

CITISCAN - Radiology
2018CS0012503-1

MANDUS

87 %

SURVIVAL GUIDE

2023

O
L M
L

**The average
MD week
p. 11**

**Study tips +
resources
p. 14**

**Practical info
for starting
p. 22**



First Nations welcome

I acknowledge that we are on Aboriginal land, never ceded. We are on Gadigal land. I pay my respects to Elders, past, present and future.

I am Associate Professor Frankie Merritt, a Kamilaroi man from northern NSW. Part of my job is to help students who are Aboriginal or Torres Strait Islander to enter, engage and graduate as future doctors.

We don't just need representation though, we need allies. If you're here it means that things like social justice, righting wrongs, and making a difference with disadvantaged cohorts and populations is important to you. The issues are systemic, but those who suffer most usually get blamed for that disadvantage. It's

about systemic racism. And closing that gap is about social justice.

We nurture caring and ethical future doctors, and you're here, you were selected, because we already saw that potential in you. That's where allyship is important: you can use your platform to instigate change.

And to our future doctors, who are Aboriginal or Torres Strait Islander, I honour you, I honour what you have achieved, what you will achieve, and what it has, and will, mean to your family and community.

Bujari gamarruwa means 'good day' or 'welcome' in the Gadigal language. I welcome you to the university, and to MANDUS.



CONTENTS

What is MANDUS?	4
Some key terms	5
A note from the President	6
Executive team welcome	7
Starting med school at UNDS	10
Your average week	11
Study advice	14
Learning resources	16
Survival tips	18
Practical information for getting started	22
Getting to campus	23
Food and drink	30
Upcoming social events	31
MANDUS subcommittees	32

What is MANDUS?

The Medical Association of Notre Dame University Sydney (MANDUS) is your student representative body on campus 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 who 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 and professional information nights to social activities, sporting events, wellbeing check-ins, and much more.



Some key terms

PBL: Problem-based learning. These classes form the backbone of your clinical education in first year. They are small-group tutorials (around eight people per class; three classes per week) that work through different case scenarios to help consolidate and make clinical sense of your learning objectives for the week.

CCS: Communication and clinical skills. Each Friday you'll have a two-hour CCS class, in which you'll learn a new clinical skill (and practice ones you've already acquired)—i.e. a procedure (such as venepuncture), a history, or a physical examination (the latter two being based around body systems). These classes are with your PBL group. Remember to revise the CCS manual for the week, and go over the relevant textbook chapter (and any video material).

PPH/PPD/CDT: Population and public health/personal and professional development/clinical debriefing tutorial. PPH and PPD are often referred to together, as they form the non-clinical aspect of your medical education, covering topics such as legislation, epidemiology, and professional wellbeing. The learning objectives for these are mostly covered in CDT classes (one-hour tutorials run on Wednesday morning each week).

Bioethics: Your first week will be all bioethics, and bioethics seminars will then be run periodically throughout the year. These classes highlight ethically challenging areas of medicine such as abortion, organ donation, and euthanasia through lectures and discussion tutorials.

UTS: University of Technology Sydney. Notre Dame medical students are also UTS students—you'll get a UTS student card and library access and all. Anatomy, physiology, histology, and microbiology labs are all run at UTS, so you'll spend a bit of time there during the week. And the library facilities are much more extensive than Notre Dame's, so take advantage of them!

Workshops and site visits: Learning activities that are one-offs or occasional are allocated to a workshop/site visit block on Wednesday afternoons. These include GP visits, simulated aged-

care visits, and surgical and communications skills workshops.

DOCCS/OSCE: Direct observation of communication and clinical skills/objective structured clinical examination. These are short (usually around 10 minutes, including reading time) assessments of the clinical skills you've been learning in CCS. An individual DOCCS/OSCE will assess a procedure, history, or examination using a model or volunteer simulated patient (VSP). More information on the exact format for 2023 will be provided by the school.

Formatives: Assessed items (including exams) that **do not count towards your final mark** at the end of the year. They're held at the end of the first semester, and are intended to function as a practice run of the summative assessment, to give you an opportunity to check in with your study habits.

Summatives: Assessed items (including exams) that **do count towards your final mark** at the end of the year. Summative assessments are scattered throughout the year (e.g. clinical skills observations, bioethics summative SAQs), but the majority are in exam week at the end of the year (which includes multiple choice and short answer exams and UTS lab exams).

Applied research project (ARP): The research component that makes this degree a doctor-level program. As you'll hear in the information sessions, you do not need to stress about this in first year. You'll get plenty of information and clear instructions for how you should proceed.

Placement: While it might seem like forever away, in first year you'll need to select your preferences for clinical school placements in third and fourth year. Information sessions will be held to give you an insight into what each clinical school offers, and submissions don't open until later in the year.

A note from the President

Dear UNDS medicine class of 2026

Firstly, I want to congratulate each of you for being accepted into medicine at the University of Notre Dame, Sydney. Yes, that's right! You made it—embrace it, it's yours! It's an incredible achievement and you should be proud of your efforts and excited for the path ahead. On behalf of the Medical Association of Notre Dame University Sydney (MANDUS), I'd like to welcome you all on a journey that will change your lives. Rest assured the sacrifices you made to get here were indeed worth it, and now you get to ride the wave that is medical school.

This Survival Guide is a resource that will help you navigate the start of medical school at Notre Dame. Inside, you will find insights into student experience, what to expect for different classes, study resources, travel information, and some tips about life in Sydney. If you have any questions beyond the guide, please do not hesitate to reach out to any of us—it wasn't too long ago that we were in your shoes. Throughout your time in medicine, MANDUS will be here to support you in whatever way possible. We are your voice for academic advocacy with the School of Medicine and will be hosting events ranging from career speaker evenings, revision trivia sessions, med ball and sporting events. Plenty to look forward to!

It seems bizarre to say, but at this stage your cohort represents the first to be relatively unaffected by Covid-19. Nevertheless, the pandemic's sequelae are still felt in the way medicine is now taught. It significantly impacted the experience of the 2023 and 2024 cohorts, and to a lesser extent the 2025 cohort. A piece of advice I got from a fellow student when I started was 'break down every social barrier you can'. This was a piece of advice I embraced and encourage you all to do as well. Medical school, although challenging in so many ways, can also be one of the most fulfilling



and rewarding experiences of your life. Say hello to everyone, go to events, branch out from your tutorial groups, turn your cameras on and ask questions—you really have nothing to lose and only incredible relationships to gain.

I'm conscious of not wanting to hold you back from perusing through the guide (if you're still reading this), so I'll leave you for now and I look forward to welcoming you at orientation.

Take care, hooroo

A handwritten signature in black ink, appearing to read 'D. Wade'.

Dylan Grebert-Wade
President

Welcome!

From the executive team



Welcome to UNDS! My name is Nicole and I am the 2023 MANDUS Vice-President (Pre-clinical). I grew up in Melbourne, went to school there and did my undergraduate at Monash University. I moved to Sydney in 2022 to start medicine at UNDS and absolute-

ly love it! The first year is truly a rollercoaster—getting to know your cohort, social events, PBL cases, UTS labs, and navigating the revolving door of new content and lectures are just some of the things you'll experience this coming year.

There will be many opportunities throughout orientation and the year to ask myself, Dylan, the MANDUS executive team, and any other second years the questions you might have about the course, uni life, moving interstate and working, so please don't hesitate to sing out.

One word that held me in good stead during first year was 'trust'. You may feel out of your depth at times or as though your mind is racing in a hundred directions, but if you are able to trust in the process, trust in your tutors, trust in your cohort, and trust in yourself that you are doing your very best, it'll all come through in the end. Your pre-clinical years are a great time to meet those who you will be working with in future years and to learn closely from your tutors, who themselves are academics and practitioners. Don't be afraid to ask questions; ask them again if you don't understand. Most of all, take care of yourselves, and your friends, and have fun!

Nicole Pereira
Vice-President
(Pre-clinical)



Hi everyone, and congratulations on being accepted into Notre Dame School of Medicine! My name is Katarina, and I will be acting as the 2023 Vice-President (Clinical). Although this means I will be predominantly overseeing the clinical years cohorts (i.e. the

third and fourth years), I am always open for a chat about the experience of pre-clinical years and how this time will lead into future clinical placement. I've come to medicine from a background of research and teaching in psychology. When not in class, I like to spend my time watching scary movies or seeking out new botanical walks. I'm looking forward to seeing you all take on this new medical school adventure!

