TABLE OF CONTENTS

Welcome from the President .................. Page 3
What is MANDUS? ........................... Page 4
Who are MANDUS? ......................... Page 5
Starting Medical School .................... Page 6
Your Timetable ............................... Page 7
The Average Week ........................... Page 8
Books and Materials ....................... Page 9
Academics .................................. Page 10
Tips from Students ......................... Page 12
Useful Links ................................ Page 22
Social ....................................... Page 23
AMSA ....................................... Page 26
Sport ........................................ Page 28
Wellbeing .................................... Page 29
PANDA: Paediatric Society ............... Page 31
PONDS: Parents of Notre Dame .......... Page 32
Publications ................................ Page 34
IT ............................................ Page 34
Sponsorship ................................ Page 34
Global Hands ................................ Page 35
SANDUS: Surgical Society ............... Page 38
RANDA: Research Society ............... Page 39
ROUNDS: Rural Health Club ............. Page 40
GPSN: General Practice Students Network Page 41
Local Foodie Guide ......................... Page 42
Final Words and Social Media .......... Page 43
Dear UNDS First Year Medical Students of 2018,

On behalf of MANDUS, I would like to offer you a well-deserved congratulations and a warm welcome to the MD course at the University of Notre Dame, Sydney.

You are about to embark on an incredible journey, one which you have worked so hard for. I can promise you that the next four years are guaranteed to be some of the best years of your life! You will learn more than you believed possible, meet an incredible calibre of people and, for some of you, live in a new city.

The first few weeks of medical school can be quite overwhelming; you are trying to remember everyone’s names, take in all of the information about the course whilst having a mild panic attack trying to figure out your study techniques. MANDUS, along with other societies at UNDS, are here to help you out and make sure you have a great time.

MANDUS hosts a myriad of events throughout the academic calendar including MedCamp, MedBall, BBQs, scrub crawls as well as thought-provoking and inspiring academic speaker nights, mentoring programs, inter-med school sports and trivia nights. If you are interested in rural health or general practice then the Rural Health Organisation of the University of Notre Dame, Sydney (ROUNDS) and General Practice Student Network (GPSN) have got you covered with events such as the Amazing Race, trips to the rural clinical schools in Wagga Wagga and Ballarat, and Mock OSCES.

The following survival guide contains more information about the amazing events that the sub-committees of MANDUS have to offer, the incredible people who make up MANDUS, tips and tricks to get through your first year and advice from previous students of diverse backgrounds.

My advice to you:

1. **Get Involved.**
   Take advantage of every opportunity that comes your way - you never know who you might meet, what you might learn and the doors that it might open for you.

2. **Don’t Be Afraid To Ask For Help**
   You are surrounded by people who are willing to help you - from your PBL members, your tutors, the School of Medicine Sydney (SoMS), second year peers and of course, MANDUS.

3. **Maintain A Balanced Lifestyle**
   Your portfolio was full of things that made you unique. Don’t let your medical studies get in the way of doing things that you enjoy, that keep you sane and motivated, and that make you the incredible person who received an offer to study at UNDS.

Congratulations again, I wish you the best of luck!
Remember – you only get to go to Med School once so make the most of it – you are in for a great time. I look forward to seeing you around campus.

Sarah Palmer,
President of MANDUS, 2018
WHAT IS MANDUS?

MANDUS (Medical Association of Notre Dame University Sydney) is your student representative body on campus here at Notre Dame! As a direct link to the faculty and its staff, we are your means of delivering feedback and thoughts on the course and all curricular material.

Each year group has an academic representative that works with the executive team and the SoMS (School of Medicine, Sydney) staff to ensure that your issues are addressed and enacted upon. Being a relatively young university, the feedback you provide to MANDUS helps the university to deliver the very best in medical education, allowing Notre Dame to be at the forefront of Australian medical schools.

Outside of its curricular involvement, MANDUS also runs an array of extra-curricular programs and events; from academic, to sport, to wellbeing, to social and beyond.

The next few pages will fill you in on the greatness that is MANDUS.
WHO ARE MANDUS?

Sarah Palmer  
President

Sarah Maxwell  
Secretary

Nikki Gouvoussis  
Treasurer

Danaan Buckley  
Clinical Vice-President

Michael O’Sullivan  
Pre-Clinical Vice-President

Jimmy Gatenby  
Academic Representative

Dipti Shankar  
Social Representative

Erol Dalkic  
Wellbeing Representative

Claudia Hadlow  
Clinical AMSA Representative

Tom Beynon  
Pre-Clinical AMSA Representative

Ellie Sarka  
Sports Representative

Josh Chew  
Sponsorship Officer

Michael Berger  
Sponsorship Officer

Diluk ‘DK’ Kannangara  
Public Relations/IT

Laszlo Kenny  
Publications

Melissa Webbe  
Publications

Paul Satouris  
3rd Year Representative

Aleks Klimova  
SANDUS President

Blake Hickey  
SANDUS Vice-President

Gabriel Atan Sanchez  
SANDUS Clinical Representative

Lachie Hegarty  
RANDA Chair

Nic Storr  
RANDA Vice-Chair

Audrey Grech  
RANDA Clinical Representative

Daniel Mastroianni  
PANDA Chair

Tash Ascui  
PANDA Vice-Chair

Lottie Ferrier  
PANDA Clinical Representative

Rach Langford  
Global HANDS Chair

Georgia Behrens  
Global HANDS Vice-Chair/ AMSA Global Health Representative
STARTING MEDICAL SCHOOL
The First Few Weeks

The first few weeks of medicine will make you wonder why on earth you decided to do it. Don’t worry, this is how everyone feels, even those with science backgrounds.

There is no denying that the timetable is very full, and you can expect to have uni from 9-5 on most days of the week. As it is a postgraduate course of just 4 years, we need to cram in a lot of learning into a short space of time! As Dean Bennett says, “This is a FULL-TIME course!”

The Notre Dame curriculum is based on a ‘spiral model’ of integrated learning that presents information around Problem-Based Learning (PBL) cases and a related lecture series. The first few weeks will seem like you have been dropped into the deep end. Don’t stress: the structure of the course works on repetition and if you miss something, it will be covered again many times throughout the year.

You will, of course, totally ignore all of the above when you get to Week 4 or so and think, “OMG, this is so hard! Everyone else is coping brilliantly and I’m alone here in my shame bubble!” But it really is true and everyone has felt at one time or another that they’re a fraud and shouldn’t be doing med. You should be doing it. You just have to trust that the university knows what they’re looking for when they pick students. Focus on the small tasks and the waves and it won’t feel quite so overwhelming.

