

MANDUS 2020

# SURVIVAL GUIDE

CLASS OF 2023

THE ULTIMATE GUIDE TO  
SURVIVING MED SCHOOL



FIRSTLY

WELCOME

TO THE UNDS FAMILY

On behalf of The University of Notre Dame Australia, we would like to congratulate you on being offered a place for the Doctor of Medicine on the Sydney Campus commencing Semester 1, 2020.

We are delighted that you have chosen to study at The University of Notre Dame Australia and hope that your years at the University will be enjoyable and rewarding. On behalf of the university community, we extend our congratulations and look forward to welcoming you to Notre Dame.

School of Medicine,  
Sydney



THE UNIVERSITY OF  
NOTRE DAME

A U S T R A L I A

School of Medicine, Sydney

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WELCOME 

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# FROM THE PRESIDENT

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Deyan Momirovski

Dear Class of 2023,

I am truly honoured on behalf of MANDUS to welcome and CONGRATULATE you on getting accepted into Medicine at the University of Notre Dame Sydney! You did it! You should be so proud of your marvellous achievement! I know for some of you this has been a long journey, and for some a shorter one, but either way, soak up this moment!

This guide has been created by MANDUS and your new medical family to give you an insight into how MANDUS works, but also to provide you with some advice and information that will help you survive your first year of medicine. I can honestly say that my first year of medicine was one of the best years of my life, both professionally and personally. I not only learnt incredible material from the course, but I have made life-long friends. Notre Dame Sydney is such a beautiful place to study medicine because of the tight-knit family that we pride ourselves on. Everyone at Notre Dame is willing to help and support you, whether it is from those in your own PBL, your cohort, cohorts above or even your lecturers and tutors.

As MANDUS, we organise and host a myriad of events so you can get the most out of your time in medical school. Some of these include exam and study preparation sessions, anatomy and surgical challenge evenings, and mock OSCEs. We also run social events, celebrations and gatherings to ensure balance and that we all get a break from the challenge of learning medical content. Some of these include social sport, MedCamp, MedRevue, MedBall, MedFest and Scrub Crawl. Furthermore, you can become a member of a committee dedicated to a particular area.



For example, if you are passionate about rural and remote health as well as Aboriginal and Torres Strait Islander medicine, you can join our Rural Health Organisation of the University of Notre Dame, Sydney (ROUNDS). Or, if you want to be a GP one day and get more exposure about the work and life of a GP, we also have the General Practice Student's Network (GPSN) that you can become a part of. Whatever interest you have, UNDS and MANDUS has something for you.

Finally, my last bit of advice is to get amongst it. First year is a great opportunity to expose yourself to new opportunities and experiences that you may not have had in the past. So really make the most of it and enjoy the ride. If you ever need to talk to someone or need support, reach out to us. We are always here for you.



**Deyan Momirovski**

**President of MANDUS, 2020**



Gracie Hay



Christian  
Abhayaratna



Anna Braye



Archit Vora



James Gatenby

# WELCOME --- FROM THE EXECUTIVE

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Vice President Clinical: James Gatenby

Vice President Pre-Clinical: Gracie Hay

Treasurer: Christian Abhayaratna

Secretary: Anna Braye

AMSA Representative: Archit Vora

Hey Guys!

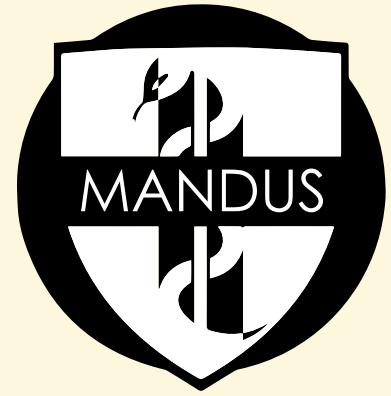
Welcome to the Notre Dame Med family! Strap yourselves in for a wild and rewarding ride that will see you form lifelong friendships, learn amazing skills and



become confident and quality doctors at the end of it all - all of us are so excited for your year group to join us! We are Gracie, Anna and Christian; your MANDUS executive team for 2020. Together with el presidenté, James and Archit, we will keep all things MANDUS running smoothly and help ease you guys into your first year as best we can. Gracie will be our Vice President, at about 4-foot-tall she is like a child with high blood sugars, bouncing off the walls, looking for a dancefloor or cracking bad jokes. If you need a friend, someone to have a chat to, or someone to make you laugh after a bad OSCE, Gracie is Wikipedia - your first go to this year. Anna is our secretary, a triple threat - she's the brain behind it all, keeping MANDUS breathing, she won't miss a beat, knows how to boogie and is a lawyer so can keep you all afloat in bioethics when you hit the medico-legal side of things. Our treasurer is Christian. It's believed that he is two parts charm, three parts mystery, and all parts an outstanding bloke. Don't let the executive title fool you, Christian would love to have a beer with you, but watch out, you won't be receiving a reimbursement 😊.



# WHO 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.

# MEMBERS OF MANDUS 2020



Deyan Momirovski  
*President*



James Gatenby  
*Clinical Vice President*



Gracie Haye  
*Pre-Clinical Vice President*



Anna Bray  
*Secretary*



Christian Abhayaratna  
*Treasurer*



Archit Vora  
*AMSA Chair*



Olivia Camilleri  
*Academic Representative*



Annie Tasker  
*Social Chair*



Georgia Anderson  
*Social Representative*



Diandra Charisiou  
*Social Representative*  
*MedRevue Director*



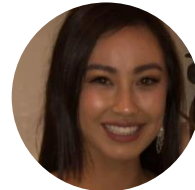
Miles Greenburg  
*Sports Chair*



Patrick Benson  
*Sports Vice Chair*



Nick Kennedy  
*Sponsorship Officer*



Chantelle Larkin  
*Sponsorship Officer*



Justin Shaw  
*Sponsorship Officer*



Jo Jo Chaundry  
*Publications*



Poppy Heffernan  
*Publications*



Nicola Murphy  
*Alumni Committee*



Dominique Lahood  
*Alumni Committee*



Katie Stein  
*Wellbeing Representative*



Faisal Kilani  
*SANDUS President*



Rayan Mourad  
*SANDUS Vice President*



Melad Farraha  
*RANDA Co-Chair*  
*IT and Public Relations*



Rania Masri  
*RANDA Co-Chair*



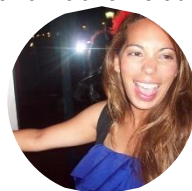
Alyce Finch  
*UNDFEM Chair*



Zack Rutenburg  
*PANDA Chair*



Rachel Zhang  
*PANDA Vice-Chair*



Lisa Willenberg  
*SSUNDA Chair*



Victoria Hadlow  
*Global HANDS Chair*



Dilini Imbulana  
*Global HANDS AMSA*  
*Co-Chair*

# A LITTLE LOOK AT YOUR MD LIFE



**School of Medicine, Sydney**

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# STARTING MED SCHOOL

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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 9-5pm on most days of the week. As it is a postgraduate course of just 4 years, there is a need to cram 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 their students. Focus on the small tasks at hand and it won't feel quite so overwhelming.

[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.



# TIMETABLE



SCHOOL OF MEDICINE, SYDNEY  
**2019 – Year 1 Generic Timetable**

Timetable may be subject to change at short notice. Please watch for announcements on Blackboard.

	Monday	Tuesday UTS	Wednesday	Thursday	Friday	
0800hrs						0800hrs
0900hrs		Lecture (BCS) UTS	CLINICAL DEBRIEFING (Tutorial) PBL rooms	Lecture NDS14/201 (LT)	CCS (Skills Session) NDS14/Level 4 & 5 CCS Labs	0900hrs
1000hrs		Lecture (BCS) UTS	PBL 2 PBL rooms	Lecture NDS14/201 (LT)		1000hrs
1100hrs		Lecture (BCS) UTS			Lecture NDS14/201 (LT)	PBL 3 PBL rooms
1200hrs		Lecture (BCS) UTS	LUNCH	LUNCH	LUNCH	1200hrs
1300hrs	LUNCH	LUNCH	Workshops/Site Visits  See separate Timetable on Blackboard (Bb)  On campus placements Comm. Skills - NDS14/503 Surgical Skills- NDS14/504 Ultrasound- NDS14/506	Lecture NDS14/201 (LT)	PBL 1 PBL rooms	1300hrs
1400hrs	Lecture (Ant) NDS14/201 (LT)	BCS LABORATORY  UTS				Lecture NDS14/201 (LT)
1500hrs	Lecture (Ant) NDS14/201 (LT)					Lecture NDS14/201 (LT)
1600hrs	Anatomy (Tutorial) NDS14/201 (LT), 303, 304, 503, 605	BCS LABORATORY  UTS		Bioethics workshop (See individual Timetables on Blackboard)	Lecture NDS14/201 (LT)	1600hrs
1700hrs						1700hrs

Please note that the lecture times and Domains may vary.

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# THE AVERAGE WEEK

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## 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 Development (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 and workshops. 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.

