

UNIVERSITY OF NEW ENGLAND MEDICAL STUDENTS ASSOCIATION  
presents ....



# *The* FRESHER GUIDE

FOR THE CLASS OF 2024-2028

Everything you need to know  
before starting Medicine at UNE



JAN 2024

ISSUE #1

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UNEMSA would like to acknowledge the Anaiwan people, Traditional Custodians of the land on which the University of New England is located, and pay our respects to their Elders past, present and emerging.



# President's Address

Welcome to the **UNE JMP Class of 2024-2028!** Your acceptance into this program is a testament to your unwavering dedication, countless hours of hard work, and outstanding academic achievements. A huge **congratulations** to each and every one of you for securing your well-deserved spot in medicine.

PARIS



As excited as you are to have got into medicine, you may have been disappointed to find out it was in **Armidale**. And honestly, so was I - I even cried. Now, looking back, I can tell you I've had the most amazing time here and I wouldn't change a thing. I promise you, Armidale is the **best decision you never made**. There's something about being stuck in a small country town that really brings people together. It's a **massive change** moving to a new place, especially for those of us coming from big cities - I, myself, was reluctant to leave Sydney behind, and nervous about moving out of home for the first time. Once you get here, however, you will realise that everyone else is in the same boat, and **all of us at UNEMSA are here to help you settle in**.

There is no other medical program that will give you the same experience as Armidale. Being a part of a smaller cohort (60-70 people) means you **ACTUALLY get to know everyone** in your year as well as make lots of friends in the years above and below you. And unlike bigger universities, the tutors and lecturers will **ACTUALLY know your name** (... and psst, don't tell UON, but we outperform them academically ;)). Over the three years you spend in Armidale together, you will really become a family. You will **see your friends everyday**, living in college or in town, you'll carpool together, you'll run into friends at the shops, the library, the gym, and there will be plenty of caffeine-fueled study sessions together. I have made life long friends here, and **it has truly become my home away from home**.



The **'Dale', 'Farmidale', or just good ol' Armidale**, is a country town with around 29,000 people. It sits about halfway between Sydney and Brisbane, just over an hour north of Tamworth, and 2.5hrs from Coffs if you're really missing the coast. At first it may not seem like there's much to do here, but within months you'll become a real local with opinions on best pubs and restaurants (Hao's fs), the best swimming spots at Blue Hole, and the best/worst club (**yes, there is even a club here**).

Every year we put together the Fresher Guide to **answer some FAQs** as you embark on this new journey. In this document you will find information on accommodation, things to do around town, useful resources for the course, tips on how to study, and of course how to look after your wellbeing!

We've got quite a packed social and academic calendar for the start of the year. Our first event is **Surviving Med Night**, where we introduce you to all the **SIGS (special interest groups)**, give you the chance to get involved with leadership opportunities, and provide you with tips and tricks on how to not only survive, but excel in your first year of medicine. Soon after will be **O'Camp in Port Macquarie**, your first chance to really get to know your cohort (keep an eye out for tickets!). Next, will be **First Incision**, one of the biggest and best social events of the year! To see more of our events check out the calendar at <https://unemsa.org/whats-on>

If you still have questions - anything at all, feel free to email me at [president@unemsa.org](mailto:president@unemsa.org) or find me on facebook! No question is too silly/weird/unimportant (I promise!).

Finally, **another massive congratulations**, and welcome, from all of us here at UNEMSA. We look forward to meeting you all soon!

*Paris Edmunds*

3RD YEAR UNE JMP STUDENT



# VPI's Address

GRACE



Hey everyone, **congratulations** on getting into medicine in Armidale! I'm Grace, your Vice President Internal for 2024. I was in your position only two years ago, and I can still remember how I felt – **excited for the future**, but terrified of leaving home, and of change. Since coming to Armidale, I have surprised myself (and my friends and family back home) by how much I love life here. **My wary decision to accept the JMP's offer would be an easy one now.**

Growing up in Sydney, the thought of living far from the coast and the hustle and bustle of the city was daunting. Now, I am thankful I can experience the unique wonder of Armidale. There are **beautiful swimming spots** at waterfalls just a 10-minute drive from campus, delicious cafes dotted around town, and gorgeous views from pretty much anywhere. On Saturdays, the **Newie dance floor** is the religious spot to attend, or head to a more chilled out location, like the Welder's Dog, for a drink and some live music.

When asked about the best part of medicine, everyone echoes, the **people**. But it's true. I have made the best friends here, and I get to live and study with them every single day. Beyond that, **the cohort is small and tight knit**, and it's a lovely thing to build a relationship with every one of your peers. The community is super friendly, the year groups mix to help each other out, and the staff take the time to support you individually.

I am so excited to meet you all. We have so many fun things planned, from O-Camp, to cocktail nights, academic revision sessions, to sports days. My best advice is to come to Armidale with an open mind and **participate in as much as you can**. If you have any concerns or questions at all, no matter how silly you feel, please feel free to reach out to me. See you soon :)



Grace Wang

3RD YEAR UNE JMP STUDENT



# VPE's Address

Hi freshers! I'm Lucie - your Vice President External for 2024! Congratulations on getting an offer to **Australia's best medical school: UNE!** Unlike other medical degrees, Armidale's small cohort means that everyone looks out for each other, and the people you meet will become your **second family**. With cheap housing and beautiful scenery, there's not much more you could ask for! All of your friends will live within 10 minutes of each other, and if you live at college, class is a mere 5-minute hangover walk away.



LUCIE

What really sells Armidale is the community, and if I could give you any advice for the next few years, it would be to **get involved** in as much as possible! Whether you prefer to knock back tequila sunrises at our many social events, get involved in policy-making at AMSA, try your hand at acting in MedRevue, or compete in UNEMSA's many inter-year sports games, **there really is something for everyone**. Armidale really is what you make of it, and your time here will be so memorable if you allow it. Don't let medicine and studying become your whole life! Good friends make all the difference when med is getting you down or you have just had a bad day, **remember that you are all going through this together**.

A little about me! I moved to Armidale in 2022, and had never moved out of home before this so I completely understand how **daunting** it is to pack up your whole life and move away from family. I adore reading (and more importantly - buying books!), bingeing TV shows and spending time with friends. During exams I camp out at the library almost every day so I'm sure I will see you there! My role as VPE largely surrounds **advocacy and liaising with JMP staff** to communicate our student experiences. I help with the running of UNEMSA and assisting Paris with her presidential duties!

If you have any questions at all, or need someone to talk to before the big move, please feel free to send me a message on Facebook! We are all here to help you get through medicine and have a great time doing so!



Lucie Bankowski

3RD YEAR UNE JMP STUDENT

# REQUIREMENTS

## ***POLICE CHECK***

- Can be done through NSW Police Force online or Australia Post (make sure the check includes ‘working with vulnerable people’ or ‘student placements’)

## ***IMMUNISATIONS***

- Collect past medical documents for dates the vaccines were administered and visit the GP to get serology reports (blood test to check effectiveness of vaccine)
- Relevant vaccinations include:
  - DTPa (diphtheria, tetanus and pertussis)
  - MMR (measles, mumps and rubella)
  - Hepatitis B
  - Varicella (chickenpox)
  - Influenza
  - COVID-19

## ***TUBERCULOSIS SCREENING***

- If you were born in or travelled to tuberculosis endemic countries you may have to do a TST blood test (ask your GP)

## ***WORKING WITH CHILDREN CHECK***

- Choose the volunteer option and if you are interstate make sure you apply for the NSW check

## ***FIRST AID CERTIFICATE***

- HLTAID003 can be completed before the course starts or you can wait until UNE holds their own First Aid Course in Armidale
- It takes a few hours and costs \$100-\$150

## ***STUDENT ID***

- You will need to upload a headshot and certified (signed by Justice of Peace) copies of your driver’s licence or passport

## ***WHAT SHOULD I BUY?***

- Stethoscope (classic Littman III)
- Sphygmomanometer (can share with friends)
- Professional clothing
- Lab coat + goggles (can be bought from UNE Shop on campus)
- Enclosed shoes

# ACCOMMODATION

UNE has a large number of colleges that aim to make your life easier when it comes to on-campus living. The uniqueness of each college allows you to find the perfect living condition that suits you and your lifestyle. However, if you don't find a college that connects with you, UNE Life Advocacy & Welfare can help you find shared accommodation, private board and local rentals off-campus in Armidale.