Blackboard – link
Blackboard is the UNDS hub for ALL lecture notes, course administration documents, placement details, labs and timetables. Make sure to consult blackboard at least every couple of days as important announcements, documents and timetables are updated regularly.
YOUR TIMETABLE

The way the university distributes your timetables to you are in Word documents via Blackboard. This is cool in a retro sort of way – like Walkmans. However if you prefer your timetabling in a more dynamic format then the School of Medicine will also be releasing Cloud-based versions that you can sync with your iCal, Google Calendar, or other mobile device/computer-based calendars. These will be updated regularly as things do change on-the-fly, make sure you are always keeping an eye on these calendars and on Blackboard announcements.

Each week in MEDI6001 will follow *roughly* the same format, here’s a basic outline:

![Generic MEDI6001 Timetable](image)
THE AVERAGE WEEK

MONDAY
This is your anatomy day. In the morning you will have free time. Use this as you will: catch up on sleep, hit the library to start the week with a study session, or this may be an ideal time to work if you are holding down a part-time job as well. Anatomy tutorials and lectures take place almost every Monday afternoon. The tutorials have marked attendance, so you will need to attend to avoid eating into your 10% allowed absence.

TUESDAY
Anatomy, Physiology, Microbiology and Histology are all taught in partnership with the University of Technology Sydney (UTS). One day a week is spent on the UTS campus in the city and for first year, Tuesday is your UTS day. On these days you will receive the majority of your Basic and Clinical Sciences (BCS) lectures (there are plenty of good coffee places around UTS, you will need it to stay awake!). The afternoon involves a variety of laboratory sessions. Some weeks you will have Tuesday afternoon off, other weeks from either 2:00-4:00pm or 4:30-6:30pm and others from 2:00-6:30pm straight. Make sure you consult your timetable weekly to ensure you attend your labs. Attendance is taken at lab sessions.

WEDNESDAY
This is your clinical day. In the morning you will have an hour of Clinical Debriefing, a session that alternates fortnightly between Population and Public Health and Personal and Professional Developement (PPH and PPD, respectively). Immediately following this, you will have your second PBL session of the week. This is a vital session that consolidates the information you have been presented in the first PBL session of the week on the previous Friday afternoon. In the afternoon, starting in approximately week 8, you will begin your clinical rotations. These move weekly between areas such as surgical skills, ultrasound, communication, aged care and GP placements. All activities on Wednesday have compulsory attendance.

THURSDAY
Thursday is another lecture day that focuses more on the areas of PPD and PPH in the morning and Clinical Skills in the afternoon. Sometimes you may have Thursday mornings or afternoons off. On select weeks throughout the year you will have bioethics workshops on Thursday afternoons covering one of the topics for the curriculum. In these sessions you will watch presentations from experts in their areas and then have the chance to discuss the issues raised in small groups.

FRIDAY
Friday is a BUSY day that starts with 2 hours of Clinical and Communication Skills (CCS) and then an hour of PBL that wraps up the weekly case. After lunch you begin your new PBL case for the coming week. This 2-hour session introduces you to the case and allows you to have the weekend to look over important aspects. PBL and CCS are compulsory. Following this you will usually have 1 or 2 lectures that delve into the new week’s topic, usually the pathophysiology of the condition or case. After these lectures we have the weekly MANDUS Friday arvo drinks at one of our many local venues. Cheap drinks with good friends to end a BUSY week; nothing better!

SATURDAY / SUNDAY
Whilst it’s very tempting to think either “Yay! I’ve got 48 hours to do HARD med revision!” or “Yay! I’ve got 48 hours to do... nothing!”, both extremes should be avoided. It’s sensible to do a bit of a review of the week and maybe take a brief look over next Monday’s lectures, but make sure you take time for yourself. It’s super easy to get consumed by medicine; try to make the good habit of having time to indulge yourself and your non-med hobbies.
BOOKS AND MATERIALS

You are not required to purchase the prescribed texts, however it is recommended. These are the texts that the lectures will directly reference. We suggest that you wait until you get started and see what you need before jumping in and buying a textbook that you might not use. Some of the prescribed books are VITAL, such as Talley & O’Connor, your clinical reference text. What’s more, most are available from the library and in your PBL rooms.

ANATOMY
Each anatomy textbook has its highlights and lowlights. Often it’s good to use a combination of books to get all the information. The recommended text that lecturers reference from is Moore and Dalley’s Clinically Orientated Anatomy. Other useful texts to look at include Gray’s Anatomy for students, Netter’s Atlas of Human Anatomy, and there are a few good anatomy colouring books. Netter’s Flashcards also serve as good revision when travelling.

CLINICAL
Talley and O’Connor’s Medical Examination and Oxford Handbook of Clinical Medicine will be your go to when it comes to anything clinical. There are usually readings each week from these texts before CCS. Past students have made clinical manuals that you will get your hands on that make the starting point much easier!

PHARMACOLOGY
Lecturers will refer to Rang and Dale’s Pharmacology text and this is a simple and easy book to follow. In first year, you will be learning the principles of drug interactions and will go into more depth in second year. Prof Carroll will make learning pharmacology a pleasure – “just stick it in a neuron”!

PHYSIOLOGY
Good texts for physiology are Martini and Nath’s Fundamentals of Anatomy and Physiology. Other great references are Guyton and Hall’s Textbook of Medical Physiology, and Marieb’s Human Anatomy and Physiology.

In the first year you will be looking at physiology to learn broad concepts and gain a basic understanding.

MEDICINE
The recommended text is Robbins and Cotran Pathologic Basis of Disease and Davidson’s Principles and Practice of Medicine. These are great books and will help you understand things that are happening in your PBL cases.

DICTIONARIES
To help with all the medical jargon it is good to have a reliable medical dictionary. They can be good first point references for diseases. Black’s Medical Dictionary, or Mosby’s Dictionary of Medicine, Nursing and Health Professions are useful books.

Our med students and tutors keeping minds and bodies healthy with our lunchtime Wellbeing Yoga sessions!
The first few weeks of medicine will make you wonder why on earth you decided to do it. Don’t worry, this is how everyone feels, even those with science backgrounds. There is no denying that the timetable is very full and you can expect to have uni from 9-5 most days of the week. As it is a postgraduate course of just 4 years, we need to cram in a lot of learning into a short space of time.

The Notre Dame curriculum is based on a spiral model of integrated learning that presents information based on PBL based cases and related lecture series. The first few weeks will seem like you have been dropped into the deep end. Don’t stress, the structure of the course works on repetition and if you miss something, it will be covered again many times throughout the year.