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# BOOKS AND MATERIALS

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**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, in your PBL rooms and electronically.**

## **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.

# ACADEMIC REPRESENTATIVE

..... A word from Olivia Camilleri





## Welcome

Congratulations and Welcome to the Medicine family at UNDS. I am Liv, the 2nd year Academic Representative. I am here to support you all through first year, ensuring you have all the tools you need to reach your potential. From providing you with student notes, textbooks and exam resources, to offering or advice or a friendly face to chat with in the courtyard, I am here to make your first year of Medicine as stress free as possible.

Starting Medicine can be both an exciting and overwhelming experience. Regardless of your educational background you will find Medicine to be a completely new learning experience. As you dive into PBL and clinical skills you will quickly see that Medicine is a unique course that exposes you to a variety of teaching and learning styles. I encourage you to embrace new ways of learning, adapt your study techniques and pace yourself throughout the year. Immerse yourself in different experiences both education and social, and above all find a balance between Medicine and your life. Medicine is a challenging and sometimes all-consuming degree, so remember to do the things you love, reach out when you need support and enjoy this new chapter of your life.

Please do not hesitate to reach out to me with questions or for a chat. I will be sending through study resources at the beginning of the school year so for now rest up and enjoy your holidays. Best of luck for your first year and I look forward to getting to know you all in 2020.

## Basic and Clinical Sciences (BCS)

BCS is taught through PBL and lectures, mostly at UTS on a Tuesday. UTS lectures can be quite content heavy, with a lot of molecular biology. It is

important to focus on the main concepts and seek advice from second years when you are not sure if certain content is “high yield”. BCS content is also covered in PBL, which is a good way to apply your knowledge and work through difficult concepts. Many find it useful to write summaries at the end of each PBL including the key BCS content which is very useful for exam study. You will also hear a lot about the “spiral model”. This means content will be taught and re-taught throughout the year, so if you don’t fully understand a topic the first time don’t worry it will be covered again.

## **Anatomy**

Anatomy is taught through lectures, tutorials and labs at UTS. It is very useful to prepare for these sessions: fill out what you can and search the terms you haven’t heard of before. In this way you can engage in the classes and learn more from your tutors. Use your lab time well as this is your only chance to practice identification on specimens. Visual resources such as Acland’s Anatomy videos are useful for spot tests practice. Flash cards (Anki App or Quizlet) are very helpful for content that will be assessed in the multiple-choice question (MCQ) and short answer question (SAQ) exams. Consistent repetition and memorisation are key for anatomy so put some time away each week for anatomy.

Must haves for UTS labs:

- White long sleeve lab coat
- Safety glasses
- Enclosed shoes (converse, sneakers/runners or boots are fine)

## **Personal and Professional Development (PPD) and Population and Public Health (PPH)**

PPH and PPD is taught through CDT tutorials on Wednesday morning as well as lectures. Weekly graph analysis and pre-reading can seem tedious, but they are very assessable in exam. To do well ensure you at least read the CDT manual, pay attention in CDT and take note of important topics, laws and statistics. These domains can be crammed before the exam with the use of resources such as question banks and PPH/PPD summaries which will guide you in what you actually need to know.

## **Communication and Clinical Skills (CCS)**

CCS is the time to throw a stethoscope around your neck and say the classic line “Hi my name is Liv and I’m a first-year medical student at the University of Notre Dame”. At first it can seem almost impossible to fit so many observations and tests into 10 minutes, but you will quickly see that with practice it is possible to do very well in OSCEs. Look out for my CCS tutorials and notes to help get you on the right track from week 1. The key to CCS practice is finding a small group of people to practice with weekly. Consult students from other PBLs as different tutors may have different tips and techniques that can help you learn. Prepare for class by reading Talley and O’Connor and the CCS manual so that you can make the most out of the session. Formative OSCEs are great for building your confidence, time management and refining your skills so treat them like a real exam. Above all, practice, practice, practice (and don’t forget hand hygiene!)

Must haves for CCS:

- Stethoscope: Most people use Littmann
- Suture kit
- Watch with a second hand

The following are supplied by the school during CCS sessions however can be good to buy so you can practice outside of the CCS rooms:

- Talley and O'Connor
- Tuning fork
- Tendon hammer
- Pen torch (comes free with many stethoscopes)

## **Bioethics**

Bioethics sessions are designed to make you think through complex ethical topics and prepare you to be a well-rounded doctor who thinks critically. Take note of the topics which interest you so that you have some ideas for your formative assessment task in semester 2; the bioethics disputation and oral presentation. You will also be asked to answer 2 bioethics questions in the summative exam (8 marks each) which will be given to you around a week before the exam.

## **Exams**

There is an abundance of knowledge to learn in Medicine and exams cannot possibly test everything. It is important to remember that medical exams are more about the big picture, not the minute details tested in a lot of undergraduate degrees. Throughout the year ensure you understand the main concepts, consult your Learning Objectives and take note when your tutors and lecturers emphasise a topic.



Formative exams are a great way to test your knowledge and the effectiveness of your study techniques. First semester is the time to try new things; perhaps flash cards work best or writing one-page summaries of each PBL. No matter your learning style, use formatives as a trial run and adapt your study accordingly in second semester. You will be surprised how much you remember at the end of the year if you prepare well for formatives.

First year is a marathon, not a sprint. Work consistently throughout the year to gradually build and consolidate your knowledge instead of attempting to cram 32 weeks of content into STUVAC. For summative exams, group study is a great way to share knowledge, test yourself and build a support network. Balance your time between each domain and ensure you look after yourself and check in on your peers.

First year is a stressful but memorable year. If you ever feel stressed or confused, reach out to your peers, friends, my-self and the MANDUS team, or the university staff. We are truly a family here at UNDS Medicine and we want to see you have an enjoyable and successful year.

### **Top Tips**

- Try out new study techniques and find the ones that work for you
- Pace yourself; work consistently instead of cramming
- Find a productive study group and learn from your peers
- If you need help or support, reach out
- Enjoy the year and remember the feeling you had on your first day

# | USEFUL LINKS



..... Press on resource to open the link

## ASSOCIATIONS

- [MANDUS](#)
- [Australian Medical Students Association \(AMSA\)](#)
- [New South Wales Medical School Council \(NSWMSC\)](#)
- [Australian Medical Association \(AMA\)](#)

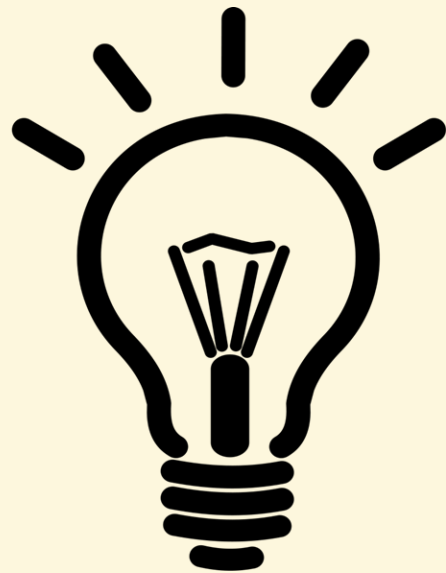
## ON-LINE STUDY RESOURCES

- [Armando Hasudungan](#)
- [Osmosis](#)
- [Ken Hub](#)
- [Khan Academy](#)
- [Geeky Medics](#)
- [UNDF Med Quiz](#)
- [Calgary Guides](#)
- [AMBOSS](#)
- Up to Date – Access through UNDA Library eResources
- BMJ Best Practice - Access through UNDA Library eResources
- BMJ OnExamination – Access through UNDA Blackboard
- Acland's Video Atlas of Human Anatomy – Access through UNDA Library eResources

## MEDICAL BLOGS

- [Life in the Fast Lane](#)
- [On the Wards](#)

# SURVIVAL TIPS



# NON-SCIENCE BACKGROUND



Dear Non-Science People,  
Congratulations on making it into Medicine at Notre Dame! Over are the days of GAMSAT and interview prep! Hazzah! To start off with, you're not alone. This past year there were first year students with backgrounds in fine arts, music, finance, engineering etc. The diversity of backgrounds is really another thing that makes Notre Dame special as everyone has a different perspective to offer. Personally, I am from an engineering background and had ABSOLUTELY zero biology / physiology understanding – not even high school level – so don't worry, it's completely achievable. There was definitely a knowledge gap to close in the first semester and it will require you to put in quite a few more hours of study than your science buddies. This is especially true in the first semester, but if you put in the hard yards early, you'll be well set up for the rest of the year. Having said this, there are a few specific bits of advice I'll offer that will

hopefully help you get off and running:

## 1. First few weeks

- 2<sup>nd</sup> years run bridging tutorials that help bridge that science gap. Go to these and don't be afraid to ask questions.
- Get to know your peers and start a study group. Before medicine I'd never studied in a group before but teaching each other helps you solidify what you do know, find gaps in your understanding and cover more topics than is possible on your own.

## 2. Past notes

- These are notes that have been compiled by past students and are very handy (i.e. Helena's Notes, Mamma's Notes etc). Have a look at what's available and see what suits you (i.e. level of detail, clarity, layout, diagrams etc).

