



UNEMSA PRESENTS

# THE FRESHER GUIDE



FOR THE CLASS OF 2022-2026



1

---

President's Address

3

---

Vice President Internal's  
Address

4

---

Vice President  
External's Address

5

---

Requirements

6

---

Learning Online

7

---

Accommodation

11

Wellbeing

14

Support

15

Scholarships,  
Experiences & Finances

17

Resources

19

Life in Armidale as a  
Med Student

25

Meet the Committee

30

What To Bring To  
Armidale

31

Academic Events

33

Social Events

36

Special Interest Groups

43

Leadership Opportunities

44

Key Dates



SOPHIE MORRISON

# PRESIDENT'S ADDRESS

Hello and welcome to the UNE JMP class of 2022-2026! First of all, a massive congratulations to you all on your offer to study medicine. This is a massive feat and is the cumulation of months to years of hard work, determination and endless test scores. Not to mention the added stress of COVID over the past two years! That's all behind you now (looking at you Omicron) and the best is yet to come!

The reality is, most of you reading this probably didn't chose Armidale and may even have felt a little disappointment after the elation of receiving your offer subsided. However, I can whole-heartedly tell you Armidale is the best decision you never made. Over the next three years (or possibly longer if you chose to stay 4th/5th year) you and your cohort of 60 individuals will become just like a big family.

In my two short years here, I have made friends that I will have with me for life and memories that I will carry long after leaving Armidale. Trust me, you will come to love it! Nevertheless, coming to study at UNE will probably be a big change and we are here to support you through it. I grew up in Broken Hill NSW (1520km from Armidale) and moved to Wollongong for uni before winding up at UNE, so I know what it is like to be far away from family and having to make new friends. It is a daunting but enriching experience and I am always happy to chat if you need. Your cohort will be an amalgamation of people at all different stages and walks of life, so trust me, you will find your niche. High school graduates, current uni students and certified adults alike, this is a brand-new chapter of your life so be prepared to be challenged, enlightened and caffeinated!



Armidale, aka the 'Dale' or 'Farmidale', is a country city with around 29,000 people. Within months you'll become a certified local and have opinions on the best café (Goldfish bowl fyi), know where to find delicious woodfire pizza and the best place for a drink with friends. Just over an hour from the bright city lights of Tamworth, 2.5hrs from Coffs and halfway between Brisbane and Sydney, Armidale is by no means in the middle of nowhere (though it may feel like that if you have lived in a capital city your whole life!). If you ever feel like you are struggling emotionally, mentally or academically be sure to reach out. The first few weeks can be overwhelming, especially if this is your first time away from home, and you don't need to suffer in silence. Support services are listed in this guide and I am always up for a chat!

We've created this Fresher guide to answer some FAQs that you may have and ones that you might not have even thought about yet. Keep reading on to know what college might suit you the best, how to access the resources you will need to survive your first few months and the rich social and cultural experiences available in the Dale/at UNE. If you still have unanswered questions or are feeling lost in your first few weeks (as does everyone in your shoes!) make sure you check out UNEMSA's events, all listed at [unemsa.org/whats-on](https://unemsa.org/whats-on). First up on 2022's jampacked social and academic schedule is Surviving Med Night where we introduce you to all the SIGS (special interest groups), introduce you to leadership opportunities and give you all the tips and tricks on how to not only survive but exceed at your first year of medicine. Don't miss out on tickets to O'Camp, your first chance to really meet your cohort, or our first cocktail evening of the year, First incision.

If after all this you are still baffled, feel free to email me at [president@unemsa.org](mailto:president@unemsa.org) or find me on facebook! No question is too weird or specific, trust me.

I am so excited to meet you all!

Sophie Morrison (she/her)



NINA MARQUARD-KARP

# VICE PRESIDENT INTERNAL'S ADDRESS

Hey everyone, and congratulations on making it through the painful process of getting into Med (and even better, in Sunny Armidale!). Jokes aside, apart from the somewhat bad weather and the occasional tornado, I've loved my two years in Armidale and am so keen to meet and welcome you all.

I'm Nina, and I'm the Vice President Internal for 2022, which means helping out with all our events and working with the UNEMSA team. I was terrified to move to what I thought of as the middle of nowhere Armidale having never lived out of home before and not knowing a soul, but the past two years have been a hoot. Here in Armidale I play netball, soccer and tennis, I go to waterfalls and swimming spots on the weekends, meet friends out and about, enjoy a good feed, a trip to the coast, and of course a good UNEMSA event! And during exams, I camp out at the library in my pyjamas all day every day so I'll see you there. Most of all I have met the best friends up here too.

My advice to you all is to try step out of your comfort zone and spend the first few weeks meeting and finding your people up here. Good friends make all the difference when med is getting you down or it's just a bad day. If you are keen, I recommend getting involved in all the UNEMSA events, sports teams, and other opportunities that pop up, but most of all just find your groove up here in Armidale and I'm sure the rest will fall into place.

Please feel free to message me about any questions at all you might have about Armidale, moving away, medicine, what to bring, or just anything that might be worrying you at all. I would love to hear from you and be able to help out- and that goes for the whole time you are here (not just the first few weeks)! See you all soon!!





# VICE PRESIDENT EXTERNAL'S ADDRESS

Hi freshers! I'm Asha - your Vice President External for 2022. Firstly, a huge congratulations for getting into med, you can all breathe a sigh of relief now even if you're still wondering how you pulled off the feat, which (trust me) we all felt for a little while in the beginning.

While you may not have chosen to study in Armidale, don't stress! UNE is the best choice you never made. With a small cohort of only 60 students, your year group definitely grows into your second family and you'll come to see that Armidale has lots to offer. Driving in Armidale is super chill, housing is cheap and the scenery is beautiful. All your friends live + study with or near you and class is a mere 5-minute hungover hobble away from you.

What really sells Armidale is the community here, of which UNEMSA plays a key part. We facilitate everything from peer assisted study session (PASS - a real lifesaver!) to sports competitions to fun parties. If I could give you any advice, I would tell you to definitely get involved in as much as you can!! Your friends will become your family so it's super important to be making those memories that will bring y'all closer together.

A little about me! I'm originally from Kuala Lumpur, Malaysia but I spent an equal amount of time growing up in Sydney. My hobbies include spending quality time with friends, going to F45 and art! My role as VPE is largely that of advocacy, helping communicate your concerns with staff. I also help with the running of UNEMSA and assisting Sophie with her presidential duties!

I've moved around a lot so I totally understand how daunting this process can be. I'm super approachable and want to make this process as pleasant (and exciting!) for you guys as it can be, so if any of you have any questions (no matter how silly you think they might be!), feel free to reach out to me on Facebook! I'm more than happy to help with anything hehe. Super excited to meet you all!!



