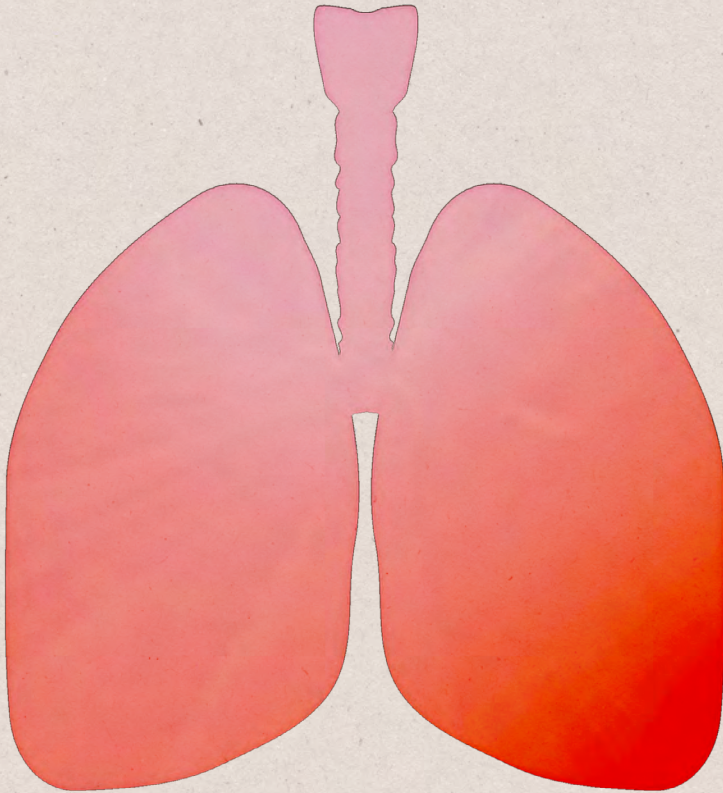


# IMPRINT



From Kyivan Rus to crisis

Move without a sound

Coming of age

Finding freedom in connection

Shabnam Mohammad Shafiq

Millicent Lee

Georgia Hill

Syd Jantos

MANDUS

2022



# From the editors

**F**irst things first: *Kyphosis* looks and sounds a little different. Second things second: the cover says 2022, but it's now 2023. Let us explain.

Last year, the Publications & Media chairs consulted with MANDUS on a rebranding of its student magazine. *Kyphosis* has a colorful history and a proud reputation of being a vibrant student publication showcasing the diversity of the community in the School of Medicine, Sydney. The decision to revitalise and rename the publication came after a lot of thinking about how to retain the platform for student voices and expression while making it more contemporary, giving it the feel of a print publication for the digital space, and establishing a design that could be consistent and recognisable across subsequent years.

And so, meet *IMPRINT*. The name was chosen to reflect an ethos of exploring the imprint we, as individuals and a community, will leave on the world around us. *IMPRINT* aspires to generate a positive impact on how we engage with healthcare, the environment, and the wider community by creating a space for dialogue and creativity. The striking, minimal design was kindly provided by [O'Creative](#). However, with this all in place, life threw up a great number of obstacles to publication—so much so that 2022 has bled over to 2023. But, as is so often said, better late than never.

We would like to thank the contributors to this inaugural edition of *IMPRINT*, for both their wonderful words and creativity and their patience with its glacial pace. We hope *IMPRINT* can do the legacy of *Kyphosis* proud, and continue showcasing what makes our Notre Dame med family so very special. ✖

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# From Kyivan Rus to crisis

## Shabnam Mohamad Shafiq



### *Understanding the roots of the conflict in Ukraine*

**O**n 24 February 2022, following months of tension between Kyiv and Moscow, Russia launched a land, sea and air invasion of Ukraine, triggering an expansion of NATO, a bifurcation of the global financial and trade system, and unprecedented sanctions from the West. Attacks by Russian forces were reported in major cities across Ukraine, including Berdyansk, Chernihiv, Kharkiv, Odesa, Sumy, and the capital Kyiv. Several Western officials have claimed that, by scope, this war could be the largest in Europe since 1945.

The conflict continues to rage, and has resulted in thousands of casualties. The Office of the United Nations High Commissioner for Human Rights (OHCHR) verified 5,514 deaths of civilians in Ukraine during the war as of 14 August. It has also precipitated a humanitarian crisis, as thousands of Ukrainians flee to the west of their country and abroad. Neighbouring Poland has recorded the highest number of border crossings from Ukraine, at over 5.4 million as of 16 August, followed by Russia, Hungary, and Romania. It isn't hyperbole to say that this has perhaps been the most significant global event to occur this year, given its staggering social, cultural, economic, environmental and health impacts

and implications. As such, I wanted to take a bit of time to unpack some of the history behind this moment.

**Understanding the lengthy common past** shared by the two nations is imperative for grasping the eliciting factors behind Russia's invasion of Ukraine. The first Slavic state, Kyivan Rus, was established more than a millennium ago in parts of what today are Russia, Ukraine, and Belarus. Kyivan Rus lasted from the late 9th to the mid 13th century, until it collapsed under the invading Mongol Empire. However, it set the cultural foundations for both Russia and the Ukraine. As the Russian Empire began to rise in the 1700s, it incorporated the territory of contemporary Ukraine which had previously been under periods of rule by the Mongols or Tatars, the Poles and Lithuanians. In 1918, a year after Russia's communist revolution (and the end of the Russian Empire), Ukraine declared independence. However, in 1921, Russia's Red Army conquered the vast majority of the Ukraine, transmuting it into a republic within the Soviet Union. In 1922, Ukraine officially became the Ukrainian Soviet Socialist Republic.

By the end of the 1920s, new leader Joseph Stalin had consolidated his control over the Russian Communist Party

(later to be known as the Communist Party of the Soviet Union). Feeling threatened by Ukraine's strengthening cultural autonomy and to prevent 'Ukrainian national counterrevolution', Stalin initiated mass-scale political repressions through widespread intimidation, arrests, and imprisonment. Thousands of Ukrainian intellectuals, church leaders, and Communist Party representatives who had supported pro-Ukrainian policies were executed by the Soviet regime.

At the same time, Stalin decreed the first five-year plan, which included the collectivisation of agriculture. Collectivisation gave the government direct control over Ukraine's rich agricultural resources and allowed the state to control the supply of grain for export. Grain exports would be used to fund the USSR's transformation into an industrial power.

The majority of rural Ukrainians, who were independent small-scale or subsistence farmers, resisted collectivisation. They were forced to surrender their land, livestock and farming tools, and work on government collective farms (kolhosps) as labourers. Historians have recorded about 4,000 local rebellions against collectivisation, taxation, terror, and violence by Soviet authorities in the early 1930s. The Soviet secret police

(GPU) and the Red Army ruthlessly suppressed these protests. Tens of thousands of farmers were arrested for participating in anti-Soviet activities, shot, or deported to labour camps.

The wealthy and successful farmers who opposed collectivisation (not just in the Ukraine, but anywhere in the USSR) were labelled 'kulaks' by Soviet propaganda ('kulak' translates to 'a fist'). They were declared enemies of the state, and the secret police and the militia brutally stripped so-called kulaks not only of their lands but also their homes and personal belongings, systematically deporting them to the far-flung regions of the USSR or executing them. The elimination of the kulaks was an integral part of the process of collectivisation: it served as a warning to opponents, as a means to transfer confiscated land to the collective farms, and as a means to eliminate village leadership.