For many of you, this admission to medical school will be the culmination of a long journey to reach this point. Be sure to savor the moment and enjoy your achievement. Ahead of you lies more adventure, knowledge, and unique experiences. While at times the journey may seem difficult and tiring, it will also be full of personal growth and camaraderie. While you focus on your studies, remember to make space for friendship and fun. You will be surrounded by a brilliant group of peers and teachers, on whom I encourage you to lean in times of stress. Overall, I wish you all the best in your future journey through medical school and beyond!

Katarina Needham
Vice-President
(Clinical)

Welcome!

From the executive team



Hi all, I'm Dave and I'm the MAN-DUS secretary for 2023. I'm 36, married with two little ones (the second was born during my first year of med!) and I spent the last 15 years in the Army before I

got into medicine. Looking forward to meeting everyone as the year kicks off!

David Hodge
Secretary



Hi! I am Fletch, and I'm the MAN-DUS Treasurer. I'm one of surprisingly few in our year from Sydney, and studied in sports science, physiotherapy, and finance before landing in med. I love a good

restaurant, staying active, and I'm hoping to fill my passport by the time I'm an intern. MED1 will be one of the best years of your life, and I can't wait to meet you all!

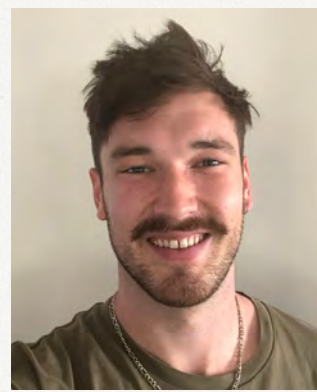
Fletcher Rowe
Treasurer



Gday, hello, hi, my name is Xanthe and I am your AMSA rep for 2023. I low key never have any idea what to write in these get-to-know-me sentences. I guess a quirky fact about me is that when I

was in grade 4 I broke my neck—one could say that's the outcome of having five highly competitive siblings. Can't wait to meet you all over a beer or five.

Xanthe Cerutti
AMSA representative



Hey everyone, I'm Charlie, and I'll be your second-year academic rep for 2023! When I'm not pumping through ANKI cards you can find me hitting up Sydney's best cheap eats, cheering on the Swans, or out

on the tennis or basketball courts. So keen to get stuck in and meet you all!

Charlie Morgan
Academic representative (2nd year)



Your financial health is our passion



Taxation | Wealth Creation | Personal Insurance
Banking & Finance | Strategic Advice

*‘Specialising in the medical and health
care industry for 40 years’*



Scan here for more
information or to
book an appointment
via our website.



Call us on (03) 8341 8888 (Melbourne) or (02) 9692 8818 (Sydney) | www.grimsey.com.au

Starting med school at UNDS

What to expect

Starting medicine at Notre Dame will, almost undoubtedly, make you wonder why on earth you decided to do it. The content comes faster than you can get your head around it, and there are so many forms and portals and resources and platforms to navigate that for the first month or so you'll feel lost at sea. Don't worry, this is how everyone feels, even those with science backgrounds. And no, we're not just saying that.

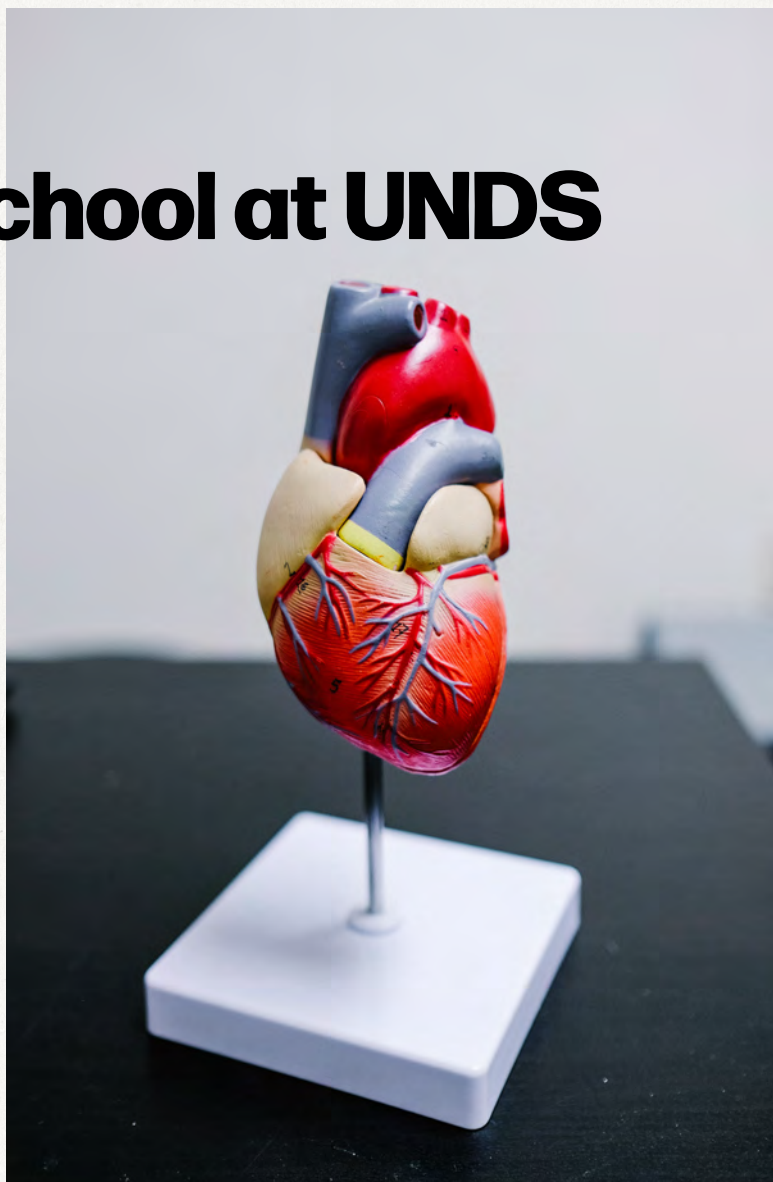
As you'll see, the timetable is very full, and you're expected to revise content and prepare for PBL, CCS, CDT, and other workshops ahead of time. A lot of changes and updates will also come your way in the form of announcements posted on Blackboard, which are then emailed to the cohort. Keep an eye on these, as they often contain important information from the school.

The Notre Dame curriculum is based on the 'spiral model' of integrated learning. 'Trust the spiral' might be hard to take seriously at first, when you're drowning in content, but the course is structured in such a way that you'll find yourself coming back to details and concepts, and it'll surprise you how much you've already learnt.

A note on bioethics

Your first week of content will be the bioethics intensive. These days are full of heavy and often complex topics and a range of viewpoints from academics and practitioners. We encourage you to be as engaged as possible: this is a unique opportunity to discuss important topics that will shape areas of your future clinical practice.

The content covered and viewpoints expressed can at times be confronting, and you might find yourself in vehement disagreement. It's important to be prepared for these discussions: be tolerant of other peoples' opinions, be respectful, and be open-minded, and keep yourself safe if need be. Student Matters are always available to talk about concerns that might come up for you.



Finding yourself a GP

You'll hear a lot about the importance of well-being for doctors and med students this year, and for good reason: it's easy to get consumed by medicine at the expense of the other things that keep you happy and healthy. With this in mind, try to find yourself a GP early on and check in regularly when you need. Below is a list of some GP practices that specifically bulk or mixed bill for medical students.

Broadway General Practice | Broadway Shopping Centre M105, Level 1 Bay Street, Broadway

Darlinghurst Medical Centre | 213-219 Darlinghurst Road, Darlinghurst

Surry Hills Medical Centre | 573 Crown Street, Surry Hills

City Medical Practice | 2 York Street, Sydney

Weekly MD life

The academic calendar for MEDI6001 has 32 weeks (plus your first week of bioethics), and you'll soon come to find that the hours in each disappear quickly. Finding a balance between attending lectures and classes, preparing for PBL/CCS/CDT, studying, working, socialising, and doing whatever else you need to live your life is a work-in-progress. Try things, try other things, adjust your expectations, and don't be too hard on yourself if some weeks feel tougher than others.

This list and the timetable on the following pages are intended to give you a rough idea of what your week will look like. **Take them with a grain of salt:** the school often has to make changes, especially last-minute changes to lectures, and this is all based on the 2022 experience.

Monday | Primarily an anatomy day. You will likely have non-anatomy lectures in the morning, and then the afternoon will be a solid three hours of the human body in all its complexity. The anatomy sessions are generally very content-heavy, so try to be mentally prepared and complete your pre-tutorial quiz.