## ① Police Check

- can be done through Australia Post (make sure you ask to include 'working with vulnerable people' in the check).



## ② 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



## ③ 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)



## ④ Working With Children Check

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



## ⑤ 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.



## ⑥ Student ID

- you will need to upload a headshot and certified (signed by Justice of Peace) copies of either your driver's licence or passport.



## ⑦ What should I buy?

- Stethoscope (classic Littman)
- Sphygmomanometer (can buy one to share between a pair or small group)
- Professional clothing
- Lab coat + goggles (can be bought from UNE Shop on Campus)
- Enclosed shoes



## ATTEND LECTURES IN REAL TIME

Watching lectures live prevents you from falling behind in content. It's really important to stay on top of your workload as it can creep up on you. Recordings can also take a while to be uploaded and lecturers may forget to press record.

## PUT DOWN THE PHONE

Download apps like Forest or Flora which help minimise your phone usage whilst studying. It's a lot easier to get distracted by your phone if you're learning from home.

## USE MULTIPLE SOURCES AND STYLES TO LEARN

There are a plethora of resources available to supplement your learning. Whether it be textbooks, flashcards or videos, find what suits you and your style of learning and embrace it! Discuss with your peers and bounce ideas around. Your specialty might be someone's weakness so always support your cohort. If you read on, I have included some common resources used by med students at UNE.

## FIND A STUDY BUDDY FOR OSCE PRACTICE

You will have clinical exams i.e. OSCEs which require you to know hands-on techniques for examining or taking a history from a patient. These are quite hard to get the hang of unless you are actively practising with someone in person. For example, you will learn how to take someone's blood pressure and measure their heart rate.





# ACCOMMODATION

[HTTPS://WWW.UNE.EDU.AU/CAMPUS-LIFE/UNE-ACCOMMODATION/COLLEGES](https://www.une.edu.au/campus-life/une-accommodation/colleges)

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, Armidale also has extensive off-campus living options. If you would prefer to live off-campus, UNE Life Advocacy & Welfare can help you find shared accommodation, private board and local rentals 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.

## 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: weekly tutorials by a medical student in an older year, as well as weekly 'nerd night'

## 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*

- UNE's newest college
- Every room has its own kitchen, 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
- Check out this link for more information about Wright College:  
[https://docs.google.com/document/d/1e5I9yntLvplROkg9lQxjeMBH\\_o9JEpj4SyOojavr3JU/edit?usp=sharing](https://docs.google.com/document/d/1e5I9yntLvplROkg9lQxjeMBH_o9JEpj4SyOojavr3JU/edit?usp=sharing)

## 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
- Easy to share household responsibilities
- Many 2nd and 3rd year students live there, so the medical student community is quite big

## DUVAL COLLEGE



*"Duval encapsulates the true college experience whilst providing students with the best academic and pastoral support. One of the most distinguishing features of Duval is the family-like atmosphere that is present across the college. 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

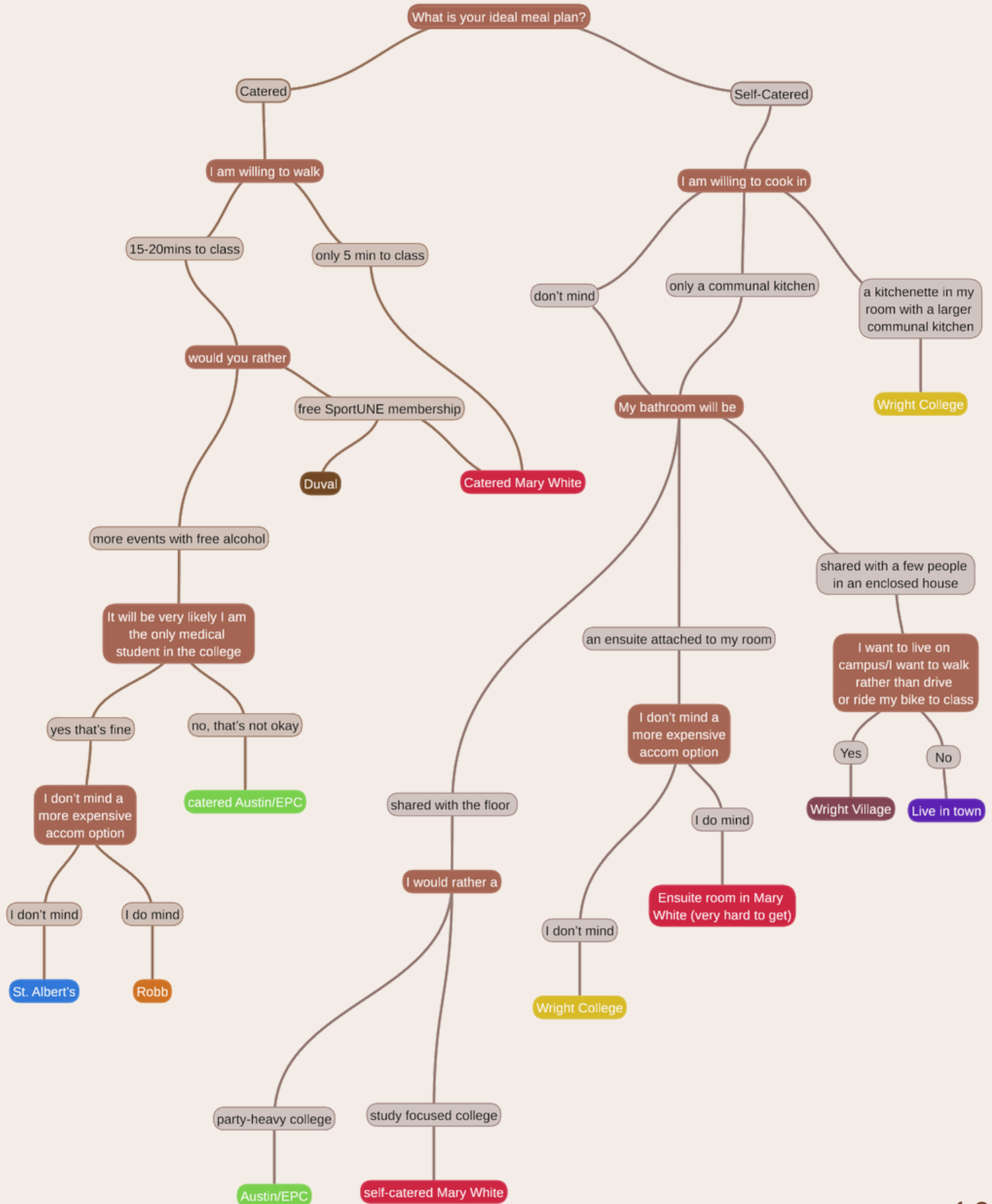
## TOWN



*"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.
- There are many (mainly 2-3 yr) medical students living in town. There are sometimes rooms available to join them. Feel free to reach out to the UNEMSA committee to get their details if you're interested.
- 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 from wherever you live.
- Parking on campus is easy and cheap (a blue pass is ~\$100pa)

WHICH OPTION  
SHOULD I CHOOSE?