## MARY WHITE COLLEGE



*"Mary White provides a supportive, welcoming environment for students living away from home for the first time. It offers a great balance between social and academic life with frequent study groups, parties and activities." - Joshua Sher*

- Most popular college for medical students
- MWC is the closest college to campus so it's a ~5 minute walk to class
- Free SportUNE gym membership
- A quiet college - usually not many parties outside of the first few weeks
- Academic support - two days are set aside for communal study (Mental Mondays and Working Wednesdays) and you are assigned academic mentors (older medical students) called Accies



## WRIGHT COLLEGE



*"Wright is the right (haha!) choice for students who want modern rooms that feel like a 5-STAR hotel, an ENSUITE bathroom, kitchenette and DOUBLE bed!"*  
- Anagha Kanive-Hariharan

- Second most popular college for medical students
- UNE's newest college
- Every room has its own kitchen (fridge, microwave, stove), bathroom and a double bed
- The main room has a pool table and table tennis table and there are multiple BBQ areas spread out across the college
- It is very independence-based and autonomous - you have the opportunity to run your own informal events or have a quiet night in if you please





## WRIGHT VILLAGE



*"Living at Wright Village has meant that I have been able to enjoy the best of both worlds! I was able to enjoy the perks of living on campus, like not having to worry about bills, furniture or maintenance, and having access to campus security and other services. I was also able to enjoy a more independent style of living. The Village is a great place to live!" - Jessica Jeyasingham*

- Unique share-house layout - you have a private room with a shared kitchen, bathroom and living space in a 4, 6 or 8 bedroom apartment
- Great if you want to live in town in future years but want to get used to the university environment first



## ST. ALBERT'S COLLEGE



*"Albies is the perfect college for anyone looking to enjoy a balance between social events and academics. With both the inclusion of a variety of social events and academic tutorials once a week, Albies makes you feel at home whilst valuing your progress in uni!" - Ellie Lunn*

- Offers 21 meals a week including breakfast, lunch and dinner
- Rooms have bigger beds, desks and a private sink
- One of the more expensive colleges available as it is privately run
- Good for meeting people who don't study medicine
- There are many competitive and social sports teams - rugby union, netball and hockey
- Academic support includes weekly tutorials by a medical student in an older year, as well as weekly 'nerd night'



## DUVAL COLLEGE



*"Duval encapsulates the true college experience whilst providing students with the best academic and pastoral support. This is contributed to the large variety of social, sporting and cultural events designed to encourage all residents to make the most out of their time at University. The friendly and all-rounded nature of the college makes for a perfect place to call your home away from home." - Morgan Papas*

- Provides 5 meals a week
- Has a college gym but also includes a free SportUNE gym membership
- Has a music room with multiple musical instruments including a drum kit and piano
- College study night—'Might-as-well-Monday' (MAWM) —involves all students bringing their books, notes and laptops to the dining hall to study together



## AUSTIN/ EARLE PAGE COLLEGE



*"I loved my time at Austin Page because of the welcoming, friendly environment that allowed me to make close friends from a variety of degrees and backgrounds. I felt this college was the perfect blend of academic focus, sporting enthusiasm, parties (and dogs!) that allowed me to balance my study and social life." - Monique Eaton*

- Austin has a resident dog!
- Self-catered college - allows you to make your own meals
- Good combination of academics, sport, music and cultural activities
- Has a smaller presence of medical students - allows you to make friends who study other degrees
- Numerous social events throughout the year



## ROBB COLLEGE



*"Robb is a college that can offer a great balance to your life during your time as a UNE medical student. Robb offers a wide range of fun events on top of those that you will experience as a medical student. You'll never experience a dull moment at Robb!" - Nick Schnitzler*

- Offers 10 meals a week - 5 lunches, 5 dinners
- Has a college gym but there is also a free SportUNE gym membership included in the accommodation
- contract
- Has a range of social events throughout the year as well as sport teams for social or competitive sports
- Has a very small medical student cohort



## TOWN



*"If you want to live away from campus, and many med students do this in second year and beyond, then living in town is a great option. There are several real estate agents, all of whom have websites with their listings. Having a car is not essential but will make life much easier if you live in town." - Andrew Barker*

- Armidale is a lovely, uni-student friendly town with many reasonable renting options
- It's easiest to rent a place if you have a couple of friends to rent with, or you can rent a room on your own, or rent a room in an existing student share-house
- It can be cheaper to live in town if you share, but remember internet, electricity, furniture and petrol costs
- It never takes more than about 10-15 minutes to get to uni by car/ bike
- Parking on campus is easy and cheap (a blue pass is ~\$100pa)

# WHAT IS YOUR IDEAL MEAL PLAN?

Designed by Doris Wu

Catered

Self-catered

**I AM WILLING TO WALK...**

**I AM WILLING TO COOK IN...**

15 - 20 min  
to class

5 min to  
class

A communal  
kitchen

A kitchenette  
in my room

**WOULD YOU RATHER...**

MARY WHITE

WRIGHT  
COLLEGE

**MY BATHROOM WILL BE...**

More events w  
free alcohol

free SportsUNE  
membership

An attached ensuite

DUVAL

Shared with the floor

Shared with a few people  
in an enclosed house

**I MAY BE THE ONLY MED STUDENT...**

**I WANT TO LIVE  
CLOSER TO CAMPUS**

Ah, maybe not then

Yes, that's ok

Yes

No

CATERED  
AUSTIN/EPC

WRIGHT  
COLLEGE

TOWN

**IS A MORE EXPENSIVE OPTION OK?**

Yes, that's ok

No, I'd prefer something  
cheaper

**I WOULD RATHER A...**

ST ALBERTS

ROBB

Party heavy college

Study focused college

AUSTIN/EPC

MARY WHITE

# WHAT TO BRING TO ARMIDALE



## CLOTHES

- Be prepared for weather extremes
- Pack for cocktail and formal UNEMSA events and, potentially, college formal dinners
- Bring costumes for O'Camp
- Invest in professional clothing for Clinical Skills classes

## KITCHEN SUPPLIES

If you're at college, don't rely too much on 'communal use' kitchen supplies as they may not have what you need (check out Kmart, Vinnies, Harvey Norman or bring from home).

If you're in shared accommodation in town, make arrangements so each person supplies different things.

## STORAGE

- Shelves
- Coat racks
- Shoe racks
- Drawer dividers
- Cutlery dividers
- Under the bed baskets
- Portable toiletries basket
- Tupperware

## ALREADY SUPPLIED

- Heaters
  - Irons
  - Kettles
  - Toasters
- } *except Wright*

**Tip:** Buy your fridge in Armidale (second hand outside college or FB marketplace) rather than bringing it up from home!

Join the FB UNEMSA Noticeboard group (below) if you are looking to buy a second hand fridge or for a house to share with other med students.

<https://www.facebook.com/groups/5275314462568903/>



# MAINTAINING

# wellbeing

Hi everyone, congratulations on making it into medicine! You did it!

For the next year, you will be thrown into a **whirlwind of learning, new experiences and lots of change**, so it is so important to be looking out for your physical, mental and emotional wellbeing as you navigate this new chapter! We've put together this guide in the hopes of giving you some tips in order to help you **stay healthy and well** during your first year of medicine.

If you have any questions at all, feel free to email us ([wellbeing@unemsa.org](mailto:wellbeing@unemsa.org)) or send us a message on Instagram (@wellbeing.jpg) or via one of our personal profiles (@luce.ball and @gracelrobertss). Please don't hesitate to reach out if you have any issues!

## 1. LOOK AFTER YOURSELF

It'll be said a million times, but it really is so vital that you recognise when your needs are not being met. Making sure you **fuel your body, stay hydrated and exercise regularly** is needed for your physical health, and makes it easier to stay on top of your mental health too. Looking after oneself can look different for everyone, so try to learn what works for you.

## 2. BE ACTIVE

As mentioned above, exercising regularly is excellent for your physical health, but it also doubles as being **super beneficial for your mental wellbeing**. Again, everyone has different ways of staying active, but some great suggestions are going to the gym (hint: UNE students get great discounts at SportUNE), swimming, playing a sport or hiking in some of the beautiful national parks around Armidale. It's also just a great way to **take a break from study** and get out of your room!

## 3. STAY IN CONTACT WITH SUPPORT NETWORKS

Staying connected with your friends and family is so important not just for those who have moved away from home, but also for anyone starting medicine. The first few weeks can be pretty daunting, so having a chat with **people that support you** already can give your mental wellbeing a boost!