Tuesday | Another content-heavy day. Basic and clinical science (BCS) lectures (e.g. physiology, pathology, microbiology, histology) are usually delivered in the morning, followed by laboratory practicals in the afternoon. Most weeks you will have two lab pracs, some weeks one, and on the odd occasion none. Attendance is compulsory and taken at the start of each lab.

Wednesday | Wednesday is a mixed day, and can either be mercifully short or long and quite tiring, depending on your workshop and site visit rotation. In the morning you will have an hour of CDT, followed by PBL 2, which is perhaps the most important PBL class as it's where each student presents their research relating to the week's PBL case and learning objectives (LOs). Afternoons will alternate weekly between areas such as surgical skills, ultrasound, communication, aged care and GP visits, as well as free time. All Wednesday activities are compulsory.

Thursday | Thursday is another lecture day, which generally focuses more on PPD, PPH, and clinical skills. On select weeks throughout the year you will have bioethics workshops on Thursday afternoons. These sessions are two hours: during the first hour you'll listen to presentations from academics and practitioners, and in the second hour you'll have the chance to discuss the issues raised in small groups.

Friday | Friday is a busy end to a busy week! It starts with two hours of CCS, during which you'll absorb a lot of new information regarding the skills you'll need for your DOCCS/OSCE (and, more importantly, for your future career as a doctor). An hour of PBL 3 then follows, in which your group wraps up the week's case (preparing a quiz for this session is a great idea for consolidating concepts—use the free version of Kahoot!). After lunch is PBL 1, which begins the case for the coming week. PBL and CCS are compulsory. After classes finish at 3pm, you'll often find MANDUS and other students unwinding at one of the many local venues—join us for a debrief and some cheerful conversation!

Saturday and Sunday | You might be tempted to spend these 48 hours in hard study mode or hard distraction mode, but try to find some balance in your weekend. Take it from us, going too hard over Saturday and Sunday each week is a recipe for burnout. Find dedicated study blocks that work for you, and take enough time out to do life admin and enjoy yourself. Don't forget, there's more to life!

Your average weekly timetable

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Morning	Lectures*	Lectures	CDT (9–10am) PBL 2 (10am–12pm)	Lectures (varying times; occasionally no scheduled classes)	CCS (9–11am) PBL 3 (11am–12pm)
Afternoon	Anatomy lectures (2–4pm) Anatomy tutorial (4–5pm)	UTS lab practicals (2–4pm, then 4.30– 6.30pm)**	Workshops and site visits (e.g. GP visits, surgical skills workshops)		PBL 1 (1–3pm)

* Lectures vary from week to week. Some mornings you won't have any scheduled and others you may have three back-to-back. It is important to check your timetable often—it changes weekly. The school will let you know of any changes and will remind you to check it frequently.

** Most weeks there will be two UTS lab practicals (one anatomy, and one histology, physiology, or microbiology), though some weeks there will only be one.

Study advice from an academic rep

As the **second-year academic** representative for 2023, I'll be your go-to-guy for any questions related to study or resources, and I'm so excited to help you all navigate your first year here at Notre Dame!

I'm sure many of you may be stressed about which textbooks are needed, which resources are best, or even just how to study. Here are a few good starting points for your journeys in medicine!

AMBOSS | If you have a question, [AMBOSS](#) has an answer. An incredibly useful starting point for studying almost all aspects of medicine, it is a database similar in appearance to Wikipedia, however it is run and regularly updated by medical professionals.

Anki | A flashcard program that encourages consistent review of content. You can create your own cards or download previously created sets of cards if you might not have the time to make them yourself. Particularly good for studying anatomy and remembering facts and processes. [The website version](#) is free, while the mobile app costs around \$35—which, if you are going to use Anki is definitely more than worthwhile.

Dr Armando Hasudungan | A former Notre Dame student who creates many excellent [YouTube videos](#) on a variety of medical concepts. As a former student, a lot of his videos align with the learning objectives for the Doctor of Medicine, which is a big plus.

Osmosis | Similar to AMBOSS, [Osmosis](#) is a database of all things medical; however, it is in the form of useful videos that succinctly explain concepts really well. Free videos are available online, which is a good way to test if Osmosis is for you, as the paid subscription version is a bit more on the expensive side.



Teach Me Anatomy/Teach Me Physiology | These platforms allow focused study of certain areas of [anatomy/physiology](#) with articles and question banks available to test and reinforce your knowledge. A lot of first-year basic clinical science focuses on anatomy and physiology, and these sites are great reference points, although are both separate subscription services.

In terms of textbooks, the only textbook that was used specifically for learning activities was **Talley and O'Connor's Clinical Examination**, in the preparation for and teaching of CCS classes (exams, histories, procedures etc.). No other texts are required as such; however, two that were particularly useful were **Guyton and Hall's Textbook of Medical Physiology** and **Robbins and Cotran's Pathologic Basis of Disease**. These textbooks and more are available online, so unless you prefer having a physical copy of a textbook I would not recommend buying them.

In terms of study advice, my number one suggestion would be to start early and to start studying with mates. There is no bell curve for grades, so being overly competitive and gatekeeping information from one another serves to help no one. Medicine is collaborative and is increasingly multidisciplinary, so it's definitely important to trust and lean on each other throughout the year. Studying in a group also helps keep you accountable, and you can discuss what works and what doesn't, hone your own study techniques—and most importantly, it's really fun!

Please don't hesitate to reach out to me or any of the other second years if you have any questions or queries, or even just to say hello. Looking forward to meeting you all in the new year!

Charlie Morgan

Academic representative (2nd year)

FAQs

Some of these subscription-based platforms are quite expensive. Do I really have to pay so much? Unfortunately, you do. If multiple subscriptions isn't feasible for you, our advice would be to trial them all (there are often extended trial offers available) and pick one that works for you—they really do help with consolidating those meaty concepts and wrapping your head around PBL cases.

Lots of people rave about Anki but I don't really like using it.

Am I doing something wrong?

You might not be optimising your use, which does require a fair bit of commitment. It's worth putting some diligent effort in to see if you notice results. However, Anki and flashcard learning aren't for everyone. If the clunky interface of Anki isn't drawing you in, you could try Quizlet. Otherwise, there are plenty of other ways to study—find what works best for you.

What pre-made Anki decks would you recommend?

The BlueLink anatomy deck is popular, and MANDUS past students have shared some of their own decks, which you can access. Making your own cards can be a great way to learn too, as it adds another level of revision to your study—stay tuned for our upcoming crash course on making your own Anki cards.

Other learning resources

General online

Geeky Medics | Concise clinical info

[Geeky Medics](#) is a good all-rounder study resource. It explains physiology and pathophysiology concepts in simple terms, has super useful data interpretation guides and an array of clinical skills videos, and features quizzes and other resources to help with your learning.

Ninja Nerd | Detailed concepts

The most loveable bro you'll likely encounter, Zach Murphy is a wizard with a whiteboard marker. For those heavy-hitting physiology concepts, [Ninja Nerd's YouTube](#) will probably have a long, detailed walkthrough. Almost always more info than you'll need, but that's what video scrubbing is for.

Anatomy

Human Anatomy | McKinley et al.

There will likely be a lot of anatomy textbooks vying for your attention, but we think McKinley is the most deserving. The explanations are clear and logical, the diagrams are useful and nice to look at, and the tables... oh, the tables. For all your at-a-glance summary needs, this book has you covered.

Acland's Video Atlas of Human Anatomy

Anatomy with Acland is like painting with Bob Ross: you'll watch it as much for his soothing presence and nerdy enthusiasm as for the content. But the content is top-notch—it's the closest you'll come to being in an anatomy lab, and the videos explain the human body in a simple, systematic way. Available via the Notre Dame library website.

Kenhub

[Kenhub](#) is a dedicated anatomy-learning site, with clear, logical, and detailed explanations of anatomical structures and systems. Has a lot of free content, as well as a paid subscription that unlocks study units and other content. Very useful a quick look-up and as a detailed study guide.

Radiopaedia / Radiology Masterclass

Radiology crops up a fair bit in first year, but it isn't extensively covered in lectures or other classes. [Radiopaedia](#) and [Radiology Masterclass](#) are gems for plugging this gap: they help you make sense of those X-rays and CT scans using detailed descriptions and interactive, colour-coded examples. Both have free content; however, Radiology Masterclass also has paid-for certificates.

Histology

Histology Guide

Histology lectures got you feeling overwhelmed? You're not alone. [Histology Guide](#) is a free, online resource that uses interactive slides and concise descriptions to make histology highly accessible to the beginner. It even has 'guess-which-tissue' quizzes for those oft-confused bundles of pink matter.