Hey! Hey! This is your Wellbeing Officer, Lavra here and you've made it to the wellbeing section of this guide (the best bit hehehe)!!



# MAINTAINING WELLBEING

The next few years are obviously going to come with its own challenges, whilst on top of that trying to juggle all the academic requirements of med can be difficult. BUT this is what wellbeing is for, we're here to support you in every way we can. So here are a few tips for you to keep in mind for when things just get a little too much and you're feeling overwhelmed. Hopefully at least one, if not all may help you <333

## **1 Remember that your mental health is SO important & should always be your number 1 priority.**

- So if that means you need to take some time out for yourself, then you have every right to do so, even if that means letting people down. Because only when you're at your best can you then start being there for others too. So take the day off, INDULGE, spend the whole day doing EXACTLY what you want to do. <3
- If this time out means you need time off from class, or an extension for an assignment, then communicate that with your coordinators and they are normally very understanding. <3

## **2 Go for a walk.**

- Walks give you time for yourself to clear your mind, and taking that time with yourself whilst incorporating physical activity can often provide you with the clarity to look at situations from a different perspective. <3

## **3 Just sit and observe life.**

- Go sit in a coffee shop, busy street, shopping centre, park etc. and soak up your surroundings. You don't need to speak to anyone but just take the moment to be present. <3



## 4 Be generous.

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- Be kind to someone, or give something to a total stranger. These kinds of acts of service release serotonin and help create greater purpose in life. <3

## 5 Brain dump.

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- Write down everything that is on your mind on a piece of paper. Then go in and using different coloured highlighters, categorise them of most important to what can wait, and create your little 'action plan to-do list' from there. <3

## 6 Strengths.

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- Sometimes in the heat of the moment we forget how capable we really are, so take some time to write down a list of 20 of your strengths. This way you've not only reminded yourself of your potential, but now use these strengths to think of ways to overcome whatever it is you're going through. You're stronger than you know. <3

## 7 Keep moving forward.

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- Try to make at least one baby step towards the solution everyday, because doing one thing, no matter how small will spark a momentum overtime, but being stagnant does you no good whatsoever. <3

## 8 Sleep.

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- I'm sure you've heard this over and over again, but there's so much science to prove it too. The amount of sleep and how much rest you've had can really influence your mood and resilience to stressors in life. So I highly encourage you to try to get into a regular sleeping schedule & aim to get 7-9 hours of sleep a night. (some may need less or more; everyone's internal clock is different, so test it out for yourself) <3

## 9 Have fun. Be silly.

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- Do something you did as a child that makes you so happy to a point you're giddy. I legit have dance parties in my room by myself and dance my heart away ahah. Just don't take life too seriously. <3

## 10 Check your self talk.

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- Negative self-talk does NOT serve you. I don't want to hear ANY OF THAT NO WAY. There are only positive affirmations around here!! Your thoughts really do become your reality, so remember that. <3

## 11 Journal.

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- Often writing things down can help to organise your thoughts, and having it journaled actually allows you to see the progress you've made over time. Journaling helps free your mind. <3

# UNEMSA'S WELLBEING EVENTS

Check our [Facebook page](#) for the chance to WIN WEEKLY prizes!!

Keep a look out for information on the UNEMSA Mentorship Program for 1-on-1 advice with an older medical student!

GET KEEN for all the little events I have planned for this year, because it's about to be a VIBE. Also if you've made it this far down, you probably actually care about wellbeing, so if you want to be a part of UNEMSA Wellbeing, we're thinking of having a little committee for 2022, so keep an eye out on your emails and the UNEMSA Facebook page on how to apply!!

<333 I am SO EXCITED to meet you all! I also want you guys to know I'm only ever an email/message/conversation away, if you need advice, help, or anything at all, please don't hesitate to contact me <333 - Lavra

# 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 : <https://www.newcastle.edu.au/joint-medicalprogram/student-life/student-support>

## I'm having trouble with the academics

- 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: Dr Meg Southwell [meg.southwell@une.edu.au](mailto:meg.southwell@une.edu.au)

## I need special consideration for an exam or assignment

Fill out the following form within 3 days of the due date:

[https://www.une.edu.au/\\_data/assets/pdf\\_file/0018/13077/jmp-specials-application-](https://www.une.edu.au/_data/assets/pdf_file/0018/13077/jmp-specials-application-)

## 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 Sophie ([president@unemsa.org](mailto:president@unemsa.org)) or the vice presidents Nina ([vpi@unemsa.org](mailto:vpi@unemsa.org)) or Asha ([vpe@unemsa.org](mailto:vpe@unemsa.org))

# 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 \$5,000 per year

## **AMA Indigenous People's Medical Scholarship**

*Eligibility: Aboriginal and Torres Strait Islander medical students*

The scholarship awards \$10,000 per annum

## **Hyman Scholarship (Aberbaldie Foundation)**

*Eligibility: rural and remote medical students with financial need*

This scholarship awards \$10,000 x 5 years

## **Medshop Scholarship**

*Eligibility: submit a 1000 word reflective essay*

The prize for the best essay is \$3,500, 1st runner up \$1,500 and 2nd runner up \$500

## **UNE Residential Financial Assistance Scholarship**

*Eligibility: must demonstrate financial need*

This scholarship gives 37-66% off residential fees

# experiences

## **UNEMSA Conference Funding**

Successful recipients receive a grant for their nominated conference (eg. AMSA, Global Health, Rural Health conference) on the condition they write a piece for the Armadillo, UNEMSA's seasonal publication.

## **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. Meet and greet with the ACRRM President Dr Ewan McPhee.

## **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

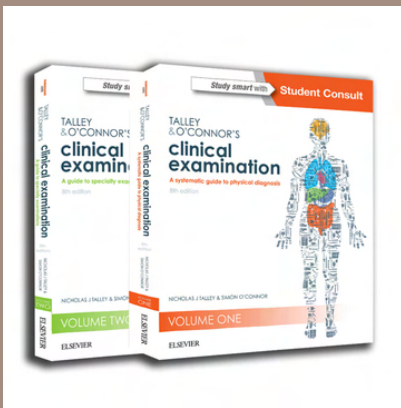
Talk to someone at Centrelink Armidale and enquire about Youth Allowance. You may be eligible if you are below 22 years old and financially independent or above 22 years old and below the income limits.