The timetable changes weekly, so keep an eye on Blackboard online for each week’s timetable, or better yet subscribe to the digital calendar and never miss an update. As your Academic Rep, I will be there to help answer any questions and guide you through your first year of medicine (along with the newly elected MEDI6001 Academic Rep and the rest of MANDUS). See you soon!

Jimmy
**BIOETHICS:** The Bioethics Curriculum is a cornerstone of Notre Dame's new MD program. The world of medicine can be an ethical minefield and this part of the course aims to equip you with the tools to navigate the many issues that you will face as a student and practitioner. Experts in their fields will present you with many 'ways of knowing', 'ways of thinking' and 'ways of doing ethics', which you will be encouraged to discuss among your peers. The program comprises full-day intensive sessions at the beginning and middle of the year, with afternoon workshops on select Thursday afternoons throughout the year. This will all culminate in the preparation of a written and spoken ethical disputaion and short answer examination questions (which will be provided prior to the summative exam!) to assess your engagement with the content.

**CLINICAL SKILLS:** Each week you will learn clinical skills that are assessed in an OSCE (objective structured clinical examination) at the end of the year. OSCEs are a great chance to show what you have learnt throughout the year and are actually really fun! This is where you get to dress up and play doctor. YouTube has a great range of OSCE type examinations, including ones from Talley & O’Connor, who write your textbook. Practice makes perfect – definitely book a room weekly to practice with a group.

**CLINICAL ATTACHMENTS:** Around week 8 you will start your clinical attachments. Most students really enjoy these sessions as a nice break from academia and a chance to see some of the real world applications of what you’ve been learning. The GP attachments are often cited as a particular favourite as they give you a chance to see your PBL tutors ‘in the wild’ and interact with real patients.

**Tips for Clinical Attachments:**

1. Be on time, and if you’re off-campus you will need to dress clinically (business wear), remember that you’re representing Notre Dame and don’t forget your name badge,
2. Practice your suturing as taught in surgical skills, and
3. Make the most out of every Aged Care placement. This is a great opportunity to hone in on your history taking and communication skills. Very important for later on!

**EXAMS:** Exams are stressful, we have all given up so much to be here and we want to succeed. Make sure you understand the topics every week before coming up to exam time. Medicine is not the type of course you can get away with cramming everything last minute. What’s more, try to remember that unlike undergraduate studies, medicine is much more big-picture.

Group study is a great way to learn, consolidate knowledge and make use of everyone’s diverse backgrounds! Take a look at the learning objectives (LOs), but it is more important to understand the concept (big picture) than the minute details.

Look after yourself, get enough sleep, eat properly and make sure to take some time out for whatever that is for you. It’s a marathon not a sprint!
I came into med this year with an English literature degree, having failed the science section of the GAMSAT – and yet I survived and thrived in MED1000! Here are my top tips for anyone else starting the year in a similar, non-science boat:

1. Manage your expectations of yourself. You won’t understand much for the first little while – and the sooner you accept that, the better! For the first few months, if you’re getting on top of a couple of big picture concepts – e.g. “what do kidneys do?” – each week, you’re doing really well.

2. You do you. As a non-science student, you’ll probably find you need to study a bit differently from other people, and that’s totally fine. Don’t freak yourself out by thinking you’re studying the “wrong” way, just because it’s a bit different from what other people around you are doing.

3. Stay excited and curious! You’re so lucky to be encountering medical science for the first time – it will be exciting and wondrous to you in a way that it won’t be for people who’ve been studying it for years. Try to let that interest and excitement drive your study, rather than stress about passing your exams. It’s a much more sustainable, much more enjoyable way to get through all the content, and I think that it actually helps you retain all the information better, too.

4. Ask for help – early and often. Never be embarrassed to say “I don’t get it!” or “Can you clarify that for me?” You’ll be amazed at how happy your peers, tutors and professors are to answer even your most basic science questions. Remember that teaching is a really good way for your peers to revise content, so you’re actually helping them by asking them to explain things to you. And often there will be other people in the room who also don’t understand, and who will be grateful to you for speaking up and asking for help.

5. There’s more to medicine than studying. Although you’ll probably have to study harder this year than you ever have before, don’t let that come at the cost of getting involved with the other amazing opportunities that come with studying medicine – going to conferences, getting involved in AMSA, doing social justice/advocacy work, whatever floats your boat! These are the sorts of things that will remind you why you wanted to do medicine in the first place, and will be so important in keeping you motivated to keep going when you feel like giving up at various points throughout the year.
Chris Saroukos on having a non-science background

Being from a non-science background has its own unique challenges, naturally the learning curve is steeper and arguably, more study will be needed to keep your head above water due to the lower baseline knowledge. However one thing to remember is that even students from science backgrounds are similarly feeling stressed or overwhelmed as their previous degrees may have only covered parts of the course. Towards the middle and end of the year, things start to make more sense as you learn medical “lingo” and immerse yourself in the content.

Here is some advice

1. Study consistently throughout the year to avoid excessive exam stress
2. Don’t let yourself fall behind in terms of learning objectives each week
3. Form study groups and stick to designated time each week
4. Attend lectures and practicals – they are helpful to guide study and as introductions to topics
5. Don’t leave your portfolio to the last minute and don’t neglect PPH or PPD!
6. Use PBL time to ask questions and clarify concepts that you are having difficulty understanding
7. Have a few students in the year that you can go to for support and encouragement. Find a good set of resources early (textbooks, past student notes, video channels) and test a wide variety to see which ones work for you
DECLAN LLOYD on having a science background

Firstly, medicine is a fantastic mix of people from all sorts of backgrounds; everything from lawyers to dentists to reporters to classical musicians. Your PBLs are structured so as to make sure you have a diversity of experiences, strengths and weaknesses. It’s a team effort and everyone has something to contribute. It’s very worth taking the time to make sure everyone understands a topic before moving on. It’s one skill to understand a concept, however it is a completely different skill to be able to convey that information in an effective and engaging manner. I recommend challenging people who appear to understand it better to explain whatever particularly difficult mechanism or concept is eluding you.

Do not ever feel embarrassed or ashamed to ask how or why something happens; because if they can’t explain it to you in an effective manner then chances are they don’t know it as well as they think they do. On the flipside, personally I’ve found non-science backrounders to have enviably eloquent communication and writing skills. For you wordsmiths, prepare to dominate PPH/PPD but just please impart some proper syntax on us lab rats as you go.

Following on from that point, I truly believe one of the best ways to properly understand the material this year is to ignore rote memorisation and ask why and how something occurs. For example: Why is he blue? How does that happen? What logical mechanism is at play to make her breath smell so sweet? Deciphering clinical signs and symptoms and reducing them to their foundations is immensely satisfying and an important critical thinking skill to take into the future.

