



MANDUS
SURVIVAL
GUIDE

2024

The average MD
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MANDUS
MEDICAL ASSOCIATION OF NOTRE DAME UNIVERSITY SYDNEY

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.



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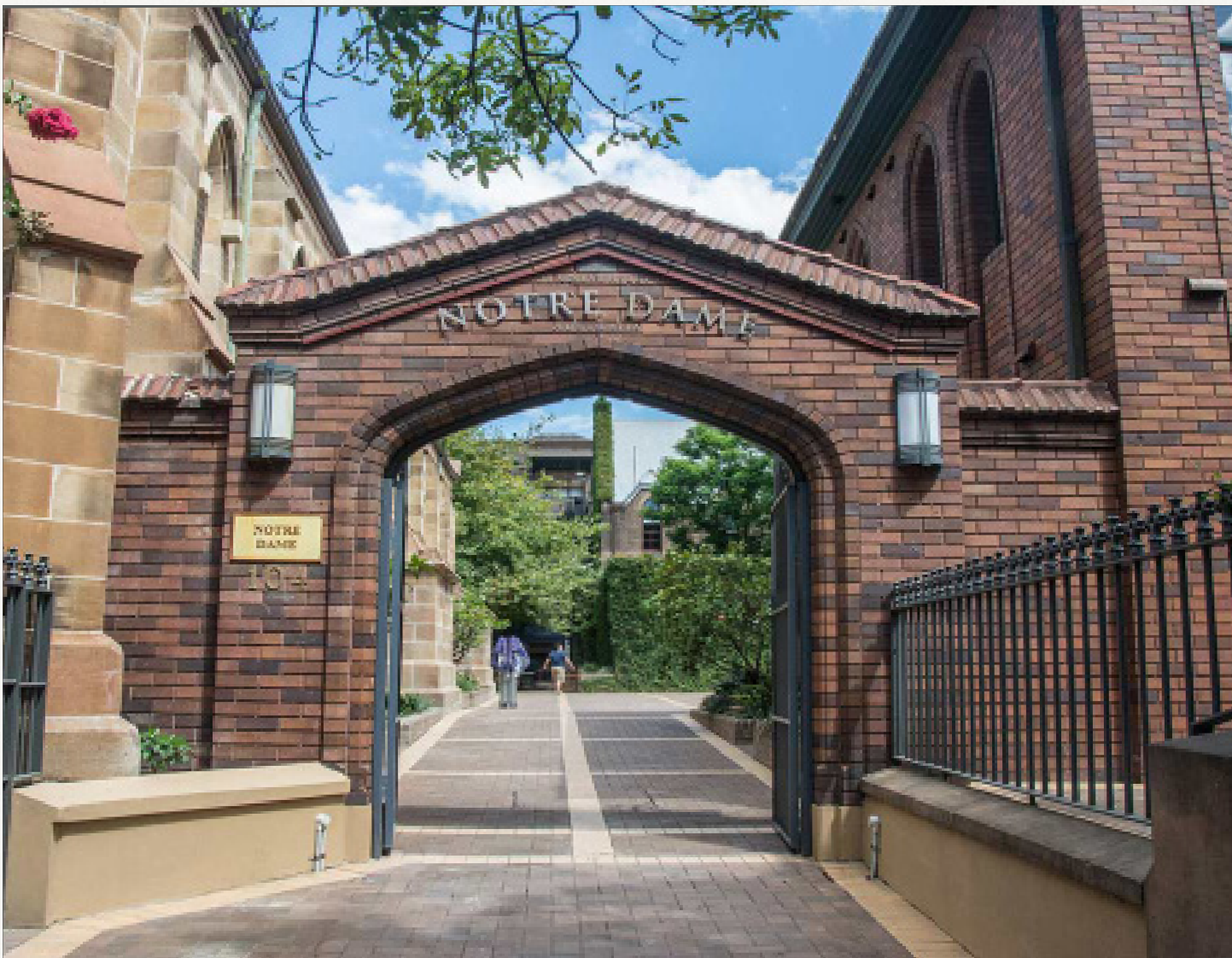
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What is MANDUS?