These mass repressions, and the destruction of Ukrainian rural community life through the process of collectivisation, set the stage for the total terror—a terror by hunger, the Holodomor. The Holodomor, known as the Great Famine, was a man-made famine and genocide that lasted from 1932 to 1933. At the height of the Holodomor in June 1933, Ukrainians were dying at a



rate of 28,000 people per day. In total, around 7 million people, including 3.9 million Ukrainians (13.3 per cent of the country's population, according to recent demographic studies), are believed to have died from the famine.

The end of the Holodomor did not halt the suffering of Ukrainians, and its effects last to this day. The families of Holodomor victims feared hunger and further repression for the rest of their lives, and this fear was passed onto future generations. Several decades later, in 1991, Ukraine regained its independence following the collapse of the Soviet Union.

**On 10 July 1991, Boris Yeltsin** became the first president of the Russian Federation, and was instrumental in bringing about the dissolution of the USSR. By December of that year, each former Soviet republic had regained full independence—including, of course, Ukraine.

On 12 December 1993, three-fifths of Russian voters ratified a new constitution proposed by Yeltsin, and representatives were elected to a new legislature. Under the new constitution, the president was to be elected in a national vote and was vested with significant powers, including the power to appoint the chairman of the government (i.e. the prime minister), key judges, and cabinet members. The president also became commander-in-chief of the armed forces, able to declare martial law or a state of emergency. In 2008, an amendment to the constitution, which took effect with the 2012 election, extended the presidential term from four to six years. And in 2020, further constitutional changes abolished consecutive term limits for the office.

Around the time of the 1993 constitution, Vladimir Vladimirovich Putin was

making his entry into politics. In his early life, Putin studied law at Leningrad State University, where his tutor was Anatoly Sobchak. Putin served fifteen years as a foreign intelligence officer for the KGB (Committee for State Security), including six years in Dresden, East Germany. In 1990, he retired from active KGB service with the rank of lieutenant colonel and returned to Russia to become prorector of Leningrad State University with responsibility for the institution's external relations. Shortly after the 1993 constitution was published, Putin became an adviser to Sobchak, who himself had become the first democratically elected mayor of St. Petersburg. Putin quickly won Sobchak's confidence and became known for his ability to get things done efficiently and effectively; by 1994, he had risen to the post of first deputy mayor.

In 1996, Putin moved to Moscow, where he joined the presidential staff as deputy to Pavel Borodin, the Kremlin's chief administrator. Putin grew close to fellow Leningrader Anatoly Chubais and moved up in administrative positions. In July 1998, President Boris Yeltsin made Putin director of the Federal Security Service (the KGB's domestic successor), and shortly thereafter he became secretary of the influential Security Council. Yeltsin, who was searching for a successor to assume his mantle, appointed Putin prime minister in 1999.

On 31 December 1999, Yeltsin unexpectedly announced his resignation and named Putin acting president. Promising to rebuild a weakened Russia, Putin easily won the March 2000 elections with about 53 per cent of the vote. As president, he claimed to seek an end to corruption and to create a strongly regulated market economy.

**Russia has deep cultural, economic, and political bonds with Ukraine.** In many ways, Ukraine is central to Russia's identity and vision for itself in the world—at least as it is conceived of by Putin and his government. Russia has been keen to preserve its political influence in Ukraine and throughout the former Soviet Union, particularly after its preferred candidate for Ukrainian president, Viktor Yanukovich, lost to a reformist competitor in 2004. Yanukovich was nonetheless elected in 2010, but when he decided, under Kremlin pressure, to renege on a trade pact with the EU, mass demonstrations erupted and he was overthrown in February 2014. Putin, who accused the US and EU of instigating a 'fascist' coup, responded with what was, at the time, the most significant land grab in post-war Europe: the seizure and annexation of Crimea. Russia went on to back pro-Moscow separatist groups in Ukraine that proclaimed two independent republics in the eastern Donbas region along the Russian border.

Russia's seizure of Crimea was the first time since World War II that a European state annexed the territory of another. More than fourteen thousand people died in the fighting in the Donbas between 2014 and 2021, the bloodiest conflict in Europe since the Balkan Wars of the 1990s. For many analysts, the hostilities marked a clear shift in the global security environment from a unipolar period of US dominance to one defined by renewed competition between great powers. Approximately eight million ethnic Russians were living in Ukraine as of 2001, according to a census taken that year, mostly in the south and east.

Moscow claimed a duty to protect these people as a pretext for its actions in Crimea and the Donbas in 2014.

Putin and his allies accused Ukraine's government of 'genocide' against ethnic Russians and native Russian speakers in the Donbas, an allegation wholly rejected by Ukraine as well as the US and EU states. His views on the relationship between Russia and Ukraine are explored in the essay 'On the Historical Unity of Russians and Ukrainians', which was written by Putin and published on 12 July 2021. In the essay, Putin argues that Russians and Ukrainians, along with Belarusians, are one people, belonging to what has historically been known as the triune Russian nation. To support the claim, he describes in length his views on the history of Russia and Ukraine, concluding that Russians and Ukrainians share a common heritage and destiny.

The essay denies the existence of Ukraine as an independent nation. Noting the large number of ethnic Russians in Ukraine, Putin compares 'the formation of an ethnically pure Ukrainian state, aggressive towards Russia' to a use of weapons of mass destruction against Russians. The essay also openly questions the legitimacy of Ukraine's contemporary borders. According to Putin, the modern-day Ukraine occupies historically Russian lands, and is an 'anti-Russia project' created by external forces since the seventeenth century, and by administrative and political decisions made during the Soviet Union. He also discusses the Russo-Ukrainian War, maintaining that 'Kiev simply does not need Donbas'.

To justify his actions in Ukraine, Putin has repeatedly referred to the Kyivan Rus. He sees this Orthodox



medieval state, which centred around the contemporary Ukrainian capital, Kyiv, as the common point of origin for both Ukrainians and Russians. To his mind, this means the Ukrainian people are Russian and he believes his mission is to restore the unity of the Russian lands, as a precondition for Russia being a great power. Ukrainians, meanwhile, refer to the same place as the Kyivan Rus and the cradle of their own nation—not Russian lands but the ‘lands of the Rus’.

Some Western analysts see Russia’s 2022 invasion as the culmination of the Kremlin’s growing resentment toward NATO’s post-Cold War expansion into the former Soviet sphere of influence. Russian leaders, including Putin, have alleged that the United States and NATO repeatedly violated pledges they made in the early 1990s to not expand the alliance into the former Soviet federation. They view NATO’s enlargement during this tumultuous period for Russia as a humiliating imposition about which they could do little but watch.

In the weeks leading up to NATO’s 2008 summit, President Vladimir Putin warned US diplomats that steps to bring Ukraine into the alliance ‘would be a hostile act toward Russia’. Months later, Russia went to war with Georgia, seemingly showcasing Putin’s willingness to use force to secure his country’s interests.

Despite remaining a non-member, Ukraine grew its ties with NATO in the years leading up to the 2022 invasion. Ukraine held annual military exercises with the alliance and, in 2020, became one of just six enhanced opportunity partners, a special status for the organisation’s closest non-member allies. Moreover, Kyiv affirmed its goal to eventually gain full NATO membership.