Most of all, please enjoy yourselves and take time away from medicine occasionally. Don’t be a gunner.

Declan (front left) with PBL O(utstanding) celebrating Michael’s (red) birthday
GEORDIE LEE on having a science background

Welcome to Medicine. Looking back on my first year I can confidently say that it was the most rewarding and enjoyable year of my life so far. The SoMS offers you an education unlike others so make the most of it: get to know your med-mates, enjoy a beer on a Friday and get involved in what the university has to offer.

Coming from a science background brings with it its fair share of benefits and limitations. You are definitely coming into this degree with more background knowledge than those from a non-science background but don’t use that as an excuse to switch off during lectures. I frequently found myself assuming I knew the content early on in the year only to be caught out when others had learnt it in far more detail.

It’s likely you will be called on in PBL to interpret and explain some of the underlying science presented in your cases. Make yourself helpful to the group but also be aware of the many different skillsets a diverse PBL group can bring. It is often those external to science that have a wealth of lateral thinking skills and personal experiences that enable a greater depth of discussion and problem solving.

Lastly, if you’re coming from a non-science background, find a science buddy to study with; they’ll make your first six months just that little bit easier. Best of Luck!

Geordie (left) with Sarah, Ellie, Zac and Jimmy en route to Kenya for their Social Justice Projects over the summer holidays
KAT ANDERSON on living in Sydney

Trust in the spiral! You will hear lots about the ‘spiral learning’ model. It introduces you to concepts over and over again. Don’t stress if a big concept seems unmanageable the first time you see it, marinate on it, it will come back again and you will get another chance to conquer it.

I found watching short videos a really good way to understand the big science based concepts. If you’re like me, check out the videos by Khan Academy, Armando Hasudungan and Crash Course on YouTube. I think one of the biggest things as a non-science student is staying on top of the workload.

Develop a solid routine for each week and make sure you stick to it so you stay on top of things. My routine consisted of making my own notes for the Learning Objectives and also creating an Anki deck of questions for each week. The Anki App was probably the resource that I found most useful (as well as Mama’s notes). By creating my own questions, I was able to constantly revise all year whenever I had a spare few minutes.

Finally, have some hobbies and make sure you set aside time to do them because med will try to take over your life so it is important to get some perspective once in a while!
Beginning a medical degree can be a daunting (albeit very exciting) change, however when you throw on top of that a move interstate it can start to feel a little overwhelming.

Luckily for you, I can tell you that while at times you will find yourself missing home, and the family and friends you left behind, you will hopefully be like me and find yourself loving your new Sydney life.

First of all, by the time you finish your first week, you will have made over 100 new friends (not even an exaggeration here), half of whom have also moved here to study medicine so also in need of new friends, and the other half Sydney locals who will be sure to show you the ways of Sydney! Both bases are covered basically!

Regarding where to live, unfortunately Sydney is more expensive than Brisbane and it is just something I had to get used to. I was lucky in that a friend of mine who lived in Sydney needed a housemate, so that made finding a place to live easy. However, for those in need of a housemate, there are usually quite a few first years in the same boat, so I would suggest sending a message in the Class of 2021 Facebook page. I would suggest living in an area close to Darlinghurst, or somewhere that is on a train line as in Sydney you could end up spending a lot of time travelling to and from uni!

The best advice I can give is to be involved – there are so many events organised by MANDUS that give you a chance to meet your incredible cohort and also other grades! I had the best year last year and I hope you have the same positive experience! If you have any questions at all about moving interstate, or just about medicine in general, never hesitate to ask me!

Looking forward to meeting you all! - Katie
Congratulations! What an exciting new adventure you are about to start! Moving can be tough and overwhelming but also presents a wonderful opportunity to make lots of new friends and try new things. As a first time nest flee-er, I have 5 key tips...

1. **Live as close to uni as possible** – I would highly recommend living as close to uni as possible – we have uni five days a week so it’ll minimise travel time (it’s true what they say about Sydney traffic) and socially it’s great because a lot of outside of uni mingling happens in the Darlinghurst/Surry Hills area.

2. **Keep up the extra-curricular activities** – you were all picked because you have a range of diverse experiences so don’t lose connections to the things you love to do that makes you, you! Joining a team sport or any sort of non-med activity is a great way to make new friends. I joined a social netball team with people from my home-town which was a great way to connect to people outside of med, expand my social circle and reconnect with people from home. I’d also recommend getting involved with MANDUS, AMSA etc to get to know people at UNDS and at other unis across Australia.

3. **Don’t panic** Feeling settled takes time and remember there are lots of people in the same boat as you. You spend so much time together so you’ll make fast friends and the interstaters do like to band together. The Sydney locals are also a great resource to get to know cool bars, cafes and activities to do on your weekends and really explore the wonderful city that is Sydney with your new friends.

4. **Get to know your MED2s** – the Med2s will be your greatest resource. The uni has a very strong resource sharing culture and there is no need to reinvent the wheel – there are oodles of amazing resources out there, which cater to everyone from the diagram lovers to the textbook fans.

5. **Have fun!** – I honestly had the best year of my life. The uni is really supportive and the students actively work to create a friendly environment. It’s a super social uni so get involved as what you put out, you will get back in spades.

Dress ups were lots of fun at MED CAMP in February
CONOR HONEYWILL on working part-time

Although not always encouraged, working part-time is definitely an achievable option whilst studying medicine. It can be ideal for those who wish to maintain skills, have a break from study or for financial means (Sydney can be expensive!). Making this transition to study and work isn’t always easy, so here are some tips to keep yourself balanced.

Start small: It is often hard to go from part/full-time work to one shift a week, but you will be told repeatedly that medicine is a full-time course, one that will fill up that time. My advice would be to start with only one small shift initially, or not to work for the first week or two. This will allow you to gauge how many hours a week that you believe you can work, and either increase or decrease the hours or shifts. Everyone is different!

Plan ahead: There will be busy times of the year and quiet ones, look ahead at the medicine calendar and speak with second years about what weeks in particular may be a little crazy. This may allow you to work more in some periods, but also work less in busy periods such as exam times.

Be organised: Everyone will have different study schedules depending on their lifestyles. If you are working at nights you may have to study on weekends, and vice-versa if you work on weekends. Allocate set times during the week where you are able to study and recap difficult concepts from the week. By setting a timetable, it will allow you to set into a routine and optimize time and study loads.