The Medical Association of Notre Dame University Sydney (MANDUS) is your student representative body on campus at Notre Dame. Our goal as an organization is to ensure you get the most out of your time in medical school. We aim to support students in all matters, with wellbeing and social activities, connecting students to sub-committees each with their own focus. It's a means to provide feedback to the university on your experience and to lobby on your behalf for better outcomes, improving your overall educational experience.

Being a relatively young university, the feedback you provide to MANDUS helps the university deliver the very best in medical education, allowing Notre Dame to be at the forefront of Australian medical schools.

Getting involved with MANDUS' activities and experiences will help you get the most out of your time training to be a doctor, as well as ensure you make core memories and connections along the way.



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 communications skills workshops.

OSCE: Objective structured clinical exam. These are short (usually around 10 minutes, including reading time) assessments of the clinical skills you've been learning in CCS.

An individual OSCE will assess a procedure, history, or examination using a model or volunteer simulated patient (VSP). More information on the exact format for 2024 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.



Baby Docs, Welcome!!

A note from the President

Dear UNDS Medicine Class of 2027,

On behalf of the Medical Association of Notre Dame University, Sydney (MANDUS), it is an absolute privilege and honour to welcome you to the University of Notre Dame, Sydney. Congratulations on successfully gaining a place in the Doctor of Medicine program. You have embarked on a remarkable journey that will challenge, excite, and completely shape the future doctor that you will become. You should be proud of your efforts so far! Please take the time to embrace each moment as you commence your studies in 2024.

Each year, MANDUS publishes this Survival Guide to welcome and help navigate new students by providing insight into 'the day in the life' of a med student. Inside, you will find valuable information regarding peer advice, expectations of classes, timetables, study resources, and travel guides about living in Sydney. It will also explain how our medical society can support you throughout your journey.

First and foremost, you are not alone in this endeavor. You will be provided with unwavering support from members of MANDUS, academics, and your peers throughout your medical school experience. Together, we will navigate the highs and lows of your learning and personal growth. Throughout this time, remember to take care of yourself. Studying medicine requires resilience, compassion, and dedication. But it also requires a healthy balance between academic and personal well-being. Please do not hesitate to check in with your mentors, tutors, and your peers. Together, we will foster a learning environment that promotes teamwork, growth, and attainment.

Our student body, MANDUS, remains committed to fostering a culture of inclusion, diversity, and equality. Each medical student brings a unique perspective to the field of medicine, and we highly value and celebrate these differences. As you begin to collaborate with your peers, take this opportunity to learn from each other and gain a deeper understanding of the diverse populations that we will serve. Work together, learn from each other, and grow as a team. Spend some time getting to know people within your cohort. You will be pleasantly surprised by the lifelong



friendships that you will make on this journey.

As you settle into this exciting new chapter of your life, it is important that you reflect on why you chose medicine. Your dedication and passion will continue to motivate you, even during the most difficult and challenging days. Think about the difference you will make in the future and the overall positive impact that you will have within the wider community.

In summary, we welcome you with open arms to our UNDS medical program. We are absolutely honored and thrilled to have you join our university and student community. May you embrace the opportunity to learn and grow as we are all excited to witness your accomplishments over the next few years. Congratulations on your amazing achievement!

Warm regards,

Maggie Sambuco,
President

Welcome!

From the executive team



Congratulations and welcome, everyone!

Take a moment to catch your breath – the hurdles you’ve faced to get here are finally over. Now, you can enjoy all the fun and excitement that the first year of medicine has to offer.

As the Vice President of MANDUS, I sincerely hope that each of you feels connected and engaged throughout your time at Notre Dame, especially during the exhilarating first year.

I want to assure you that you can always stop for a yarn if you fancy or ask any questions you may have. The entire executive team is here and delighted to offer any insights we can provide. While we may have a bit more experience under our belt, remember, we are all on this journey of academic discovery together.

So, come on board with any events and activities that pique your interest. Don’t hesitate to utilize MANDUS as a resource to help discover extra-curricular options during your time in medical school. We’re here to support you in every aspect of your journey.