#### 4. DON'T GIVE UP ON YOUR HOBBIES/ INTERESTS!

It is so easy to get swept away in the fascination of medicine, but make sure you have something outside of your studies so you can have an outlet when things get overwhelming. Whether it be **walking, painting, playing an instrument, or crocheting**, find time to do the things you enjoy so you can give yourself a break. If you haven't got a hobby, **it's never too late to start!**

#### 5. STAY UP TO DATE - BUT DON'T STRESS THE SMALL STUFF

The JMP works on a weekly timetable (ie. you move through one 'chunk' of content per week - it'll make sense once you start), so it's important to try and stay up to date with each week's lectures, quizzes, and general content by the end of the week. PASS is an awesome way to get a quick rundown of the **high yield content each week**, as well as ask any questions you might have. That being said, it is NOT the end of the world if you don't get through everything in the week. Life happens, and **there will also be weeks that just take longer to click than others**, so don't feel like you're ever 'behind' if a lecture or two gets swept under the rug. As long as you try your best to stay on top of everything (and don't leave absolutely everything until the last minute), there is **enough time at the end of semester** to go back and pick up bits here and there.

#### 6. REACH OUT IF THINGS ARE FEELING TOUGH

If things feel tough, at any point throughout the year, there are **heaps of resources** and ways to reach out. As always, **you can chat to one of us**, and we can either help you organise any further help or just lend a listening ear. Additionally, you can chat to your **Year 1 Co-ordinator or Academic Coordinator** if you have any concerns. For those in college, there are also **resident leaders** who can assist if you need help.

If you need any crisis support numbers:

- [Beyond Blue](#) - 1300 224 636
- [Black Dog Institute](#) - 02 9382 4530
- [Headspace](#) - 03 9027 0100
- [Lifeline Australia](#) - 131 114
- [UNE Mental Health Support Line](#) - 1300 661 927

Throughout the year, we'll be holding a few different Health & Wellbeing events, so please **follow our Instagram and Facebook page** to stay up to date with those! They're a perfect opportunity to chat with us, meet others in the JMP and just take a moment during the busy first year. We also run **Wellbeing Wednesdays** on Facebook, where you can win some awesome prizes!

Grace & Lucy

Looking forward to meeting you all!

2024 WELLBEING OFFICERS

# Seeking Support

## *I'M HAVING PERSONAL OR MENTAL HEALTH DIFFICULTIES*

### **EMERGENCY: 000, Lifeline (13 11 14), Suicide Call Back Service (1300 659 647)**

- Book an appointment with one of UNE's psychologists through CAPS (this is FREE and on campus) 02 6773 2897; [studentcounselling@une.edu.au](mailto:studentcounselling@une.edu.au)
- Online resources like Headspace, Beyond Blue, Mood Gym, Keeping Your Grass Greener, JMO Health
- If it's affecting your studies, apply for JMP Student Support for Professional Practice

## *I'M HAVING TROUBLE ACADEMICALLY*

- Speak with your PBL tutor
- If at college, see your Academic Mentor
- Book a 'study gym' session through UNE: 02 6773 2897
- If you're experiencing long term difficulties, speak to your Year Coordinator

## *I'VE EXPERIENCED SEXUAL ASSAULT*

- Go to the nearest hospital as soon as you can – they won't report, they will just ensure you receive appropriate medical care
- Make a statement to your local police (they don't have to investigate the issue if you don't want them to – but it's best to talk with an expert on sexual assault about support services)
- Book an appointment with one of UNE's psychologists through CAPS (this is FREE and on campus) 02 6773 2897 [studentcounselling@une.edu.au](mailto:studentcounselling@une.edu.au)
- Tell a trusted family member, GP or responsible friend
- Contact 1800 737 732 (RESPECT) or NSW Rape Crisis Counselling Service (1800 424 017) for anonymous support
- Report through UNE's Student Grievances (02 6773 4260)

## *I'VE EXPERIENCED SEXUAL HARASSMENT*

- Email the president Paris ([president@unemsa.org](mailto:president@unemsa.org)) or the vice presidents Grace ([vpi@unemsa.org](mailto:vpi@unemsa.org)) or Lucie ([vp@unemsa.org](mailto:vp@unemsa.org)), or talk to your Year Rep - someone in UNEMSA can support you

# SCHOLARSHIPS

## **AUSTRALIAN DEFENCE FORCE SCHOLARSHIP**

- **Eligibility:** Australian citizen able to pass psychological, medical and security checks
- Substantial salary during medical school and HECS/HELP student debt paid for in exchange for a return of service which involves working for the ADF as a Medical Officer after graduating
- **Applications:** Call 13 19 01

## **ROYAL AGRICULTURE SOCIETY NSW RURAL SCHOLARSHIP**

- **Eligibility:** Regional students needing to relocate
- \$6,000 for full-time study, \$3,000 for part time

## **BENDIGO AND ADELAIDE BANK SCHOLARSHIP FOR RURAL AND REGIONAL AUSTRALIANS**

- **Eligibility:** Must live in rural/regional Australia attending university for the first time
- This scholarship awards up to \$6,500 per year for a maximum of 2 years

## **AMA INDIGENOUS PEOPLE'S MEDICAL SCHOLARSHIP**

- **Eligibility:** Aboriginal and Torres Strait Islander medical students
- The scholarship awards \$11,000 per annum for the duration of the degree

## **HYMAN SCHOLARSHIP (ABERBALDIE FOUNDATION)**

- **Eligibility:** Rural and remote medical students with financial need
- This scholarship awards \$10,000 x 5 years

## **UNE RESIDENTIAL FINANCIAL ASSISTANCE SCHOLARSHIP**

- **Eligibility:** Australian citizens or Permanent Residents who demonstrate financial need and are living at a UNE college for the first time (excludes Wright College and St. Albert's College)
- This scholarship gives 37-66% off residential fees



# EXPERIENCES

## *ACRRM PRESIDENT'S PRIZE*

- **Eligibility:** One prize for an Indigenous student, one prize open to all students
- Successful recipients receive return flights, accommodation and tickets for the Rural Medicine Australia conference, as well as a meet and greet with the ACRRM President

## *GP SYNERGY MEDICAL STUDENT SCHOLARSHIP*

- Successful recipients receive \$2,000 to support their medical studies and must prepare a general practice research project and undertake general practice community placement

## *BUSH BURSARIES AND COUNTRY WOMEN'S ASSOCIATION SCHOLARSHIP*

- Successful recipients receive \$1,500 to assist with medical school costs and will attend a 2-week rural placement during university holidays

# FINANCES

## *YOUTH ALLOWANCE*

Talk to someone at Centrelink Armidale and enquire about Youth Allowance. You may be eligible if you are below 22 years old and financially independent or above 22 years old and below the income limits.

## *AUSTUDY*

Enquire about Austudy if you are over 25 years old and enquire about the Relocation Scholarship if you are moving from a metro area to a rural area or vice versa.

LIFE IN



ARMIDALE

# CAFÉS & RESTAURANTS

## CAFÉS

- UNE Life Café \$
- Era Espresso \$
- Caffiends in the Mall \$\$
- Seesaw Coffee \$\$
- Paper Tiger \$\$
- Fat Goose Crossing \$\$
- Goldfish Bowl Bakery \$\$\$
- Café Pâtisserie \$\$\$

## OTHER

- Asian Crush \$
- Kawa Tea \$
- Signora Gelato \$\$

## RESTAURANTS

- PJ Thai \$
- Thai Home \$
- hao sushi and grill \$
- Neville's Store \$
- New England Pizza \$\$
- A&J Vietnamese \$\$
- KONI \$\$
- An Indian Affair \$\$
- Wicklow Hotel \$\$
- Addy's on Marsh \$\$
- Signor Vertelli \$\$\$
- Manny's on Marsh \$\$\$\$
- Tattersalls Hotel \$\$\$\$



ERA ESPRESSO



CAFFIENDS



CAFÉ PÂTISSERIE



KAWA TEA



THAI HOME



AN INDIAN AFFAIR



SIGNOR VERTELLI



SIGNORA GELATO

# THINGS TO DO

- Gym/ Sports
- Belgrave Cinema
- Trivia Nights at Welder's Dog
- Markets in the Mall
- Night Markets/ Festivals
- Museums/ Art Galleries
- Armidale Public Pool
- Drummond Apex Lookout
- Bicentennial Arboretum
- Blue Hole Picnic Area
- Wollomombi Falls Picnic Area
- Oxley Rivers National Park
- Roadtrip to Coffs Harbour/ Tamworth



BICENTENNIAL ARBORETUM



TENNIS COURTS



BLUE HOLE PICNIC AREA



ARMIDALE WINTER MARKET



NEW ENGLAND REGIONAL ART MUSEUM

# WHAT TO EXPECT AS A MED STUDENT



# A TYPICAL WEEK IN MED

## Monday

**AM:** Anatomy Lab (1.5h)  
**PM:** PBL Open (2h)

## Tuesday

**AM:** Lectures (2h each)  
**PM:** Histology Lab (1.5h)

## Wednesday

**AM:** Lectures (2h each)  
**PM:** PBL Middle (2h)

## Thursday

**AM:** Clinical Skills (1.5h)  
**PM:** Lecture (2h)

## Friday

**AM:** PBL Close (2h)  
**PM:** Lecture (2h)

## Saturday

Whatever you want!  
**PM:** Newie??

