

Teaching in Oman

A guide for qualified teachers — how teaching in Oman works, the routes and requirements, the Employment Visa, tax-free pay, and how to find the right role.



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2026 EDITION

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Online since 2004, K12 Academics has helped millions of families, students and educators **find the right school, college, camp, business and program in their community** — for every kind of learner.

THE RELAXED, HIGH- SAVINGS GULF OPTION

Oman is the **relaxed, welcoming** Gulf option — tax-free pay in a strong currency, covered housing, and **excellent savings**, with demand led by **university foundation programmes** and growing international schools. It's **more accessible** than some Gulf markets. This program-neutral guide covers the **routes, requirements, the Employment Visa, and pay**, and points you to the K12 Academics directory to find roles.

General guidance, not legal, immigration, or employment advice. Omani rules, pay, and requirements change (Vision 2040 reforms are ongoing) and vary by employer. The details here are recent examples and **must be confirmed with Oman's Ministry of Education, immigration authorities, and each employer**. K12 Academics does not run or endorse any specific program — use the K12 Academics directory to find and compare your options.

Understand Why Teachers Choose Oman

WHAT TO KNOW

Oman offers **tax-free pay in a strong currency, covered housing, excellent savings, a relaxed and welcoming culture, stunning landscapes, and more accessible entry** than some Gulf markets — a mature market, growing under Vision 2040.

BY THE NUMBERS

Tax-free

excellent savings

Relaxed

& welcoming

More accessible

entry

HOW TO HELP

Weigh Oman's **strong savings and relaxed lifestyle** against a modest (if comfortable) salary — for a welcoming, high-savings Gulf experience, it's hard to beat.

WATCH OUT

Because housing is covered and living costs are modest, **your salary is largely spending or saving money** — a key draw.

Understand the Types of Teaching Roles

WHAT TO KNOW

Route types include: **universities and Colleges of Technology** (the biggest employers — teaching “Foundation Year” English to incoming students), **international schools** (growing under Vision 2040, for licensed teachers), **private language centres** (the accessible entry, with lighter hours, in Muscat, Sohar, and Salalah), and **specialised company/ESP roles** (the highest pay). Browse and compare options in **the K12 Academics directory**.

BY THE NUMBERS

Universities

Foundation English (biggest)

Int'l schools

growing (licensed)

Language centres / ESP

accessible / premium

HOW TO HELP

Match the **route to your profile** — a university foundation programme (the main route), a language centre for accessible entry, or a company/ESP role for the top pay — then find options in the K12 Academics directory.

GOOD TO KNOW

Find and compare **specific universities, international schools, and recruiters** in the K12 Academics directory — this guide stays program-neutral.

Check the Requirements

WHAT TO KNOW

A **bachelor's degree (ideally in education or English) is required** for the visa, along with a **120-hour TEFL/TESOL/CELTA certificate** (the minimum accepted standard; a Level 5 diploma is preferred). A **home-country teaching licence** is preferred for international schools, and **ESP experience** helps for company roles. Native English is generally preferred, and the market is **relatively accessible for newer teachers** at language centres.

BY THE NUMBERS

Degree

required (education/English)

TEFL

120-hr minimum (Level 5 better)

Accessible

for newer teachers

HOW TO HELP

Line up your credentials — a **degree and a 120-hour TEFL** (Level 5 preferred); a licence helps for international schools, and language centres are relatively accessible for newer teachers.

GOOD TO KNOW

Oman is **relatively accessible for newer teachers** — language centres often accept a degree and a 120-hour TEFL.

Understand the Visa & Work Authorization

WHAT TO KNOW

Sponsorship is mandatory: you cannot work in Oman without an employer sponsor, and it is **illegal to work on a tourist visa**. You send your **attested documents (degree, TEFL, background check)** to the employer, who issues an **Employment Visa**. Omani documentation requirements are strict. Confirm current rules with Oman's authorities.

BY THE NUMBERS

Sponsorship

mandatory (employer)

Send

attested documents

Never

work on a tourist visa

HOW TO HELP

Know your route — an employer sponsors your **Employment Visa** from your attested documents; sponsorship is mandatory, and never work on a tourist visa.

GOOD TO KNOW

You **cannot work in Oman without a sponsor**, and working on a tourist visa is illegal — arrange the Employment Visa first.

Know the Pay & Benefits

WHAT TO KNOW

Pay is **tax-free** and paid in the strong Omani Rial: language and typical roles ~800–1,200 OMR/month (~\$2,000–3,100), universities and colleges ~1,000–1,500 OMR (~\$2,600–3,900), and **company/ESP** roles the most. Packages usually include **covered housing and flights**, so with modest living costs, **savings are excellent** — Muscat costs more than Sohar or Salalah.

BY THE NUMBERS

Language/typical

~800–1,200 OMR/mo

Universities

~1,000–1,500 OMR

Savings

excellent (housing covered)

HOW TO HELP

Set expectations — tax-free ~800–1,200 OMR/month (universities ~1,000–1,500, company/ESP most), with covered housing and flights; modest costs make savings excellent.

GOOD TO KNOW

With **covered housing, flights, and a strong currency**, Oman's savings potential is among the Gulf's best.