Once again, congratulations on reaching this milestone. We’re excited to have you as part of the Notre Dame family, and I can’t wait to witness the incredible accomplishments each of you will achieve during your time here.

Sam Hall
Vice-President
(Pre-clinical)

Hello everyone and welcome to the Notre Dame Med Family!

Congratulations to each and every one of you - you’ve made it to the other side! The next few years at Notre Dame are going to be some of the best days of your lives - challenging for sure, but incredibly fun and rewarding. You’re going to pick up skills and knowledge that will serve you for a lifetime and meet a family of people who’ll be there for you every step of the way. The whole team is so excited to have you all on board!

I’m Jess, your 2024 Clinical Vice President. I’m a Gemini, a Sunny-Coaster, and I’ll be spending my 4th year in the beautiful city of Ballarat. Before medicine, I studied economics, so I’m super happy to be a sounding board for anyone approaching the year with a non-medical background.

It’s hot off the press that 2024 is going to be a fantastic year - so hats on, sunnies out, and sunscreen at the ready. Alongside our subcommittees, MANDUS Exec will be your absolute rock this year - can’t wait to meet you all!

Jess Vercoe
Vice-President
(Clinical)



Welcome!

From the executive team



Diana Barez
Secretary

Welcome Class of 2027 to Notre Dame's med journey! As MANDUS Secretary, I'm here to coordinate exciting events and answer any questions. I'm Diana, a Sydneysider with a cat, Swiftie, and I have a background in Advanced Science/Master's in Global Health. I want to encourage you to say yes wherever you can – explore societies, events, and diverse studying techniques. Excited to meet you!

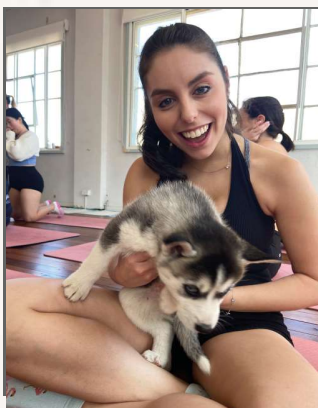


Sarah Feyen
Treasurer

Hello and congratulations again on being accepted into the Doctor of Medicine program at the University of Notre Dame! My name is Sarah and I am the MANDUS Treasurer.

I grew up in Sydney and did my undergraduate in Law. I then practised as a solicitor for a few years before getting accepted into medicine.

Coming from a non-science background, I completely understand the feeling of being overwhelmed. That said, I encourage you to challenge any imposter syndrome you may have. I look forward to meeting you all soon!



Alexandra Liu
AMSA representative

Hi I'm Alex, this year's AMSA rep. Congratulations on getting into med, I'm so excited to meet you all! A little bit about me, my background is in law and medical science, but the medical interests obviously won out. I love a good boogie and laugh so come and say hi if you see me around



Samuel Berger
Academic representative (2nd year)

Hey Team, I'm Sam and I'll be the second year Academic rep in 2024.

When I'm not studying or rolling around in a flashy Band-Aid Bus, I enjoy Hiking, playing Baseball and eating unhealthy amounts of banana bread

And a very warm welcome
from the class of 26'



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 wellbeing 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*

MyHealth Rhodes | *8/1 Rider Blvd, Rhodes*

Healthcare Family Medical Centre | *23 Botany Road, Waterloo NSW*

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 2023 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 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 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, Aged Care 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



Hey team, I'm Sam, and I'll be the 2nd-year academic rep for 2024. The abundance of available med resources is undoubtedly overwhelming, so I'm here to offer some guidance for studying in your first year.

Tips:

Tip 1: Fill your cup. You're an individual first and a medical student second. Reserve time for the people and things you love most, or you'll risk burning out before you've started.

Tip 2: Share what you know. You're all here because you have something unique to offer. Share your knowledge with others, and they'll reciprocate. It's far better to learn a knee assessment from the physiotherapist in your class than from the depths of a textbook.

Tip 3: 'The rarest of all human qualities is consistency'. Be consistent. We're all guilty of a good end-of-year cram, but the amount of content in med school is on another level. Develop a simple study routine that works for you and stick with it.