## Sunday

Whatever you want!

## ***PROBLEM-BASED LEARNING (PBL)***

**Open:** As a group of 7-8 students, you will be introduced to a patient case and brainstorm potential diagnoses for a patient with your tutor. You will consider questions to ask in a history, investigations and tests to order.

**Middle:** You will discuss the pathophysiology behind the suspected diagnosis and draw upon knowledge provided in the lectures spread throughout the week.

**Close:** Fridays are the conclusion of the week's PBL working problem. You will be able to discuss your much more advanced understanding of the patient's condition and their treatment options. This is also a good opportunity to summarise the content you have learnt for the week.

## ***ANATOMY AND HISTOLOGY LABS***

You will be able to put your learnings from the lectures into practice by getting hands-on interaction with anatomical models and cadavers or use microscopes to look at histological slides of different areas of the body. Anatomy and histology labs are usually held on alternate weeks.

## ***COMMUNICATION AND CLINICAL SKILLS***

Each week, you will have either have a communication or clinical skills session where you will learn how to take a medical history from a patient or perform physical exams (OSCE). Clinical sessions are usually in smaller groups of 4-5 students, communication sessions are in larger groups (8-9 people).

# TEXTBOOKS

Ask a 2nd or 3rd year for access to the Google Drive of free online textbooks. You can also read the hard copies at the Med Reserve in the UNE library. Talley and O'Connor's Clinical Examination Textbooks are the only compulsory textbook readings required. If you want to buy your own textbooks, I would recommend trialling a few different ones digitally first.



## TALLEY & O'CONNOR'S CLINICAL EXAMINATION

Whilst not compulsory to buy, I strongly recommend this textbook as tutors will refer to it A LOT - it's very much a standard textbook for clinical learning.



## WHEATER'S FUNCTIONAL HISTOLOGY

This textbook is helpful if you are having trouble grasping concepts from the images in the histology lecture slides as it has a HUGE range of labelled pictures and diagrams.



## RANG & DALE'S PHARMACOLOGY

Pharmacology can be a difficult subject that can be learnt in a range of ways. Rang & Dale is a good textbook for consolidating key pharmacology concepts.

## ANATOMY TEXTBOOKS

Anatomy textbooks are really helpful for **detailed diagrams** and getting different views on the human body. These can all be used to make **flashcards** to improve your anatomical understanding of the human body. Some common ones are:

- *Gray's Anatomy*
- *Atlas of Human Anatomy* - Netter
- *Principles of Anatomy and Physiology* - Tortora

## PHYSIOLOGY TEXTBOOKS

There are a few options for physiology textbooks. Different textbooks will have **varying complexity** so it's important to find one that suits you and your learning style if you're thinking of purchasing one. Some common ones are:

- *Textbook of Medical Physiology* - Guyton and Hall
- *Clinical Medicine* - Kumar and Clark
- *Principles of Internal Medicine* - Harrison

# ELECTRONIC RESOURCES

*There are a TON of online resources out there for you to use throughout your medical degree, some more reliable than others. Here are some really common resources students in the JMP use regularly to supplement their learning.*



**ANKI** is a free computer application that uses spaced repetition to enhance your memory. There are a ton of ready-made flashcard decks for you to use but I also recommend making your own as it will make the learning process more effective. If you do want to purchase the app on your phone, it is paid on the App Store and free on Google Play.



**AMBOSS** is the go-to site for PBL Learning Points and clinical cases. It is a paid service, however, UNE is lucky to have AMBOSS as one of their sponsors so look out for a potential discount code for you to use!



**Osmosis** is a good resource for biochemistry and physiology. It's another subscription service but they also have a Youtube Channel that uploads really helpful videos that are free to access.



**TeachMeAnatomy** is a really good resource for anatomy. It has great colour-coded diagrams and explanations about innervations, attachments and bloody supply. It is free to use and is super easy to navigate.



**UpToDate** can be accessed through your UNE student account. It can be used for clinical cases in PBL and also to receive the most recent updates in the medical field.



**PassMedicine** is a great revision tool to use before your summative exams. It has a HUGE range of multiple choice questions that can be filtered to cater to the topics in the exam e.g. GIT, cardiac, respiratory.



# Messages from Current Students

“Having done something completely different prior to medicine, I didn’t expect to enjoy medicine as much as I do now. I think a lot of the reason why I’ve had such a great time so far is because of the tight-knit community of med students here in Armidale.”

“Armidale has been a wonderful 3 years for me! The smaller cohort and class sizes facilitates better accessibility to tutors and friendships with your colleagues. I also personally loved the sense of community in Armidale that I gained from working and joining sporting teams.”

“I cried for days when I got Armidale but I can honestly say that was silly - I’m in my last year now and I’m so grateful for my 3 years in Armidale and the wonderful friends I made!”

“Join the local sports teams or clubs for your sports or other hobbies = new friends and things to do!”

“Moving to Armidale for the JMP is the best thing I've ever done. In Armidale I found my chosen family and I have no doubt that they will be in my life forever.”

“Armidale is only 3 years - you’ll hate it when you start and miss it when you leave”

“Definitely bring/buy a fan if you’re in Wright College”

“I absolutely love being at UNE! Such a small cohort makes you feel supported and cared for by staff and students alike :)”

“Med in Armidale is amazing. You just need to get involved and you’ll get some of the best years and lifelong friends.”

“Armidale is what you make it! There’s always some apprehension moving to a new place and many of us (including me who is from Newcastle) never saw ourselves here but I can genuinely say if I was given the choice knowing what I know now, I would pick UNE every single time!!”

# Meet the Committee

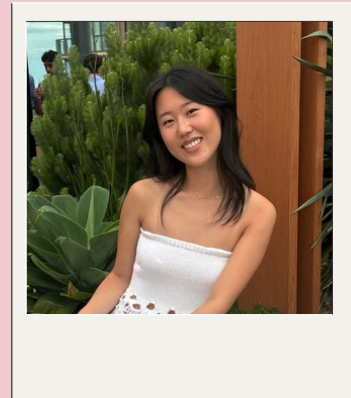


## ***PARIS EDMUNDS - PRESIDENT***

I'm Paris, this year's pres! When I'm not studying, (which is much more often than it should be), you can find me at the gym, watching horror movies with my friends or out for some drinks and a boogie. I can't wait to meet you all and I promise you will love it here!

## ***GRACE WANG - VICE PRESIDENT INTERNAL***

Hi, I'm Grace, your VPI. When I'm not helping out with UNEMSA's exciting events, you'll find me eating out in town, in my room watching reality TV, or at the library... doing my online shopping. I love a good pornstar martini, the beach, Armidale, and sashimi.



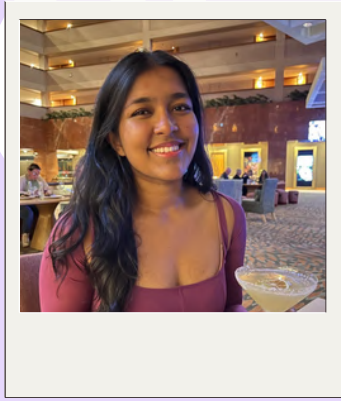
## ***LUCINDA BANKOWSKI - VICE PRESIDENT EXTERNAL***

Hey guys, I'm Lucie your VPE for 2024! I'm originally from Brisbane, and in my spare time I love reading, drinking copious amounts of coffee and having a boogie at Armidale's finest establishment - the Newie. I can't wait to meet you all next year, and if you have any questions at all feel free to shoot me a message!