## 3. Other learning resources – Try out a variety of different learning resources to see what works for you as soon as you can. Some resources that people found useful are below:

- Flashcard apps (ANKI, AnkiApp, Quizlet). These help with topics needing rote learning (e.g. pharmacology, anatomy)
- Online videos (YouTube – Armando, Osmosis, Ninja Nerd). Super useful for understanding physiology and more complex topics
- Other resources
  - AMBOSS (wiki for medicine – free trial and phone app)
  - BMJ OnExam (App with practice questions – free login provided by Notre Dame)
  - Calgary Guide (Maps of pathophysiology – <http://calgaryguide.ucalgary.ca/>)

## 4. CCS

- You will get a lot more out of CCS sessions if you prepare beforehand
- Practice CCS from the start of the year and do it consistently. This way you can master each exam / skill as it comes up and avoid being overwhelmed before formative OSCEs or the final exam
- Practice CCS with people outside of your PBL. This will broaden your exposure as to how exams can be done and help you figure out the way that is best for you

## 5. Extra-Curricular Stuff

- Different communities run speaker nights throughout the year. It's a great opportunity to get exposed to different specialties and perspectives so I would highly recommend attending
- There are lots of conferences available throughout the year. These exposed me to different sides of medicine and are good opportunities to talk to people at different stages of their careers
- There is a lot to learn in first year, especially for non-science students and it can be daunting. The bottom line is:
  - Do your best to get off to a good start
  - Don't let study consume you, everyone needs to wind down
  - Everyone learns in different ways and at different speeds. Run your own race.
  - You're not alone. If you're feeling overwhelmed or in need of advice, ask for help. There are so many amazing people around that would love to help out. **Cheers, Sam Pack**



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# NON-SCIENCE BACKGROUND

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Congratulations and welcome to Notre Dame! Getting into Medicine is a momentous achievement and you should be very proud of yourself. You're doing Medicine, so chances are, you're pretty smart! Because of this, it can be a shock to the system when you come from a non-science background, to suddenly feel like you're slower and more confused than everyone else in the class. You're going to be spending your first year of Medicine basically learning a whole new language, while everyone else who has already studied science builds upon their prior knowledge. You might feel dejected at first, but I promise you will catch up.

You'll hear people say "trust the spiral" – the spiral is the idea that content in Medicine is repeated throughout the year, many times, in different ways to consolidate it for you. I didn't really think this was going to work, but lo and behold, towards the end of the year – content that had stumped me for months finally clicked into place!

Having said that, I spent a lot of time not having a clue what was going on in the first few months. Here is the advice I wish I had known:

- Don't worry about what people in your PBL seem to know. I felt pretty stupid asking basic questions about the Krebs Cycle and then still not understanding it when people patiently explained it to me. This stopped me from asking more questions because I didn't want to slow down PBL or 'let down the team' – even though everyone was amazing and so happy to help out. Chances are, even the Scientists in your group will sometimes be pretty confused over topics you assume are simple to them. Openly asking questions and starting a dialogue where everybody can speak up if they are confused doesn't only help you, but it will also help your peers! No question is a stupid question and comparing yourself to others is pointless! You're only running your own race.
- Don't be stressed if it takes you longer to understand something than everyone else. People with science backgrounds have been trained to think scientifically – even if it's unfamiliar content to everyone. There's no shame in taking your time to get your head around something. My advice here is figure out your learning style! There's a multitude of great resources out there that break things down: Osmosis, Khan Academy and BMJ On Examination are all brilliant, as are the past student notes MANDUS provides (I didn't find out about these until 1 day before the formatives – don't be like me!).
- Don't feel bad when your peers take the time to explain things to you. Chances are, they are happy to help you – and teaching is the best way to learn! Study groups and helping each other with difficult topics is the greatest way to learn.
- Be honest with your tutor if you're struggling. They are all fantastic and will be a great source of help and support!
- Don't skip lectures to catch up on other lectures! If you've missed a few lectures it is easy to think the best thing to do is to skip a day of Uni and get on top of everything. Never. Do. This.

If you're struggling with anything next year – come and say hi or grab a coffee with me! I'm happy to share what I've learnt and help wherever I can. The transition to Medicine can be tough and don't be afraid to reach out for help. Be kind to yourselves, and again – Congratulations!

**Poppy Heffernan**

# SCIENCE BACKGROUND

Hello to you all and congratulations on starting this new and exciting chapter in your lives! Those of you coming from a science background will likely be more familiar with the content you see this year, but keep in mind learning in medicine is probably different to anything you've done before. A few tips for what's coming...

- Don't get too comfortable with what you already know, or with what you think you already know. Find the gaps in your knowledge and relish in the challenge of learning and integrating new information with your background knowledge. Everyone has different gaps and you will find you can all learn from each other in one way or another.
- Don't be afraid to experiment with how you study. I personally completely changed how I studied in first year compared to my undergrad. This can mean anything from Anki to A3 diagrams of each PBL – whatever works for you! Content is not as discrete as undergraduate coursework, so finding ways to mesh the clinical and non-clinical together can be extremely useful.
- Instead of centring your study around lecture content, make the PBL case and research your core and build your study around that. This will make more sense once you start learning in the PBL format. This means you will be focusing your learning on the clinical components and will also be a big help for the 'high-yield' questions come exams.
- Try not to get too bogged down in the details! It's not the end of the world if you don't know what class of cystic fibrosis a particular genetic mutation causes. You're probably better off using that time on learning that practicing your clinical skills or taking some time off to relax.
- On that note, take some time off to relax. You've been thrown into a whole new world in med school, make the most of it! Go to the extra-curricular events, grab a beer/wine/water with your new friends or form a sports team. Med school will be whatever you make of it.
- Last, but not least, don't forget about life outside of medicine. It is so easy to fall down the rabbit hole of all the new friends you will make and all the amazing things you will be doing and learning, but it is important the rest of your world knows you're alive. This is admittedly much easier if you live in Sydney, but a change of pace is always refreshing.



Good luck for the coming year, relish in the challenge and don't forget to have fun.

xoxo Juddy (Justin Shaw)

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# SCIENCE BACKGROUND

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First of all, congratulations on your offer and welcome to medicine! Coming into this degree with a science background provided me with an advantage in terms of the basic clinical science side of med, as lectures will start out simple, covering the fundamentals. However, this does not mean you can become complacent! Identify what your weakest areas are early (for me it was anatomy) and utilise class time to ensure you understand the concepts you are struggling with.

Additionally, an extremely important skill to develop early on is learning how to study effectively. I found that my study routine for undergrad just wasn't cutting it for med and had to change it appropriately. Do not let yourself get bogged down with learning the complex and intricate steps of a biochemical pathway (I'm looking at you Krebs cycle). I found the LOs and past students' notes were a good starting point to gauge the depth of a topic and direct my studies.

Furthermore, if you understand a concept well, teach it. Having previously done science, a lot of the content may be familiar. There are many people in the year who have never heard of meiosis or an action potential, so teach them! Make some friends with non-science students and utilise their lateral thinking and their questions to affirm your own knowledge. The best way to know that you fully understand a concept is to teach it others.

Finally, your first year of medical school is going to be one of the most memorable years of your life. Notre Dame provides you an education unlike many others, so make the most of it - get to know your med-mates, enjoy a beer on a Friday at the Unicorn and get involved with all the amazing med events that the university has to offer! Medicine is a hard course, so ensure that you allow yourself to take a step back occasionally to spend time with family and friends for your own mental well-being.

**Luke Cassidy**





# MOVING INTERSTATE

***“Look at me, look at me now. I am the med student now!” – Anei Thou***



Firstly, congratulations getting into medicine! The hard part is over and now you have all the support you can ask for.

Moving interstate can seem daunting and overwhelming initially, especially if you don't know anyone in Sydney; if you've never moved out of home or just starting a new routine that is now medicine. However, it doesn't have to be so! There are many things you can do to make the transition seamless and make Sydney your second home, and so these are some of the tips that I think will help - find out what works for you, because everyone will be different.

1. Join the different organisations and groups at Notre Dame that appeal to various interests; from research to rural health, global health, and women in medicine, there is something that will pique your interest. In this way, you will also make amazing friends with other med students who share similar interests, and this makes for

a great foundation for a friendship! Better still, attend the events run throughout the year, where a large majority of the cohort attend (Scrub Crawl, MedBall, Rugby vs UniSyd, MedCamp) and everyone has a great time, because truly, you have a family with the students in your cohort.

2. Keep in contact with your close friends and family from back home in as many ways as you can. Whether it's beating them on 8-pool, face-timing them or sending them the latest memes, it's important to communicate with your loved ones and have a sense of home and familiarity. Also, take some weekend trips back home when you need to, it's completely okay and you won't fall behind in uni work, so I recommend googling "I want that flight", which is like the trivago of flights and searches for the cheapest flights domestically.
3. Continue doing hobbies, sports and things you enjoy the most, and if you can, with a friend as well, because sharing experiences with someone else is always memorable. There are times throughout the year where you will use the age old excuse of "I don't have any time", but doing the things you enjoy and love will keep you grounded, motivated and ready to tackle the weeks ahead - make time for this!
4. Reach out for support. There are a plethora of support services that are available at Notre Dame, which can range from your friendly PBL tutors, other med friends, second years, lecturers, or activities organised through the Well-being group, the free counselling service that is available through the university. Wellbeing is important, and as you may know, health is not just the absence of disease, but also mental and emotional health, so prioritising this will go a long way to making the interstate move more seamless.