Tip 4: Purchasing online resources. If you've chosen to purchase some already, great! However, don't feel like you need to buy anything. Take your time and choose the ones that best work for you. You won't fall behind.

A note on Tablets:

If you are contemplating purchasing one, I would highly recommend it. Using apps like Notability to annotate over lecture slides is a lifesaver. Again, feel free to test the waters during the first few weeks.

Should I purchase a Tablet?
(44 Respondents)

Strongly Recommend	34
Used it Most days	8
Used it Sometimes	2
Don't Bother	0

A note reflecting for Clinical Debriefing Tutorials:

Reflective practice is an inherent part of your future as a doctor, as well as your upcoming CDTs. If formal reflecting is new to you, the 'Gibbs Reflective Cycle' is a simple guide that will give purpose and structure to your reflective writing. [Link](#)

RESOURCES

Textbooks

As per the MEDI6001 course outline, all advised texts should be available free online, within your PBL rooms, or via the Notre Dame library.

Some notable inclusions are:

Tally & O'Conner's Clinical Examination: A systematic guide to physical diagnosis.

The bible for all things CCS. If I was going to purchase one textbook, it would be this one.

Moore's Clinically Orientated Anatomy

Fantastic clinical correlates designed to complement your new anatomy knowledge.

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.*

Anki

A flash card program utilising spaced repetition and active recall to optimise memorisation. Create your own flashcards or download existing decks.



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.

*Former Academic Rep Charlie Morgan
3rd Year Student*

Other learning resources

ONLINE

Geeky Medics Free & Paid

Andrew and his trusty sidekick James Alexander (DOB: 13th December 1989) will calmly walk you through your dreaded OSCE's (Observed Structured Clinical Exams). Their examination structures are very similar to the one's you will learn at Notre Dame.

AMBOSS | Paid

An easy to navigate education platform with a comprehensive medical library and customisable question bank. An Anki add-on exists for AMBOSS, allowing cross platform use.

Osmosis | Free & Paid

A platform with concise videos and question banks covering all medical topics from anatomy and physiology to biostatistics. They have plenty of free content online, so check out their videos out before committing to a subscription.

Ken Hub | Free & Paid

An Anatomy and Histology database with great summary tables and videos. Excellent for the rote learning aspect of anatomy and histology. Ken Hub also has a simplified free subscription covering much of the first-year content.

Teach Me Anatomy | Free & Paid

A comprehensive anatomy encyclopedia - highly favoured by our year group.

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.

The Noted Anatomist | **Free**

Keep confusing your Peroneus and Perineum? Me too. With colourful and concise anatomy tutorials, Dr Morton has you covered.





Armando Hasudungan | **Free**

Legend has it Dr Hasudungan was once a UNDA med student himself. Coincidentally, he makes excellent illustrations on many of the core concepts.

Ninja Nerd | **Free**

Check with Zach before you quit on any difficult physiology processes. Somewhere within the 2-hour masterpieces, his is whiteboard of wisdom will have your answer.

Class of 2023 favourite resources

Rank	Resource	Price
1.	Good Old You Tube  (Ninja Nerd, Armando Hasudungan etc.)	FREE!
2.	Anki 	FREE! (Computer and Android) Paid (iPhone App - \$39.99)
3.	Geeky Medics 	FREE! (Extra paid resources available)
4.	Osmosis 	Free (some content on youtube) Paid Subscription (full access)
5.	AMBOSS 	Paid
6.	Tally & O'Connors Guide to Clinical Examination (Textbook)	FREE (Copies available at Uni) Paid (Personal use)

Life In The Fast Lane | **Free**

An emergency medicine and critical care blog frequently updated by Aussie ED and ICU doctors. Covering everything from ECG basics to pharmacology and chest x-rays. A great one to bookmark for future referencing.

Calgary guide | **Free**

For those that love to keep it simple, the Calgary guide provides fantastic flowcharts overviewing countless pathologies.

Radiopaedia | **Free**

The Big Papi of radiology resources. Identifying structures in radiological studies pops up frequently in first year anatomy. Scroll through annotated radiographic images to your heart's content.