Work-study-life balance: If you spend all your time studying and working then you will burn out. Make sure you appreciate the little things and set time apart for your friends, family and loved ones. Sydney is an amazing city and you will be a part of a great cohort, so take some time and go explore.

Last piece of advice would be to ask for help, if you have questions or concerns about whether you would cope with working whilst studying, ask the second years. We have done it already and are more then happy to chat!

Conor (centre) and friends basking in the bliss of the end of exams
Lindi beukes on having a rural background

This survival guide isn’t a quick fix. There is no “one answer” that will make your journey better, or easier. So be prepared for a marathon, not a sprint and remember that it is worth it. The first thing that’ll get you in the city is the noise. The perpetual rush of the traffic – it never stops. Another thing is the lack of community. If the check-out chick or bus driver treats you like an annoyance it isn’t because you’ve done anything wrong, city folk are just very busy fighting the rat-race and there is little time for a smile. Take solace in the occasional warm greeting or the sporadic act of kindness. You should also remember that living in the big smoke, we have less time. This is because of the perpetual queues, crowds and traffic.

Although in Darlinghurst everything is nearby it takes longer to get anything done because it is always busy and public transport must fight the traffic too. Don’t be afraid of walking. You just need to accept that you won’t have the time to run all your errands in a day AND have a nap. Everything in the city takes longer to achieve.

Finally, I can’t express how vital it is to find some non-med friends. Medicine swallows your life up, and being isolated in this city with a one-track mind is not healthy. Join a sporting club, or attend classes in art or dance, do something every week where you aren’t obligated to talk shop.

It is so important during the semester to have a life, socialise, eat well and exercise often (because during exam time you may not have the opportunity). Remember everyone is in the same boat, and “A ship in harbour is safe – but that is not what ships are built for” – John A. Shedd.
Welcome to what can be a pretty confronting but rewarding year! It can be hard to navigate the sheer amount of content and the new lifestyle that this year will offer you but here are some things that I learnt (maybe the hard way) that will make life a lot easier

1. You will never be short of resources but figure out what works for you. Don’t be afraid to use YouTube to wrap your head around most concepts, Armando Hasundungan’s page is worth its weight in gold! I also found that ‘Human Anatomy and Physiology’ by Marieb explained difficult concepts in a very approachable way

2. Utilise the people around you. You will be among some of the best people in the country, and luckily you have the most supportive and attractive people in the year above you. Group study can be confronting as it seems like everyone else is miles ahead of you, but you are all going through it together. You will learn and remember so much more if you are able to discuss concepts amongst friends. Everyone, including yourself, has their own strengths, share yours and people will share theirs!

3. Pace yourself. I found first semester was for keeping my head above water and second was for consolidating all the knowledge. You will revisit all concepts multiple times, you won’t understand everything first go!

4. Go home! As someone who isn’t from Sydney I found that heading home to get away from med school occasionally was sometimes the best thing for my study (and my mental health). It’s a marathon, not a sprint. Luckily, we have an amazing Wagga trip this year which is a great way to get to know people outside the walls of the Darlinghurst campus and see that the centre of Sydney isn’t the be-all and end-all!
USEFUL LINKS

Associations
1. MANDUS – www.mandus.org.au
2. Australian Medical Students Association (AMSA) – www.amsa.org.au
3. New South Wales Medical School Council (NSWMSC) – www.nswmsc.org.au

On-line Study Resources
1. Armando Hasudungan: https://www.youtube.com/user/armandohasudungan
2. Osmosis: https://www.youtube.com/channel/UCNI0qOojpkhsUtaQ4_2NUhQ
5. Geeky Medics: https://geekymedics.com/
7. Calgary Guides: http://calgaryguide.ucalgary.ca/
8. Up To Date – Access through UNDA Library eResources
9. BMJ Best Practice - Access through UNDA Library eResources

Medical Blogs
1. Life In The Fast Lane: https://lifeinthefastlane.com/
2. On The Wards: https://onthewards.org/

MED BALL 2017 – PBLs that study together, sway together
Hello Med 1’s and a very warm welcome to Notre Dame! My name is Dipti and I will be your Social Rep for the year. You may find that first year is a bit hectic at times, so what better way to unwind than partaking in all the stellar social events I have lined up for you in 2018. That work-life balance will be all the more achievable with MANDUS Social organised events including Friday afternoon drinks (every single Friday!), Med Camp (16th - 18th Feb), Scrub Crawl, Med Fest, and of course, Med Ball.

Some of our social highlights to look forward to include:

**MED CAMP**
Med Camp this year will be held from 16th-18th February at Camp Wombaroo, just near Bowral.

You will have a chance to “speed date” your new MED1000 family on the bus on the way down, before a night of trivia and the sweet sweet tunes.

On Saturday you will break into teams to compete in the ROUNDS Emergency Medical challenge, learn how to suture with SANDUS and dress up for another night of debauchery (theme TBA).

This is one of the best events of the year and the perfect opportunity to really get to know your whole grade, so make sure you don’t miss out!

Susie, Emily, Zac, George, Georgette, Annalisa and Tom enjoying the first night of Med Camp
**MED FEST**
Held in Semester 1, Med Fest is our annual trivia and scrub crawl event: a huge night! Watch the fiercely competitive WimbleMed table tennis finals, meet your friendly MED2000 cohort, belt out some classic hits and finish with a scrub crawl around Darlinghurst’s finest establishments.

**MED BALL**
Apart from your first surgical skills session, Med Ball is your only chance to see how well everyone scrubs up. Chuck a tux or ball gown on and get ready for a night of awards, delicious food and drinks and dancing. This is one of the last opportunities to unwind before knuckling down for summatives and get a new profile picture or snag a selfie with the Dean! Hands down one of the best events of the year so watch this space!

Make sure you join [https://www.facebook.com/groups/137197793439564/](https://www.facebook.com/groups/137197793439564/) and follow MANDUS on Instagram to keep up with all our 2018 social events. If you ever have any questions or suggestions, please feel free to say hi at uni or shoot me a Facebook message!

xoxo Dipti
MANDUS Social Rep 2018
PBL O from first and second year go as Team Organs to MED FEST this year
WHO ARE WE?
The Australian Medical Students Association (AMSA) is the peak representative body for Australian medical students. AMSA aims to connect, inform, represent and advocate on behalf of each and every one of the 17,000 medical students that span Australia’s 21 medical institutes.

AMSA POLICY, THINKTANKS AND ADVOCACY
The key mandate of the association is to advocate to stakeholders on issues facing not only medical students, but the medical community more broadly. Directing such advocacy is a series of thoroughly researched, student-created policy statements. At a university level, we discuss these statements at gatherings known as AMSA think-tanks. If that wasn’t enough, any given policy undergoes a vetting process at a national council, whereby each AMSA representative shows support for or against its inclusion within the policy base. Through this process, we aim to use the student consensus to generate positive change in our community, and the community we will one day enter into.