In the weeks leading up to its invasion, Russia made several major security demands of the United States and NATO, including that they cease expanding the alliance, seek Russian consent for certain NATO deployments, and remove US nuclear weapons from Europe. Alliance leaders responded that they were open to new diplomacy but were unwilling to discuss shutting NATO’s doors to new members.

Other experts have said that perhaps the most important motivating factor for Putin was his fear that Ukraine would continue to develop into a modern, Western-style democracy that would inevitably undermine his autocratic regime in Russia and obliterate his hopes of rebuilding a Russia-led sphere of influence in Eastern Europe. ‘[Putin] wants to destabilize Ukraine, frighten Ukraine,’ writes historian Anne Applebaum in *The Atlantic*. ‘He wants Ukrainian democracy to fail. He wants the Ukrainian economy to collapse. He wants foreign investors to flee. He wants his neighbours—in Belarus, Kazakhstan, even Poland and Hungary—to doubt whether democracy will ever be viable, in the longer term, in their countries too.’

Putin asserted that the broad goals of the full-scale 2022 invasion were to ‘de-Nazify’ and ‘de-militarise’ Ukraine. However, in the early weeks of the invasion, Ukrainian forces marshalled a stalwart resistance that succeeded in halting the progress of the Russian military in many areas, including in Kyiv. Many defence analysts say that Russian forces have suffered from low morale, poor logistics, and an ill-conceived military strategy that assumed Ukraine would fall quickly and easily.

At the same time, a steadily growing body of direct video and satellite

imagery shows that Russia has steadily escalated its use of modern military weapons against Ukrainian civil targets and in ways that have a massive impact on its economy and population. The Russian response to urban warfare has become a siege fought with modern missiles and artillery that have been fired against a progressively broadening range of civil targets, destroying much of the economy, infrastructure, civil facilities, and housing in eastern Ukraine.

Russia’s aggression in recent years has galvanized public support for Ukraine’s West-ward leanings. In the wake of a wave of civil unrest in 2013–14, the country elected as president the billionaire businessman Petro Poroshenko, a staunch proponent of EU and NATO integration. In 2019, Volodymyr Zelensky defeated Poroshenko in a sign of the public’s deep dissatisfaction with the political establishment and its halting battle against corruption and an oligarchic economy. Before the 2022 offensive, polls indicated that Ukrainians held mixed views on NATO and EU membership. More than half of those surveyed (not including residents of Crimea and the contested regions in the east) supported EU membership, while 40 to 50 per cent were in favour of joining NATO. In the weeks after the invasion, a public opinion poll found that large majorities of Ukrainians surveyed supported the armed resistance against Russia and rejected Russia’s claims to Crimea and its backing of the break-away republics in the Donbas. Just over half of those surveyed said that Ukraine should not concede future NATO membership to end the war.

**The growing civil impact of the war** shows that it is becoming steadily

harder to terminate a conflict in ways that can create a lasting peace. It now seems all too possible that Ukraine will not regain its territory in the east, will not get the levels of aid it needs to quickly rebuild, will face continuing threats from Russia in the east that will limit its ability to recreate an industrialised area, and will face major problems in terms of maritime trade. It also seems all too probable that any peace or ceasefire will leave a legacy of anger and hatred, and acute political tension will be the norm between Russia and most of Europe, as well as between Ukrainians and Russians.

An end to fighting will not end its economic and civil human impacts. Ukraine has already lost a massive amount of its economic and urban base, its infrastructure, and its functioning local and regional government. Ukrainian officials have talked about \$500 billion to recover and rebuild, but such numbers are estimates at best, and they assume that the war will end with a meaningful and stable political and economic peace that grants Ukraine at least the territory it had when the conflict started and allows its economy to function on a basis similar to its pre-war level.

The war will almost certainly ensure that Russia is as much of a strategic focus for the US as China, and that US and European competition with Russia will remain much closer to confrontation than was likely prior to the invasion. The war is also likely to push Russia to align itself more closely and visibly to China, and it may encourage Russia to find political and economic ways to exploit every tension and opportunity in Asia, Africa, and South America—as well as seek new bases and opportunities to win military influence.



Today, the masses of Russian troops on Ukraine's borders act as fault lines that reflect the region's tumultuous history. Even if the war could end in some kind of compromise, settlement, or ceasefire, it is likely to be an important catalyst in shaping a lasting civil confrontation between Russia and NATO, the EU, and the United States. As such, it will continue to shape geopolitics, economics, and global migration well into the future. ✘



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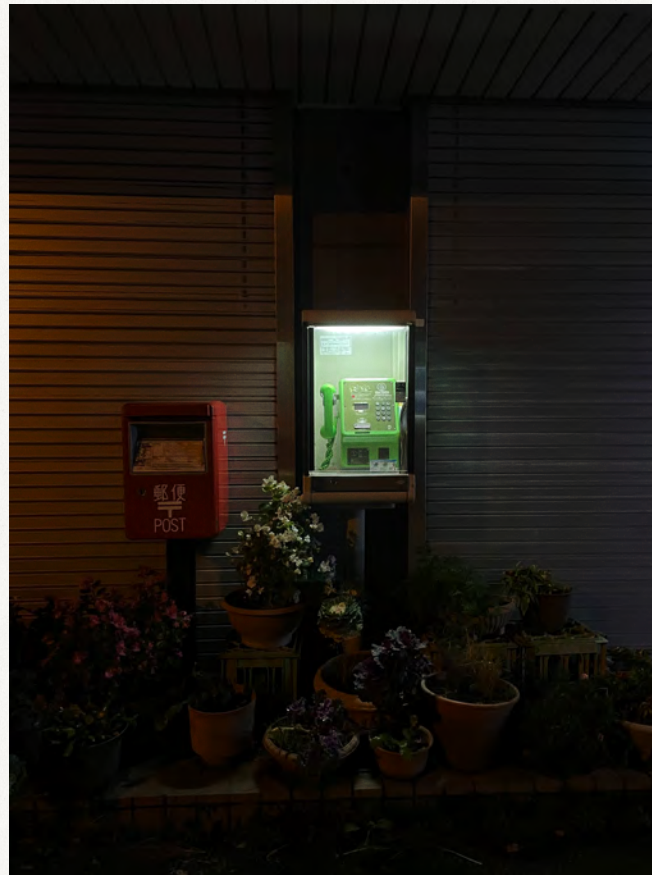
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# Move without a sound

Millicent Lee

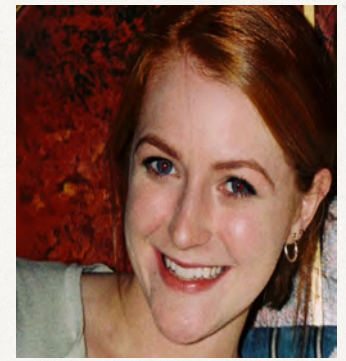
*Walking through Hakone, Japan, at twilight is as if watching a town fall asleep. Sunlight bids us farewell, and passes hands to the light of man's machines that flicker and glow with their own unnatural life force. This exchange is one quietly observed, and heard in whispers.*





# Coming of age

Georgia Hill



## *Reflections on a geriatrics rotation and the bias of ageism*

**E**arlier this year, when I began my geriatrics rotation, I was under the impression that it would be similar to general medicine. I realised this impression was wrong when I was introduced to an 80-year-old named Janet. She was curled up asleep in her hospital bed while we analysed her charts and adjusted her medication. I couldn't stop myself from mentioning how cute she looked—words like 'adorable' and 'cute' had become, commonplace on ward rounds. As I pulled Janet's curtain closed to leave, I glimpsed at the adjacent bed, in it a woman in her mid 30s lay, also lay sleeping. A thought struck me: Why was it appropriate to call the 80 year old on

my left 'cute' but not the 30 year old on my right? How had my perceptions of this woman become so disconnected from her younger self and personhood, that I labelled her with the same terminology used to describe a puppy. I never

intended to infantilise, but this discrepancy reflected a wider cultural issue.