Histology: A Text and Atlas | Pawlina

The only histology textbook you need, in our opinion. Breaks down histology in a clear, detailed fashion, and uses lots of different visual material to help you consolidate. Read through the relevant sections on histo weeks and the summative lab test won't take you (quite as much) by surprise.

Pathophysiology

UpToDate

The Wikipedia of medical information. This is comprehensive, peer-reviewed, referenced database of articles summarising the current research on just about all of the pathologies you will come across. UpToDate is ideal for in-depth reading about PBL case studies, understanding differential diagnoses, learning about different treatment options, and all around just feeling like you know how to be a real doctor. Available via the Notre Dame library website.

Royal Australian College of General Practitioners (RACGP)

The [RACGP](#) publishes excellent clinical guidelines on best practice for approaching and managing different aspects of medical care, from maternal

and prenatal health to falls prevention in older people. Great practical advice for those less mechanistic, more generalist PBL weeks.

The Calgary Guide to Understanding Disease

You'll quickly come to realise (the quicker the better, take our word for it) that mechanistic diagrams make a PBL week not just easily digestible, but easily retainable. And no-one does them better than the [Calgary Guide](#). Their colour-coded flow charts explain the pathophysiology, mechanism, signs and symptoms, and complications of different disease states, all in one downloadable image.

Pharmacology

Pharmacology | Rang & Dale

This is Professor Peter Carroll's favourite textbook to reference, and as you'll soon come to love Pete's pharmacology lectures as much as we do, you'll understand why this is the only textbook you'll need. Use Pete's on-slide references to help guide your reading and revision.

Australian Medicines Handbook

The peer-reviewed medicines prescribing guide for Australian health professionals. What more needs to be said? It's the gold standard for Australian prescribing, and is available via the UND library website.

Survival tips from those who've come before

Non-science background

At the start of the year, coming from a non-science background, you may feel a little blindsided by the new terminology associated with biology and science. However, I promise you that this will fade within the first few months. By the time you sit formatives, you'll have caught up to the level of your peers who have studied science and the terminology will become second nature.

The skills learned in non-science degrees will place you in good stead for the year. PBLs are largely an exercise in problem-solving and deductive reasoning—they aren't meant to be about esoteric scientific or medical knowledge. In addition, a non-science background is an advantage for the CDT and bioethics components of the course.

Everyone has a different approach to study, and there is no one size fits all approach. Do what works for you. My study approach involved: Anki for anatomy (the BMJ and Bluelink decks are great); doing lots of practise questions; using Osmosis, Armando Hasundagan, and YouTube to clarify things I didn't understand; and referring to the student notes. The student notes are very comprehensive (they seem to cover every learning objective in the course) and are useful for clarifying difficult concepts.

Congratulations and best of luck!



Nick Abel
2nd year
Law and commerce

Science background

Hi everyone and a massive congratulations on making it into medicine! My name is Will and I wanted to give my perspective on what it was like coming into first year medicine from a science background.

While it certainly gave me a very strong knowledge base to build upon, it also hindered me at points. At the beginning of the year, I found I was spending too much time focusing on the fine details and trying to commit everything to memory, as I had done in my undergraduate degree. With the volume of content that is taught throughout the first year of medicine, this is not a feasible way to learn. I believe it is much more valuable to spend your time building a good knowledge of the broad, high-yield concepts, and also finding out how these relate to clinical practice.

You'll also have access to hundreds of resources and very different advice on the 'best way to study'. I would advise that you don't lock in to one method or resource too early: use the first part of the year to trial different methods and find what works best for you. There is always plenty of time to change if something doesn't.

Good luck—and, most of all, enjoy the year!



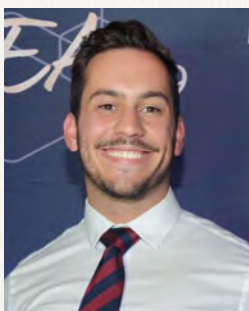
Will Roach
2nd year
Biomedical science

Moving interstate

Congrats on joining the best med-school (not biased at all)! It feels like I was in your position just yesterday, so I know how bittersweet it can feel. The excitement of being accepted and pursuing your dreams is being weighed down by the thought of moving away from your partner, family, and friends. Just take a deep breath and trust me, it will be ok—but there are some things you can do to help!

Support each other. Many people are in similar situations, so help one another, and create those friendships that will help you during your transition and for the years of study to come. One thing that makes UNDS so amazing is the students: we support and look after each other. So if you need a hand, we are just one message away!

Routine and balance. From the first week, try to stay on top of your normal routine - I'm not saying you need to become a cliché TikTok medical student influencer. Just remember the simple and basic (but important) parts of life. Exercise, go for a walk, watch the sunrise over Bronte, spend time with friends, go for dinner and drinks, and explore what Sydney has to offer. You do not need to study every second of every day, so remember to smell the roses and enjoy the journey!



Nameer van Oosterom
2nd year
Brisbane

Rural background

So you've moved to the big smoke. Whether you're a city convert or can't wait to get back in the saddle, the transition from rural to city life can be a challenge. Having relocated from a remote cattle station in the NT to start medicine in 2022, here's my two cents on how to make the move as smooth as possible.

First, find people with similar interests. Rural people often gravitate towards one another—the first person I met at uni was from Narrabri and we've shared countless conversations about our upbringings and how they've influenced us to pursue medicine in the bush.

Second, join ROUNDS. It runs some fantastic social events as well as opportunities to connect with professionals currently working rurally, as well as students either from the country or eager to practice rurally in the future. Third, put your hand up for every opportunity. The Rural Doctors Network (RDN) have some amazing programs that provide one-on-one exposure to rural medicine, whether it be through shadowing specialists for a couple of days to spending a fortnight in a community.

Finally, you're not alone! There are other students from the bush who will happily spin a yarn over a beer or scones and a pot of tea. Reach out and enjoy the ride!



Hannah Nobes
2nd year
Cowra

Studying while pregnant

There's no ideal time to start a family, particularly if you are embarking on the journey that is medicine. However, I am here to tell you that it can be done and that medical school is a reasonable time to consider a pregnancy. Let me tell you a little bit about my story, and you can consider how family and medicine might look for you.

I found out I was pregnant with my second daughter within 12 hours of finding out I had an interview for Notre Dame. Day one of medical school I was obviously pregnant, so shortly thereafter I had an official conversation with the school. I decided that, given my age (mid 30s), I did not want to defer—although this was an option. I knew I needed some luck on my side, such as an uncomplicated pregnancy, delivery and a healthy term baby. But, I figured, should one of these not go to plan I could reassess my options.

My healthy baby girl arrived mid May. I was officially given two weeks off from Notre Dame, but regardless I attended as much as I could and still sat the formative exams. The postpartum phase can be rough for anyone, and we all experience it differently. Having your 'village' in place is crucial. Particular shoutout to my incredible PBL group who gave me grace when I needed it. While this has been one of the most demanding years of my life, I would do it again in a heartbeat.



Sharlene Benton
2nd year
Mother

Studying as a parent

Studying medicine for anyone is a time consuming and challenging endeavour. Studying medicine as a parent is even more difficult; however, with the right plans in place, it can be achievable and enjoyable as well!

For me, planning everything was critical. Having a detailed calendar of classes and tasks set out at the start of the year kept me on task and notified of where I needed to be and when.

The other critical element for success is having your 'team' all organised and ready to rumble! Your partner/family/friends are all on the medical journey with you now and their commitment will be the catalyst for your success.

Treat medicine like another child (have a plan and tend to it regularly) and you will be just fine!



Ciaran O'Brien
2nd year
Father

Studying and working

Working through first year was not only necessary for financial reasons but helpful for my study routine. I worked 6–8 hour shifts as a ward clerk from 4pm until late at night. Usually Thursdays or Fridays worked best with our timetable.

I chose a casual contract so I could tailor my shifts to uni demands. Stress tended to come in waves, so being able to accept and refuse shifts was reassuring. I could safely work 12 hours per week. In weeks where I was not time poor or overly stressed, I worked additional shifts.