Lastly, enjoy the med journey. You are in a course that is taught by amazing PBL tutors and lecturers, and you will have an amazing cohort of people all walking a similar journey. If you have any questions at all, you can get in contact with me - I'm always willing to help! WELCOME TO NOTRE DAME!



Daunting and overwhelming feeling of moving interstate to study medicine.

Joining different MANDUS groups, keeping in contact with friends and family, continuing hobbies, reaching out for support to help with moving interstate.

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# MOVING INTERSTATE

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So, I'm moving to Sydney, but who am I going to live with and where? How will I get my stuff to Sydney? I DON'T KNOW ANYONE IN SYDNEY! Am I going to have to do my own laundry and cook my own meals? These are likely some of the questions and thoughts going through your head if you're moving interstate.

The big decision you need to make is how much do you want to pay in rent. If you want to live closer to the campus you will have a reduced commute time but will pay more. Regardless, I strongly suggest you find accommodation that allows you to get to uni easily, one bus or one train.

In regard to med itself I suggest you treat it as a 9-5 job, which can often involve taking homework. I didn't mind doing some additional work once I got home from uni or while I was on the train which left more free time on the weekend, however others preferred to dedicate a good solid block on Saturday or Sunday to revising content. You will find a way to make it work for you, this year will be about 'learning how to learn' and by the end you will be a master.

It's time to build your social life so get used to saying YES! Social events NEED to take priority this year. I was hesitant to believe this when I first heard it however you really need to focus on socialising this year. There is little gain locking yourself up in the library all year studying to get perfect marks, only at the expense of your social life. Social isolation is a big risk factor for depression and that will affect your performance more than missing a few hours of study a week.

The good news if you're moving here is that Sydney has A LOT to offer. First the transport system is amazing, it's easy to get places, especially if you get the trip view app. A general week of extracurricular activities could look like the following - Run Club on Monday arvo, Live Comedy Monday evening, Spice Alley for dinner after UTS on Tuesday, Gym Wednesday arvo, Thursday evening guest seminar + dinner at Uni, Saturday morning markets, Sunday walk from Bondi to Coogee... the list is never ending.

Finally find time to exercise and look after yourself. This is something I cannot emphasise enough. There are so many demands of med that it can sometimes seem like letting personal time or exercise fall by the wayside could be a necessary sacrifice, let me tell you, ITS NOT! Never ever give up your workout just to squeeze an extra hour of study in. You will reap dividends on your exercise investment, no matter what type of pressure you're under. There is heaps of good evidence out there that exercise can improve academic performance also!

Sydney can either be your temporary home or your new home, make the most of it either way, Notre Dame has a tonne to offer so try to make the most of it.

**Jord Banga**



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# RURAL BACKGROUND

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This one is for all my rural background friends; for those of you who are making a big move for medical school and for those who simply want a good read. When the country kid takes on the big city, it is a challenging but fun experience and I want to congratulate you all for making it this far!



I grew up in Bundaberg, Queensland and moved to Brisbane for my undergraduate degree, and then moved to Sydney not long after. After being at home with family my whole life, I found relocating cities extremely challenging. I still get homesick to this day but living in Sydney is the best thing that has ever happened to me.

I have three hot tips for your first year of medical school and I need you to pay attention to these very closely:

1. Figure out YOUR study technique. Everyone is different and you HAVE to figure out what works for you. You may ask other medical students how they study but it may not necessarily be your way of learning. Experiment early so that you are ready by exam time.
2. Do things other than studying. You have been studying so hard your whole life and may have neglected other hobbies to get to this point. Now is the time to balance your life out so you can enjoy it to its fullest.
3. Enjoy every moment of medical school. This may sound cheesy but your first year of medical school will fly by in the blink of an eye and I have only realised this as I write this at the end of my first year. Take every opportunity and treasure every moment because these years don't last forever.

I wish you all the best and I hope to see you around campus next year.

Lots of Love,

**Jo Jo Chaudry**

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# RURAL BACKGROUND

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*An opportunity to #GoRural during First Year on with the Rural Doctors Network GoRural Trip*

Congratulations! You've made it! You have the most exciting year ahead of you! I'm grew up on the Darling Downs in Queensland, moving to Brisbane for university before moving down to Sydney to start last year!

It's a big move from interstate to Sydney to start studying. I had been fulltime for about 2 years prior to starting medicine so all of those habits I had made while working full time were broken and it was back to student life. The first six months were extremely challenging for me as I moved away from my partner who remained in Queensland. After July, things began to settle as I got a hang of the routine and life in Sydney.

Some tips I'd like to share:

1. Don't give up the things that make you fabulous.  
Find something outside of medicine to do that you used to do at home. Go walking, play sport, keep up your hobbies; it'll keep you feeling a bit more normal.
2. Jetstar Price Beat Guarantee. Learn how to use it and make the most of it.  
Plan trips home and take time out to spend with your family and friends. It might feel that you need to spend all your time study. Stay grounded by keeping in touch with your friends from home.
3. Live close to the University!  
Make it easy for yourself! I really struggled with Public Transport, despite living near a bus route. The buses can be extremely busy at peak and often unreliable. I walked mostly or rode my bike to university – except when the weather was average. A 30-minute walk home can be a great way to squeeze some exercise in, and not too far if you have to take public transport.
4. There's lots to do in Medicine!  
Get involved! There's Orientation activities, Med Camp, sport, speaker nights, conferences and rural activities later in the year! The Amazing Race (a ROUNDS activity) is a great way to see Sydney and start to learn your way around!

Just remember, it's Spiral learning and you'll come back to it eventually. Trust the Spiral!

**Nicola Murphy**

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# WORKING PART-TIME

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Welcome Class of 2023, the next four years are going to be life changing and (hopefully) everyday will be different and full of learning, but one thing that will stay constant is most students' budgeting struggles and the endless amount of ramen noodles you will consume! Therefore, even though you are studying a degree like medicine which can be all consuming, working and hustling on the side is still a part of student life for many. I myself, worked part time which was 14 hours a week during my first year and here are a few tips I have for you all:



Tip 1: Starting medicine is a huge adjustment and it's important to allow yourself time especially the first few months to find your feet, before really adding extra stressors. I'd recommend if you are working from the get-go, start with low hours and go slow while you're still figuring medicine out. In the meantime, make sure you take advantage of Centrelink assistance and get yourself onto Youth Allowance, Austudy and rent assistance.

Tip 2: Create a schedule for studying and work and follow it, making sure to not leave things to the last minute, since your plate is pretty full and it's important to find a comfortable balance of everything.

Tip 3: Study efficiently. I quickly discovered Medicine is not like my undergraduate degree and I can't approach it the same way. Notre Dame has a great community and an abundance of resources, make sure to make use of them all and try different methods of studying to see what works best! Using Anki is something many find helpful and it definitely helps with recall memory.

Tip 4: Make time for yourself! I was able to work with my employer to work on weekdays during hours I didn't have university, and this gave me back my weekends and allowed me to spend time with loved ones and make sure I balanced medicine, work and life.

Tip 5: If you're looking for jobs whilst studying medicine, somewhere to start maybe tutoring as it's often flexible and good pay, there are many different companies happy to take on medical students (and they pay well).

Tip 6: Make sure you sleep! I know this doesn't relate to working, but its super important and will affect all aspects of your life!

I hope those tips are helpful, if you have any questions about working whilst studying, feel free to reach out. First year is a challenging and rewarding experience, so make sure you enjoy it and look after yourself!

**Tina Barez**

# WORKING PART-TIME

One of my biggest concerns before commencing first-year medical school was – would I be able to work? There were many compelling reasons to work: money (obvs), variety throughout the week, personal satisfaction, having mates outside of med and the appeal of being on top of at least one aspect of my life. In my undergraduate, I easily worked three different part-time jobs, how hard could working during a medical degree be?! Well, here are the mistakes and lessons I learnt along the way:



## Start receiving Centrelink Payments now

Payment type	Dollars per fortnight
Youth Allowance (Student) / Austudy	\$455.20
Rent Assistance	\$92.00
Energy Supplement	\$7.00
<b>Total Centrelink</b>	<b>\$554.20</b>
<b>Personal income</b>	<b>\$437.00</b>
<b>Total</b>	<b>\$991.20</b>

I'm not kidding – as soon as you finish reading this, start researching and don't wait until semester commences. Try to sort out your finances as soon as possible as it will save you a headache later.

Depending on your situation (e.g. renting, single, or have a partner), you may be

eligible for different Centrelink payments. Read see table for an example – you can earn up to approximately \$218 per week before it starts to impact your payments.