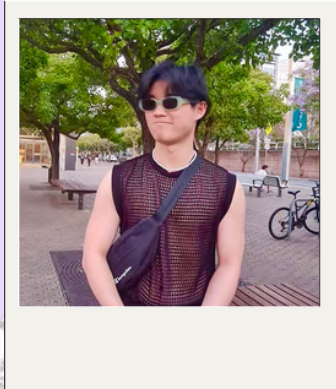
### **MINURI BALASOORIYA - TREASURER**

Hey guys, I'm Minuri, UNEMSA's treasurer for 2024 :) I'm originally from Sydney, and when I'm not at the gym, you'll find me at Coles in front of the mochi section! So keen to meet you all, and hope you find this place better than you expect!



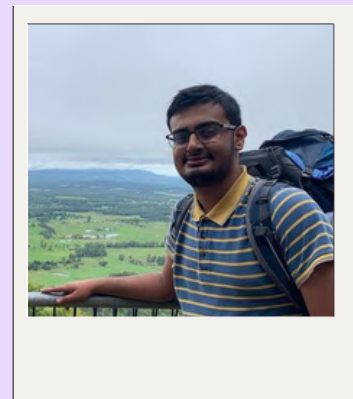
### **RUSSELL TAN - SECRETARY**

Hi I'm Russell, I'm a 2nd year med student at UNE and I'm from Sydney. I love music and going to concerts – even though there's none in Armidale. My goal is to travel in Europe by myself and experience what it's like meeting new people and cultures :)



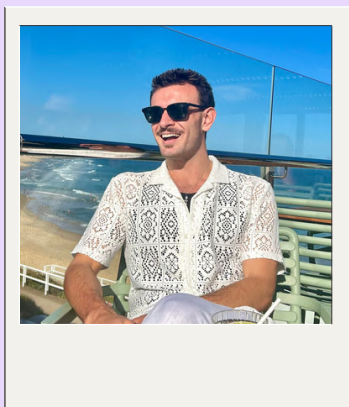
### **VIHAN ROY - SPONSORSHIP OFFICER**

HEY THERE!! I'm Vihan, the sponsorship officer for this year! Exciting, I know! The Mr Money Bags they call me, so if you have any ideas of marketing opportunities or fundraising drives UNEMSA could push give me a buzz! But do keep your eyes peeled for exciting and cool opportunities that present themselves throughout the year on the UNEMSA Facebook group and page!



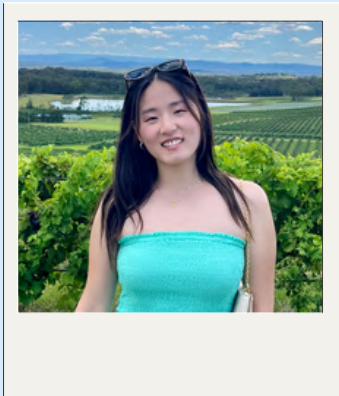
### **JYE LOBASSO - AMSA REPRESENTATIVE**

Hi All! I am Jye, your AMSA Rep for next year! First of all, welcome to UNE! I'm so excited to meet you all and can't wait to get you all involved with AMSA! I love spending time with my friends, especially at the beach or away camping! I also quite enjoy reading and going to the gym. If you have any questions at all please reach out, I'm here to help with any of your Med, Armidale or general life concerns! See you around campus!



### **SHAILA DUBE - ACADEMIC CONVENOR**

Hey Everyone! My name is Shaila and I'm one of your Academic Convenors for 2024! I'm originally from Newcastle and praying for the day Armidale gets a COSTCO. When I'm not studying you'll find me procrastinating in the Library, on random walks, or watching the randomest bollywood movies. On that note, hit me up if you like 7am walks or are into Bollywood! I'm super keen to meet all of you and see you all at the amaz academic events we have planned :))

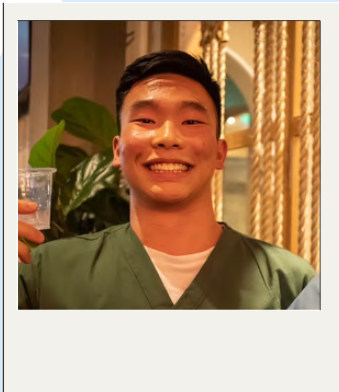
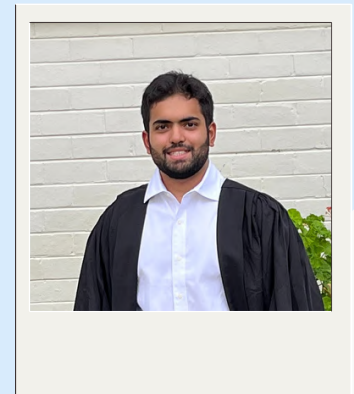


### **ANNIE FENG - ACADEMIC CONVENOR & PUBLICATIONS AND DESIGN OFFICER**

Hey guys! I'm Annie, the other Academic Convenor and your Pubs and Design Officer. As a true city gal from Sydney, I was a bit unsure about moving to Armidale at first but I'm really enjoying it here! I love any excuse to dress up, trying new restaurants and a good karaoke sesh at the Newie (after a couple drinks). Really keen to meet you all soon! :)

### **KARAN MYAGERIMATH - SPORTS CONVENOR**

Hi, my name is Karan and I'm one of your Sports Convenors for 2024. I'm originally from Melbourne and I enjoy playing cricket, going on nights out with friends and playing with my dog Harvey! I'm a keen gym enthusiast as well and love getting those gains. I'm looking forward to meeting all of you and seeing you represent UNEMSA on and off the court. Let's have a great time in 2024!

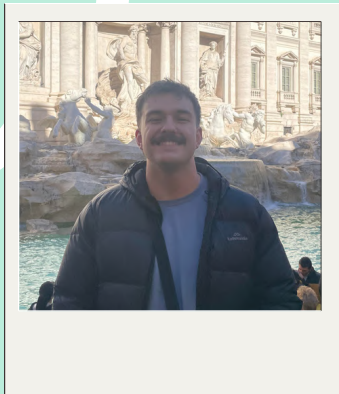
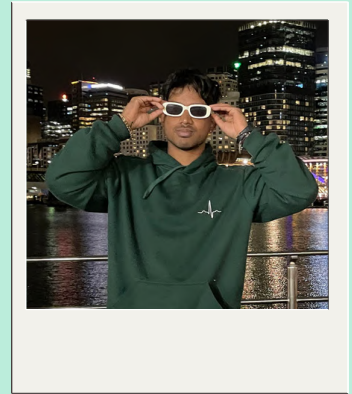


### **MICHAEL CHOI - SPORTS CONVENOR**

Hi I'm Michael, one of the 2024 sports convenors. I'm from Sydney and I love the beach, eating Korean BBQ and watching the UFC. You'll often find me breaking Karan's ankles in basketball or hitting arm day at the gym. Keen to meet you all this year and hope to see you tearing it up on the court in netball or soccer on the field - we have a sport for everyone!

**AYESH RATNAYAKE - SOCIAL CONVENOR**

Hey everyone, I'm Ayesha and I'm one of your 2024 Social Convenors. Congrats on making it into the best med school in Australia! I'm originally from Brisby and when I'm not speedrunning Anki, you can find me hitting the gym, cooking, making music, dreaming about the beach, or enjoying a drink. Keen to meet you guys at O'Camp and First Incision!

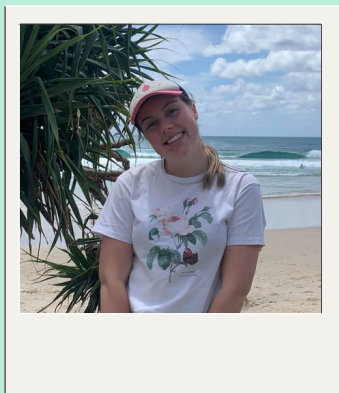
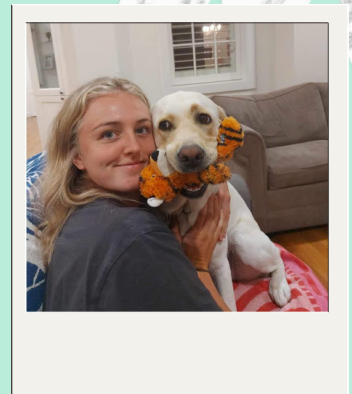


**MARC ORNELAS - SOCIAL CONVENOR**

Hey, I'm Marc, one of your social convenors for 2024! I'm looking forward to planning events you will remember (or not) for years to come. In my spare time, I love reading and hitting the gym. I'm always free for a chat if you need help navigating life in Armidale. Get keen for first incision and I'll see you at the newie!