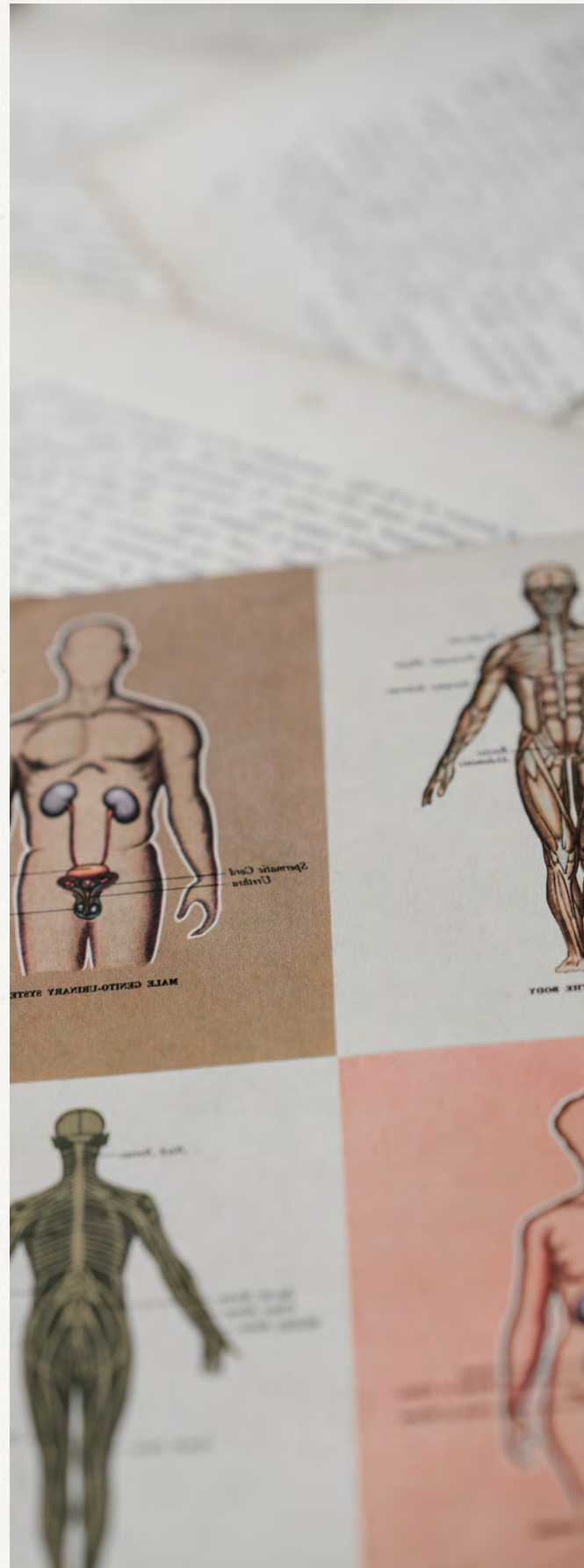
I enjoyed the escape from uni, especially after a chaotic week. I accepted I could not productively study on content-heavy days, so I felt productive in other ways at work while also getting a change of scenery. It also helped my time management as I procrastinate less under pressure. Even when working 20+ hours a week I still had ample time to complete coursework and do additional study.

A lot of my peers found that tutoring worked well as the hours were flexible with uni classes—this is another great idea.

Good luck! Please feel free to reach out if you have any questions



Lauren Clark
2nd year
Ward clerk



Practical information for getting started



What will you need?

Stethoscope | Nothing makes you feel like a would-be doctor than your own stethoscope. You'll be using these from your first CCS class, so it's important to get one as soon as you can. Recommended brand: Littmann.

Lab coat and glasses | Required for lab pracs at UTS, but only for these classes so don't spend too much on them.

Suture kit | Your workshops and site visits roster will dictate when you're required to have a suturing kit: likely it won't be immediately, but you'll need it for your first suturing skills workshop. See enrolment package for purchasing information.

Textbooks | Purchasing physical copies of the textbooks is a matter of personal preference. It's very costly to purchase new textbooks, so if you're someone who likes to have physical books then you could look for second hand copies from past students. The university also has copies of the textbooks for use in the PBL rooms. As we've already mentioned, most of the textbooks are available online—and will be made available to you as a PDF copy from the MANDUS team, so stay tuned for information about this.

Tablet | We know that tablets aren't for everyone, and that's completely understandable. However, they do make the extensive note-taking you'll need to do a good deal easier to manage, and allow for more innovation and efficiency, so they do come recommended. Some good apps for your notes include GoodNotes, OneNote, Notion, Bear, and Evernote.

Coffee | We also know that coffee isn't for everyone, but a lot of you are going to need it. Thanks to MANDUS's efforts in 2022, there's now a coffee cart on campus most mornings at Notre Dame Darlinghurst so that students can get their pre- or intra-class fix.

FAQs

Are classes compulsory to attend? CCS, PBL, CDT and labs are always compulsory to attend on campus (unless you are unwell or have another circumstance that prevents you from doing so; there will be a leave form that you can complete to cover these occasions).

What amenities are available on campus? Can I purchase lunch at uni? At Notre Dame Darlinghurst, students have access to a kitchenette fitted with microwaves, sandwich presses, kettles, and a refrigerator. There is ample seating inside and outside. There are no on-campus cafés or food retailers but there are plenty of options around campus (see our top picks on page 28). UTS Ultimo has a large food court with plenty of lunch and coffee options, as well as microwaves in different locations.

Are there any dress regulations? For labs you must have closed-toe shoes, lab coats, and goggles. It's important to remember that you are young professionals and as such you must dress appropriately for your GP placements and formal clinical skills assessments. For the rest it's much the same as regular uni classes. For some CCS sessions, your tutor may ask that you wear certain items of clothing (e.g. shorts or singlet) so that you can practise physical examinations on one another. You can either wear these for the day or bring them as a change of clothes.

Getting to campus

Notre Dame | Darlinghurst

The schools of nursing and medicine are housed within Notre Dame's Darlinghurst campus, 160 Oxford Street, Darlinghurst.

Train | The closest stations are King's Cross and Museum, both around 15 minutes from campus (depending on your pace). There are also buses from Central Station, the main train and light rail hub for the Sydney CBD.

Bus | Plenty of buses stop on or close to Oxford Street and the Darlinghurst campus. These include routes 311, 333, 352, 373, 396, and 440.

Walking | Suburbs such as Redfern, Chippendale, Surry Hills, Paddington, Elizabeth Bay, and Potts Point are all within 30 minutes walking distance from campus (weather permitting, of course).

Cycling | Sydney's cycling infrastructure is fairly good, with Bourke Street in particular offering a dedicated cycle lane if you're coming from the south. Bike racks are located behind the library building in the courtyard.

Driving | Driving to campus is possible, but doesn't come recommended as there is no on-site parking, and street parking is all hard to come by and either metered or short term.

UTS | 15 Broadway, Ultimo

Train | The campus is just down the road from Central Station, so train is the best way to get here if it's accessible for you. Take the Railway Square or Grand Concourse (i.e. George Street) exit, cross the road, and you're there in no time.

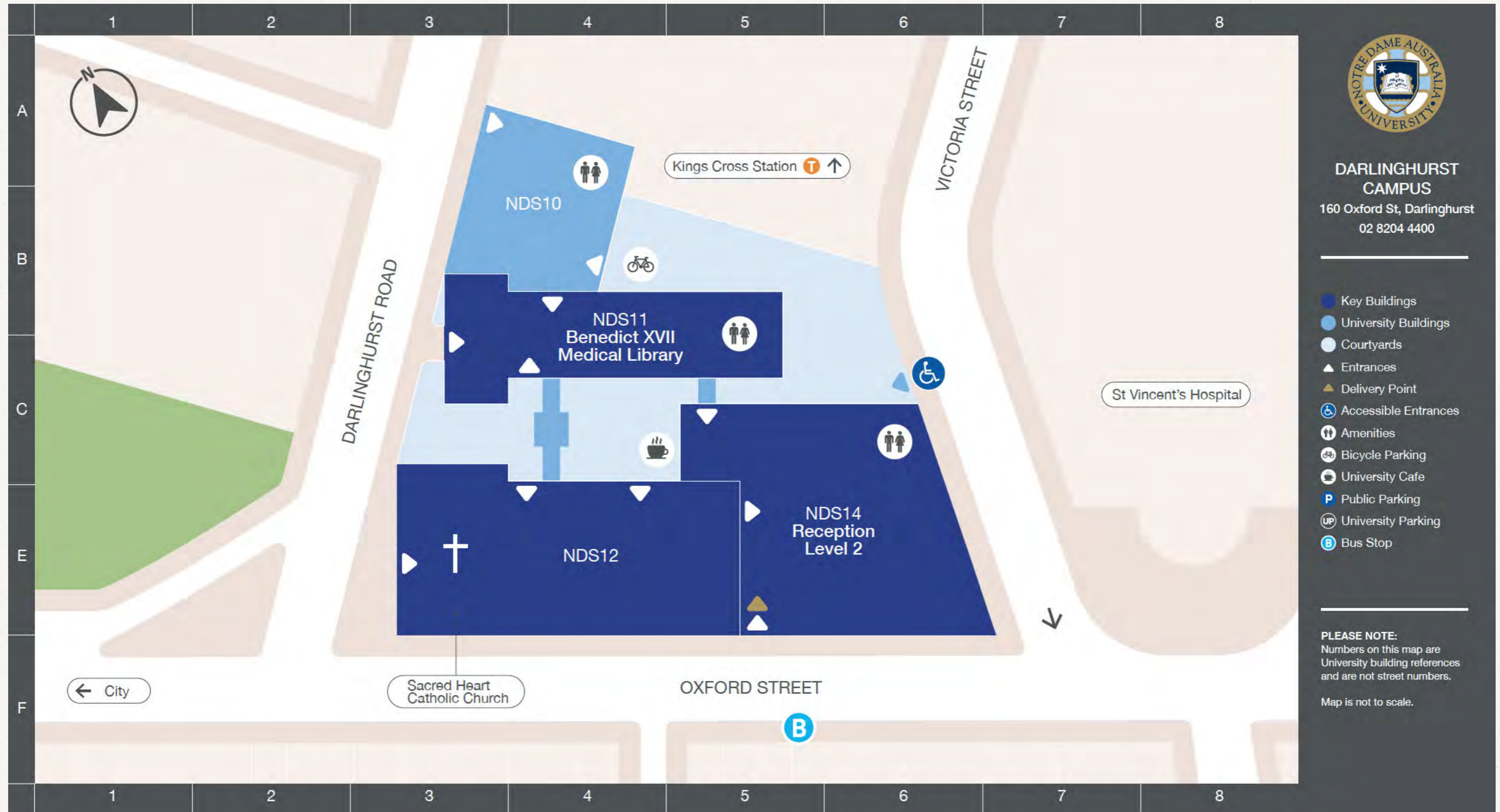
Bus | The UTS website has an extensive list of bus stops for accessing the campus, with links to maps, so check it out: <https://maps.uts.edu.au/directions.cfm>.