## Do not bite off more than you can chew (literally)

Depending on your background and commitments, you may be able to work more or less than your peers. Medical school is demanding, and coming from a non-science background, I definitely underestimated how time-poor I would be in other aspects of my life due to the demands of studying.

In the first few weeks of medicine, try to make it your first priority. Finding your rhythm can be hard. Some students work all day Saturday or Sunday; others do ad-hoc shifts before or after class. I worked Mondays before anatomy, or depending on the lecture/bioethics schedule, I also worked Thursdays. As you are given your assessment schedule at the beginning of the year, use this to your advantage and plan ahead. If possible, apply for leave or mark yourself N/A in the periods leading up to formative exams (June) and summative exams (early November) – your future self will thank you for it.

There is no magical number to the amount of hours you should work. Do as much as you want, as little as you want or none at all. Ultimately, it comes down to the fact that you have worked extremely hard to get here, so give yourself the best chance possible to do as well as you can. You will know what is best for you.

## Maintain work-life balance (easier said than done)

At times medicine will be overwhelming and striking the right balance between working, socialising and studying is challenging. The key is not to prioritise what's on your schedule, but to schedule your priorities. And you are your priority.

Your first year of medicine will be over before you know it, so try to enjoy every aspect of this crazy, hard and rewarding journey along the way. We're here to help! Best of luck!

**Chantelle Larkin**



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# BEING A PARENT

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I found out I was pregnant on my third day of medical school. I was excited, nervous and speechless. When I told the students in my year that I was pregnant, I was met with unwavering support. My PBL group and my friends were a great source of practical help swapping placements with me, providing notes when I missed class and chatting with me when things became overwhelming. I was also surprised and relieved to hear that many of the other students, both men and women, had wrestled with when to have kids while pursuing a medical career and how they would cope help when they do.

My pregnancy was planned. When I got into medical school, my husband and I spoke about what this meant for us having kids. Being 29 and having worked in academia, I had already experienced the pressures and conflict related to career progression and personal values and goals. We concluded that we wouldn't let work get in the way of my family life. At work, even if your job means a lot to you, you are replaceable, but in your family, you are not. To prepare for this crazy thing I was about to do, I spoke to current medical students about being pregnant and being a parent during medical school. I found that there were many of them and that Notre Dame even has a Facebook group for the parents – Parents of Notre Dame Sydney (PONDS). Many of the mums who I spoke to, shared the same sentiment that the best time to become a parent is whenever you want! They have taught me that you need to be efficient as possible in your study while pregnant and being a parent. Past papers are one of the keys to this! Start looking at them now. It will help you to understand what kind of detail you need to know and in the final exams, there are many repeated questions. I use the ANKI app to go over exam questions. I am happy to sit down with you for a coffee to provide support, teach stuff and provide study tips as well as, attend meetings with the school with you if you need support.

Being pregnant in medical school isn't an easy path and the medical profession has a long way to come in achieving equity. I had my beautiful baby girl Jaye 5 weeks before exams. It was incredibly hard. It is important that we all do our part to improve the system for the next person. However, it can be done and being a parent is incredible! I will let you know how I cope being a parent in medical school next year....yikes!

**Bianca Hoban-Edwards**





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# BEING A PARENT

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Congratulations and welcome brand new MED1s!!

I have nothing but good things to say about my experience at Notre Dame as a first year in 2019. As a Dad of two little boys, that's not to say that it didn't come with challenges. Hopefully, I can be helpful to you by sharing some tips and tricks to surviving first year as a parent:

- Lock-in some support: if you're lucky enough to have a partner or friends/family willing to support you, don't be afraid to ask for help. You are embarking on the massive task of juggling the important duties of a student, parent and (for most of you) part-time paid employee. The key is knowing you can't do it all yourself! I recommend discussing your needs with your support people, come up with a plan to make it work for you all. Try and anticipate the big dates and happenings at med school (exams, long days, clinical visits) to avoid surprising or disappointing your friends, your boss or your partner. I have an amazing wife who was always understanding but would have killed for me to be more organized at times! Save yourself the time in the doghouse MED1s!
- Keep Notre Dame in the loop: try to anticipate how your responsibilities at home will impact you in med. Explain your family situation to your PBL/CDT tutor and/or Year Coordinator, and ask what they recommend to keep up with the cohort and compensate for any missed classes. In my experience, I found them to be very reasonable and always willing to help when they can. Also, the students in your PBL are like your teammates so talk to them about it too. If you're as lucky as I was, you may find they are kind enough to help you. However, I would recommend remembering that in most situations the school is not obligated to accommodate your ordinary family commitments. If they are being flexible, they are doing you a kindness so be gracious and try to meet them halfway!
- Hang in there: the year flies by before you know it. You may be falling behind, missing your kids and operating on no sleep, but don't worry, it does not last forever. Stretches of intense work often are broken up with slower weeks. Long weekends, mid-semester breaks, end of semester breaks, etc. are always around the corner to help you catch up. I found that being a parent is an asset for me as a med student. You may lack time and have more stress, but this just helps you to become more efficient and better at managing stress! It's all just practice for life one day as a doctor! Plus, you get to cuddle your kids in study breaks!!



Remember you are not the first parent to go through med school. It is doable! If I can survive as a MED1 parent, anyone can.

**Dom Hanson**

JOHN  
FLYNN  
PLACEMENT  
PROGRAM



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# Cooktown Multi-Purpose Health Service, QLD

## Casey Allen

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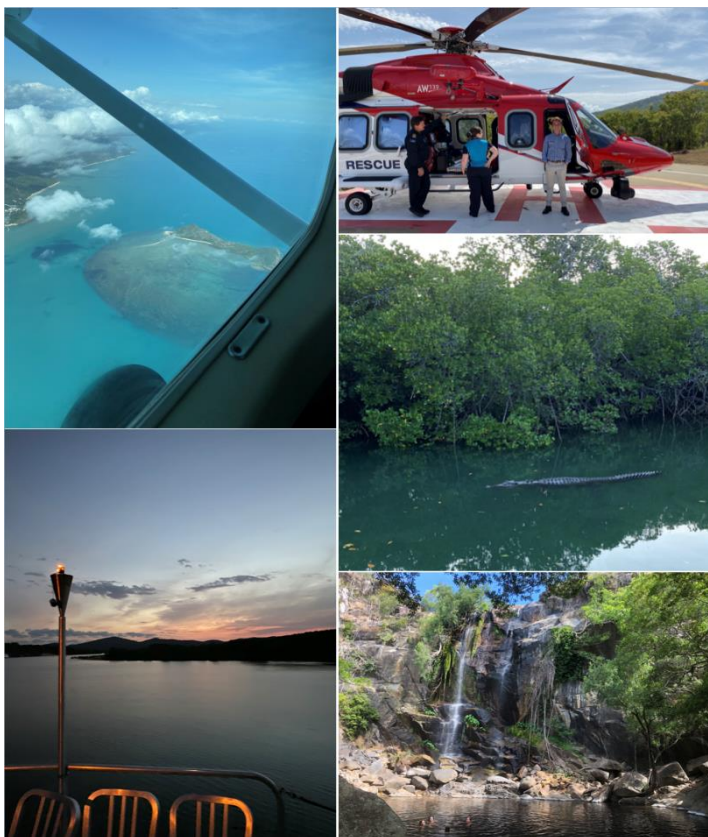
Welcome to your first year of Med School! In 2020, you'll have an almost exorbitant number of opportunities seemingly at your feet. One such opportunity will be to apply to the John Flynn Placement Program, a rural medical placement initiative established in 1997. I was fortunate enough to undertake my John Flynn Placement in the coastal town of Cooktown, about an hour flight north of Cairns.

I left Cairns airport in an 8-seater plane and arrived (already sweating) to Cooktown airport where I was greeted by my host family. It was a Monday morning, so that meant quickly ditching my bags and making my way to the hospital for what I thought was orientation. You always hear of the increased level of independence in rural hospitals, but

I was not prepared for what followed. After a 5-minute introduction to my mentor, I was already assigned to a returning John Flynn scholar who was asking me if I'd like to take bloods or go over to ED and begin taking histories from patients on my own. This was only the beginning. Over the following 2 weeks, I sat in on consults, obtained histories from patients, performed examinations, witnessed a birth, a death and everything else in between. There were also numerous occasions where I experienced the complexities faced by doctors in a rural setting. From witnessing multiple medical evacs via helicopter to also recognising the intricacies of cultural competence when working with Aboriginal and Torres Strait Islander peoples.

Apart from the clinical experience, John Flynn encourages its scholars to immerse themselves into the community and to take on every opportunity that comes their way. During my first placement, I participated in underwater hockey, attended the hospital Christmas party, went on a river cruise (even saw a few crocs on the way), and explored the local watering holes (both the swimming holes and the pubs). Cooktown, like any rural town, was a welcoming community which encouraged all of its visitors to get involved and to make the most of their time in the Far North.