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!



Ann Carew
2nd year
Degree in Music
Master violinist

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
3yr year
Biomedical science

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
3rd year
Mother

Studying as a parent

Welcome to UNDS!

I knew from the get-go that going through medicine with three boys would be difficult. However, I can reassure you that you can do it! It took a few weeks of trial and error to find the best way to study. Sure, my science background gave me a bit of a leg up, but nailing down the right study approach was a bit of a puzzle at first. So, let me share how I made it through so far.

Planning is your most important friend. Plan ahead and have a clear idea of upcoming tasks to reduce stress. Starting tasks early and aligning them with your kids' activities can make the workload more manageable.

Your support crew are crucial, they are your heroes. During times when the kids are unwell or on school holidays, rely on those you trust to help. eah, I get it, asking for help isn't always a walk in the park, but man, it makes a world of difference. And don't forget to surround yourself with like-minded people. Everyone's got their own style, so find what clicks for you and stick with it.

Oh, and one more thing – the university's got your back. If you're ever feeling like you're drowning, don't be shy to reach out. They're all about making this crazy ride a bit smoother for you. Best of luck on this rollercoaster of a journey – it's tough, but you got this!



Rania Nassar
2nd year
Mother

Frequently asked questions from an International rep

Which bank do people normally use in Australia?

While there are a range of banking providers in the market, most people in Australia have a bank account with one of the 'big 4'. These four major banks are Westpac, Commonwealth Bank, Australia New Zealand (ANZ) and National Australia Bank (NAB). Most banks will require you to verify your identity at a branch in Australia before you can withdraw funds. Be prepared with relevant proof of identity documentation on hand, including a passport, proof of residence (visa), birth certificate, driver's license. You may also need to provide your intended arrival date and the name of the Australian city you're arriving into.

What about mobile phone services?

The three biggest operators – Telstra, Optus and Vodafone – are worthwhile if you are willing to enter into a long term contract and want to upgrade your phone. Smaller providers offer cheaper short term and prepaid deals, which are generally better suited to international students. You can buy prepaid SIMs at supermarkets, phone retail stores and a range of retail shops. When you have used up your credit, you can top up online or buy more credit at a retail store. For a plan, you will need to go into a phone retail store to fill out the relevant forms and pass an identity check.

What about public transport concessions?

Unfortunately, international students don't get public transport discounts unless you are on one of the following scholarships: The Endeavour Awards (DEEWR), The Australian Leadership Awards (AusAID), The Australian Development Scholarships (AusAID). Students who are not eligible for a travel concession are recommended to acquire an Adult Opal Card which offers a range of travel benefits including a \$50 cap (\$25 cap for concession) credit cards in place of your opal card with no additional fees

How do most students communicate with each other?

The main group chat you will be using is the MED'27 Facebook messenger chat; important news, events and documents will be posted there as it is the platform for communication with your entire year group. Some PBL groups may choose to create a Whatsapp or Signal group with their tutors as well. Some of the content shared on these groups may be considered confidential, so it is advisable to use a messaging service with high data security standards.

How can I save money (student deals and more)?

There are a range of student deals available for museums, activities, and with some retailers (e.g. 10% student discount with Apple). Before making any large purchases, it would be worthwhile to ask retailers whether they offer any student discounts and to shop around for the best deals. You can often find similar items for a lot cheaper without too much additional effort.