Walking | If you live close enough, why not? Otherwise, with one of the city's main transport hubs right nearby, why bother?

Cycling | Being centrally located and close to some bike-friendly routes, cycling is a great option for UTS. Plus, as a UTS student you can gain access to its underground bicycle parking space, which has a repair station and bathrooms and showers for those sweaty summer rides. Ask at security for access (though you'll need your UTS ID card and to complete a form).

Driving | Probably even less recommended than for Notre Dame Darlinghurst.

Notre Dame Darlinghurst campus map



DARLINGHURST CAMPUS
 160 Oxford St, Darlinghurst
 02 8204 4400

- Key Buildings
- University Buildings
- Courtyards
- ▲ Entrances
- ▲ Delivery Point
- ♿ Accessible Entrances
- ☺ Amenities
- 🚲 Bicycle Parking
- ☕ University Cafe
- P Public Parking
- UP University Parking
- B Bus Stop

PLEASE NOTE:
 Numbers on this map are University building references and are not street numbers.

Map is not to scale.

Notre Dame Broadway campus map



UTS Ultimo campus map



FAQs

What's the deal with Notre Dame and UTS? Notre Dame is a small university, and has partnered with UTS to deliver the anatomy, physiology, and other 'hard science' content, including lectures and practical laboratory sessions.

What does this mean for me? As a Doctor of Medicine student at Notre Dame, this means that some of your core lecturers will be UTS staff, and you'll spend a few hours each week on campus for lab sessions (e.g. anatomy wet lab, physiology practicals). You'll also be enrolled as a student at UTS and will need to get an ID to take be able to use certain facilities (you will be given instructions on how to do this).

What should I know about being a UTS student? There are a few perks to being a dual UTS/UNDS student. UTS building 2 (not under construction, ignore the outdated map legend) has extensive study space, including bookable small-group rooms and a multi-level library. You can also get free dinner in the foyer of building 1 on Tuesdays—but get in quick as this is, unsurprisingly, very popular.

What should I know about the UTS campus? Building 4, the science building, is where you'll spend most of your allocated class time. There's a food court at the very bottom of building 2, which has a good assortment of food but gets very busy at lunch-time during the semester. Also, the campus is just a short walk from Notre Dame Sydney's main campus, also on Broadway, so make sure you check it out while you're in the area.

Food and drink around campus

Notre Dame | Darlinghurst

Pusher Espresso | Coffee and café food
54 Oxford Street, Paddington

Darlo Deli | Coffee, sandwiches, salads
277 Victoria Street, Darlinghurst

Little Bishop | Coffee, sandwiches
269 Victoria Street, Darlinghurst

Bootsdarling | Coffee, sandwiches, poké
333 South Dowling Street, Darlinghurst

Ampersand | Coffee, café food, books
78 Oxford Street, Paddington

The Rusty Rabbit | Coffee and café food
252 Forbes Street, Darlinghurst

Una's | Continental European food
340 Victoria Street, Darlinghurst

Bat + Bun | Vietnamese food
379B South Dowling Street, Darlinghurst

Thai Tharee | Thai food
245 Victoria Street, Darlinghurst

The Unicorn Hotel | Pub with food
106 Oxford Street, Paddington

The Beacham | Pub with food
265 Oxford Street, Darlinghurst

Darlo Bar | Bar and snacks
306 Liverpool Street, Darlinghurst

The Beresford | Pub with food
354 Bourke Street, Surry Hills

Café Fredas | Bar
191 Oxford Street, Darlinghurst

UTS | Ultimo

Spice Alley | wide range of Asian food outlets
Kensington Street, Chippendale

Something for Jess | Coffee and café food
27 Abercrombie Street, Chippendale

Cornerstone Café | Coffee and café food
638 Jones Street, Ultimo



Upcoming social events

MANUDS welcome to 2023 | 22 January

Join us for a casual game of barefoot bowls, and to meet your fellow first years, second years, and clinical MD students! The Clovelly Bowls Club has awesome ocean views, and we have a green booked from 3–6pm (though we'll most likely hang around and then kick on elsewhere for those who can't make it until later). Check the [Facebook event](#) for more details.

Med Camp | 3–5 February

Unfortunately, med camp caught covid and was placed in isolation for three years, but in 2023 it's back and stronger than ever! Med camp is the most anticipated event for all aspiring med students: three days of adventure-filled shenanigans that you don't want to exclude from your iPhone (or Samsung if you're part of the kool kids klub) memories! Situated at Wiseman's Ferry, we are going to host the best event of the year.

ROUNDS Amazing Race | TBC (most likely late February or early March)

The Amazing Race involves teams completing an array of challenges and solving clues to reach the destination... where there will tables and drinks ready to quench their hard-earned thirst. It's one of the first mixers of the year, and is a fantastic opportunity to not only mingle with your own year group, but also students from second year. Come along!

Scrub Crawl | TBC (most likely April)

The (in)famous Scrub Crawl is a med-school staple, and this year it's back and filled with new friends, delicious food, and a fantastic line-up of Sydney's best happy hours. We'll even have disposable cameras that will preserve the night's best moments for eternity.

Movie nights | TBC

Horror, comedy, classics—oh my! This year, we're bringing in cheap monthly movie nights to satisfy your inner Academy Award enthusiast. Which movies will show? Well, we're leaving that up to the votes of the people. Shrek and Twilight are rumored to be on the list. Popcorn and pizza are guaranteed.

Paint and Sip | TBC

With a wine in hand, and a paint brush in the other, this year's Paint and Sip night will be a taste-ful affair. Bring your own drinks, and your colorful ideas. We'll bring the canvases, paints, and tunes. You'll walk out with your own Picasso-worthy painting, and many new friends.

Ski trip | TBC (between July and September)

Do you like the snow? No? Well, we'll change that! Come for an adventure-packed weekend at the Snowy Mountains and we'll show you what the snow is really about. Whether you're Torah Bright or a complete novice, this event is for you. Ride during the day, après at night, this is an event you do not want to miss.

MANDUS subcommittees

Alumni

Congratulations and welcome to Notre Dame! As alumni representative, I'm hoping to facilitate connections with some of our alumni through networking events, speaker nights, and a mentoring program. Our amazing alumni have gone through a wide range of specialties and paths, and these events allow them to share their wisdom and experiences with us. We can't wait to see you there! I'll also be helping to coordinate the ongoing 10-year reunions of graduating cohorts. This is always a great opportunity for us to meet and mingle with the senior cohorts. Just think, in four years you will join them as a Notre Dame graduate and Doctor!