The John Flynn Placement Program is an 8-week program ran over the 4 years of your medical degree, and I couldn't encourage you more to apply. The program covers all travel costs, accommodation costs and provides you with a stipend to make the most of your time. Cooktown was a fantastic community, and I'm certain that each of the John Flynn locations would be equally as exciting. Applications will open during your first semester, during which we'll deliver to you some more information. So, for now, just keep it in the back of your mind and feel free to get in touch with me should you have any questions!



# MANDUS SUB- COMMITTEE GROUPS



# AMSA

## Australian Medical Students' Association

### What is your AMSA?

The Australian Medical Students' Association (AMSA) is a student run organisation on a scale like no other.



AMSA is the primary representative body for all the medical students of Australia. Not only do we advocate for medical students to ensure the students have the best medical school experience, we also provide diverse opportunities to empower students with skills, run events, contribute academically and much more, so that medical students can build nation-wide support networks and provide a platform for student to advocate for issues they are passionate about.

With over 17,000 medical students you will be surprised at how professional AMSA events look and how much students can do in terms of making influential changes in society!

### Our Key Mandate: Policy & Advocacy

The key mandate of the association is to advocate for those who need a voice. Each year AMSA asks students to get involved and express what change they want to see the most. With much inequity still in the medical profession, it is important to drive change through the next generation of Doctors, you guys!

These ideas are then collated and translated into policies by



fellow medical students who are part of AMSA. The policy writers work hard to bring these ideas of social change into the real world and weave the new fabric of the profession.

At the university level, Notre Dame Students can attend meetings known as Think-Tanks, which will happen 3 times this year. Here students can learn about some of the most pressing concerns in the medical community and get the opportunity to have their say about these issues. I, as your AMSA representative, will bring these thoughts and concerns up at National Councils, to then implement them into policies.



*Dilini (right) and myself with the 2019 president of AMSA, Jessica yang (middle).*

*Make networks like with the president of **The Royal Australian and New Zealand College of Obstetricians and Gynaecologists!***

I would love to encourage all of you to go to the National Councils as well (held 3 times a year in different states), to make your voice heard and be at the forefront of all the action!



## Change comes from strong support networks!

When passionate students unite together they have a greater propensity to make significant social changes. There is no better way to unite and connect with your future colleagues than to attend AMSA events.

AMSA has an enormous events schedule spanning the entire calendar year. These events are designed to foster collaboration between the medical students across the nation with the intention to provide educational and leadership opportunities from the current leaders in medicine which will leave you feeling inspired and ready to make a big difference! Along with the academic programs, each event also has social functions allowing you to let your hair down and network with your colleagues and professionals!

Events such as the National Leadership Development Seminar (NLDS) are hailed all around Australia as the prime academic gathering, having speakers such as the president of the AMA to inspire you, the next generation of leaders!



*Notre Dame dresses up as Handmaid's at Global Health Conference Dystopian themed social event.*

## What to look out for this year?

- AMSA Think-Tanks (3x per year at Notre Dame Darlinghurst Campus)
- National Council (3 locations each in a different state)
- National Leadership Development Seminar (Canberra)
- National Convention (Melbourne)
- Global Health Conference.
- AMSA Rural Health Summit.
- Like all the AMSA Facebook Pages
  - There many special interest groups!
  - There are many opportunities to participate in AMSA projects.



*Dilini (middle), Odylia (right) and myself at the National Leadership Development Seminar (NLDS).*

**Archit Vora**  
**AMSA Chair 2020**



# WELLBEING



Welcome class of 2023! No doubt you are very excited (and also maybe a little nervous) to begin your medical career. The wellbeing team is here to make the transition to med school a bit easier, by being a point of call and support for any concerns and queries you may have. We will be organising a mentoring program between first- and second-year students, so stay tuned for more information about that. The wellbeing team also organises a number of events throughout the year, and probably the most useful thing we do is stock the PBL kitchen with tea, coffee and chocolate, which will definitely come in handy as you'll be spending a lot of time in the PBL rooms! I will also be reaching out to take suggestions for what you guys would find helpful in terms of wellbeing. Looking forward to meeting you all!

**Katie Stein**  
**Wellbeing Rep 2020**



# SOCIAL



Hello MED1s!!!

Welcome to Notre Dame and CONGRATULATIONS on never (ever) having to sit the GAMSAT again... just relish in that for one moment. We are your social reps, Annie Tasker, Georgia Anderson and Diandra Charisiou and our goal this year is to make your year as outrageous and exciting as possible. When you work hard, you must play harder. To ensure this, we will be organising a number of incredible social events to help you unwind, let loose and make some friends!!

Your first social event for 2020 will be Med Camp. After Friday arvo lectures, we will skip the pub in favour of a Murray's bus and head to Camp Wambaroo. What better way to make some

mates, than at a weekend away filled with costumes, beverages (apple juice ofc), mischief and games. Here you will realise that medical students can, in fact, get lit and party hard.

Next up is Scrub Crawl where you will get to party with your friendly MED2s. Everyone gets to dress up in – you guessed it – scrubs! And you will get to – you guessed it – crawl around to different bars in Darlinghurst, pretending that you are real Doctors for the night. Scrub Crawl is one hell of a good time – be sure to Scrub in!

And finally, we have Med Ball, the most glamorous event of the year. A chance to brush your hair and don a shiny new tux or ball gown. Warning: you may not recognise many of your classmates, out of their usual activewear and track suit attire.



On this night, you will enjoy a three-course meal, indulge in a glass (or four) of bubbly and later tear up the dance floor (classily ofc... no twerking in ball gowns). An event (and photo opportunity) not to be missed.

If the drinking side of things isn't for you but you want to make lifelong memories (awww) then get involved in the annual Notre Dame MEDREVUE! The creative team guarantee you exciting times full of singing, dancing and laughing (mainly at others). You don't have to be the next Mariah Carey or Leonardo DiCaprio to join in, and after this year's huge success, you won't want to miss out!



2020 not looking social enough for you? Don't worry, every Friday afternoon, you will find yourself at the Unicorn (aka The Corn), unwinding and debriefing the week with your new friends!! From our experience, some of the best nights of the year escalate unexpectedly from a "quiet" Friday night at the Corn.

So, buckle up MED1s, you're in for a cracker of a year! Make sure you make the most of it and get involved in all things social in 2020! Guaranteed, you won't regret it! Can't wait to meet you all!!

**xoxo Annie, Georgia and Diandra  
Social Reps 2020**



# SPORTS

Welcome new students and sports lovers alike! Congratulations on getting into medicine, you are about to embark on a brilliant year filled with new friends, new memories and hopefully some new knowledge at the end. We love our sport at Notre Dame. We have lots planned, so whether you represented Australia in ultimate arm wrestling or haven't kicked a football since you won best & fairest in U9, get involved and have fun - this is what the Notre Dame culture is truly about. Here's a little teaser for what's coming ahead. We play lots of sport throughout the year against our arch nemesis, Sydney Uni. We play cricket, basketball, football (soccer), rugby union against them, as well as run a swimming carnival. Last year we won overall bragging rights by beating them in the basketball, rugby & swimming, so cannot wait to see what we can dish up this year! Stay tuned for the yearly calendar so you'll know when these matches come up and how to get involved. We also play intramural sports, such as at the annual 'ND gift' sporting event held early in the year where we as the Medicine faculty play against Law, Nursing, Education etc. in games of indoor soccer, dodgeball and more. Another event is the NSW Medical School's Council (NSWMSC) sports day, where we challenge other unis for the title of top medical school in NSW.



If weekly social sport is more your vibe, there are local competitions around centennial park and beyond that we can point you towards - just get in touch. A huge part of the Notre Dame culture is RUNDUS - the running club of Notre Dame. With weekly runs every Monday afternoon around some of the most beautiful circuits

Sydney has to offer, this is something to get involved with regardless of your ability. This is but a taster, but we hope you get a bit of the picture - we love to have fun, socialise, stay healthy and above all, enjoy our time as medical students. Get involved, reach out to your new friends in years above and make the most of Notre Dame sport. Seriously can't wait to meet you all.



**Miles & Pat  
Sports Chairs 2020**



# PANDA

## PAEDIATRIC ASSOCIATION OF NOTRE DAME AUSTRALIA

To the incoming Year 1's, hello and welcome from PANDA!

As the new year is fast approaching, I hope and trust you are enjoying the break, and are excited to begin studying next year. Before getting into all the things PANDA does, we wanted to say a massive congratulations on getting in and we are so incredibly excited to meet you all!

PANDA is the Paediatric Association of Notre Dame Australia, and in our humble opinion is the best club at Notre Dame, seriously though. This past year has been great, but with your help and involvement we are hoping that it will be even bigger and better in 2020!



We aim to advocate for the health and wellbeing of children by organising and partaking in a heap of events. One of our first events will be in March where we will be getting a group together to take part in the Bob 'Tug' Wilson walk to raise money for cancer research at Westmead Children's Hospital. Through the year, we will also be taking part in other cool fund-raising events like Tracky Dack Day and Jeans for Genes. A large part of what



PANDA does, is to also organise and run several Teddy Bear Hospitals at local primary schools to teach kids a little bit about health literacy. We are also looking to organise a couple speaker nights to get doctors in the field to share their stories and study pathways.