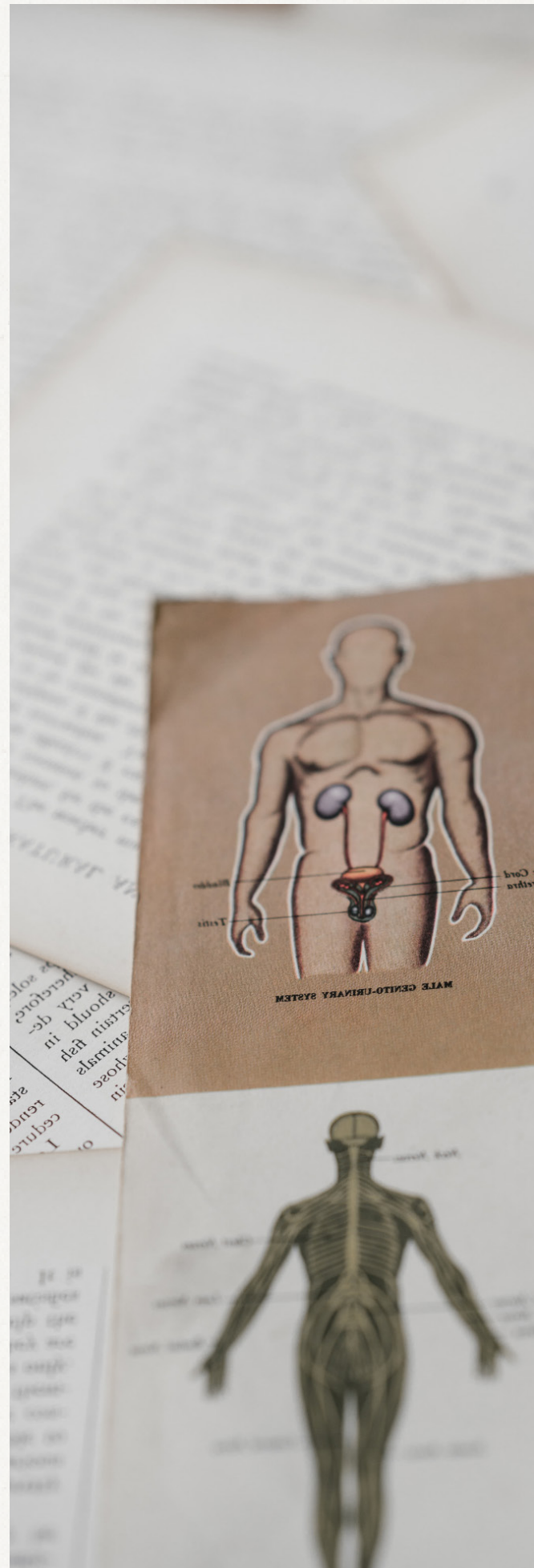


FAQs

Can I work and study? Ultimately, this will depend on your ability to manage time. However, a significant number of cohorts have casual workers and working professionals.

How flexible is the university and my schedule for working? The university formally prefers students not to work, but they understand that this isn't always an option financially. The schedule allows for some time during the week, but most people will condense work to the weekends.

If I am struggling, what should I do? The university provides incredible pastoral care and will look out for you if you find yourself struggling. They do have financial support in extenuating circumstances that one can apply for. Importantly, reach out to your cohort or the years above who have or are likely experiencing something similar.



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 | Tea or your favourite caffeinated beverage of choice.

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.