As the weeks with the geriatrics team passed, it became apparent that elderly patients who weren't 'cute' were instead labelled 'difficult'. One particular patient helped me understand how unfitting this term truly is. Dianne was a renowned law professor in her



nineties who was brought in after a fall. She was promptly labelled 'difficult' when she was determined to walk to the toilet unassisted. One afternoon, I attempted to perform an MMSE with Dianne. She refused, and instead told

me about her time in the army and her illustrious career. It became increasingly clear as I leant over her bed asking her if she knew her what day it was, that 'difficult' was a term that befell anyone who respond how they should when a 25-year-old speaks to them like they are toddler.

If patients weren't cute or difficult, they fell into a third telling category: silent. The silent patients were the majority, as ageing often brought with it difficulties in hearing, speaking, seeing, and understanding. This silent group with their unmet needs are reflective of a wider issue with in the hospital. These patients were often treated with aversion: each morning during handover, there seemed to be a tussle between the medical teams as they tried to avoid multi-morbid elderly patients. A disconnect between the needs of the elderly

patient and the increasingly highly specialised nature of medicine became apparent. An arrhythmia in an otherwise healthy body is well cared for, but in geriatrics we encountered complex patients, with many organs deteriorat-

ing, unable to negotiate stairs or return to their homes. At times the hospital seemed at times ill designed to manage these complexities and patient needs went unmet.

It is not that the hospital or the doctors I encountered were particularly insensitive—rather, these incidents reflect a broader cultural issue. The reality of decline and death is frightening and is often more comfortable to ignore. This neglect manifests strongly in institutions, and our collective denial of aging is concentrated in hospitals as this is where our most extreme fears of growing old manifest and the inevitable failure of our bodies is impossible to avoid.

Recognising how undercurrents of ageism affect healthcare practice has reminded me that although it is not always easy to connect the young, robust patient to the grey and tired older person, they are one in the same. In the future I will think of Dianne who arrived at the hospital half naked and disoriented but also a bright and accomplished woman. I will think of my parents, grandparents, friends, and myself—after all there is no us and them, they are us. ✕



# Things in miniature

## Vanina Vergoz

*Making miniatures allows me to connect with people, as I give most of them away. They are little stories that I tell to the clay and then let them go! I think of them as my 'syn-gué sabour', the patience stone from Persian mythology, which is a confessional stone.*





# Finding freedom in connection

Syd Jantos

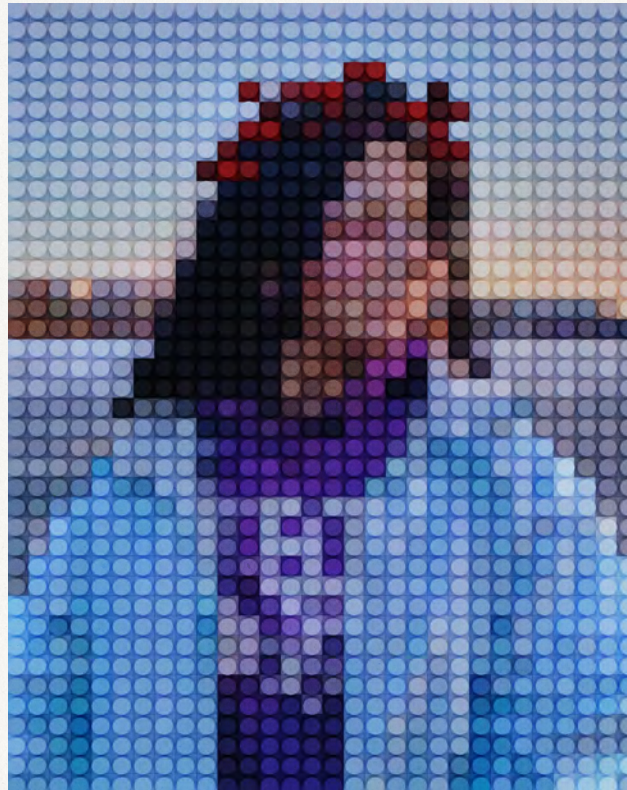


## *A reflection on our identity as medical students*

**A** note on my phone from early February 2022 reads: 'Latin for 3 years, biggest fear is getting stuck in a water slide, I collect old books.' I came across this recently while conducting a monthly 'I don't have enough space on my phone' clean up. After being puzzled for some time as to its meaning, I realised it was a quick and desperate attempt at condensing my personality and identity into a pithy persona for what I assume was a bone-chilling ice-breaker we were asked to take part in at the beginning of the year. These suggestions did not make the final cut; instead, I recall choosing something I thought was slightly less nerdy (thereby prolonging the inevitable realisation that we're all nerds—aren't we?). However, re-reading this note made me realise how much pressure I had placed on myself to represent, to define, who I was in the early stages of meeting 120 strangers. Like in an over-done trope from a coming-of-age film, I felt a strong need to portray myself in a way that would allow people to quickly categorise me as an over-simplified version of myself. Coupled with a desire to appear learned, knowledgeable, and as if I had some idea of what was going on, my first few weeks of medical school were consumed with a frenzied, self-con-

scious energy that now reminds me of the first year of high school.

I think I may not be the only one who experienced this. It's a shared and very forgivable human experience to want to stereotype ourselves within a group. This only seems to be exacerbated in medical school as there are so many stereotypes about being a medical stu-



dent. As soon as we're accepted, how easy is it to let ourselves get caught up in shaping our identities around stereotypes, while also trying to figure out how we are unique and how we'll stand out? Perhaps we initially have an overwhelming need to prove to our peers that we deserve to be here. Put 120 people trying to prove themselves into one room (or in our case, one Zoom meeting) and we're likely to be confronted by the anxious tendency to compare how our sense of self measures up to the others around us. This can be incredibly lonely.

It was only when I stopped worrying so much about my own identity and started learning about the stories of others around me that I started to feel like I was settling into who I was in this community of colleagues. This community has come much farther than 'from the ground up'. It was built initially on all those expectations (not all of them 'grounded') of being future doctors before we even started becoming future doctors. And then those fabrications were taken down—at least in part—and we rebuilt ourselves as a collective of aspirations, experiences, hard work, stories, and Anki.