**GRACE ROBERTS - WELLBEING OFFICER**

Hey guys! I'm Grace, one half of the health and well-being reps this year. I'm originally from Sydney and have also spent a few years in Newcastle. I love spending time with my friends, walking my beautiful dog, and lifting weights in the gym. Get ready for a fun year, full of different events and making new friends along the way!

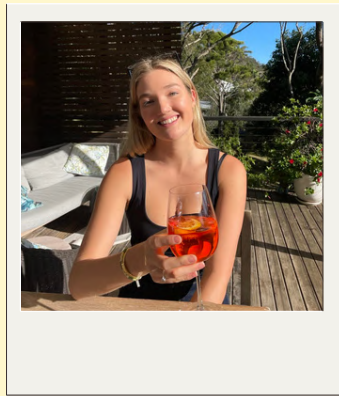
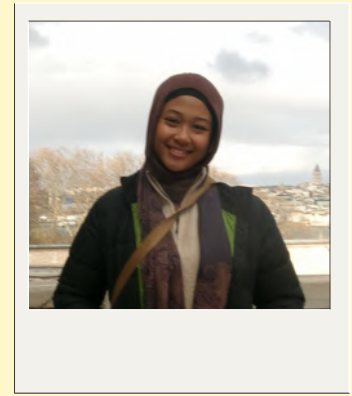


**LUCY BALL - WELLBEING OFFICER**

Hi everyone! I'm Lucy and I'm one of your health & wellbeing reps for 2024. I'm from Armidale and I love visiting the National Parks around town, catching up with friends over an iced coffee and going for a swim! Grace and I are so excited to meet you all, feel free to reach out if you need anything!

**FARAH AZZAHRA - SOCIAL AND ENGAGEMENT OFFICER**

Hello! I'm Farah and I'll be your Engagement Officer along with the lovely Heidi! I'm from Sydney but Armidale is truly the best place to study medicine! When I'm not studying (napping) at Level 4 of the Dixson Library, I'm usually grabbing a sweet treat with my friends, going for a drive, blasting music from my room, or taking pictures of everyone and everything on my digicam! See you all soon! :)

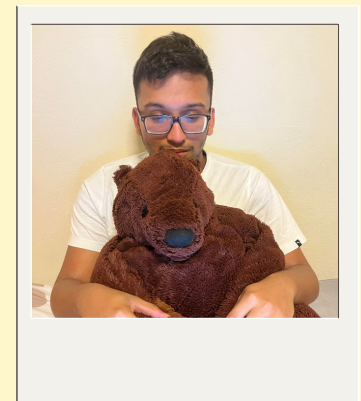


**HEIDI WISEMAN - SOCIAL AND ENGAGEMENT OFFICER**

Heyya all!! I'm Heidi one of your engagement officers and O'camp coordinators! I'm from the Northern Beaches of Sydney, I love the water and have been missing it in Armidale but I have to say I absolutely love it here, the community is so welcoming so I'm sure you'll feel right at home here too soon! When I don't have my head in the books, I love hiking, rock climbing, and surfing, as well as crocheting and reading feminist lit. I'm so excited to meet you all soon!

**ARYAN CHANANIA - PROMOTIONS AND IT OFFICER & MED REVUE CONVENOR**

Hi, I'm Aryan and I'm your tech support for this year. I'm from Sydney and I love playing games, watching stand up comedy and reading manga. Super excited to meet everyone and if you have any catts or doggos, I'd love to see them!!



**WE ARE LOOKING FOR:**

- 1x Indigenous Representative
- 1x Queer Representative

See more information on position descriptions and how to apply in 'Leadership Opportunities' on page 46!



# ACADEMIC EVENTS

## ***SURVIVING MED NIGHT***

Surviving Med Night is an opportunity for Freshers to be introduced to the different **special interest groups** at UNE, learn about **medical indemnity** (not that you guys are going to be getting into any legal trouble any time soon... hopefully!), visit a number of **stalls** set up by different clubs (and get those cool freebies), and learn how to **navigate PBL, manage work-life balance, and how to have fun in Armidale.**

## ***MOCK OSCES***

Mock OSCEs (Objective Structured Clinical Examinations) provide students with the opportunity to **practice physical examinations on volunteers** in a semi-formal setting and are marked by students from other year groups. **Feedback is everything** when it comes to OSCEs, and this is a great way to get tips and tricks on how to improve your technique. **Being a simulation patient** (or sims as we call them) is also a great way to learn.

## ***STAFF VS STUDENT TRIVIA NIGHT***

Staff vs Student Trivia is a **highly anticipated event** where we, as a student body, get into teams and go head-to-head with the medical teaching staff in an **intense trivia battle**. And yes, **hardcore competition and banter are allowed**. This night is a great opportunity to get together with some friends, exercise your neurons, and have a great time.



## PEER ASSISTED STUDY SESSIONS

PASS is an **invaluable complement** to formal university lectures. Essentially, there are two 2nd-year students assigned to hold weekly tutorials summarising all **relevant and high-yield concepts from the week**. These sessions integrate lecture-style explanations, summarise content, answer questions or concerns, and quiz you, providing a great opportunity for you to see how you're travelling.

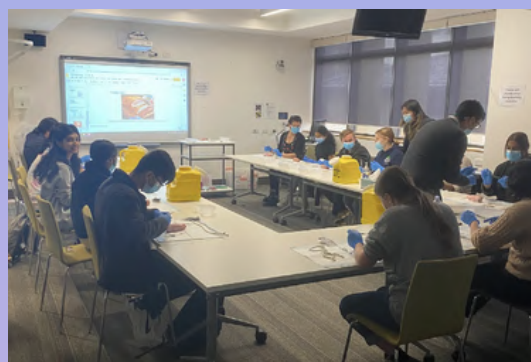
## WOMEN IN MEDICINE

Women in Medicine is a **cocktail charity night** that celebrates successful women at different stages of their medical career to inspire the **next generation of doctors**. Expect a night of good food, great company, amazing performances, inspiring speeches, cool prizes, and afters at the Newie!



## FUTURES IN MEDICINE

Futures in Medicine is an event that consists of **speeches from various health professionals**, followed by **hands-on workshops**, posing as a great opportunity to learn new skills. Whether you've planned ahead or have no idea what's in store for you after graduating, this night provides invaluable insight into the **plethora of experiences awaiting you** after finishing medicine.



*Shaila & Annie*

2024 ACADEMIC CONVENORS

*QEE*



# PASS

**PASS or Peer Assisted Study Sessions is run by UNE,  
and in the later years, by UNEMSA**

There will be a 1-hour session twice a week, going over the learning points for that week. It will be quite informal and interactive, so feel free to come with any questions or talk to the PASS Leaders if you want to go over certain topics. Although please remember they're only a year ahead of you so they're not experts either!

Usually about 2/3 of the year will attend one of the sessions and some come to both. There will also be some mock exam questions before exam period and prizes for the weekly quizzes.

Sessions are generally held in the PBL rooms but you can find any updates to the schedule on your cohort's Facebook PASS group (coming soon). The first few sessions will also cover some tips on how to study medicine effectively.

See you all then!

# SOCIAL EVENTS

## O'CAMP

O'Camp is the best way to meet the people you will be spending the **next 5 years** with. Held at **Port Macquarie**, it is filled with beachside team activities, lively nights out, laid back BBQs by the pool and much more. Your 2024 O'Camp Convenors are **Jye and Heidi**, so look for more information from them soon. This is the first big social event and **exclusively open to the first years**, so make sure you don't miss out!



## FIRST INCISION

The **first cocktail night** of the year, First Incision is a super fun night filled with **food, drinks, dancing and countless photos**. It's also the first night where **all five med cohorts** come together so it's a great occasion to **minge and learn about the med school experience**.



## MED BALL

The Medicine Charity Ball, or Med Ball, is the **biggest event of the year** and features a formal sit-down dinner, your best suits and dresses, plenty of drinks, photos, student performances, dancing and a raffle. In 2023, we sponsored **Change the Record**, a local charity involved in reducing youth incarceration rates and domestic violence in the Indigenous community and we **completely surpassed our target donation**. There is an **abundance of raffle prizes** so you can be altruistic and have fun at the same time! Definitely a night to remember.