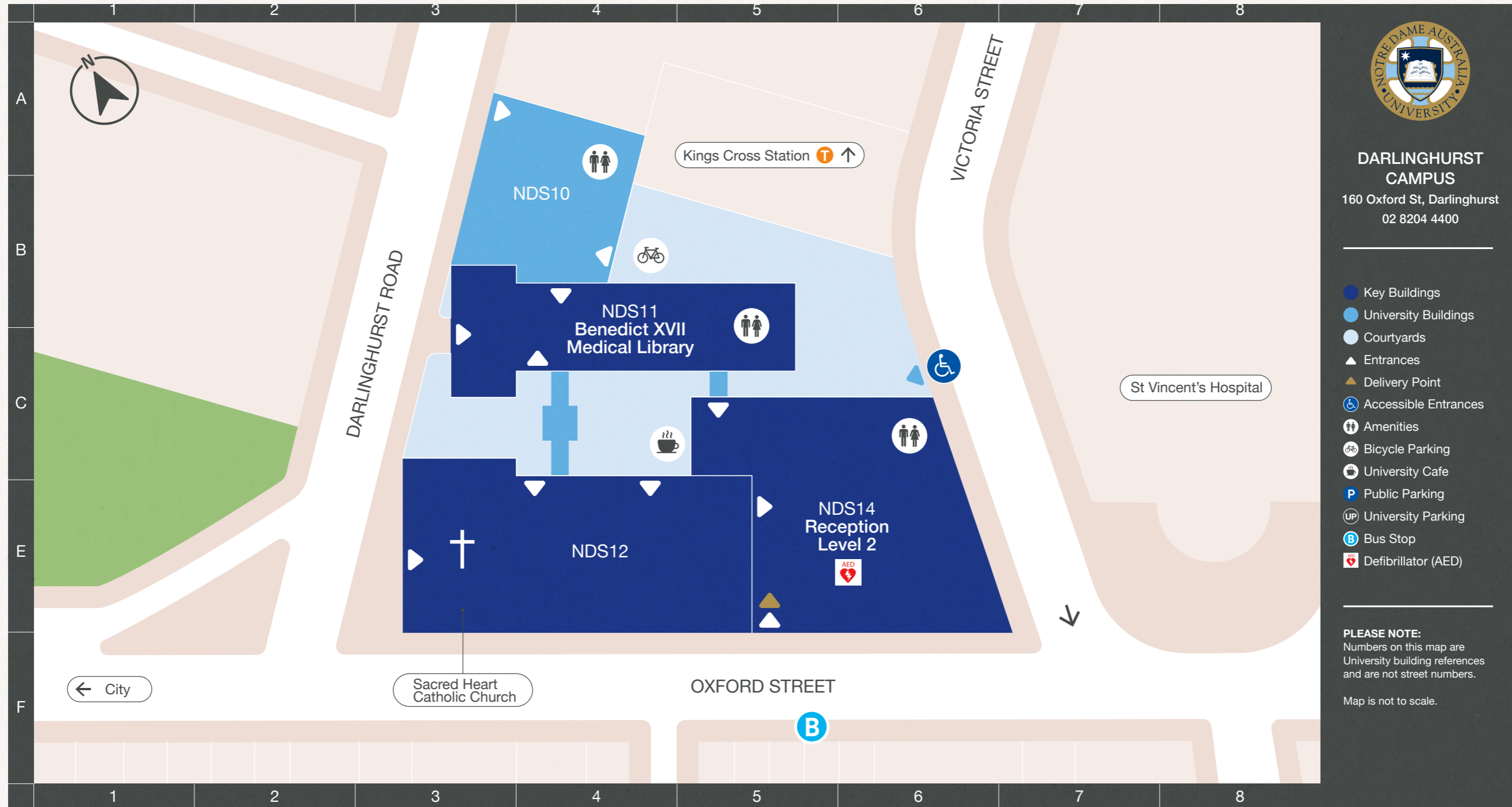
Bus | The UTS website has an extensive list of bus stops for accessing the campus, with links to maps, so check it out: <https://maps.uts.edu.au/directions.cfm>.

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.