I have so much more understanding nine months into this degree of who I am as a medical student. It is, to a great

extent, because of the people around me. Equally as important, I worry about it far less. I know that this shared experience of a slow and painstaking construction of ourselves as doctors, no matter what stage in life we're at, will not be a straight line. It's widely acknowledged that we don't arrive at new experiences as a blank slate, especially as adults. The crucial element of these new experiences that we sometimes neglect to recognise is the cyclical, collective nature in which we continue to develop as human beings. There's freedom in that. We'll all question ourselves, then reassure each other, and question ourselves again throughout this time. But the thing we can rely on is that we're not alone in this. We're all working our way through this life-changing experience together, whether we're confused or have clarity—or all too often, both at the same time. ✖



# A Sydney perspective

*Somewhere on your journey, don't forget to turn around and enjoy the view.*



Daphne McLeod (2022), The Observatory, digital art



# Many hands make light(ish) work

## MANDUS subcommittees

### Wrap-ups and sign-offs from the 2022 chairs

#### Alumni

**William Du:** This year, the Alumni team was involved in sourcing guest speakers for various speaker nights, including Women in Surgery and SSUNDA Specialty Pathways. Along with this, we started to get the ball rolling towards setting up a Conjoint Lecturer position, in which our graduates will be able to come back to university to provide teaching and resources to students in exchange for some recognition and a teaching title. This is an exciting project that the ALUMNI team will continue to develop with the university in the coming years. Watch this space!

Additionally, Alumni continued to work in the background to coordinate an extensive database of all past graduates of the UNDS School of Medicine, so that they can be connected and linked up with uni events in the future.

#### AMSA

**Sanjna Vijayakumar:** AMSA enjoyed continued success with and increased participation from students at UNDS in 2022. We kicked off the year with AMSA's annual Vampire Cup, and we managed to increase our donations of blood and plasma through to the end of the competition. With the help of our



wonderful junior AMSA representative, Amanda, we had more engagement with weekly competitions and secured new and improved prizes from sponsors such as Berkelouw Books. We also had great participation from keen students throughout the year with regards to reviewing policies for AMSA Councils 1, 2, and 3, and policy review upskilling sessions took place to help those who were interested. AMSA Convention was also held in person this year after a number of COVID-related cancellations. This was an amazing opportunity for all those who attended, and we hope to

have increased UNDS student participation and engagement at next year's event.

In terms of advocacy, in addition to the work being done through policy review, the Mental Health Policies, Pathways, and Protocols Survey helped assess the current accessibility of existing mental health supports in place at the university. The ongoing Medical Education Reform forums are also a great space for UNDS AMSA representatives

to learn from and provide feedback to the other universities in regard to the quality of medical education at our university. Overall, 2022 has been a wonderful year to be the UNDS AMSA representative and I cannot wait to see everything that the representative next year achieves for the university.

#### Global Hands

**Lara McDonald and Ella Clarke:** Global Hands has had an outstanding year generating passion and passing

on knowledge regarding the intersection between social justice and health. Emerging from the COVID-19 pandemic, we have run numerous successful events (many in person) across all four subcommittees: Gender and Sexual Health, Refugee and Asylum Seeker, Maternal and Child Health, and Code Green.

On 7 March, Global Hands collaborated with WANDA and UNDSEM on a virtual International Women's Day celebration. We had three incredible speakers participate to give insights into intersectional gender inequalities that exist both in medicine and broader society. And on 6 September, Ella and Lara hosted the Introduction to Global Health Aid webinar with amazing guests from organisations such as Mercy Ships and MSF to give students insights into a career in international medical aid.

Throughout the year, Lara and Emily Coady (Code Green Representative) have hosted the 'In This Climate?!' podcast, with inspiring guests who have pioneered research and action on the intersection of sustainability and healthcare. Emily and Ella also attended the AMSA Global Health Conference in Melbourne and heard from a range of speakers on health and social justice

**Gender and Sexual Health:** This subcommittee's achievements were



made possible by the extraordinary effort of Tiffany Hanna and Madeline Lee. On 17 June, Global Hands hosted our annual Red Party, a nation-wide AMSA initiative to raise money for HIV/AIDS Research. We sold over 100 tickets and raised \$1,400 for the St Vincent's HIV/AIDS Research Centre.

**Refugee and Asylum Seeker:** This subcommittee was headed by the incredible Cecelia Koch and Alessandra Sarmiento. On 12 April, Cecelia and Lara attended the Palm Sunday Rally to bring attention to refugees sitting in Australian-run detention camps and how #DetentionHarmsHealth to create #JusticeForRefugees. On 12 August, we hosted a screening for Chasing Asylum, a harrowing documentary on the treatment of refugees on Manus and Nauru, and raised \$270 for the Asylum Seekers Centre in Newtown. Seeking asylum is a human right - let's keep up the good work and continue supporting refugees.

**Maternal and Child Health:** This subcommittee was led by the brilliant team of Tsitsi Mubaiwa and Bjorn Margon. On August 4th, Global Hands collaborated with WANDA to attend the PVOGS ANZ (Pre-Vocational Obstetrics and Gynaecology Society of Australia and New Zealand) Birthing Kit Workshop to prepare birthing kits for mothers in low- and middle-income countries around the world.

**Code Green:** This subcommittee was guided by the passion and expertise of Emily Coady and Sydney Jantos. Code Green hosted Meat Free Monday—a competition throughout the month of May to increase the number of plant-based recipes cooked by the MANDUS community. On 29 May,

Global Hands held a presence at Northern Beaches Long Reef Clean Up, and seek to increase MANDUS attendance at this important event in the future.

## GPSN

**Kiahla Arnold and Connie Malliaras:** The 2022 year has been busy with a return to normal programming for the General Practice Students Network (GPSN) at Notre Dame Sydney. We started the year with the wonderful new team coming together with Connie Malliaras and Kiahla Arnold as Co-Chairs, Olivia Taylor handling all things money as our treasurer, and Thisun Gunasena keeping tabs on everything as our Secretary.

We began the year with the GPSN First Steps Event. This was a state event where all of the uni's in ACT and NSW GPSN clubs came together and planned a one day GP expo with speakers, suturing activities and skills practice. We collaborated with the NSW GPSN teams for a number of weeks in the lead up and the event turned out to be a great success with around eighty students attending at the Sydney University location. It was a great chance to meet the other GPSN representatives and network with other Medical Schools and organisations like GP Synergy and the Australian Defence Force.

Next up we expanded our team in the Year 1 Elections by adding Nicole Pereira as our GPSN first year representa-

tive. Nicole was an excellent addition to the team and we thank her for all her efforts across 2022. With the help of Nicole, we then organised our first CCS Masterclass of the year, we were blown away by the interest with close to 100 first-year students signing up to be taught all about the respiratory and GIT exams from our generous second-year students in the lead up to the MEDI cohort's first ever DOCCS. The feedback from our students was so positive making this contribution one of the highlights for us at GPSN as we were able to make a noticeable difference to the clinical learning of the students which was one of our aims this year. Another CCS Masterclass was held in semester 2 this time tackling the beast that is the cardiovascular exam, which was also a great success. Thank you to everyone who gave their time to these events.

Semester 2 arrived and we were busier than ever, first up organising our GPSN Speaker Night. We planned an on campus speaker night in August and crossed our fingers until the very day that no curveballs would hit, forcing it back onto zoom. But in the end we pulled it off with three diverse GP's talking about their career paths and day-to-day work. We were also invited to collaborate with SANDUS on their Surgical Challenge in September, where we set up an OSCE-like station for participants to take a history and examination of a patient with asthma and then interpret everyone's favourite... some spirometry. This event ran so smoothly thanks to SANDUS's hard work and it was a pleasure to be involved. We rounded out the year collaborating with a number of societies on the MED2 Trivia Night, covering all things PPH and PPD in a great learning opportunity before the dreaded exam block.