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

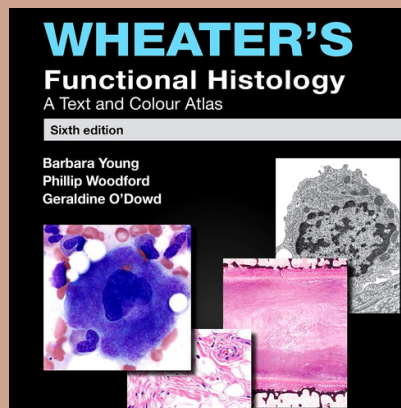


# TEXTBOOKS

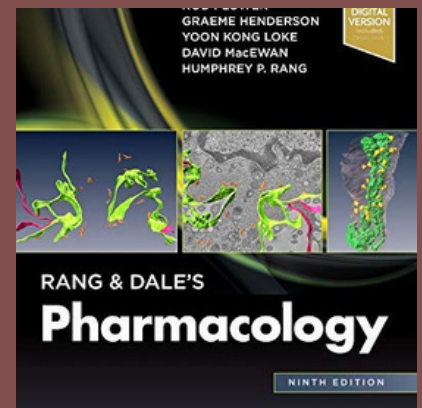
Ask a 2nd or 3rd year for access to the Google Drive of free online textbooks. You can also read the hard copies at the Med Reserve in the UNE library. Talley and O'Connor's Clinical Examination Textbooks are the only compulsory textbook readings required. If you want to buy your own textbooks, I would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



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.



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.



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. There are a few textbooks that are commonly used:

- 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.



**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!



**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, you will have to pay for it.



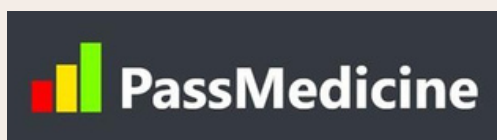
**TeachMe Anatomy** is a really good resource for anatomy. It has great colour-coded diagrams and explanations about innervations, attachments and bloody supply. It is free to use and is super easy to navigate.



**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.



**UpToDate** can be accessed through your UNE Blackboard account that you will receive early in the year. 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.

## Other helpful resources:

- Khan Academy
- Dr. Najeeb lectures
- Accland's Dissection Videos
- BMJ Best Practice
- Medscape
- Wikipedia
- Armando Hasudungan YT Channel



## MONDAY

The week usually begins with an anatomy lecture and PBL open. In the anatomy lecture, students go through textbook diagrams or cadaveric images based on the week's topic. For PBL Open, you will brainstorm potential diagnoses for a patient, questions to ask in a history and perhaps investigations and tests to order.

## TUESDAY

A typical Tuesday consists of a 1 hour anatomy/histology lab session where you will be able to put your learnings from Monday's lecture 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.

## WEDNESDAY

PBL Middle sessions are on Wednesdays. You will discuss the pathophysiology behind the suspected diagnosis and draw upon knowledge provided in the lectures spread throughout the week. For example, if the patient has suspected asthma, the lectures would cover the anatomy and physiology of the lungs and the pharmacology of bronchodilators.

# A TYPICAL WEEK IN MED

## THURSDAY

On Thursdays, you will have either a communications 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 whereas communication sessions are in larger groups (8-9 people).

## FRIDAY

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

## WEEKENDS

Congrats! You've made it through the week and it is now time to relax by taking some time for yourself, hanging out with friends, exploring Armidale or even adventuring to places outside of Armidale. On the next page, I have included places and things to do in or around Armidale.



# CAFÉS

UNE Life Cafe \$

Booloominbah Collection \$

Era Coffee \$

Caffiends \$\$

Fat Goose Crossing \$\$

The Daily Ritual \$\$

Seesaw Coffee \$\$\$

Café Pâtisserie \$\$\$

Goldfish Bowl \$\$\$



# RESTAURANTS

Armidale Pizza \$

Thai Home \$

PJ Thai \$

Mandarin \$

Neville's \$

Paper Tiger \$\$

New England Pizza \$\$

A&J Vietnamese \$\$

Whitebull Hotel \$\$

Addy's on Marsh \$\$

Tattersall's \$\$\$\$



# THINGS TO DO IN ARMIDALE

Belgrave Cinema

Armidale Public Pool

Markets in the Mall

Museums (Art, Historic,

Railway, Antiquities)

Oxley Rivers National Park

Bicentennial Arboretum

Drummond Apex Lookout

Blue Hole Picnic Area



# SURROUNDING TOWNS

Coffs Harbour

Tamworth

Uralla

Guyra

Glen Innes

Dorrigo

Ebor



AMBOSS is a medical learning platform that helps students around the world to study smarter and score higher in their exams. Designed and curated by over 80 international physicians, AMBOSS uses intelligent learning features to guide you through your studies and into your medical career.

It is a fantastic tool, used by most students at UNE, that is providing all the important preclinical and clinical knowledge you need in concise articles and that helps you with your clinical skills and history taking.

#### What does AMBOSS offer?

- A comprehensive and up-to-date knowledge library covering over 20,000 medical topics.
- A question bank of more than 5,000 case-based questions with interactive visuals and learning tools which improve knowledge retention.
- An analysis section that tracks your progress to identify strengths, weaknesses and knowledge gaps.
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**Sign-Up to their first year competition to get a free 2 months trial and win great prizes!**

# MEDSHOP

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email: [sales@medshop.com.au](mailto:sales@medshop.com.au)



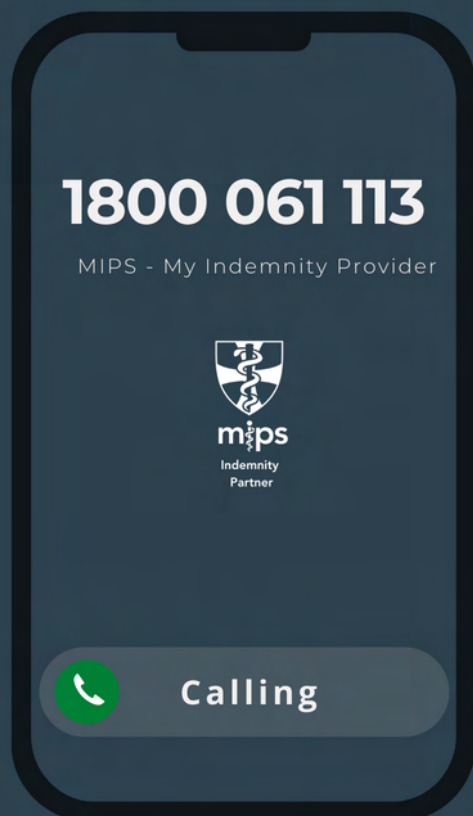
**UNEMSA members  
SAVE 10%  
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Student Supplies  
category!\***



\* valid until 30th April 2022  
on products from our student  
supplies category



Notice to all MIPS members:  
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JOIN MIPS NOW FOR YOUR CHANCE TO WIN!

