in England, there are many other **Spanish and European colleagues who have already secured their positions here in the NHS.** In fact, I've even had the pleasure of meeting some of you in person, and you're all amazing!

And I'll say it again: **NO prior work experience is needed** to get a job in the NHS! I personally had **ZERO** work experience, and now I'm leading a team of dietitians. For those of you who do have work experience, obviously that's a plus; however, in the next pages I'll explain why it's NOT the most important thing...

Alright, I'm interested, but... how do I start the whole process of moving to the UK?

Personally, I like to break it down into **three parts:**

1. **Paperwork**
2. **CV and cover letters**
3. **Interviews: how to be the best candidate**

## 1. Paperwork:

It consists of gathering all the necessary documents to register with the **HCPC.**

The HCPC is an **official regulatory body** in the UK that oversees thousands of healthcare professionals, including us: **dietitians (nutritionists).** It's essential for practicing professionally. The HCPC has a list of "Standards" that they will compare with your application to see if they match; basically, they check whether your **studies are equivalent to those in the UK.**

To register with the HCPC, you will need basic documents such as:

- Proof of identity, proof of address...
- University degree certificate and a record of the modules you studied
- English language certificate

Registering with the HCPC can be difficult and tricky if done **without guidance.** It's **VERY important** to do it correctly and try not to make mistakes; otherwise, your registration could be delayed significantly.

That's why having **support** from someone with a lot of experience is highly recommended to **avoid delays**. I've already helped many dietitians successfully register with the HCPC, as I know the HCPC "Standards" very well.

Another important point is that you can start looking for jobs WITHOUT being fully registered with the HCPC, as long as your paperwork has already been submitted, that is, "pending HCPC approval."

### 1.1 Visa:

Another step is obtaining a work visa. Surprisingly, it's actually **REALLY EASY!** Most of the process is handled by the job that has selected you. Don't worry about this step, it's truly simple.

Basically, once you've completed the job interview and are offered the position, they will give you a **visa code**. With this code, you can apply **online** (comfortably from your own home) for a visa that allows you to work as a dietitian in the UK.

And that's it, this covers all the required paperwork.

Let's move on to the next and **final phase**, where my favorite part begins.

## 2. CV and cover letter.

The way CVs are sent in England is **different** from the usual style. Besides the typical sections like education, courses, etc., there's a **CRUCIAL** factor, and I want to really emphasize this: **CRUCIAL**, which is the **Cover Letter**.

The cover letter is the document where you "**sell yourself**" as the **best candidate** for the position. You might think that ChatGPT or any AI could produce a good cover letter for you, but that's not entirely true. In the NHS, there are so-called "**keywords**," which are absolutely essential to include in your cover letter in order to get called for an interview.

**A high-quality cover letter can make all the difference in getting the chance to interview.** Since I've been an NHS interviewer, I've seen countless applicants' cover letters, and believe me, it's really important to do it well and include the right keywords. I've helped create successful cover letters because I have extensive experience in the field and know nearly all the keywords by heart.

For Band 4-5 Dietitian positions (junior dietitians), this can be **even more important than work experience**, and I say that seriously. These roles actually expect you to have **NO** prior experience, but to be highly motivated to learn and eager to work.

### 3. Interviews, how to be the best candidate

This is my favorite part, and where I love teaching you how to become the best candidates. NHS interviews always follow the **same structure** and usually include **6–12 questions** per interview. It's very common for interviews to be conducted **online**, from the comfort of your own home (via video call). You won't have to move to the UK until your job is secured.

Another important point is that in the NHS, the dietitian profession (remember, that's what we call nutritionists here) is considered “**in shortage**,” meaning they **NEED people!** In the UK, not enough native dietitians graduate to fill all the positions, which is fantastic for those of us who want to move there, because that's where we come in :)

I'll be honest, this is the area where most people ask me for help (and it's normal), because **without understanding the interview structure in depth, it can be hard to stand out as the best candidate.** Interview questions are **repeated frequently!** Personally, I know the typical questions inside out from seeing them again and again, and I practice them extensively with my clients. I've even created a document with over 70 real interview questions, which greatly increases the chances of success.

Well, that's the end of this mini-guide for moving to the UK as a dietitian. Please believe me, it is possible to get a well-paid job here, but you have to put in the effort and go for it with determination!

Thank you so much for reading until the end. Below, I will leave a link for you to book a **FREE CONSULTATION** with me if you are interested in securing a well-paid job in the UK. I will analyze your case and see if you are an appropriate candidate.

[CLICK TO BOOK A FREE EVALUATION WITH ME](#)

Many thanks,  
Javi