That's it from us at GPSN! 2022 was a wonderful year and we were so fulfilled being apart of this society and MAN-DUS itself, and we encourage you (if you're not yet already) to put your hand up and get involved with GPSN next year and help us continue to provide many great events and clinical learning opportunities to the cohorts.

## PANDA

### Katelin Yarde and James Peverelle:

This year was a big year for PANDA, coming back strong after the PANDemic. We kicked off the year with the first in-person event that the university had hosted since COVID—Bowls for Bucks. This was a lawn bowls fundraising event at the fabulous Coogee Beach Bowls Club, where we raised \$1,020 for the Make a Wish Foundation. We wouldn't have been able to achieve this without the generous donations from The

Clock Hotel, Cook and Archies café, the Unicorn Hotel, Dux Collection Sydney, Café Boots Darling, Belly Bao Newton, Berkelouw Books, Gleebooks, Sticky Lollies, and Dirty Red café, contributing to up to \$500 in prizes for raffles.

Throughout the year, PANDA had the opportunity to visit a number of primary schools throughout Sydney, running our regular Teddy Bear Hospital workshops with kindergarten, Year 1, and Year 2

students. These workshops aimed to teach young kids the importance of healthy eating, what's in a doctor's bag, and what to do in an emergency. They also learnt to bandage their teddy bears, and showed off their knowledge of the human body—even showing up our fellow medical students!

Later on in the year, PANDA continued its 'year of firsts' by hosting Notre Dame Medicine's first on-campus speaker

'I'm actually now thinking about pursuing paediatric medicine.'

We finished the year on a high with another fundraising event, hosting a Jeans for Genes double denim dress up day and Bake it Blue bake sale, raising a total of \$1,007 for the Children's Medical Research Institute. Overall, we've thoroughly enjoyed representing Notre Dame University as PANDA co-chairs. We look forward to the opportunity

members, we kicked the year off with a running start.

Our first event was the Amazing Race, where there was glory up for grabs and schooners to be washed down. The contestants had to solve riddles and complete challenges in order to find our second years positioned at iconic spots throughout the city. Despite some final-checkpoint controversy, Sydney's weather put on a show and the finish line was a great opportunity for some first year-second year socialising.

Things got decidedly more rural as fifteen first-years and five second-years headed bush way on the Riverina Rural Road trip. The trip was a great opportunity for everyone to experience rural life as we ventured through Crookwell and onto a cattle farm, before hearing from the town's longstanding GP about why she loves rural medicine. The students then got to hear from a panel of amazing rural doctors in Temora before a fantastic and eye-opening talk from a farmer about mental health in the bush. Next stop was Griffith, where we all got our fill of boot scootin' and pizza. The trip finished in Wagga Wagga, where the students toured around the Notre Dame campus and listened to a panel of alumni about myth-busting in rural medicine. Of course, the trip had a strong focus on promoting rural health and the ROUNDS students engaged with multiple different high schools to encourage students to consider careers in rural health. It was a great opportunity for our members to promote rural health and witness first-hand how empowering it is to support rural high school students.

Another highlight was our Royal Flying Doctor's Service Gala night, where students got to dress up for a great cause. Our guest speakers in-



night in more than two years! This evening gave students a taste of a career in paediatric medicine. We had the pleasure of hearing from two ex-Notre Dame students, Dr Paul Gilhooly, a paediatric intensive care unit registrar at Westmead Children's Hospital, and Dr Kerryn Houghton, an advanced paediatrics trainee at the Sydney Children's Hospital, Randwick. The event was a huge success with many coming away saying

to engage in more paediatric medicine advocacy, and further advancing our clinical experience in our paediatric rotations next year in the Melbourne clinical school.

## ROUNDS

**Pip Kensit and Marnix Bakker:** 2022 has been an action-packed year for ROUNDS! With a very healthy 106 new



cluded a flight nurse, a retrieval doctor and a general surgeon operating out of Wagga, all of whom provided insight into the rich experiences of providing healthcare in a rural locale. Our socials team organised a raffle of great prizes and we managed to raise over \$4500 for the fantastic work of RFDS.

ROUNDS wants to thank our awesome committee for an action-packed year: Emma Kellock, Melissa Howlett, Mikayla Sheehan, Maddie Young, Katie McCready, Nathan Brown, Hannah Nobes, Heidi Starr, Grace Higgins, Emma Shannon, Ash Cairns and Maddie Greentree! Of course we get to welcome back some committee members next year but would also like to warmly welcome all the new committee members – we can't see what you bring to the rural party next year!

## Social

### Tom Elphick and Bhavna Brijball:

What a year it has been! Covid and all things considered, 2022 has been a stellar year for the social team. We hope that you've had a great year and are getting some socialisin' in now that the big push to exams has passed.

The year kicked off in true Notre Dame tradition at the beloved Unicorn with the first and second years mixer. Notre Dame has long been known for creating a sense of community and



camaraderie between year groups, right from the beginning of preclinical years. It has been a privilege to play a part in the bond between these year groups. People were able to put zoom screen names to faces in real life and were able to share a story and a laugh over a few cold beverages.

Our most notable event this year was the MedBall. This year was the first time in three years that MANDUS was able to host this med school staple and we think it went off with a bang. The success of the evening was captured by our photo booth and wonderful photographers, who ensured that everybody who attended could walk away with a fond memory of their medical school journey.

We loved to see the MEDI stronghold gathering every Friday for Beacham drinks to help unwind from a long day of PBL and get the weekend started well. Next to this were the post-formative celebrations that saw massive turnouts from both preclinical cohorts and a real strengthening between them.

On behalf of Bhavna, Katie, Tom, and Fletcher we'd like to thank you all for making this such a great year. The first half of the year was a struggle with ongoing Covid restrictions, but we sure made up for it in the second half, which was capped off with a raucous boat party to herald an end to a very long year for MEDI and see the MED2s off into sunset for their clinical years.

## Sports

### Rory Maquire and Jamie Rickward:

Pope John Paul II said: 'Of all the unimportant things, I find sports to be the most important.' This ethos has somewhat underpinned the sports philosophy in 2022. There have been many terribly important things that have filled our time and often this has made it difficult

for a chance to step back and enjoy the unimportant things. As the world has begun to return to normal, we in the sporting world have tried to do the same. Previously there has been an emphasis on fostering a sense of community across the year groups through means of healthy sporting competition. We hoped to capture this spirit and create a space for the unimportant. Particularly when it is so easy to get lost in the important things.

Throughout the year there have been many events across the preclinical cohorts including touch football, netball, and running the city to surf (with great thanks to UNDSEM for spearheading/spearheading the entire event). The cul-

mination of the sporting calendar saw us play host to USYD and UQ in a day of rugby and touch football in mid-October. The event brought together three of the nation's finest medical student cohorts in a day of sports and socialising, and was an excellent opportunity to meet all the charming future fellow doctors out there whose double-barrelled surnames couldn't fit on a portfolio.



Ultimately this year, our goal in the sporting community was to try and offer a distraction from the often overwhelming nature of medical school. Sometimes all you need is something a little unimportant to provide a little calm to an otherwise chaotic world.

