

Doctors' Guide to Living in Dubai.

11YEARS IN
THE GULF**95+**HOSPITAL
RELATIONSHIPS**500+**DOCTORS PLACED IN
THE LAST 4 YEARS

Where you live is the easy part.

By the time most of our doctors arrive, the licence, the contract and the visa are already behind them. Finding somewhere to live looks bigger from far away than it turns out to be up close.

Most doctors settle somewhere short term for a few weeks, then choose properly once they know their hospital, their commute and the school run. It is a calmer way to do it, and it almost always leads to a better decision.

Most of the families we relocate end up in the same handful of communities, the ones that fit the way a doctor's family actually lives here. This is a guide to those communities, what they cost for the year ahead, and a few things worth knowing before you rent.

IN THIS GUIDE

- Eight communities our doctors actually live in, with current rents and nearest hospitals
- Five things worth knowing before you rent
- What doctors who made this move actually say

A working shortlist, not the whole map. Rents are typical annual ranges for 2026 and move with the market.

Al Barsha

Apartments AED 90,000 – 150,000

Central and well connected, with Saudi German Hospital in the community and Al Zahra and an American Hospital clinic close by.

BEST FOR Doctors who want to be near the hospital cluster without paying for the water view.

Dubai Hills Estate

Apts AED 115,000 – 260,000 · Villas 275,000 – 500,000

Green, modern and central, with King's College Hospital and an American Hospital clinic inside the community itself.

BEST FOR Consultants who want everything, home, hospital and school, within a few minutes.

Arabian Ranches

Villas AED 200,000 – 400,000

An established, gated family community with JESS Arabian Ranches on the doorstep and an American Hospital clinic in neighbouring Mira.

BEST FOR Families who want space, quiet streets and a settled community from day one.

Mirdif

Villas & townhouses AED 130,000 – 180,000

Established and calm, about fifteen minutes from the airport, with an American Hospital clinic in nearby Al Khawaneej.

BEST FOR Families who want a lived in neighbourhood and more room for the money.

The Springs (Emirates Living)

Villas AED 180,000 – 400,000

One of Dubai's most settled villa communities, minutes from Media City and close to Dubai British School Emirates Hills.

BEST FOR Families who want mature, tree lined streets and a proven track record.

Jumeirah Park

Villas AED 340,000 – 480,000

Spacious and villa only, with Dubai British School inside the community and Media City ten minutes away.

BEST FOR Families who want generous plots and a quiet base close to the marina.

Umm Suqeim

Villas from AED 265,000

Beachside and full of character, with Medcare and an American Hospital clinic in Jumeirah and King's School Dubai nearby.

BEST FOR Those who want the sea on their doorstep and the city a short drive away.

Town Square

Townhouses & villas AED 135,000 – 245,000

Modern and green, built around a large central park, with its first international school opening in the community in 2026 and more nearby.

BEST FOR Families happy to commute a little in exchange for space and value.

A NOTE ON RENTS

Rents are indicative annual ranges for 2026, based on market listings and Dubai Land Department data. They vary by exact location, size, condition and timing, and they change through the year. Always confirm the current figure for a specific property before you commit.

1

The market is in your favour right now.

2026 is a calmer, more tenant friendly market. Family villas have held their value, apartments have softened, and there is more room to negotiate than there has been in a while.

2

Your building has a star rating, like a school.

The Smart Rental Index rates every building from one to five stars, much like KHDA rates schools, and it caps how much your rent can rise at renewal. Free to check on the Dubai REST app.

3

A few costs sit outside the headline rent.

District cooling and the 5% municipality housing fee often sit outside the quoted rent. Neither is large, but both are far easier to plan for when you know they are coming.

4

You can now pay monthly, not only in cheques.

The old system split the year into a few post dated cheques. Through 2026, monthly payment options are appearing on more listings, and they make the first year far easier to manage.

5

You do not have to sign before you arrive.

A formal lease needs your residency in place, so most doctors start in a serviced apartment for a few weeks, then choose their community once they know their hospital and commute.

★ ★ ★ ★ ★

"Moving to a new country is difficult. Moving to a new country and a new culture, harder. The team at Allocation Assist do not just help with paperwork. They helped me on the entire 'journey'!"

Dr Nicholas Sangala

Consultant

★ ★ ★ ★ ★

"Allocation Assist made my move to Dubai very straightforward. They were knowledgeable, and guided me through the process, and the whole team worked very hard on my behalf. They are still keen to know how things are going."

Dr Andrew Foggitt

Consultant

★ ★ ★ ★ ★

"From the licensing right through to the unwavering ongoing support once established in our consultant jobs in the Middle East; these have been faultless. Would 100% recommend this to anyone considering the Middle East."

Ms Lucy Khan

Oncoplastic Breast Surgeon

★ ★ ★ ★ ★

"Relocating to UAE as a UK family medicine doctor was challenging and I am grateful for Allocation Assist for their help and guidance."

Dr Szelezsán Dávid

Family Medicine

The right home is closer than it looks.

The licence, the contract and the visa are the parts that feel urgent. Where you live is the part that makes it feel like home.

When you are ready, we will talk through which of these communities fits your hospital, your commute and your family, alongside everything else that comes with the move. It is part of what we already do for every doctor we place.

The first conversation is free, and it is the best place to start.

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The information in this guide is for general guidance only. Rents, community details and hospital locations were accurate at the time of writing but can change. Rental figures are indicative market ranges, not quotes or offers, and actual prices depend on the individual property, landlord and timing. Nothing here is financial, legal or property advice. Always confirm current rents, availability, fees and contract terms directly with the landlord, agent or relevant authority before making any decision.