Understand Contracts & What to Watch For

WHAT TO KNOW

The **package is key**: covered housing and flights are what make Oman's savings so strong, so confirm them in writing along with **salary, insurance, hours, and contract length**. University foundation roles are the main route; language centres offer **lighter hours (20–25/week)**; company/ESP roles pay a premium. Favour reputable employers and written terms.

BY THE NUMBERS

Package

housing + flights = savings

Language centres

lighter hours

Company/ESP

premium pay

HOW TO HELP

Read every offer for **covered housing, flights, salary, and hours** — the package (not just salary) drives Oman's strong savings.

GOOD TO KNOW

Covered **housing and flights** are what make Oman's savings so strong — confirm them, not just the salary.



STEP 07 OF 10

Get Qualified & Prepared

WHAT TO KNOW

Ensure you have a **degree and a 120-hour TEFL** (a Level 5 diploma helps), and, for international schools, a **teaching licence**. **ESP experience** opens the premium company roles. Prepare your **attested documents (degree, TEFL, background check)** for the employer, and references. The market rewards preparation and a good attitude.

BY THE NUMBERS

Degree + TEFL

(Level 5 helps)

ESP

for company roles

Attest

documents for the employer

HOW TO HELP

Get your **degree and TEFL** (a Level 5 and a licence help), prepare your attested documents for the employer, and note that ESP experience opens the premium company roles.

GOOD TO KNOW

ESP experience opens the highest-paid company and industrial roles in Oman — a valuable specialism.

Plan the Hiring Timeline

WHAT TO KNOW

Universities and colleges recruit **ahead of the academic year** for Foundation Year programmes; **international schools** recruit **ahead of the school year**; **language centres** hire more **year-round**. Apply early for the university intake, and allow time for the Employment Visa once you have an offer.

BY THE NUMBERS

Universities

ahead of the academic year

Int'l schools

ahead of the school year

Language centres

year-round

HOW TO HELP

Plan around the calendar — universities recruit ahead of the academic year (Foundation Year), international schools ahead of the school year, language centres year-round.

GOOD TO KNOW

University **Foundation Year** hiring runs ahead of the academic year — apply early for this main route.

Prepare for the Move

WHAT TO KNOW

You **don't need Arabic to teach** (instruction is in English). Popular bases: **Muscat (the capital), Sohar, and Salalah** (both cheaper than Muscat). Oman is safe, welcoming, and **strikingly beautiful** — mountains, deserts, and coastline — with a relaxed pace. It is a Muslim-majority country, so respect local customs and dress codes.

BY THE NUMBERS

Arabic

not needed to teach

Bases

Muscat, Sohar, Salalah

Stunning

& relaxed

HOW TO HELP

Prepare practically — teach in English; Muscat is the capital (Sohar and Salalah are cheaper), and Oman is safe, welcoming, and strikingly beautiful, with a relaxed pace.

GOOD TO KNOW

Beyond the classroom, Oman offers **mountains, deserts, and coastline** — a relaxed, welcoming Gulf lifestyle.

Find Your Role & Thrive

WHAT TO KNOW

Once you know your route, **find and compare specific universities, international schools, and recruiters in the K12 Academics directory**. Target roles matching your credentials, verify the full package (housing and flights above all), and prepare your attested documents. Confirm current rules with Oman's Ministry of Education and immigration authorities.

BY THE NUMBERS

Find & compare

universities & schools

Verify

housing & flights

Prepare

attested documents

HOW TO HELP

Use **the K12 Academics directory** to find and compare universities, international schools, and recruiters, verify the full package (housing and flights), and prepare your attested documents.

WATCH OUT

Browse **the K12 Academics directory** to find the specific universities, schools, and recruiters that fit your credentials and goals.

Teaching in Oman: The Essentials

A snapshot — program-neutral. Confirm details with the Omani authorities and each employer.

The market

The Gulf's relaxed, welcoming, high-savings option: a mature market with tax-free pay in the strong Omani Rial and covered housing; as "Omanisation" moves locals into admin roles, demand has shifted toward universities and international schools (growing under Vision 2040).

The routes

Universities and Colleges of Technology (the biggest employers, teaching Foundation Year English), international schools (licensed teachers), private language centres (the accessible entry), and specialised company/ESP roles (the highest pay) — find and compare in the directory.

Requirements

A bachelor's degree (ideally education or English) is required, plus a 120-hour TEFL/TESOL/CELTA (the minimum standard; Level 5 preferred); a home-country licence helps for international schools, and the market is relatively accessible for newer teachers at language centres.

Visa

Sponsorship is mandatory (you cannot work without an employer sponsor, and never on a tourist visa); you send attested documents (degree, TEFL, background check) to the employer, who issues an Employment Visa; documentation requirements are strict.

Pay & move

Tax-free, in the strong Omani Rial: language/typical roles ~800–1,200 OMR/month (~\$2,000–3,100), universities ~1,000–1,500 OMR (~\$2,600–3,900); covered housing and flights plus modest costs make savings excellent.

YOUR TEACHING-IN-OMAN JOURNEY STARTS HERE

Find Your Community.

Explore our other Teaching in [Country] guides, and find and compare programs, schools, and recruiters in the K12 Academics directory — among **1,297 free resources**.

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