## MED WEEK

Med Week provides an opportunity for all **pre-clinical students** to bond through a wide range of activities. Med Week can involve a themed welcome back party, **free breakfast** to cure your hangover, sports competition, online competitions, scavenger hunt and what you've all been waiting for... **SCRUB CRAWL!!!**

## END OF YEAR COCKTAIL NIGHT

To round off the year, we have one final cocktail night with **food, drinks and many cheeky awards** to vote your friends for. This ends in a trip to the iconic New England Hotel (the Newie) to **dance until the sun rises** (or whenever the club closes).



Marc & Ayesha

2024 SOCIAL CONVENORS

# SPORTS

**Picture this** – there’s two seconds left in the game and the scores are tied up. You look up at the shot clock as the milliseconds tick by and you know the last shot is **in your hands**. As you watch the basketball leave your fingertips and sail through the air towards the hoop, you can’t bear to look. There’s a sharp thud of the ball hitting the backboard before smoothly dropping through the net. You’re mobbed by your teammates and hoisted onto someone’s shoulders, cheering to the deafening sounds of **people chanting your name**. You’ve succeeded in achieving the impossible challenge of **defeating the second years** and your game-winning shot will forever go down in UNEMSA folklore...

Do you have what it takes to score the winning penalty? Ferociously spike a volleyball to win the set? Evade defenders to score a try? **UNEMSA has it all when it comes to sport** – basketball, football, netball, volleyball. Almost any sport that you can think of, we offer. They say there is no greater honour in Armidale than **donning the famous UNEMSA jersey**. Not only do you get to channel your competitive spirit but competing in a UNEMSA team is a great way to build lasting friendships within the med cohort and also try something new. Our **inter-year sports** are also a great way to get involved and take well-earned breaks away from study. It’s a great opportunity to meet new faces in other year groups and enjoy a light-hearted rivalry. Watch out on the **UNEMSA Facebook page** for updates on sports throughout 2024!



# MED REVUE



**ATTENTION TO ALL FIRST YEARS!!!  
A ONCE-IN-A-LIFETIME OPPORTUNITY IS COMING UP!!**

Med Revue is a phenomenal theatrical performance UNEMSA puts on every year to **showcase our students**. After lying dormant for 4 years due to the Rona, it **came back with a bang in 2023** and is ready to crank everything up to 11 for 2024. As Kanye West once put it: **“harder, better, faster, stronger”**.

But it's more than just a performance, simply put it's the culmination of our community where students congregate to **exhibit their extraordinary talents and ingenuity**. Whether you come to support friends, have a fantastic Friday night, or simply for the love of theatre, it is an **unforgettable night of entertainment!**

The musical aspect of the show is nothing short of spectacular as well! From **Backstreet Boys to Coldplay**, the band's renditions of popular hits will keep you guys vibing along. With a variety of musical talents needed, there's something for everyone. Dance performances, live skits, pre-recorded sketches and even Kahoot! **The sky's the limit in Med Revue!**

Don't miss your chance to be a part of something truly extraordinary! Join the UNE MedRevue in 2024 and **discover your inner star**. Whether you're a newcomer or a seasoned performer, there's a place for everyone in this incredible journey of creativity, camaraderie, and comedy. We'd love to see you there, whether on-stage or in the audience! Stay tuned for updates and audition announcements coming soon. **Don't miss out on the next theatrical masterpiece** – be a part of the Med Revue magic!

*P.S. there may be food included :))*



*Aryan*

2024 MED REVUE CONVENOR

**The Australian Medical Students' Association (AMSA) is the peak representative body for medical students in Australia. AMSA promotes equitable health outcomes for all communities and connects and informs the emerging health workforce.**

AMSA is a national community that you, as an Australian Medical Student, can be a part of and lets you have your voices heard. As a medical student and future healthcare professional it is important to stay well informed on current issues that your patients and you personally may be facing in our everchanging modern world. AMSA allows you the opportunity to get involved, inform policies and be an advocate for yourself and your values, your university, your peers, and those in our community who are underserved and underrepresented.

### THINKTANK

Throughout the year we will run ThinkTanks which give you a **vote on policies** that will be carried through to National Council and via our organisation to government and major organisations (e.g. the AMA and APHRA). This is the opportunity to **speak up and speak loudly** to ensure the world we are building is one of inclusivity, equity, and justice. It is also a great opportunity to better inform yourself and your peers, and there's **FREE PIZZA!!**

### VAMPIRE CUP

Vampire Cup is a **national blood donation drive** run each year with awesome prizes and the opportunity to compete against all the other Australian medical schools. This event is run by the AMSA Junior Representative (**THIS COULD BE YOU!**) and the university that donates the most blood takes all the glory! **Aren't you positively pumped?!**

### AMSA NATIONAL CONVENTION

Without a doubt **THIS WILL BE THE HIGHLIGHT OF YOUR YEAR!!** AMSA Convention is going to be in Melbourne this year (**M24!!**) and we are aiming to have the largest delegation UNE has ever seen (my nomination speech tag line so please don't make me a liar!). **It is a week-long event run by students, for students!** There's something for everybody!! Academic events including talks from doctors and medical students/professionals. Social events including themed social nights and a glamorous gala night. **Convention Cup** competitions including a sports day, emergency medical challenge and debating. So start saving your pennies and prepare for a phenomenal week in Melbourne! (Instagram: [amsaconvention](https://amsaconvention))

### AMSA COUNCILS

These are the next step in AMSA's policy process in which the policies being written (we have plenty of policy authors and mentors right here at UNE) are voted on and critiqued by the current AMSA representatives, however **ALL ARE WELCOME!** They happen 3 times a year and are a platform for debate and discussion about how best we represent our values and obligations to the medical community on a national level. It is your chance to **meet other medical students** and listen to hot topics (they can get heated at times) from medical students across the country.

Hope to see you all around campus and contact me anytime for any AMSA enquiries!



2024 AMSA REPRESENTATIVE





FB page



FB group

**A big welcome** to all the new first-year students from our team! ASPIRE is a global health club in UNE and affiliated with AMSA (Australian medical Student's Association). And as an organisation we have been actively organising events and spearheading initiatives dedicated to **advocating for global health** for around 13 years now. Our primary areas of emphasis include climate change and environmental sustainability, refugee and asylum seeker health, sexual and reproductive health, and the empowerment of thriving and healthy communities.



**Sexual and Reproductive Health** is a fundamental part of ASPIRE and focuses on providing comprehensive sexual education, addressing STIs and HIV/AIDS, offering gynecological and obstetric care, and advocating for equitable access to reproductive healthcare and rights. In 2023, our initiatives included a successful menstrual hygiene products drive, a Maternal Health Skills Day at the Tablelands Clinic, and a spectacular Red Week Party dedicated to raising awareness for HIV and AIDS.



Our **Crossing Borders** initiative strives to foster advocacy and a united voice for refugee and asylum seeker health and human rights. Past efforts, such as Refugee Week, have laid the foundation for impactful plans in 2024.



Under the banner of **Code Green**, we champion planetary health and advocate for the Australian medical student perspective in the climate health sphere. In 2024, we kick off the year with Green Week—a dynamic series of activities promoting environmental sustainability and awareness. Also, look out for free pot plants at Surviving Med Night!



The **Healthy Communities** arm of ASPIRE empowers individuals to take control of their own health. Throughout the year, we'll host engaging and competitive events that promote both individual and community well-being.

In essence, ASPIRE offers a fantastic avenue for students to engage in global health, discover new insights, forge meaningful connections, share your experiences, and open your mind to new ideas and opportunities. We're super excited to see you at our events throughout the year — **get ready for an exciting year with ASPIRE!**



Shaifa

2024 PRESIDENT





**Welcome to UNE!!** We are the General Practice Student's Network, a branch of the national student society GPS, which has clubs in medical schools all over the country and is the precursor to General Practice Registrars Australia.

The aim of the club is to provide academic and social events for UNE medical students (interested in general practice or not) that allow you to network with local doctors such as at our **GP Cocktail Night**, learn some cool skills to show off on placement with **Skills Workshops** and **Careers Nights**, meet like minded people by attending national camps and conferences such as **First Steps**, or just kick back and relax when you need a break from med, like at our annual **Wellbeing Picnic**.



Whether your interests lie in general practice, you want to learn more about a career as a GP, or you just want to grab some **free food** from time to time, come hang out at some of our events throughout the year.

We will also be looking for **two first year reps** to join our committee so make sure you come say hi at **Surviving Med Night**, grab some free merch and sign up to our facebook page [www.facebook.com/groups/GPSN.une/](https://www.facebook.com/groups/GPSN.une/) to keep up to date with what we're up to.