AMSA EVENTS
AMSA has a jam-packed events schedule spanning the entire calendar year. Events foster collaboration between the medical societies, provide educational and leadership opportunities, and will leave you feeling equal parts hungover, equal parts inspired.

The centrepiece of the calendar is the AMSA National Convention. As the largest student-run event in the world, convention brings together like-minded medical students to discover and discuss contemporary medical issues during the day, and enjoy a social calendar beyond your wildest dreams once the sun goes down. It is not to be missed!

CONVENTION’s globally minded cousin takes the form of the annual Global Health Conference (GHC). In similar fashion, GHC lifts the lid on global health issues both at home and abroad, boasting a speaker line up to die for. Not to be outdone, GHC dons its social cape with 4 night-long theme based social agenda.
AMSA also runs an annual 3-day National Leadership Development Seminar to forge leaders within the medical space, and a rural health summit for those with firm sights set on a career outside the big smoke.
Hey guys, congratulations on your place at Notre Dame and welcome from MANDUS sports! My name is Ellie Sarka and I’m your sports representative for 2018. Med 1 is a huge year of learning and at times it can feel a little overwhelming. MANDUS sports therefore hopes to give students the chance to have a break from the books, get to know other students and stay fit - all really important for keeping a healthy balance throughout the year. We are very lucky to be situated in the heart of Sydney with endless sporting opportunities at our doorstep, surrounded by parks, swimming pools, gyms and the beach!

There are a number of events to get excited about for 2018! After success in 2017, the opportunity to learn to surf will take place at Bondi Beach at the beginning of semester one. There will also be a running club started with the option to participate in Sydney’s fun runs throughout the year including City to Surf, SMH half marathon, Blackmore’s and Sri Chinmoy series - a great chance to meet a new bunch of people!

If you require something slightly more competitive then look no further than our very own WimbleMed table tennis competition. Singles and doubles tournaments are conducted on campus throughout the year to crown the champions among us!

There are also a number of competitions against our rivals at Sydney University including a swimming comp, soccer, cricket and the biggest event of the year, the BOQ Specialist rugby and touch rugby matches. We had a very successful campaign in 2017, winning all but one event, thus we hope to regain our dominance at the top in 2018!

In addition, we also have the opportunity to show up other faculties at UNDS in the ND Gift event and also against other NSW medical schools in the NSWMSC Sports Day.

Being the year of the 2018 Commonwealth Games on the Gold Coast, I am thinking of starting our very own mini-games - stay tuned for details!

As you can see there is quite a bit on offer already and there have been some requests for AFL, tennis and badminton as well. I hope this gets you excited and if there is anything else you’d like to see added amongst the mix of sports on offer then please do not hesitate to contact me throughout the year. Looking forward to meeting you all!
It’s no secret that studying Medicine can have its stressful moments, so UNDS has plenty of initiatives to ensure we look after your mental health and help keep your sanity intact! A few things to look out for include our MED1000 Mentoring program which will give you a chance to get some tips and survival advice from our MED2000 mentors as well as an opportunity to get to know some of your fellow first years.

Our award winning #WellbeingWednesdayUNDS photo competition will give you the chance to win fun prizes every week whilst encouraging you take a weekly break to look after your wellbeing.

There will also be events aimed at increasing awareness and promotion of mental health, such as a Mental Health First Aid course and ‘R U OK? Day’ and of course a bunch of other fun initiatives such as wellbeing picnics, yoga and free food to help break up the study and allow you to relax and unwind! So, make sure you keep an eye out for these great events and remember to look after yourself and each other over the next few years.

Like our page to keep updated and get involved at: facebook.com/manduswellbeing
WELLBEING WEDNESDAY UNDS
Hi guys, congratulations and welcome to Notre Dame! My name is Dan and I’m Chair of the Paediatric Association of Notre Dame Australia (PANDA) for 2018. Together with my Vice Chair, Tash, we will be working hard to ensure that med school doesn’t make you lose your inner child! Let’s face it - children are our future. Having realised this, PANDA runs a range of activities throughout the year that aim to work with children in our local community. So for those interested in children’s health, PANDA is the group for you.

We will be running the **Teddy Bear Hospital** throughout the year, where we visit local Primary Schools throughout Sydney and teach children the importance of going to visit the doctor. This year we are also hoping to work more closely with the Children’s Hospital at Westmead and the Royal Children’s Hospital Randwick to fundraise for their critical research programs. In this way, PANDA hopes to get medical students to start making a difference in Paediatric health before having to wait the four years to graduate.

**Jeans for Genes Day**, **Tracky Dack Day** and **Stepmonster** are a few of the fun events that everyone gets around – including Dean Bennett. As well as this, throughout the year we will also have world-class Paediatricians come in for our **Grand Rounds** to discuss important issues in Paediatric medicine to keep us all inspired.

I’m sure 2018 will be an amazing year and I look forward to meeting you all and working with a bunch of enthusiastic Year 1’s in the near future! If you want to learn more, check us out on [Facebook](https://www.facebook.com).
Your family are the most important thing and a big part of the energy and resilience you’ll need to get through these years of training. It’s important to invest in them too. This year will be messy, and you’ll be knackered by the end, but you’ll get through it, as everyone does, and you might even realise your (previously taken for granted) feats of multi-tasking and efficiency. Put it this way: medicine’s not harder than getting a matching pair of shoes on a wriggling toddler, and you do that every day before 8.

Some tips from some of our first year parents:

- Try and utilise available time at uni by treating it like a full-time job.
- Have dedicated time when you are home and not trying to work - for most of us that was the dinner, bath and bed routine. Keeping family and work separate seems to work well and minimise ‘the guilts’.
- Keep your partner in the loop with the amount of time you will be studying, and when big deadlines are coming up.
- Make time for family and for you and your partner. Don’t neglect these things - it’s about balance. You don’t need to study all weekend!
- Study smart, not more - there are heaps of videos on YouTube that can bring you up to speed with a concept faster than a lecture
- Likewise, find someone you work well with and study together. It really, really helps.
- Finally, get involved with Parents of Notre Dame (PONDS). There are lots of parents on campus and we’re all here to support each other. And drink coffee. Lots and lots of coffee...

