



## Beyond the professional benefits, lifestyle was a major factor that made rural training an easy choice for this trainee doctor.

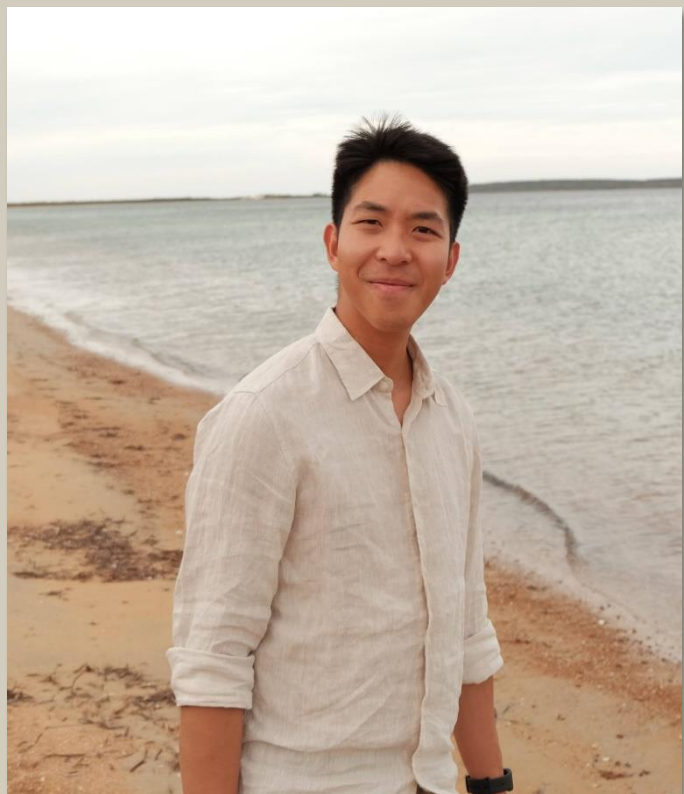
*Being an avid fisherman, the opportunity to combine a great work environment with his love for the outdoors - with Port Lincoln being arguably one of the best fishing spots in Australia... was the significant factor in Mark's decision to train in a rural setting.*

### Dr Mark Chee

Originally from Singapore, Dr Mark Chee's career journey began during his time as a medical student at Port Lincoln, where he was struck by how approachable, friendly, and genuinely invested the senior doctors were in teaching. This positive impression inspired him to return to Port Lincoln for his prevocational training.

Currently undertaking his training in the Eyre and Far North Local Health Network (EFNLHN), he is gaining invaluable hands-on experience and appreciates working closely with a fantastic team that supports him in shaping his learning around his professional interests.

Working in a rural hospital is helping him to rapidly develop his clinical skills through active involvement in resuscitations in the emergency department, managing deteriorating patients and coordinating their retrieval to larger centres, and performing various procedures, such as excising skin lesions.



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***“The level of responsibility and autonomy is much higher than what I would have expected, but there is always adequate support. I feel that this has really accelerated my learning and skill development.”***

Dr Chee takes full advantage of the numerous teaching opportunities available to enhance his clinical skills. He regularly participates in training courses organised by EFNLHN and other organisations, while also benefiting from high-quality weekly tutorial sessions – an aspect of junior doctor training that can sometimes be difficult to access in busier settings.

***“Living and working in a regional area has been an incredibly rewarding experience. The sense of community is strong, and the patients are genuinely appreciative of the care they receive. It is a different dynamic compared to city hospitals – here, you are not just another doctor passing through, you are a valued part of the healthcare team and the wider community.”***



The work-life balance here fosters meaningful connections both inside and outside the hospital. Mark has formed strong connections with colleagues, including other doctors, pharmacists, and allied health professionals. They frequently catch up outside of work, enjoying quiz nights at the pub or setting off on weekend adventures to explore the beautiful surroundings.

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However, fishing is definitely Mark's favourite past time and Port Lincoln offers him some of the best fishing in Australia! He makes the most of it on his days off - whether heading out on a boat or casting a line from the shore. For him, it is a great way to unwind and enjoy the incredible natural beauty of the region.

***"Personally, the lifestyle here is second to none – I get to enjoy breathtaking scenery, have quick commutes, and spend my free time fishing, hiking and exploring the national parks."***

Dr Chee has greatly benefited from his training in the emergency department and smaller Multi-Purpose Sites (MPS), where he gets to be involved in the work-up of undifferentiated patients and participate in resuscitations. Learning and performing point-of-care ultrasound scans in critical situations has been a highlight and given him the ability to make a real difference in high-pressure situations.



During his time at Port Lincoln, he has been able to further his interest in radiology and aspires to explore and gain further experience in this area. Mark hopes to pursue further training in the area of radiology and once specialised, return to rural practice where he can contribute to improving access to high-quality healthcare in regional areas.

***"By bringing my skills back to a rural setting, I believe I can play a small but meaningful role in bridging the healthcare inequities between metropolitan and rural communities."***

If he could give his younger self any advice, it would be to embrace every opportunity, step outside his comfort zone, and welcome new challenges. His decision to work in a rural hospital stemmed from this mindset, and he would remind himself to enjoy the journey despite the demands of a medical career. Finding balance is key – making time for the things he loves, whether it's fishing, travelling, or simply spending time with friends and family.

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April 2025

*“Most importantly, I would remind myself that no matter how much pressure there is to follow a certain path, **it is okay to carve out your own journey and pursue what truly excites you.**”*

On a final note, Dr Mark Chee has some advice for medical students and trainees considering rural training or a career as a Rural Generalist:

*“**If you are considering training in a rural setting – just do it!** The hands-on experience, supportive team, and lifestyle benefits are unparalleled. You will be challenged, but in the best way possible, as you take on a more active role and develop a high level of independence.”*

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