Mariam Seif
Alumni representative

AMSA representative

As the **Australian Medical Students' Association (AMSA)** student representative for Notre Dame, I am part of a nation-wide leadership team that advocates on behalf of all students for important policy changes. Our job is to try and make the future better for students, professionals, and the public by meeting regularly with other universities, politicians and relevant medical boards. In addition to communicating with AMSA, I help assist the Notre Dame student executive in decision-making and policy changes. Very excited for 2023 and to meet you all!



Xanthe Cerutti
AMSA representative

Global Hands

Are you interested in the United Nations, the World Health Organization, or Médecins Sans Frontières? Do you believe in stronger action to tackle global heating? Do you believe in the political, economic, and social equality for all people regardless of race, beliefs, sexual orientation, ability or gender? If you answered YES to these questions, Global Hands has something to offer you. Together with our four subcommittees, we focus on global health and social justice issues through the lens of medicine to raise awareness, improve health, and achieve health equity for everyone worldwide.



Madeline Lee
Co-chair
(AMSA)



Alessandra Sarmiento
Co-chair
(MANDUS)

Code Green | Global Hands

Code Green is a subcommittee of Global Hands focusing on all things environment and sustainability. We are passionate about finding ways medical students can learn more about and address the climate crisis, the most significant public health threat facing the world in the 21st century. Members of the subcommittee also act as student representatives of Doctors for the Environment Australia and attend meetings and the annual conference with some of the leading medical environmentalists in the country. We've held a range of events including beach clean ups and Meat Free Monday, and we're always open to new ideas!



Syd Jantos
Code Green
representative

Maternal & child health | Global Hands

A huge congratulations for getting into Notre Dame! I'm Adeline, and I'm your Global Hands Maternal & Child Health representative. In this area, we aim to raise awareness in health issues for women during pregnancy, childbirth as well as postnatal care. This also includes promoting health care for babies and children. A few highlight events that we have organised in the past includes a birthing kit workshop, organising care packages for women staying in Women's shelters as well as fun and informative speaker nights.



Adeline Thomas
Maternal & child health
representative

Asylum seeker & refugee health | Global Hands

Congratulations and welcome to Notre Dame! I'm Connor, and as the Global Hands Asylum Seeker & Refugee Health representative my goal for this year is to provide students with a space to learn about the health challenges facing people seeking asylum both in Australia and globally. We'll be working to raise awareness of these issues on our socials, as well as hosting events to bring students together and raise funds for those seeking asylum and refuge. We also hope to host speaker nights to hear how individuals in the healthcare field are making a difference to the wellbeing of asylum seekers and refugees.



Connor O'Brien
Asylum seeker & refugee health
representative

Gender equity & sexual health | Global Hands

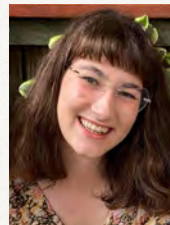
Global Hands' gender equity and sexual health representative (to be appointed) will be responsible for promoting the rights of women within global health, and raising awareness on sexual and reproductive health issues both within the university and further afield. In the past, this role has been responsible for hosting speaker nights as well as the annual Red Party, which raises money for St Vincent's Health for Future HIV Fund (and helps everyone let their hair down after a busy first semester of medicine!).



Watch this space

GPSN

The General Practice Students Network (GPSN) is an Australia-wide medical association for all students—not just those who want to be GPs! We run a bunch of activities at both the state and local levels. In 2022, we had the First Steps conference, which had clinical skills workshops for suturing, otoscopes, ophthalmoscopes, and vitals, and presentations on different training pathways. At UNDS we also organised clinical skills masterclasses, speaker nights, trivia nights, and revision sessions to help prep before exams. Best of all, it's all free! We're so excited to meet you all in 2023, and if you have any questions about GPSN, or just wanna chat, send us a message!



Andrea Zdral
GPSN representative



Vas Koutoulas
GPSN representative

International students

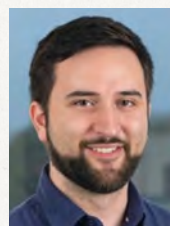
Congratulations, especially the fellow international students, on your place at Notre Dame! My name is Haneya Fuse, and I will be your international representative for 2023. The aim of this committee is to support international students in all aspects of their lives here in Sydney, including studies, networking, accommodation, internship queries, etc. Now that Covid restrictions have mostly been lifted, we are looking at some culturally diverse social events so that we can meet each other in person, make some new friends, and learn from each other's cultures. Please feel free to contact me or any other second years any time about any general questions, we are always happy to help!



Haneya Fuse
International student representative

IT & public relations

The IT and public relations role is a key one in the operations of MANDUS as it keeps all of the technological parts of MANDUS running smoothly. I'll be working quietly in the background to maintain and update the MANDUS website, update the academic resources in collaboration with the academic reps, ensure access to the correct platforms (such as Microsoft teams) for the subcommittees, troubleshooting any IT issues, and ensuring all MANDUS IT platforms stay online. I'll also be doing lots of interacting with people in other MANDUS positions.



Jared Katzeff

PANDA

A massive congratulations to you all from PANDA! We are thrilled to welcome you to the UNDA community and are super excited to introduce you to the best club at Notre Dame. Do you love kids and have an interest in working with them? If yes, then PANDA is the place for you. PANDA is the Paediatric Association of Notre Dame Australia, and is involved in advocating for the health and wellbeing of children and adolescents. We're a platform for UNDA students to get some insight into a future career in paediatrics, and we'll be hosting numerous events throughout the year, so be sure to be on the lookout!



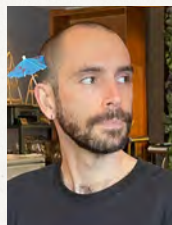
**Molly
McNamara**
Chair



**Vas
Koutoulas**
Co-chair

Publications & media

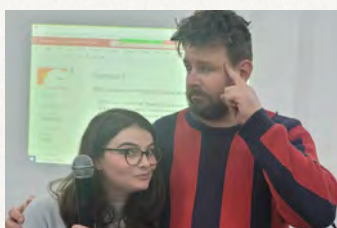
Publications and media mostly does what it says on the tin: we put together the MANDUS publication and media material, including this guide and the MANDUS magazine, *Imprint* (formerly *Kyphosis*). If you like to express yourself in any format that can be put on a page (words, pictures, pictures of things you made), we'd love to hear from you. Keep an eye out for when submissions open during the year. Also, in a past life I was a writer and literary editor, so if you have an interest in writing for broader audiences/publications and would like to discuss developing your ideas or work, feel free to reach out.



**Jerath
Head**
Chair

RANDA

RANDA is the research association. Our job is to help you navigate the wonderful world of research. This can involve helping you to find research projects, sharing your research if you are a seasoned research veteran, figure out what on earth an Endnote library is, anything research related we are here to help. Last year we ran a trivia night before formative exams. We will run this again in 2023, as well as events to help our star researchers share their experiences, talks from clinician researchers and workshops on how to know if a study is good or not when you are searching the literature.



**Eva
Devantier**
Co-chair

**Blake
Cochran**
Co-chair

ROUNDS

The Rural Health Organisation of the University of Notre Dame (ROUNDS) is a student-led organisation funded by the National Rural Health Student Network (NRHSN). Since its launch in 2008, ROUNDS has provided medical and nursing students at Notre Dame with access to scholarships through the Rural Doctors Network (RDN), offering them authentic rural experiences such as shadowing regional healthcare providers. ROUNDS also hosts social events throughout the academic year to raise funds for charities, such as the Royal Flying Doctor's Service, to help improve the health outcomes of rural and First Nations Australians.



**Hannah
Nobes**
Co-chair



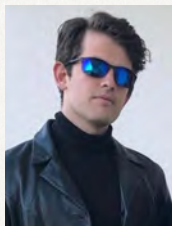
**Harry
Hamblin**
Co-chair

Social

At Social, we're here for a good time AND a long time. We believe experiences are defined by the people you meet, so we've got a heap of excellent events lined up for you to make some memories with the people in your cohort! We're talking big memories, like med ball, boat parties, camps, and ski trips... as well as plenty of little memories like the scrub crawls, movie nights, and paint and sip. We can't wait to meet you and help make medicine at Notre Dame some of the best years of your life.



Valentina Buay
Co-chair



Michael Nolan
Co-chair



Hansel Lee
Co-chair

SANDUS

SANDUS is the Surgical Association of Notre Dame University Sydney, and our aim is to introduce you to the exciting world of surgery. Throughout the year, we'll be holding events to give you insights into what a career in surgery looks like and how you (yes, you!) can get there, as well as experience in the surgical skills you'll require as a medical student and junior doctor, regardless of your direction. There'll be speaker nights, suturing masterclasses, anatomy quizzes and trivia, opportunities to observe real surgeries, the popular Surgical Challenge, and a lot more for you to get your hands dirty with!