Congrats on getting into UNE and the 2024 committee looks forward to meeting you all soon!

*Taylor, Beth, Hisha, Arya, Sunny, Hannah & Jordan xx*

2024 COMMITTEE





# NERCHA

*Fostering the future of rural health*

The **New England Rural Health Club for Health Alliance** or NERCHA is the UNE branch of the National Rural Health Students' Network (NRHS) and our members consist of **all allied health disciplines taught at UNE**.

Our aim is to promote and foster interest in **rural and remote health** and in doing this to help address the **inequalities in health care in rural areas and First Nations' populations** across Australia. We hope that students from all backgrounds will consider joining NERCHA to help gain a better perspective of the rewards and realities of living and working in a rural community.

In 2024, we are planning to hold several events including rural high school visits, provide networking opportunities with local rural health professionals at a cocktail evening, the opportunity to attend the AMSA Rural Health Summit, a rural immersion weekend, and of course some opportunities for free food, **the med students' best friend!** We will also be hosting a Rural Doctors Network (RDN) scholarship information night, with several of the committee members having been involved in the **2022 and 2023 RDN Bush Bursary program** we can all attest to what a fabulous and amazing opportunity the rural placement programs are and encourage anyone who has any interest in rural medicine to consider applying.

**Congratulations** to you all for making it into medicine! We are looking forward to meeting you and hopefully getting you involved and excited about what our club and a career in rural medicine has to offer.

If you have any further questions or want to keep up to date on our upcoming events follow and join our Facebook page or email us at [unercha@gmail.com](mailto:unercha@gmail.com)

*Madeline & Jordan*

2024 CO-CHAIRS



# UNEPS



## Hey Year 1!!

UNE Paediatrics Society (UNEPS) is a new special interest group at UNE focused on the amazing field of **paediatrics**! We aim to provide experiences beyond your regular teaching in your pre clinical years, and provide opportunities to learn about what paediatrics is all about.

Whether you've already decided you want to pursue a career in paediatrics, or frankly have no clue, **UNEPS hopes to provide a little something for everyone.**

In 2024, we are excited to provide you guys with a myriad of events, from informative anatomy and embryology nights held just before your nail-biting exams, smoothie stands, our hectic halloween party and some events in the works to come - so **stay tuned** for some cheeky new events throughout the year!!



Make sure to like our facebook page and if you're keen to get involved with us right away, we are looking for **one Year 1 Representative.**

We hope you're excited to start your med journey here and can't wait to meet you all!!

*Minwri*  
2024 PRESIDENT





Congratulations on being accepted into medicine — **no doubt Armidale was your first choice!** Now, you're just a stitch away from becoming a neurosurgeon, and we've got the perfect thread for your path—join the **University of New England Surgical Society (UNESS)**. We are a surgically-inclined special interest group dedicated to surgical, critical and emergency care.

Get keen for the UNESS 2024 calendar — we have so many exciting, upcoming events! Come along to the wildest party of the year, where surgical scrubs become the hottest fashion trend (**Scrub Crawl**). Dive into a high-stakes emergency medical tournament where every decision counts (**Emergency Medicine Challenge**).

And get ready for the inside scoop—discover the top ten surgical sutures that surgeons don't want YOU to find out (**Suturing Skills Night**).

We can't wait to meet you all! In the meantime keep up to date with us on our Facebook and chuck us a follow on instagram @uness\_official.



*Chris & Ari*

2024 CO-PRESIDENTS



## **PRESIDENT'S ADDRESS: VICTORIA CHIN**

Hello everyone!! I'm Victoria, the NSW MSC President for 2024. First off, **CONGRATULATIONS** on being accepted into medicine!! You should be proud of yourself for this achievement. I'd like to wish you all the best for this exciting phase. I understand how daunting it can get but fret not, MSC is here for you!

### **What is NSWMSC?**

We are responsible for representing the Medical Students of NSW and the ACT, consisting of 10 universities and their multiple campuses across NSW. The main goal of the council is to provide a voice to the students of NSW/ACT and speak on behalf of the issues you face during medical school, fostering a better university and hospital experience. We achieve this through our relationship and affiliations (e.g. AMA, NSW Health, HETI, AMSA etc.)

### **Our Events**

Outside of advocacy, MSC facilitates **intra-university collaboration** and interaction by organising events for you to become involve, which is an incredible opportunity for everyone to meet new people from various universities. Some events include;

- Sydney Convention
- NSWMSC Yacht Party
- Academic Events
- Rural Day

### **Keep UpToDate with Us**

Like our Facebook page via the QR code below to keep up to date with what's happening in NSWMSC!



# Leadership Opportunities

## *FIRST YEAR REPRESENTATIVE*

Requires a good rapport with their cohort and excellent organisation skills.

### **Roles and responsibilities:**

- Liaise with faculty for the needs of Year 1
- Represent Year 1 in faculty meetings
- Create weekly pinned posts on the FB page outlining upcoming events
- Purchase supplies for the common room

## *AMSA JUNIOR REPRESENTATIVE*

Has a good knowledge of AMSA, previous advocacy and event running experience and strong communication skills.

### **Roles and responsibilities:**

- Organise Vampire Cup (blood donation comp between med schools)
- Blue Week (mental health awareness week)
- Assist AMSA rep in planning Think Tanks
- Attend AMSA councils and conventions

## *SUBCOMMITTEE POSITIONS*

The **Academic, Social, Wellbeing and Med Revue Convenors** will be recruiting a few people for each of their teams, who will be assisting with the planning and running of events. If you are interested, make sure you are following UNEMSA on social media - more information coming soon!

## *SPECIAL INTEREST GROUP POSITIONS*

Some special interest groups are also looking for **first year representatives** so if you have a group in mind, make sure to keep an eye out for updates on social media or contact them directly!



## **INDIGENOUS REPRESENTATIVE**

Engages the UNEMSA student body in events and promotes information that supports the Aboriginal and Torres Strait Islander community. Must identify as Aboriginal and/or Torres Strait Islander and be supportive of these communities.

### **Roles and responsibilities:**

- Organise events and post on the UNEMSA social media pages to ensure the UNEMSA student body is engaged with important Aboriginal and Torres Strait Islander information/issues
- Represent and advocate for the wellbeing, cultural values and equity of Aboriginal and Torres Strait Islander students, including acting as their first point-of-contact for relevant issues/concerns/queries
- Being involved amongst the Aboriginal and Torres Strait Islander past, present and prospective Medicine students
- Liaise and engage with the University of Newcastle's Thuru Indigenous Health Unit as well as the Faculty of Health and Medicine and Oorala at the University of New England
- Organise and coordinate the Kruki Program with the Faculty of Health and Medicine and Oorala at the University of New England
- Participate in giving an Acknowledgement to Country at University of New England events and UNEMSA meetings

**Applications:** Email Lucie ([vpe@unemsa.org](mailto:vpe@unemsa.org)) or contact your Year Rep

## **QUEER REPRESENTATIVE**

Engages the UNEMSA student body in events and promotes information that supports the Queer community. Must identify as LGBTIQASB+ and be supportive of the Queer communities.

### **Roles and responsibilities:**

- Organising events and posting on social media to ensure the UNEMSA student body is engaged with important Queer issues
- Representing and advocating for the wellbeing of Queer students, including acting as their point-of-contact for relevant issues

**Applications:** Email Grace ([vpi@unemsa.org](mailto:vpi@unemsa.org)) or contact your Year Rep



# 2024 KEY DATES

Note: may be subject to change

FRESHER INTRO GAMES .....	21 FEB
SURVIVING MEDICINE NIGHT .....	27 FEB
O'CAMP .....	1 - 3 MAR
FIRST INCISION.....	9 MAR
FIRST AID COURSE .....	23 - 24 MAR
SURVIVING PLACEMENT NIGHT .....	8 APR
STAFF VS STUDENT TRIVIA NIGHT .....	3 MAY
MOCK OSCES - SEM 1 .....	17 MAY
MEDICINE CHARITY BALL .....	25 MAY
MED WEEK .....	8 - 12 JUL
AMSA CONVENTION .....	26 - 30 JUL
WOMEN IN MEDICINE NIGHT .....	10 AUG
MOCK OSCES - SEM 2 .....	15 AUG
MED REVUE .....	20 SEP
END OF YEAR DRINKS .....	19 OCT

*Congratulations and best of luck! See you all soon :)*

*Designed by Annie Feng*