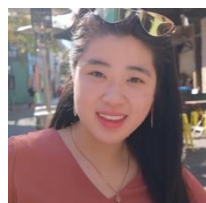
All in all, we are so excited for this coming year and we are so looking forward to meeting you!

Warm Welcome,

# PANDA



Zack Rutenberg  
PANDA Chair



Rachel Zhang  
PANDA Vice-Chair





# SANDUS

SURGICAL SOCIETY OF NOTRE DAME UNIVERSITY  
SYDNEY

Congratulations, class of 2023!

SANDUS warmly welcomes you to the University of Notre Dame, Sydney med family. Our aim is to introduce you all to what a specialty in surgery may entail by holding various events throughout the year where we hope to host surgical trainees and surgeons at the forefront of their respective fields to allow them to provide insight into their training programs and careers. These are often great opportunities for students to network, ask questions and learn about the requirements of different specialties. We also aim to assist you all in excelling in and enjoying your first year of medicine via a number of academic and social events including the annual surgical challenge (where you will be able to don some gloves and practice your suture skills on pig trotters), the much loved scrub crawl as well as anatomy workshops and an anatomy trivia night in the lead up to exams (which has been referred to as a life saver by previous first years!). Overall, we hope to be of some assistance at the beginning of your future illustrious surgical careers!



We look forward to meeting you all and helping you along first year!

The SANDUS team,

**Faisal  
Kilani**

*Chair*

**Rayan  
Mourad**

*Vice Chair*

**Wendy  
Mason**

*Treasurer*

**Henry  
McIntosh**

*Events and  
communication*

**Francesca  
Clark**

*Events and  
communication*

**Odylia  
Kartadinata**

*IT  
coordinator*



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# SSUNDA

## SPECIALITY SOCIETY OF THE UNIVERSITY OF NOTRE DAME AUSTRALIA

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Hola mi amigos! Most heartfelt congratulations on your place at Notre Dame and a big warm welcome from the Speciality Society of the University of Notre Dame Australia (SSUNDA)!

My name is **Lisa Willenberg** and I'll be your SSUNDA Chair for 2020.

SSUNDA is the newest society under the MANDUS umbrella. We aim to inform and educate students about the numerous specialties that medicine encompasses and to get you excited about the diverse range of career opportunities that are on offer in the future! We hope to give ND students

more opportunities to immerse themselves in areas of medicine that are not already included in the scope of the existing ND societies.

This year we were fortunate enough to have leading medical professionals come in and talk about their work and share their incredible, inspiring and at times daunting medical experiences. A particular highlight was having Craniofacial and Reconstructive Surgeon A/Professor Mark Gianoutsos come in and share with us the amazing cases and transformations he has worked on across his career. We were lucky enough to have him stay on afterwards and teach students how to suture for the Surgical Society-run suturing night.

In addition to the fantastic line up of speakers we have for this coming year, SSUNDA will also be launching a number of new initiatives, including:

**"Getting to know you...":** an opportunity for students to learn more about a particular specialty by conducting one-on-one interviews with leading specialists. Interviews will be video recorded and uploaded for all students to enjoy!

**Specialty weeks:** dedicated weeks throughout the year that include activities and events focused on a specific field of medicine

**Mentor/mentee relationship development:** helping students to identify consultants, registrars and research fellows to engage with through the newly formed ND alumni group and the existing network of specialists SSUNDA has established

**Emergency Medicine Challenge:** a select group of students will have their emergency skills tested when they compete in a variety of medical challenges against students from other medical schools!



We are so excited for you to get started on your medical school journey and are very much looking forward to providing you with specialty specific information and opportunities as you begin to start thinking about which areas of medicine you wish to specialise in!





# RANDA

RESEARCH ASSOCIATION OF NOTRE DAME  
AUSTRALIA



The Research Association of Notre Dame Australia (RANDA) would like to extend to you a hearty congratulations, a firm handshake, and a sly congratulatory wink for making it to the School of Medicine, Sydney!

Aside from creepy introductions, RANDA brings basic and clinical research to the forefront through a range of events and initiatives over the course of your first year of Medicine. As co-chairs, we aim to provide students with research experience a platform to further their interest in research and to present their own work to their peers and superiors. We also aim to engage students without research experience in order to foster familiarity with the ins and outs of research in the lead up to the MD project.

Last year, we hosted inspiring talks from clinician scientists in the field of psychiatry and ophthalmology. We also launched the inaugural Notre Dame Student Conference, where students presented posters from research they had completed in the past. We got to better know our peers through research profiles of students who had impressive research backgrounds. Additionally, RANDA prepared everyone with trivia nights in first and second semester, by bombarding everyone with exam-level questions while eating pizza.



We hope to keep the same energy this year, and we'll be posting updates on upcoming events, conferences, and potential research opportunities you can engage in on our RANDA Facebook page and your UNDS Class of 2023 page.

If you have any questions about RANDA, research, or first year med in general, please don't hesitate to come to your RANDA co-chairs **Melad** (self-proclaimed Beyoncé) and **Rania** (Jay-Z by default), or any other less weird second years – we're all happy to help!





# GLOBAL HANDS

A warm welcome from the Global Hands Committee of MANDUS! We are really excited to have you as part of the Notre Dame community and we can't wait for all the awesome experiences we'll share in this year.

Now - a few questions for you. Do you like following world news? Have you ever been interested in the United Nations, the World Health Organisation or Medecins Sans Frontier? Does the impact that climate change has on people's lives really rile you up? Are you a feminist, being a believer in the political, economic, personal, and social equality of the sexes?



If you answered YES to any of these questions, Global Hands is definitely something you'll want to get involved in this year. We focus on global health, health equity and social justice issues, which transcend national boundaries and governments. The ultimate aim in global health is to improve health and achieve health equity for everyone worldwide.

On a smaller scale, our aim is to engage YOU by creating hands-on events and opportunities that will inspire, empower and educate you to be leaders in global health issues, at Notre Dame and beyond!

While we work as a team to organise events and experiences throughout the year, Global Hands is made up of 4 main areas:

- Maternal and Child Health
- Code Green
- Refugee and Asylum Seeker Health
- Gender Equality and Sexual Health

A few of the highlights of the year will be:

- **Speaker nights** – we organise outstanding speakers, where doctors, advocates and experts in their fields, visit us voluntarily and teach us about their experiences working in global health.
- **Workshops** – we will host workshops, where you can get your hands dirty making your own 'eco' body scrub or help pack 'birthing kits' needed by women in African countries.
- **Party!** We host a fantastic fundraiser party at the end of Semester 1, called the Red Party, which raises money and awareness for HIV/AIDS research. Last year we donated over \$2000!
- **Conferences** – There are plenty of conferences to get involved in through AMSA, including the Global Health Conference, which is a massive event organised by AMSA that sees hundreds of medical students from across Australia congregate for a fantastic weekend of speakers, workshops and discussion groups (as well as fun social events).
- **Social Justice Project (SJP) Info Session** – GH helps facilitate ideas for your SJP and arranges a session for you to get some inspiration from the MED2s on potential projects.



If you have any questions, please reach out at any time! We look forward to hearing from you.

**Victoria Hadlow and Dilini Imbulana,**  
Global Hands Co-Chairs



Congratulations on your offer on behalf of the ROUNDS committee and welcome to your first year of Medicine at Notre Dame!

ROUNDS is the core rural, remote and indigenous health advocacy and interest body representing both Medicine and Nursing students at UNDS. Our goals are to educate and encourage students to be active members in rural, remote and indigenous health issues in Australia.

We have a bunch of events coming up this year including our annual Wagga Wagga trip, rural clinical school visits in Ballarat and Lithgow, the opening orientation event The Amazing Race, speaker nights focused around rural, remote and indigenous health, rural high school visits and interdisciplinary collaborative events with the nursing cohorts.

We will advertise rural health scholarships such as the Bush Bursary and John Flynn Placement Program, when those opportunities come up letting you know when to apply and how.

We are also here to support and provide assistance to anyone who wishes or has interest in completing their final years in the rural clinical schools.

We can't wait to have you all involved in ROUNDS for 2020 and we are super excited for a fabulous 2020 with all of you!

**Lots of Love, your ROUNDS Co-Chairs,  
Lucy and Tom xxx**



Follow ROUNDS on Facebook and Instagram to see what we get up to!

<http://facebook.com/dotheROUNDS>

<http://instagram/@roundsnd>



A huge welcome to Notre Dame from the GPSN team! We look forward to meeting you next year.



We know that starting med can be information overload, so we'll keep it short and sweet with a few FAQ.

**Who is this ridiculously good-looking bunch called the GPSN?**

That's very kind of you. We are the General Practice Students Network, which is a national student-run organisation for medical students who are interested in general practice. In saying this, you don't need to be an aspiring GP to get involved with the GPSN.

**What does the GPSN do?**

Other than being really ridiculously good looking, we host a number of events that showcase the diverse opportunities in general practice and assist with exam preparation. Keep an eye out for:

- 'Not Just a GP' speaker night - several fantastic speakers will share their diverse experiences of general practice
- Mock OSCEs - an invaluable opportunity to practice your clinical skills in the lead up to exams
- Population and Public Health (PPH) trivia night – trust us, you'll be glad you came along.