Please Note: a final word to people planning a pregnancy or breastfeeding –
There is a possible risk to pregnant women of attending anatomy labs due to formalin exposure. The school is still developing its policy around this, including establishing the extent of the risk. We encourage you to reach out confidentially to PONDS if considering getting pregnant during uni so we can help you work with the school. A contact will be posted to your Facebook page early in the year.
Jinhoo utilising his mum’s (Julia Kim) stethoscope to make sure his Transformer is still alive
PUBLICATIONS
Laszlo Kenny and Melissa Wehbe

Hey guys! Our names are Mel and Laz, and we’re your MANDUS publications reps! You can count on us to ensure you stay up to date with all things UNDS Med. We’re in charge of running the MANDUS Facebook page, as well as creating Kyphosis – Notre Dame Med’s resident magazine. Kyphosis will keep you informed of all the awesome stuff your fellow students are up to, like Social Justice Projects, Med Ball, Med Camp and Red Party! It’s a really great memento to keep and look back on your time at med school 😊 So keep your eyes peeled, because big changes are coming to Kyphosis in 2018!

IT
Diluk ‘DK’ Kannangara

Hey UNDS Class of 2021! My name is Diluk and I am your IT and Public Relations Representative for MANDUS. Firstly, huge congratulations on getting to where you are! Getting into medicine is one of the greatest hurdles, so a very well-deserved pat on the back! My role is that of taking care of the technical logistics behind MANDUS: the website, the Facebook pages and all the MANDUS emails. If you have any questions about anything IT related, I’m your port of call. Please feel free to contact me with any issue, or if you need any advice, and I’ll be very happy to help. Looking forward to seeing you throughout the year 😊

SPONSORSHIP
Josh Chew and Michael Berger

2018 is shaping up to be an exciting year for the UND SoMS, with the MANDUS committee already planning some great events! The sponsorship team have been working hard over the summer to ensure that we have the funding to facilitate these events. We are also looking into trying to secure some exclusive discounts with local and related businesses to ease the transition into your new full-time job as a medical student! Congratulations on your offer for 2018! All the best for the year ahead. Josh and Mike
Global HANDS (Global Health at Notre Dame Sydney) is the global health and social justice group of the University of Notre Dame, Sydney. Our aim is to engage our students and faculty staff in issues regarding global health equity, both within and outside of our borders. GH consists of four working groups:

1. Refugee and Asylum Seeker Health,
2. Maternal and Child Health, Gender
3. Equality and Sexual Health, and

Throughout the year we host speaker nights from prominent people within these fields as well as run grass roots, hands-on events to inform and empower the medical cohort. These sessions will aim to provide a more intimate environment for those students and staff interested in a specific topic to engage with likeminded people and where possible, mobilise students in informed, and purposeful advocacy.

Overall, we aim to inspire and educate students on making achievable and practical changes to day-to-day life to collectively make a big impact on local and global health issues. Some of our key goals for the year are to be ‘zero waste’ and to share easy and practical ways to reduce our MANDUS carbon footprint as well as to collaborate with other societies to bring you the most informative and engaging events possible!
With MANDUS, GH is an active supporter of Red Party, a national movement that educates and fundraises for HIV/AIDS. This includes raising awareness about this health issue through the Red Party Fundraiser (which doubles as the mid-year party – one of the biggest social events on the MANDUS calendar) – as well as hosting a lecture evening featuring prominent speakers with first hand, practical experience with HIV/AIDS and what we can do as future health professionals.

As the global health group, we are also involved with facilitating Notre Dame’s Social Justice Project information night where MED2000 students will give presentations on their projects to give you some inspiration and handy hints about your SJP projects. This evening will show you a range of projects from Kenya to our own Darlinghurst backyard and aims to inform students about how to best use your passions and skills to empower communities and provide true social justice to your given project.

GH has loads of great things in store for you this year so keep your eyes peeled on our Facebook page (Global Hands – Global Health at Notre Dame Sydney) and the UNDS2021 page and get involved with some incredible people as we endeavor to educate, inform and act to promote global health equality.

Global HANDS Facebook Page: [https://www.facebook.com/globalhandsaustralia/](https://www.facebook.com/globalhandsaustralia/)

Global Hands organised a “Let Them Stay” photo this year in response to the Australian Government’s decision to return many refugees and asylum seekers to the inhumane detention centres on Manus Island and Nauru
Student delegates and Notre Dame’s Professor Lynne Madden after her presentation on life as Public Health Doctor at the Global Health Conference in 2017

Nikki, Alex, Katie and Georgette enjoy the Red Party thrown by Global Hands in 2017
Congratulations and welcome to the University of Notre Dame, Sydney! The Surgical Association of Notre Dame University, Sydney (SANDUS) wants you to experience everything we have to offer. Whether you’re looking to become a plastic surgeon to the stars or you’re someone who doesn’t know what a suture is, we are the club for you! We can’t wait to meet you all!

We run many fun events throughout the year, such as the Anatomy Trivia Night, where you can brush up on your anatomy or show off your impressive grey matter; the RACS morning tea, with brilliant opportunities to meet inspiring surgeons and learn about pathways into surgery; and of course our Surgical Challenge.

The Surgical Challenge is an OSCE style event, which includes taking patient histories, performing examinations, completing a clinical anatomy quiz, and suturing. Compete in pairs to take out the ultimate title of the surgically skilled! Not that this is important, but we also have excellent prizes!

Throughout the year you can expect a variety of exciting talks that will allow you to learn and become inspired! One of our annual events include Pushing the Boundaries with speakers from a range backgrounds and specialties. This and other speaker nights will provide you with opportunities for mentoring and meeting your role models!

All of us at SANDUS wish you a great year ahead and aside from a variety of events throughout the year with an aim of providing opportunities to network with surgeons and like-minded students, we are also here to help you with the course content as we have some anatomy and suturing gurus on the team!

We look forward to meeting you so don’t feel shy come say hey! Be sure to check out our Facebook page!

We don’t bite, we suture.
G’day, G’day,

Firstly congratulations on your offer to study medicine at the University of Notre Dame Australia, Sydney Medical School! You should be really proud of this achievement and the career that you are about to embark on.

RANDA (Research Association University of Notre Dame Australia) is Notre Dame’s research society under the umbrella of MANDUS which aims to engage students in clinical and laboratory based research through a range of events in 2018.

These will include speaker nights by leading professionals in a wide range of medical fields, tours of the local research facilities that are made available for students interested in summer research projects, identifying relevant research experience opportunities for first year medical students and managing all things MD project related!

Additionally we will be running two BCS trivia nights (one in each semester) in 2018 which will provide a valuable opportunity to go through past BCS exam questions in a stress-free environment (all the while snacking down on the finest pizzas our budget can buy). Oh and did I forget to say that it is all free?