Unlock access to expert advice and support and go into the draw to WIN! Prizes include a Littman's stethoscope per university. Offer closes 11 March 2022. [Terms and conditions.](#) [mips.com.au/apply](https://mips.com.au/apply).

Insurance cover is subject to the terms, conditions and exclusions of the policy. The information provided is general advice only and does not take into account your personal circumstances or needs. You should review the Member Handbook Combined PDS and FSG and Target Market Determination before making a decision. Medical Indemnity Protection Society ABN 64 007 067 281 | AFSL 301912 | PB202110-291

## Avant student membership

More than just insurance

Jessie Spargo  
Avant student member



Cover up to **\$20 million** for the healthcare you provide as part of your medical studies, **Good Samaritan acts**, clinical and scholarship placements and **communicable disease** cover up to **\$75,000**.\*



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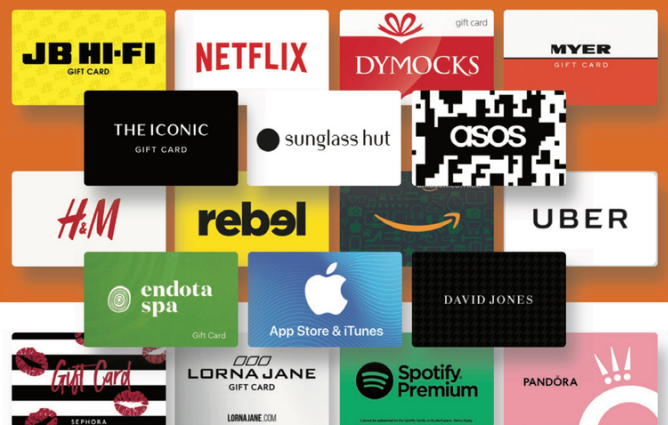
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students joining MIGA  
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MIGA and register for your  
\$20 Prezzye Gift Card!

<sup>1</sup> Prezzye Gift Card offer available to first and second year medical students commencing medical studies in Australia in 2021, who first join MIGA as a Student Member in the period 15 January 2022 to 31 May 2022. Limit of one \$20 Gift Card per medical student. Gift Cards will be distributed by email within 45 days of joining.

<sup>2</sup> The Student Elective Grants Program was suspended during 2020 and 2021 due to COVID-19 and the resultant international travel and Australian State border restrictions. Whether this Elective Grants Program can be offered, in whole or in part, in the near future will be contingent on the easing of travel restrictions to enable Medical Students to reach their desired elective destinations. Insurance policies available through MIGA are issued by Medical Insurance Australia Pty Ltd. MIGA has not taken into account your personal objectives and situation. Before you make any decisions about our policies, please read our Product Disclosure Statement and consider your own needs. ©MIGA January 2022.





photo by hannah chow

# MEET THE COMMITTEE



---

## Sophie Morrison

President

Hey everyone, I'm Sophie and I am your UNEMSA president this year. In my spare time, you can find me listening to Triple J, at the gym or drinking a coffee at the Goldfish Bowl. What I lack in height I make up in band t-shirts and I am so excited to meet you all!

## Nina Marquard-Karp

Vice President Internal

Hey everyone! I'm Nina and I'm your VPI this year. Originally from Sydney, I'm now somewhat accustomed to country Armidale living and have a soft spot for this very small town (although I do enjoy running away to the coast). Can't wait to meet you all!



---

## Asha Aru

Vice President External

Hey all, I'm Asha and I'm your VPE this year. I'm a 21 year old third year from Sydney. My favourite things include F45, hanging out with my friends and sushi. I'm super excited to meet you all and get to know you!! Please feel free to message me if you have any questions at all, I'm always happy to help.



---

## Andrew Barker

Treasurer

Hi there, I'm Andrew and am your Treasurer for 2022; originally from Sydney I've worked all round the country doing all sorts of things. When I don't have my head down in the books you'll find me at the Goldfish Bowl or on a road trip with Triple J turned up loud.



## Issy Lee

Secretary

Hey, I'm Issy! When I'm not organising UNEMSA's meetings, I'll probably be enjoying a good meal or a long walk. If you're ever looking for me, just spot the one wearing a puffer jacket in summer or shorts in winter. Keen to meet you all in Armidale soon!

---

## Riley Green

Sponsorship Officer

Hey y'all, I'm Riley and I am your sponsorship officer for 2022! Originally from Byron Bay, I moved to Sydney for a few years before moving to Armidale. I enjoy scuba diving, road trips and hiking; so hit me up if you need any places to hike. I currently live at Mary White College, which you should definitely consider if you prefer to sleep in and still make it to classes on time!







## Elody Huelmo

Academic Convenor

Hi my name is Elody and I'm one of your academic convenors for 2022. I grew up in the central west of NSW in Blayney. Outside of uni I enjoy playing soccer, spending way too much money on delicious restaurants, and taking pictures of dogs I see in public. This year we plan to bring face to face events to everyone!! (fingers crossed)



## Anthea Azzi

Academic Convenor

Hey, I'm Anthea and I'll be the other half of your academic convenor for 2022! We really hope that we will be able to organise lots of face to face events and help you through first year. In my spare time I love being at the beach and hanging out with friends. Armidale has some great national parks with good bush walks and heaps of team sports at the gym which is where you'll find me in my spare time.



## Gina Bowden (left)

Social Convenor

Hi I'm Gina and I'm one of the social convenors for this year with Lily. I'm from Bundaberg (yes where they make the rum), and I love the beach as well going diving out on the reef. I'm super excited to get to know you all and make sure you have the best time at all the events this year put on by UNEMSA!

## Lily Bragg (right)

Social Convenor

I'm Lily and I'm one of the social convenors with Gina for 2022. I'm from Toowoomba, and love my dogs and ice cream. We're hoping to create a balance in med for you all by making sure everyone has tons of fun! Can't wait to get to know you all, and have so much fun next year!