Seeing as the GPSN is a national network, there are also opportunities to become involved in initiatives with medical students from all over Australia

**Say no more, take my money.**

Membership is free. How good. Come say g'day at Orientation Day and we can sign you up! In the meantime, you're welcome to follow/like/subscribe/dm us on Facebook.



**Tom Letton**

*Chair*



**Giselle Capacchione**

*Co-Chair*



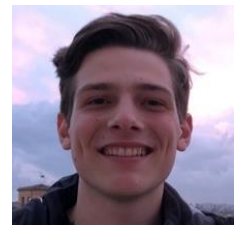
**Samantha Panos**

*Secretary*



**Ashley Osie**

*Treasurer*



**Theodore Kouventaris**

*Events*



GPSN at Notre Dame Sydney

# TEAM PHILIPPINES



Team Philippines is a not-for-profit organisation that provides medical care to a disadvantaged rural community in the Philippines. This community was established in 2009, after a typhoon in Manila forced the relocation of its people to a rural town 3 hours away. Relocation was difficult – the state of Laguna was already impoverished and lacking in sufficient infrastructure or jobs to cope with a large influx of displaced families.

The team consists of doctors, dentists, medical students and support people that travel to the Philippines to run medical and dental clinics. The teamwork in partnership with local health staff and leaders of the community to boost local moral and economic status, empower local members and ensure the sustainability and long-term viability of the project.

Since the first trip in 2013, where there was no electricity, water, and limited access to schooling, shops or employment, the work of the Team has come a long way including building dedicated buildings, a church and farm. Team Philippines, under the leadership of Notre Dame's own Associate Professor Charlotte Hesper, Head of General Practice, visits the community twice yearly and works with locals who provide ongoing health care all year round.



During the trip the team run multiple clinics including:

- Triage (assessment of all patient's vitals and measurements)
- General medicine clinic
- Women's health clinic
- Dental clinic
- Pharmacy
- Eye clinic
- Community education programs including exercise and dance classes

Every year, Notre Dame students are invited to apply to be member of Team Philippines and participate in either the July or November trip. Being a part of Team Philippines is a great opportunity for first- and second-year students to work closely with patients and families. There are experienced doctors supervising and supporting students throughout the trip and it's a great learning opportunity (it's also a great Social Justice project idea!).

More information will be provided throughout the year but if you have any questions, grab a 2<sup>nd</sup> year and they'll put you in touch with someone who has already been. More information is available on Facebook or Instagram @TeamPhilippinesproject or catch up with Dr Hesper after one of her many excellent clinical skills lectures in first year!





# UNDFEM

## UNIVERSITY OF NOTRE DAME FOR EQUALITY IN MEDICINE

### Who We Are?

UNDFEM is a MANDUS sub-committee that focuses on raising awareness surrounding equity in the medical profession. Established in 2018, 2020 will be the third year of the committee. We are passionate about inciting progress and promoting equality in the workplace. We endeavour to celebrate and promote all narratives of diversity in the workforce, including gender diversity, cultural and racial diversity and the LGBTQ+ community. We want to empower the voices of our fellow students to advocate for themselves, their colleagues and their patients throughout their careers.



### What We Do?

UNDFEM aims to guide students in learning about the various barriers which impact diverse groups and their careers as doctors. We have a two-pronged approach to our work; to celebrate the success of diverse people within the profession, and to contribute to positive change. We want to educate students on the importance of inclusive practice and how we can continue to progress with diversity in medicine. Key achievements of the committee in the last 2 years include establishment of annual women in medicine events and contribution to the evolution of the University's Sexual Harassment and Assault policies and processes. The committee look forward to expanding our sphere of work in 2020 starting with an event for International Women's Day in March.



**Alyce Finch**  
**UNDFEM Chair 2020**

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# INDIGENOUS

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Yuma! This is the first year that MANDUS will run an Indigenous sub-committee! It's a committee that is open to all Aboriginal and Torres Strait Islander students. Our aim this year is to forge a pathway for proud representation as future Aboriginal and Torres Strait Islander Doctors. Our goal is to find the best way to support students in their learning and experiences on campus. Last year we trialed a partnership with St. Vincent's in exploring real life learning opportunities on the ward. Hopefully this year we can further grow this program. I'm a Ngunnawal woman passionate about good teaching and learning opportunities. Come and have a yarn! I look forward to getting to know you in 2020.

**Natalie Gordon**  
**Indigenous Representative 2020**

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# IT & PUBLIC RELATIONS

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Firstly, congratulations and welcome to the MedFam here at UNDS from IT – the most important part of MANDUS (or so I like to believe). You may have seen me floating around online answering questions to date, but don't worry, you will be hearing a lot more from me moving forward.

To introduce myself formally, my name is Dr. Melad Farraha (PhD) and I am one of the special people that will carry two roles in MANDUS this year. I am one half of RANDA (which you can read about in this guide) but my position here in the IT and Public Relations role is all about working behind the scenes to ensure all the MANDUS services we provide work seamlessly.

I have come into the role this year with some ambitious plans including but not limited to:

- Completely redesigning the MANDUS website and integrating new functionality
- Establishing platforms for seamless communication between students and MANDUS
- Ensuring all social media accounts are effectively utilised
- Ensuring all students are well informed on how to effectively use the technology we have access to
- But most importantly, being a point of contact to help with absolutely anything IT related (or otherwise)



As you will get to know over the coming weeks and months, I love to chat, so approach me at any reasonable time – whether online or in person – to ask about anything.

In the meantime, stay up to date with everything MANDUS at the following links and I look forward to meeting pretty much all of you very soon.



[mandusmedsoc](#)



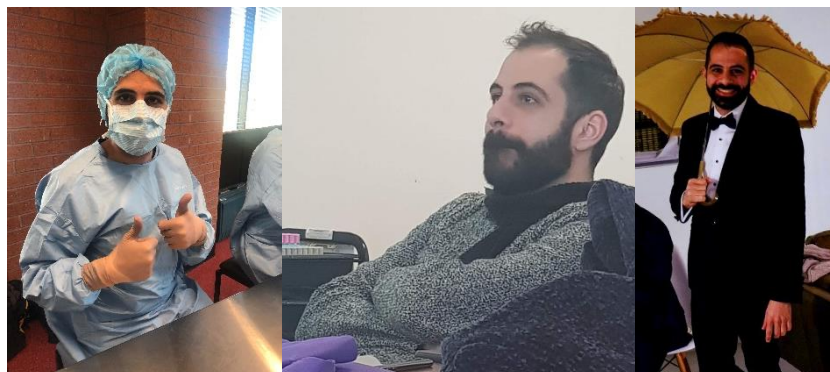
[mandus.org.au](#)



[mandusunds](#)

\*\*more platforms to come

**Your IT Rep,  
Melad 🙌**



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# ALUMNI

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Congratulations and welcome to Medicine at Notre Dame! Just think in four years' time you'll be a junior doctor, and you will be a Notre Dame Medicine Alumnus! On that note, we would like to introduce you to MANDUS Alumni. We're committed to fostering strong alumni connections through alumni networking nights and in 2020 we hope to facilitate an alumnus mentoring program. We have so many amazing graduates who are pursuing amazing journeys in medicine in all specialties, and we want to share this with you.

**Nicola and Dominique**  
**Alumni Representatives 2020**

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# PUBLICATIONS

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Hey guys! Our names are JoJo and Poppy, and we're your MANDUS publications reps. We're in charge of running the MANDUS Facebook and social media pages, as well as creating Kyphosis – Notre Dame Med's resident magazine. Kyphosis will keep you informed of all the goings on, like Social Justice Projects, MedBall, MedCamp and Red Party. It's a great memento to keep and look back on your time at med school.

**JoJo and Poppy,**  
**Publications Representatives 2020**

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# SPONSORSHIP

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Congratulations on your offer for 2020! We are MANDUS' sponsorship team and it's our job to ensure everything you do this year is adequately funded by our variety of sponsors. We also secure deals and discounts for members at local venues and from medical organisations. If you know of an organisation that might be willing to sponsor MANDUS that we aren't already partnered with, feel free to get in contact with any of us!

**Chantelle, Justin and Nick,**  
**Sponsorship Officers 2020**



# LOCAL FOODIE GUIDE

## ..... The best places to eat and drink

### 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

- **Bat + Bun** – right next to South Dowling Sandwiches, this kitchen is known for its amazing Vietnamese Banh Mi and rice paper rolls.
- **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.



Luckily 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 several research institutes – the Garvan Research Institute and the Victor Chang Cardiac Research Institute, amongst others.

There are so many places to try, this is just Darlinghurst. Don't forget to explore the City, Surry Hills and Bondi too!



# MANDUS

MEDICAL ASSOCIATION OF NOTRE DAME UNIVERSITY SYDNEY

UNDS

[MANDUS.ORG.AU](https://www.mandus.org.au)

2020