Aubrey Wood
Co-chair



Jen Novo
Co-chair

Sponsorship

'The worst they can say is no.' This is handy advice for anything in life (when approached respectfully)—applying to med school, jobs, and asking to add three sauces to your kebab order at 2am. As your dedicated sponsorship representatives, we will keep this in mind while boldly exploring sponsorship opportunities to secure event funding, promotions, discounts and merchandise to support YOU and your medical school journey. Put simply, our job is to hustle cash. Ideas and tips are welcome!



Theo Thompson



Anthony Bejjani

Sports

Welcome to the sporting arm of MANDUS! As co-chair, my top priority is to ensure you peel yourself away from the desk every once in a while and get out and about. This year, we will be restructuring the sporting society at MANDUS, bringing it to its former pre-covid glory and hoping to build a healthy inter-year community. Watch out for resurgences of past popular MANDUS teams (like the running club), social sporting competitions (e.g. netball, futsal), and another excellent display of competitive touch and rugby against the likes of USYD and UQ medical cohorts. Everyone is welcome!



Brandon Ziegenfuss
Chair

SSUNDA

Congratulations and a huge warm welcome from the Speciality Society of the University of Notre Dame (SSUNDA)! With more than 80 specialities (and even more subspecialities) in medicine, we aim to inform and educate students about the plethora of career opportunities just over the horizon. We host speaker nights, podcast interviews, and other activities to provide you with information and opportunities as you begin to think about which areas of medicine you might wish to specialise in, or to expose you to those you've never experienced before!



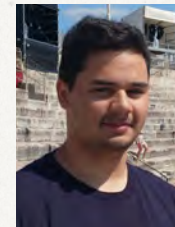
Christopher Katsinas
Chair

UNDSEM

UNDSEM (University of Notre Dame Society for Equity in Medicine) is a MANDUS subcommittee that is passionate about promoting equity in the medical profession through different activities and events, such as the International Women's Day Breakfast. Our focus is to celebrate and raise awareness for diversity in the workplace, including gender, sexual and cultural diversity. We hope to empower fellow students to advocate for themselves, their colleagues and patients, and contribute to positive change throughout their medical career.



Victoria Adams
Co-chair



Matthew Brunet
Co-chair

WANDA

WANDA is the Women's and Obstetric Health Association of Notre Dame Australia. While 2023 will only be WANDA's third year running, we have some exciting plans for the year ahead. We look forward to introducing you to various aspects of the specialties of obstetrics and gynaecology, while also exploring, advocating, and starting important conversations about other areas of women's health. As we are both extremely passionate about WANDA, our aim is to be advocates and a soundboard for women's health, and to encourage any student who also wants to get involved. Embrace the power of the uterus!



Lucy Mathias
Co-chair



Zoe Koroneos
Co-chair

Wellbeing

Our job is to help you prioritise your wellbeing this year. It's critical to look after your mind and body **FIRST** for your medical journey—so let's get started from day one! To start, you can find us on Instagram @manduswellbeing for meme Mondays and Wellbeing Wednesdays. Our first- and second-year mentoring program will also be opening for expressions of interest soon, so keep an eye out. And we have so much more planned: yoga/meditation sessions, picnics, a well-stocked tearoom... Please don't hesitate to come to us with any concerns, or just give us a wave on campus. We look forward to meeting you!



Tessa Houston
Co-chair

Zoe Reizes
Co-chair

The full MANDUS team

The executive



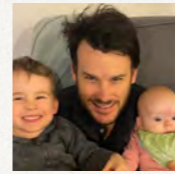
Dylan Grebert-Wade
President



Katarina Needham
Vice-President
(Clinical)



Nicole Pereira
Vice-President
(Pre-clinical)



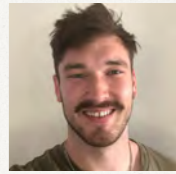
David Hodge
Secretary



Fletcher Rowe
Treasurer

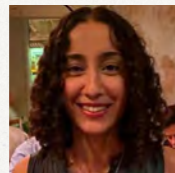


Xanthe Cerutti
AMSA
representative

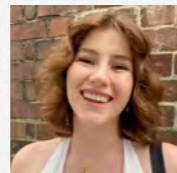


Charlie Morgan
Academic
rep (2nd year)

Subcommittees and representatives



Mariam Seif
Alumni
representative



Madeline Lee
Global Hands
Co-chair



Alessandra Sarmiento
Global Hands
Co-chair



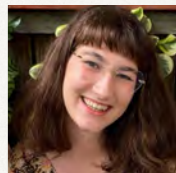
Syd Jantos
Code Green
(Global Hands)



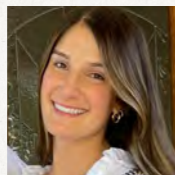
Adeline Thomas
Maternal &
Child Health
(Global Hands)



Connor O'Brien
Refugee &
Asylum Seeker
Health (Global
Hands)



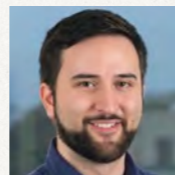
Andrea Zdral
GPSN
representative



Vas Koutoulas
GPSN
representative



Haneya Fuse
International
representative



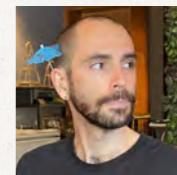
Jared Katzeff
IT & PR
representative



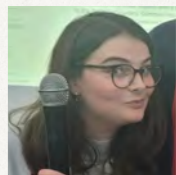
Molly McNamara
PANDA
Co-chair



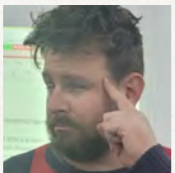
Vas Koutoulas
PANDA
Co-chair



Jerath Head
Pubs & media
Chair



Eva Devantier
RANDA
Co-chair



Blake Cochrane
RANDA
Co-chair



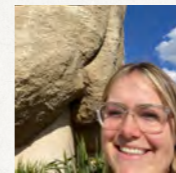
Hannah Nobes-Rounds
Co-chair



Harry Hamblin
Co-chair



Renee Oldfield
ROUNDS
Secretary



Eleanor Michel-Rounds
Treasurer



Xanthe Vlockmar
ROUNDS
PR officer



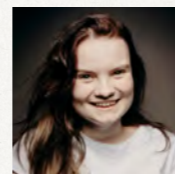
Heidi Starr
Glose the Gap
representative



Grace Higgins
Rural high
school visit
representative



Connie Smith
Medicine school
representative



Ash Cains
Nursing school
representative



Valentina Buay
Social
Co-chair



Michael Nolan
Social
Co-chair



Hansel Lee
Social
Co-chair



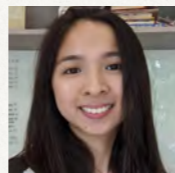
Aubrey Wood
SANDUS
Co-chair



Jennifer Novo
SANDUS
Co-chair



Hugh McMillan
SANDUS
representative



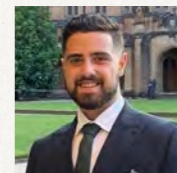
Ariane Khoo
SANDUS
representative



Anthony Barrett
SANDUS
representative



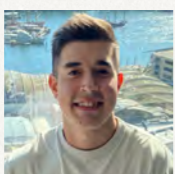
Theo Thompson
Sponsorship
representative



Anthony Bejjani
Sponsorship
representative



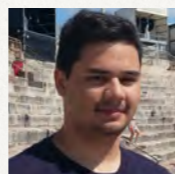
Brandon Ziegenfuss
Sports
Chair



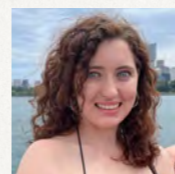
Christopher Katsinas
SSUNDA
Chair



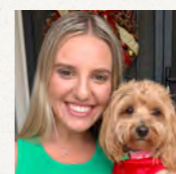
Victoria Adams
UNDESM
Co-chair



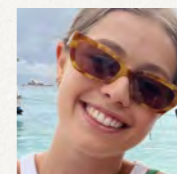
Matthew Brunet
UNDESM
Co-chair



Lucy Mathias
WANDA
Co-chair



Zoe Koroneos
WANDA
Co-chair



Zoe Reizes
Co-chair



Tessa Houston
Co-chair



MANDUS

MEDICAL ASSOCIATION OF NOTRE DAME UNIVERSITY SYDNEY

© 2023, Medical Association of Notre
Dame University Sydney
Produced by Publications and Media
Design: Jerath Head



/mandusmedsoc



@notredameaus



@mandusunds