## Anagha Kanive-Hariharan

AMSA Representative

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Yo freshers! I'm Anagha, 2nd year in 2022. Congrats on getting into med school + get ready to find great friends in your close-knit cohort. As AMSA rep, I'll be representing YOUR opinion at national councils, in collaboration with other med schools. Can't wait to see y'all around!  
P.S. #embrace\_Anki



## Lavra Nanayakkara

Wellbeing Officer

---

Hey hey! My name's Lavra and I'm your Wellbeing Officer for 2022! If you haven't heard already, I'm a proud resident of one of the most liveable cities in the world - Melbourne!! For Wellbeing in 2022, I endeavour for it to be a safe place where everyone feels accepted and heard, so if you have any suggestions or need any advice/help, I'm just an email/message away. I look forward to meeting you all!!



## Grace Noh

Sports Convenor

---

Hi, I'm Grace and I'm the sports convenor! I love swimming so you will probably find me in the swimming pool most days. But as much as I love swimming, I also love my 8 hours of sleep every day or even potentially more! Make sure to keep an eye out for all the inter-year sport events and hope to see you all get involved!



## Hannah Chow

Publications and Design Officer

---

Hey! I'm Hannah, your pubs and design officer for 2022! I'll be looking after UNEMSA merch and all our publications, including this Fresher Guide! Music is my favourite thing in the entire world, specifically TSwift :) Super keen to meet you all and I hope you have an amazing first year at UNE!



## Nathan Ho

Website and Promotions Officer

---

Hello I'm Nathan. I'm a third year from Sydney. Excited to be looking after the UNEMSA website this year. If you see me around, come and say hi!



## Brianna St. John

Indigenous Representative

---

Hi there, my name is Brianna and I am your Indigenous representative for 2022. I am a 23 year old third year from Newcastle who has her heart in the country side. I can't wait to meet you all sooner rather than later! You can catch me working as a Nurse, in and around Oorala as well as adventuring outdoors.



## Melodie Van Wyk

Queer Representative

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Hey everyone! I'm Melodie (but please feel free to call me Mel!) and I'm your 2022 Queer Rep. I'm from Queensland originally, but before coming to UNE I lived in Canberra, so if you need any tips on adjusting to the cold, I'm your girl. Most importantly, I look forward to representing our queer students and fostering a culture of acceptance & visibility!

# WHAT TO BRING TO ARMIDALE

## clothes

1. Be prepared for weather extremes.
2. Pack for cocktail and formal UNEMSA events and, potentially, college formal dinners
3. Bring costumes for O'Camp
4. 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

## what not to bring

Already supplied (at all colleges except Wright):

- Irons
- Heaters
- Kettles
- Toasters

Buy once in Armidale:

- Fridge (easily buy second hand outside college or FB marketplace)

## storage

Shelves, coat racks, shoe racks, drawer dividers, cutlery dividers, under the bed baskets, portable toiletries basket, Tupperware







## ACADEMIC EVENTS



### SURVIVING MED NIGHT

Surviving Med Night consists of workshops conducted by second year students to help incoming first year students acclimatise to medical school at UNE. Freshers are introduced to the Special Interest Groups at UNE, given information about medical indemnity and rotate through stations that cover how to navigate PBL, work-life balance and life in Armidale.

### MOCK OSCES

Mock OSCEs give students the opportunity to practise physical examinations on volunteers from other year groups. Feedback is everything when it comes to performing well in OSCEs and older students will have tips on how to improve your technique and manner.



### PEER ASSISTED STUDY SESSIONS

PASS (peer assisted study sessions) are an invaluable supplement to your education. Two older students hold tutorials summarising all relevant concepts from the week. They integrate lecture style explanations, summarise content, answer questions or concerns and verbally quiz you to gauge how effective you were at retaining the information from the week.





## ACADEMIC EVENTS

### FUTURES IN MEDICINE

Futures in Medicine runs in a twofold fashion – the first half consists of speeches by specialists, GPs or alumni and the second half consists of a hands-on workshop where you can learn new skills from our guests. Whether you've planned ahead or have no idea what's in store for you after graduating, this night provides invaluable insight into the world outside of med school.



### WOMEN IN MEDICINE

Women in Medicine is a cocktail charity night that showcases successful female medical professionals in order to inspire the next generation of doctors. There are prizes to win, cocktails to be consumed and touching speeches to be heard!

### STAFF VS STUDENT TRIVIA

Staff vs Student Trivia Night is one of the most exciting nights of the year. With prizes to be won, students go head to head with their teachers in an intense trivia battle, making it the perfect time to use your brain power in a fun and light-hearted setting.







## SOCIAL EVENTS

# O' CAMP



O'Camp is an excellent opportunity to meet the people you will be spending the next five years with. Previously held at Coffs Harbour or Port Macquarie, O-Camp is filled with beachside team-building activities, lively nights out and laidback BBQs by the pool. This is the first big social event that occurs for your cohort so make sure to step out of your comfort zone and get involved!

# FIRST INCISION



First Incision is the first cocktail night of the year. This is a super fun night filled with food, drinks, dancing and an absurd amount of photobooth pictures. It's also one of the first nights where all medical years come together to wine and dine, so it is a good occasion to mingle and bond with everyone and learn about the med school experience.



# MEDBALL



Known as Med Ball, the Medicine Charity Ball is the biggest night of the year. The night includes a formal sit-down dinner, more than enough free drinks and performances by students. All proceeds from the Charity Ball are donated to a nominated charity. Last year we sponsored Little Wings, a charity that aims to help regional families access the healthcare they need for their little ones. There will be a silent auction and plenty of raffle prizes, so you can be altruistic and have fun while you're at it too!

# SPORTS



UNE has a huge range of sports available to be played both socially and competitively. Playing in a UNEMSA team is a great opportunity to unwind and mingle with others in the med community. Sports offered include netball, basketball, volleyball and soccer. Don't be afraid to get involved, even if you've never tried the sport before!

Throughout the year, there are also a few inter-year sports competitions held where you get to go head-on with other med years. Usually netball or dodgeball, it's a super fun way to take a break and enjoy some light-hearted rivalry between year groups.





# MED REVUE



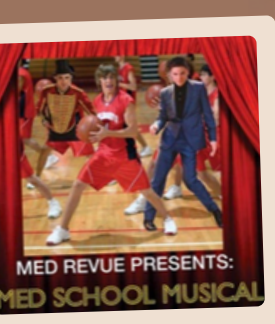
Get involved in UNEMSA's annual Med Revue! There is something for everyone; singing, dancing, acting, writing, filming, creating sets or even working backstage handling lights, curtains and props.

Med revue night leaves the audience with stitches from laughter and smiles on their faces from the talent that has been showcased.