These represent just a few of the excellent opportunities we will be providing for you in 2018. A key highlight from our 2017 portfolio was a presentation by Professor Gordian Fulde AO, 2016 Senior Australian of the year and the longest serving Director of Emergency at St Vincent’s Hospital, which focused on the medical and societal effects of the ‘Lock Out Laws’ on Sydney’s CBD and King’s Cross.

In 2018 we aim to make RANDA bigger and better by broadening the scope of our speaker nights to cover topical issues such as medical student wellbeing, women in medicine and the importance of refugees to Australia’s healthcare system.

Whether you come from a clinical, scientific or non-science background, it makes no difference. Nic and I will be doing everything in our power to ensure all of our events are approachable and relevant to all first year students and make sure that your first taste of research is a good one!

As members of MANDUS, Nic and I will always be around campus if you ever need a supportive chat, want to debate the finer points of Essendon’s terrific 2017 AFL trade strategy or simply want to chew the fat over some quality coffee from Pusher café.

If you want to keep updated on some of the amazing opportunities made available exclusively to Notre Dame students, along with some interesting articles and current topics of discussion, please like us on Facebook:  https://www.facebook.com/RANDAsociety/
Congratulations on your offer and welcome to your first year of Medicine at Notre Dame!

ROUNDS is your rural health club representing both the Medicine and Nursing cohorts. We are committed to educating and inspiring all our members to become active participants in rural, remote and Indigenous health issues in Australia.

We have a variety of amazing events organised throughout the year, including rural high school visits, a weekend away in Wagga Wagga, the opening orientation event of the year, the Amazing Race, clinical school visits plus many, many more!

ROUNDS will let you know about all the great scholarships available to you such as the John Flynn Placement Program and Rural Cadetships and tell you when and how to apply.

Our committee also provides support and can assist any of you interested in completing your third and fourth clinical years at one of Notre Dame’s Rural Clinical Schools.

ROUNDS encourages everyone to get involved and we look forward to having an exciting 2018 with all of you!

Love your ROUNDS Co-Chairs, Elodie and Harry

Follow ROUNDS on Facebook and Instagram for more information and to check out what we get up to!

facebook.com/dotheROUNDS

@roundsnd
Congratulations and a HUGE welcome to Notre Dame! MEDI6001 (previously MED1000) will undoubtedly be filled with a lot of hard work, but there’ll also be an endless amount of laughs, Ping-Pong, beers and all round good times to get you through the year!

The General Practice Students Network (GPSN) is just one of the many ways you can get involved at UNDS – and that can be as small or as big an involvement as you want. GPSN is a national network run by students interested in primary care or general practice. Its aim is to keep students up to date with the range of opportunities available in primary care – whether you want to be a GP or not!

Our role at Notre Dame is to host events on campus that showcase the diversity of skills required in general practice medicine. We focus on clinical skills sessions, hands on experiences, networking, primary care problem solving and study resources to help you through first year and beyond.

Highlights for GPSN in 2018 will be a “Not Just a GP” speaker night, the Mock OSCE’s which will allow you to practice your clinical skills in the lead up to exams, R U OK? Day activities around campus, as well as a Population and Public Health Trivia Night that is also invaluable exam prep!

If you want to find out more about the awesome things you can do as a member of GPSN, be sure to follow us on Facebook (GPSN at Notre Dame Sydney) and come past the GPSN stall at Orientation Day.

We can’t wait to meet you all, and we hope your first year of medicine is everything you could have dreamed of!
LOCAL FOODIE GUIDE

Lucky for us, Darlinghurst is a place where there is always something happening. The campus is situated on Oxford St, which is well known for hosting the Sydney Mardi Gras Parade and all year round the shops are brightly coloured. Across the road is St Vincent’s Hospital, and down the road are a number of research institutes – The Garvan and the Victor Chang Cardiac Research Institutes amongst others.

COFFEE

Pusher – located just adjacent to Uni (on Oxford St, towards Paddington), this place boasts not only amazing coffee but good food. Coffee is a very reasonable $3.50 or $30 for a card of 10.

Ampersand – another favourite. About a five min walk from Uni towards Bondi opposite the petrol station, this cute bookshop café attracts the hipsters and locals and offers great food and coffee.

Transform Health – directly across the road, this café has quick and healthy lunch and coffee with discounts for Notre Dame students.

LUNCH

Beach Burrito Cantina – who doesn’t love Mexican? This is a great place for PBL lunches – they have large booth like seats that fit everyone.

Little Bishop – coffee and small sandwiches for a quick snack, only a five minute wander towards Kings Cross, opposite the Garvan Institute.

The Rusty Rabbit – opposite the National Art School, this café provides a nice study spot with great smashed avo.

The Burger Joint – on Liverpool St, near Gelato Messina. Known for its cheap and tasty burgers.

South Dowling Sandwiches – Cross the road from uni and head up South Dowling St. You won’t have ever had a tastier sandwich! This humble little sandwich shop attracts everyone from all around.

Whole Meal Café – For the super healthy, they offer delicious food and are located at Taylor Square.

SNACKS

Gelato Messina – a great place to stop after lunch, or for an arvo snack on your way home from uni. Try their weekly specials!

Supermarkets – Coles at Kings Cross, Woolworths on Bourke St, IGA and Aldi on Oxford St towards the city and QE Foodstores on Victoria St (next to Beach Burrito Cantina).

PUBS

Beauchamp – the usual hangout for Med students on a Friday arvo, straight across the road, and offers decent food.

The Passage – known for its daily dinner specials and awesome food.

The Unicorn – formally fringe bar, it’s just down the road (towards Bondi) and offers a great dance floor and food.

Standard Bowl – who could resist dumplings and a bowling alley on the top floor of a bar? This is located at Taylor square.

Beresford Hotel – They have an open courtyard out the back to take advantage of.

Shady Pines – A hipster underground bar with animals lining the walls.

Arts Bar – for the artistic amongst us who like a student discount, on Oxford St towards Bondi.

Darlo Bar – formally known as the Royal Sovereign Hotel.

The Local Taphouse – often houses live bands to enjoy whilst munching on bar food or drinking craft beer.

There are so many places to try, this is just Darlinghurst. Don’t forget to explore the City, Surry Hills and Bondi too.
WE CAN’T WAIT TO MEET YOU

On behalf of MANDUS and School of Medicine (UNDS), we would like to wish you all the best for this coming year and for all the years to come as you embark on your journey to be a future doctor!

See you soon!

Love from your MANDUS Executive: Sarah, Michael, Danaan, Sarah, Nikki and Tom

facebook.com/mandusmedsoc
@Mandus_18