## SSUNDA

**Matthew Harland:** 2022 was a successful but challenging year for SSUNDA. We welcomed two fantastic first year reps, Chantelle Burl and Timothy Hunt, who were great additions to the team. Our first event of the year was the Pathways After Medicine speaker night, where we hosted Dr Stephanie Giandzi,



a provisional fellow in trauma anaesthesia, Dr Eugene D'Souza, a geriatric medicine advanced trainee, and Dr Chelsea Jones, an unaccredited dermatology registrar. All our guests were Notre Dame Sydney alumni. This allowed them to give specific and useful advice to the seventy or so students who attended. Students loved the opportunity to hear from doctors in the middle of their training pathways, especially in specialties they may not have previously heard much about.

We continued our social media infographics, with Chantelle and Tim producing some great content. Some students approached us with questions about specialties they had particular interests in, and we were able to network them with specialists that were willing to chat. This is a rarely utilised role of SSUNDA's, so it was great to see some students benefit.

We released two podcasts, one with a renowned cardiologist Dr Ross Walker and another with the fascinating Dr Khairil Musa, an intensivist who regularly works with Médecins Sans Frontières. It was great to maintain the standard of guests set by the foundation episodes released last year.

Onwards to 2023, we are hoping to continue on this trajectory and expand on our initiatives, especially the mentor-mentee relationship program. It would be great for SSUNDA to establish itself as a go-to resource for students looking to network. Lastly, I want to thank Chantelle and Tim for all their help throughout the year, and congratulations to our 2023 Chair elect Christopher Katsinas! Our early discussion

has assured me that the society is in fantastic hands next year.

## UNDSEM

**Daphne McLeod and Maggie Bester:**

UNDSEM started the year by hosting International Women's Day Afternoon Tea in collaboration with Global Hands and WANDA. Our incredible panellists Dr Gabi Cher, Margaret Bell, and Noor Azizah shared their insights on this year's theme #BreakTheBias and how they raise awareness against bias and promote diversity, gender equity, and inclusivity in their respective fields. Following the event, we held a donation drive for Redfern's Women's and Girls



Emergency Centre, a specialist homelessness service for women and families escaping domestic violence. The IWD speaker event and donation drive was a great way to kick off the year!

UNDSEM set the lofty goal of running in this year's iconic City2Surf to raise money for GiveOUT, an organisation that supports more than fifty LGBTQIA+ projects, community groups, and not-for-profits. Our Running on MD team was a huge success, with more than twenty members participating and more than \$600 raised for GiveOUT, all of which was donated and doubled on GiveOUT Day in October. The buzz of the day has us looking forward to entering another team in next year's City2Surf.

In September, UNDSEM hosted a very special speaker night with Dr Dinesh Palipana OAM, Queensland's first quadriplegic intern and Australia's second person to graduate medical school with quadriplegia. Dr Dinesh had us spellbound with his stories as an emergency doctor, lawyer, author, and advocate for people with disabilities. He reflected on the importance of kindness, being a good ally, patient dignity, and making the most of life's opportunities. A big thank you to first year Ciaran O'Brian for helping organise and MC the event—it's one we'll remember for a long time.

Throughout the year, UNDSEM continued its advocacy work by raising awareness for events such as NAIDOC Week and IDAHOBIT Day. Most notably, we encouraged our fellow med students to wear an item of purple on campus (or at home on zoom) to show their support for Wear It Purple Day, an annual awareness day that celebrates diversity and young people from the LGBTQIA+ community.

UNDSEM also welcomed four amazing new committee members: Liv, Tor,

and Matt (first-year reps) and Tahlia (second-year rep). Our team was cohesive and creative, and we are proud of all the events we were able to run this year. UNDSEM has some big events for 2023 and plan to start the year with a sexual health clinic run by the Albion Centre, so stay tuned!

## WANDA

**Alessia Ferri and Steph Spartalis:**

WANDA is the Women's and Obstetric Health Association of Notre Dame Australia. Although WANDA is only in its infancy (officially established in 2021), we have been making up for it! Working off the incredible foundations laid by our predecessors, we have been exploring the specialties of obstetrics and gynaecology, advocating for women's health, and embracing the power of the uterus. We are extremely passionate about getting all students involved in the society—there is a place for everyone. Whether it be discussing women's health, raising awareness around important issues, or increasing our skill base in this area, WANDA is available.

Throughout the year, WANDA Wednesdays have been on fire on social media, run by our incredible first-year representatives Zoe Koroneos and Vas Koutoulas.

We held a virtual pathway to obstetrics and gynaecology with career insights, fascinating case studies, and an impressive panel. We also collaborated with UNDSEM and Global Hands to hold a virtual International Women's Day event, in which we heard from some incredible speakers.

In addition, we collaborated with Global Hands (Child and Maternal Health) and formed a team who took part in the PVOGS Birthing Kit creation



night, and made more than fifty kits! Last (and certainly not least), we held a two-day event on campus for Breast Cancer awareness and raised funds that went to the McGrath foundation.

Our aim has been to be a soundboard for women's health, an advocate and an encourager for any student that wants to get involved. We are so proud of what WANDA has been up to this year and we cannot wait to see what happens in 2023.

## Wellbeing

### **Claire Ingram and Brenden James:**

It's been another busy year for Wellbeing. We've spent time conjuring up creative ways to help students overcome the existential dread of becoming a doctor and distract from the quagmire of obstacles we have all faced this past year. With the lingering presence of Covid, Zoom fatigue, floods, lettuce shortages, fuel prices, and the general state of malaise that has been 2022, it's safe to say we have had our hands full. In terms of our ongoing year-to-year projects, we believe that we've continued to build a strong foundation for Wellbeing team's activities. Carrying on the previous years' tradition of the ever-popular Medical Memes Monday, it is safe to say that this weekly dose of laughs for the students has become a much-needed dopamine boost. In addition, our Wellbeing Wednesdays got a fresh new look, thanks to our first-year rep Zoe Reizes, who added her own flair to the program with her cornucopia of inspirational quotes and lovingly crafted book reviews.

The many painstaking hours spent on our mentoring program, which pairs first and second years through a comprehensive algorithm developed by

Brenden, was once again a real feather in the cap of the Wellbeing team. We hope this has sparked some long-lasting friendships and the exchange of some pearls of wisdom.

This year we once again asked The Wellbeing Initiative team to run their Lift Your Life program explicitly catering to medical students. This attracted a small but enthusiastic following, and we're incredibly grateful to Gayatri and Anna for generously donating their time. Finally, thanks to the help of Dr Carmel Mezrani and numerous generous local businesses who donated prizes, we got a meaningful portion of the second-year students to complete the Mental Health First Aid Course.

The Wellbeing team has organised and assisted in several fundraising activities this year. Helmed by our endlessly ebullient co-chair Claire, the Cancer Council Biggest Morning Tea was an enormous success. Raising \$750 for the charity and helping the students discover some seriously talented bakers in their respective year groups. Wellbeing also aided the fantastic PANDA in its Bake it Blue fundraiser during Jeans for Genes Day, and we think it's safe to say that blue definitely makes some things taste better. Despite some last-minute alterations to R U Okay? Day, we cobbled together a rather attractive-looking positive affirmations board, and thankfully NURSOC was giving out lovely succulents—one of which is adorning the desk as we write.

Our brief for this article was to not mention everything we've done this year, but rather the highlights—nonetheless, a final lightening round of the fruits of our labour: the inaugural data collection for the YI trigger guide and its implementation, the Respect @ ND Student Training with respect officer Char-

lotte Armstrong, the continual bribery that came in the form of Lollipops and Affirmations, and an olive branch to the fourth years that came in the form of tea in the kitchenette.