From scarily accurate portrayals of Gollum from Lord of the Rings to heartfelt ballads from Disney and High School Musical to parodies of our very own Anatomy lecturer – it is clear that the creativity of Med Revue participants is truly boundless!

Previous themes involved Monty Python, James Bond and Harry Potter, but now, 2022 Med Revue is in your hands. Feel free to suggest ideas to [medrevue@unemsa.org](mailto:medrevue@unemsa.org) or any of the UNEMSA committee members and have your say on one of the biggest nights of the year!

Not only is Med Revue a fun and iconic night, but it also contributes funds to community projects and charities. For several years, UNEMSA has run MedRevue to raise money for the Royal Flying Doctor Service.



# NERCHA

New England Rural Health Club for Health Alliance, or more commonly known as NERCHA, is the UNE branch of the National Rural Health Student's Network (NRHSN).

NERCHA not only consists of medical students but also pharmacy, psychology, biomedicine, nursing and social work students.

Our aims and objectives are to promote rural and remote health, foster relations between health students and rural health professionals, promote future careers in rural and remote Australia and address the inequity in health care provision to rural areas and First Nations' populations throughout Australia.

In 2022, we aim to achieve this by holding events such as rural scholarships information night, rural high school visits, UCAT workshop and Indigenous speaker cocktail night.

To stay updated about our events or learn how to get involved, follow and join our [Facebook](#) page and group or email us at [unercha@gmail.com](mailto:unercha@gmail.com)

**Nathan + Kelsey  
Co-Chairs 2022**



# ARMIDALE STUDENTS PROMOTING INTERNATIONAL RIGHTS AND EQUALITY



ASPIRE is UNE's Global Health Group affiliated with the Australian Medical Student Association (AMSA). ASPIRE was founded in 2010 and has grown substantially in the years since. Each year we present to the local community several opportunities for education and skills that relate to global health. ASPIRE aims to educate UNE students and the wider community about global health issues and the positive steps that they can take to promote global health equity.

At ASPIRE, we run initiatives that spread awareness of global health issues and draw attention to how we, as medical students, can make a difference. The biggest global health issues we look at are climate change, the rights and health of refugees and asylum seekers, sexual and reproductive health and rights issues, and the epidemic of non-communicable diseases (such as heart disease and cancer).

We run fundraisers for Australian and overseas communities, organise upskilling and interactive workshops, throw some epic events, and clue YOU in on the ways that you can help us change lives. These include Green Week, the Maternal Health Skills Weekend, Global Health Night, Red Week, and event collaborations with AMSA and IFMSA.

Our most popular event Red Party is the biggest party in Armidale and ASPIRE's biggest event of the year! It's a night held to raise awareness and funds for HIV/AIDS support and research. We decorate the venue and everyone dresses in red, recognising the international colour of AIDS. We have themed drink deals, free condoms and a photobooth. In 2014 we raised \$5620 from Red Party, a record effort in ASPIRE's history!

We'll talk much more at Surviving Med Night about what we do, what we've got planned for the year and how you can get involved. Until then, check out our [Facebook page @ASPIREUNE](https://www.facebook.com/ASPIREUNE). We can't wait to meet you all!

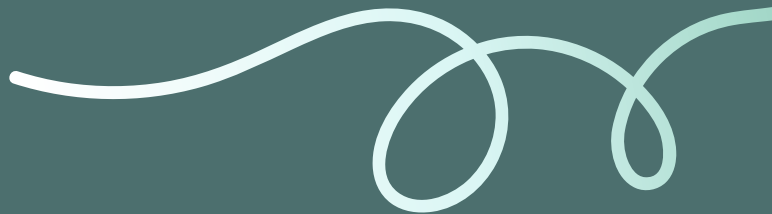


**Nathan Ho**  
(ASPIRE President 2022)



<https://www.facebook.com/ASPIREUNE>





## Hi First Years!

Doctors for the Environment UNE is a group passionate about the connection between climate and health. As a group, we are really focussed on educating students and the wider community, making change within the university and local hospitals, and having fun while doing it! We are the UNE branch of a national network of doctors and students, so there will be plenty of opportunity to mingle and ~network~ with like minded people across the country, including a national forum!

There will be plenty of opportunities to get involved next year. If you're keen to take on a leadership position, and have a role in molding the group in its inaugural year, look out for the first-year representative nominations, which will be coming to you soon. If you want to keep in touch with us, follow the facebook page: [DEA UNE](#).

We have an incredibly exciting 2022 planned, and we hope you'll join us!

Lots of love,  
Jess and Mal  
2022 co-presidents





*AMSA is the peak representative body in connecting med students across Australia to advocate for YOUR rights locally and at the highest levels of government.*



Joining med school means you are inherently part of the AMSA body because your opinion shapes our future as medical students, doctors and broadly, members of the community. However, it's really easy to get involved in the action too, even before your first day as a med student!

1. Follow AMSA on [Instagram @youramsa](#) & like AMSA on [Facebook](#) for updates on leadership roles + upcoming local & national events
2. Give us a like on UNE's AMSA Facebook page [AMSA@UNE](#)
3. Purchase an AMSA membership which is ONLY \$30 for the entirety of your degree!! For more info, head to <https://amsa.org.au/Web/Membership/Web/Membership/Membership.aspx?hkey=4be8c7dd-ad99-4d83-87e2-67d68044bfd0>

## Leadership positions

There are SOOOO MANY roles that AMSA has that you are spoiled for choice. The good thing is, there's no cap on how many roles you can take on (perhaps the only limitation is there's also study + other commitments). You can:

- run for the AMSA Junior Rep for UNE as a first year!!! – an opportunity unique to UNE
- become an integral member of one of an initiative or representative group & there's bound to be a group for everyone (check out <https://amsa.org.au/Web/committees/Web/Committees/Committees.aspx?hkey=f66532c1-b051-4978-9ae7-37ecd4603a82>)
- a policy writer on topical issues who then presents their work at national councils (find out about call-outs from Instagram & Facebook posts)
- part of AMSA's MedEd, writing content-relevant factsheets or conducting research (check out <https://amsamoodle.org.au>)
- bring out your artistic side by being an editor, content creator, social media manager, etc etc

AND SO MUCH MORE...

## ThinkTanks

A fancy word for a 'casual discussion' on a plethora of topics that there's something for ALL to talk about. This is how you can get your opinion represented at the national councils. I strongly encourage everyone to attend ThinkTanks next year, not just for the free pizza (of your choice!), but it's a great social event that widens your perspective outside of UNE, Armidale, NSW & Australia.

## Vampire Cup

Not as scary as it sounds, Vampire Cup is an annual competition between each of the med schools to see which school can donate the most amount of blood. There are prizes to be won each week both at a national level but also at UNE. As AMSA Junior Rep last year, I had the privilege of organising UNE's Vampire Cup ALL BY MYSELF! And one of you, yes you in FIRST year, will also be able to take on this role as my Junior AMSA rep (don't worry, I'll be there to guide you)

## National Convention

2022 AMSA National Convention is at Newcastle, so you got no excuse not to be there! Not only is it an opportunity to connect with our JMP counterparts, but meet med students across the country!! As one of the largest student-run events in the southern hemisphere, over the week, med students will enjoy a rewarding academic & social program, enhanced by intervarsity competitions, workshops and field trips. The convention is the highlight of the Association's calendar every year (except we've missed the last two due to COVID, so extra demand this year!).

## AMSA Councils

Here's a valuable opportunity to be informed & upskill. You don't have to be a rep to go to Council, held 3 times a year over 2-3 days (might get to be in person next year). It provides a platform for med students to inform & direct the advocacy agenda of AMSA. We review, debate & pass policies that are then taken up to the AMA & receive frequent updates on AMSA subgroups.

There's so much more that I couldn't fit in BUT I'm sure that's more than plenty a reason to get involved with AMSA. See you all next year and feel free to message me if you have any questions :)

Anagha Kanive-Hariharan  
(AMSA representative 2022)





Hello Year 1!

The University of New England Surgical & Emergency Society (UNESES) is a special interest group aiming to foster a passion in surgical & emergency care, and give all of you a chance to explore both fields no matter how big or small your interest is!

In 2022 we are super excited to bring back our flagship events, and also bring some new ideas (Halloween Party?!?!) to the table to make your first year just that much more exciting - with both academic AND social events, there will be something for everyone! Basic Skills Day, Emergency Medicine Challenge, Speaker's Night - and our biggest event of the year: Scrub Crawl (hopefully with actual bar-hopping this time) - are just some of the events we'll be running throughout the year! We'll also be selling subsidised scrubs soon (with a crazy number of colours to choose from), so make sure to grab some!

If you're keen to get involved with us right away, we'll also be looking for 2x Year 1 UNESES representatives - so look out for our posts on [Facebook!](#)

Super excited to meet you all and hope to see you all around this year!!

Melody and Dennis  
2022 Co-Presidents







The General Practice Student's Network (GPSN) is a national student run society for all students who might have an interest in the fields of General Practice and Rural Generalism. Through our close ties with General Practice Registrars Australia (GPRA) and GP Synergy we are able to host a variety of GP-based events throughout the year. Our focus is on sharing the amazing benefits of a life and career in general practice, while clarifying any misconceptions students may have about the specialty. Being a nationally run organisation there are plenty of opportunities to reach out and create a network of peers, unique to our society. For those interested in becoming general practitioners, GPSN can support you throughout your entire journey from student to GP Registrar.

We are a highly inclusive society, so even if you don't currently know where your path leads or even if you have no plans on becoming a GP, everyone is welcome! Throughout the year you can expect many free events, including the annual Trivia Night, a Careers Night with inspiring clinicians sharing their experiences in General Practice and their journeys to get there, an afternoon tea picnic, and much more! We have a central belief in "Breathing new life into General Practice," and this year we aim to make a come back after two years of living with COVID.

Membership is FREE, so be sure to come greet us and sign up at Surviving Med Night or any other time throughout the year and pick up some nice freebies and opportunities for awesome prizes while you are at it! If you're interested in becoming involved, we'll be electing two first year representatives to join the committee at the start of the year, so keep an eye out for when nominations start!

For more information follow us on Facebooks at [www.facebook.com/groups/GPSN.une/](https://www.facebook.com/groups/GPSN.une/), or visit [GPSN.org.au](https://GPSN.org.au)

**Ciaran, Anna-Lei, and the rest of the GPSN 2022 committee.**





Gillian Wu



Melody Man



Hey Year 1!

Congratulations on getting into medicine, and welcome to the JMP.

UNEPS (University of New England Paediatric Society) is a new special interest group at UNE that focuses on, you guessed it, paediatrics! We're here to encourage and promote opportunities in the practice of paediatrics, and teach you guys skills outside of what we get taught in our first couple years. Whether you've already decided that you want to pursue a career in paediatrics, or have no clue what you want to do, UNEPS has something for everyone.

In 2022, we are having a jam-packed year to cater to both your academic side and fun side. Get excited for hands-on workshop days, Teddy Bear Hospitals and something we're absolutely thrilled to be launching: Halloween Party with UNESES. These are just a few of our plans, so sit tight and stay tuned for some more cheeky surprises throughout the year!

Make sure to like our [Facebook](#) page, and keep your eyes peeled as we're looking for one Year 1 representative.

We hope you're excited for Year 1 and we can't wait to meet you all!

**Gillian Wu**  
**2022 President**

Nathan Bui



Georgina Hallam



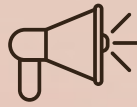
Chloe Jiang



Nina MK







# LEADERSHIP OPPORTUNITIES

## Year 1 Representative

Would have 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

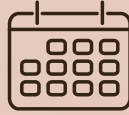
## AMSA Junior Representative

Would have 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





## KEY DATES

\*DATES MAY BE SUBJECT TO CHANGE\*

<b>SURVIVING MEDICINE NIGHT</b>	<b>1ST OF MAR</b>
<b>FIRST INCISION</b>	<b>12TH OF MAR</b>
<b>O'CAMP</b>	<b>18-20TH MAR</b>
<b>FIRST AID COURSE</b>	<b>26TH OF MAR</b>
<b>MED WEEK</b>	<b>26-30TH OF APR</b>
<b>STAFF VS STUDENT TRIVIA</b>	<b>5TH OF MAY</b>
<b>AMSA BLUE WEEK</b>	<b>9-13TH OF MAY</b>
<b>PRACTICE OSCES - SEM 1</b>	<b>20-21ST OF MAY</b>
<b>MEDICINE CHARITY BALL</b>	<b>28TH OF MAY</b>
<b>FUTURES IN MEDICINE NIGHT</b>	<b>23RD OF JUL</b>
<b>WOMEN IN MED COCKTAIL EVENING</b>	<b>13TH OF AUG</b>
<b>PRACTICE OSCES - SEM 2</b>	<b>16-17TH OF SEPT</b>
<b>MEDICINE REVUE</b>	<b>30TH OF SEPT</b>
<b>END OF YEAR COCKTAIL EVENT</b>	<b>15TH OF OCT</b>

good luck for the year ahead,  
excited to meet you all!

designed by Hannah Chow