We are incredibly proud of what our small team has been able to put together this year under extraordinary circumstances. The positive feedback we have received throughout the year from the outstanding students of Notre Dame has helped boost our morale and kept us organising these events. Thanks for a great year, and we look forward to seeing what bright new ideas future students bring to the increasingly important role. ✖



# Life is not a dress rehearsal

## Professor Peter Carroll AM



### *Some thoughts on what makes a person successful*

**I** hope everyone is healthy, I hope everyone does heaps well in the summative exams, and I wish everyone a very happy and safe Christmas break and a very rewarding 2023.

I also thought that it might be of interest to throw around a few thoughts on what makes a person successful, as I suspect that at some time in the future—perhaps ten years from now, perhaps twenty years from now—many of you will reflect on your careers and ask yourselves, ‘How successful am I?’

Of course, in answering that question everyone will have to decide for themselves which criteria they use. Many people believe that success is defined by material wealth, such as the size of your house, the number of expensive cars you own, the amount of money you have in the bank, the size of your share portfolio, the number of investment properties you own, or the number of overseas holidays you take. However, I would like to suggest that a person does not have to be rich to be successful. There are many things that make a person successful apart from money and material wealth.

As an example, I think success can be judged by the reputation and respect you earn from your patients, peers, and friends. Money cannot buy respect, nor can it buy a good reputation,

both must be earned, they cannot be bought. Success should also be judged by what you give back to your profession, your family, your community, and your friends and colleagues. As you go through life, please consider what you can do in this regard. Perhaps join and contribute to your profession’s professional organisation, become part of a local community organisation, get elected to the local Council, join the Board of the local library, school, or hospital, find the time to coach your children’s football or netball team—and please, always find time to care for those in the community who are disadvantaged or vulnerable.

Success should also be judged by the lifestyle you lead, and the quality of life that you enjoy. Successful people know how important it is to get the work–life balance correct. They work hard, but they always ensure that they have time to go on a family holiday, have time to spend with their partner and children, have time to spend with their friends and colleagues, and have time for their own relaxation. Without a proper work–life balance, some people can become so engrossed in their work that they start to believe that if they are not at work all the time, then things will just not be done properly and nothing will function as it should.

If you ever do have these delusions of grandeur regarding your own importance, let me remind you that the cemeteries of this world are full of indispensable people. And remember, if you are in the cemetery any previous good intentions you had to slow down, to have that family holiday, or to spend more time with your children or grandchildren will all count for nothing as they will never come to fruition. Don’t die wondering what might have been.

So please, remember that while it is extremely important to work hard and earn money to support your family and to buy the material things you desire, successful people also understand the importance of contributing to the wellbeing of others, of contributing to the community in which they live, and of having the right work–life balance. There seems little point in being driven totally by a pathological obsession with the pursuit of wealth and material possessions at the expense of everything else. There is a balance, and everyone must work out for themselves what that balance is.

Life is not a dress rehearsal, so please stick it in a neuron and always remember that you only get one go. Make the most of your opportunities, be the best person you can be, look after those who are less fortunate, give back more

than you take, and try to make the planet a better place for you having been on it.

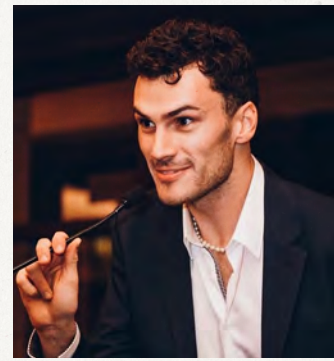
I very much hope that everyone has a very long, enjoyable, rewarding, and successful life.

With very best wishes, **Pete** ✘



# Les affaires des verres en l'air

## Tom Elphick



**W**ith the warmer months escaping us, making the most of a refreshing drink outdoors comes to the fore and the French turn-of-phrase *je suis chaud pour un verre* is quite on brand. Paris is not your obvious choice as the rooftop bar capital of the world, but the density of the city and the trapping of heat in the *rues de Paris* lends itself to *les Parisien(ne)s* opting to drinking at altitude. While a drink at home on the balcony on a Friday afternoon is nice, there is nothing quite like a cold sipper at a rooftop bar to kickstart the weekend. Here are my best rooftop bar recommendations to branch out and experience Sydney *en haut*.

✱ ✱ ✱

### East Village Hotel

234 Palmer Street, Darlinghurst

*Le secret de Sydney...* Okay, it's hardly a secret but it is definitely worth knowing. It's *petit* but pretty. About a 10-minute walk from UND Darlinghurst.

**Pros:** The evenings are great as they get the fairy lights out. Food is delicious and good value.

**Cons:** They do bookings so sometimes you won't get a table.

### Slims Rooftop

47/49 William St, Darlinghurst

Arguably, Sydney's premier rooftop bar. This place has a stunning outlook and groovy Sydney-scenester vibes.

**Pros:** Great space for larger groups.

**Cons:** Up lots of steps so you want to limit the number beverages you enjoy as it may be a quick trip downstairs if you're not careful.

### The Library Bar

1 Shakespeare Place, Sydney

Only recently opened, the Library Bar is a wonderful addition to the rooftop bar scene of city. Conveniently located at Martin Place, it's easy to get to before a night out in the city.

**Pros:** Baby grand piano serenades guests sometimes, which is quaint. You walk through the old secret corners of the *bibliothèque* before reaching the venue.

**Cons:** Stuffy city people go here so a bit formal at times.

### Websters Bar

323 King Street, Newtown

Located diagonally opposite the train station, this is quite literally in the heart

of Newtown. The vibes downstairs do not give an accurate impression of what is stashed upstairs.

**Pros:** In Newtown which is Sydney's going-out-area of the Inner West. Heaps of great, cheap eats in the locale.

**Cons:** A bit bolshy and the patronage can be a bit *comme-ci comme-ça*.

### The Glenmore Hotel

96 Cumberland Street, The Rocks

Large open outdoors area atop a Sydney staple that overlooks the Opera House. With the right weather (lots of sun and not too much wind that won't spoil your *coiffeur*), you won't find a better spot.

**Pros:** Massive dining space. Right in Circular Quay.

**Cons:** Gets pretty busy on a Friday and Saturday night.

### Green Moustache

Level 10/100 Miller Street, North Sydney

A wonderful *mise-en-scène* of North Sydney's quirkiness, tastefulness, and drunkenness.

**Pros:** It has one of the coolest vibes when you walk in. Close to a station so you have an easy plan B to get home.

**Cons:** I wouldn't say the food is exactly cuisine standard.

### The Rooftop Sydney

Level 3/200 Sussex Street, Sydney

Hamptons-inspired bar that overlooks Darling Harbour. Wonderful and sophisticated ambience and a touch of a *je ne sais quoi*.

**Pros:** Centrally located and high up off the ground. They used to make a cocktail to match your taste palette.

**Cons:** Can be a bit expensive.

### Intercontinental Rooftop Bar

33 Cross Street, Double Bay

And saving the best. Here you can really live *la vie en rose*. The intercontinental needs no explaining and neither does the accompanying rooftop bar. Located in Sydney's east, it is the pearl of the rooftop bar scene.

**Pros:** Luxurious, tasteful, exquisite.

**Cons:** Only by reservation. \$75 minimum spend. ✱



# IMPRINT



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