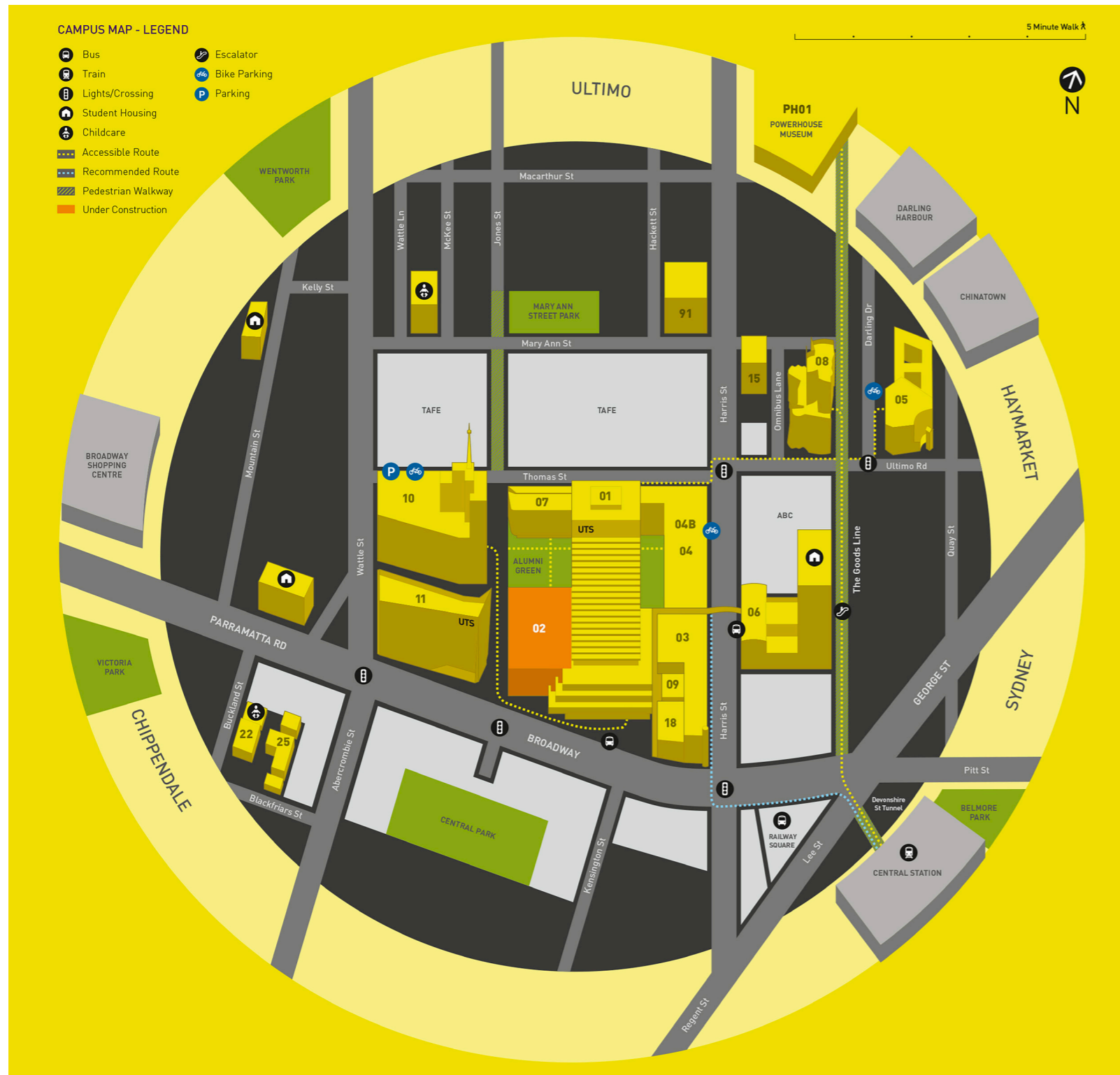
Notre Dame Darlinghurst campus map



Notre Dame Broadway campus map



UTS Ultimo campus



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 lunchtime 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

Ada's Affair | Coffee
85 Boundary Street, Darlinghurst

South Dowling Sandwiches | Café
377 South Dowling 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 2024 | 21 January

Join us for a casual game of barefoot bowls, and to meet your fellow first years, second years, and clinical MD students! The Cronulla Club Bowls Club has awesome set up, and we have a green booked from 2–5pm (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 | 2-4 February (TBC)

MedCamp in 2023 was a blast and a great opportunity to get to know one another in a fun, down to earth and interactive environment. 2024 promises to be even better with excellent med and non-med related activities. This two day event is one for the core memories so don't miss out.

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

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.

Sports head to head |

Throughout the year MANDUS sport run multiple head to head sports tournaments, seeking to challenge people to try sports they haven't before, by getting some fun rivalry going between first and second years, as well as competing against other medical schools.



Alumni

The **MANDUS Alumni committee** is dedicated to fostering connections between current students and alumni of Notre Dame MD. Our goal is to expand the avenues for interaction with alumni in 2024 by organizing more speaker nights with other MANDUS committees, facilitating potential mentorship opportunities, and hosting an inclusive event accessible to both current and former Notre Dame MD students!



Carri Welsby
Alumni representative

AMSA representative

AMSA is the Australian Medical Students' Association. I'm our representative for 2024, and I'm excited to be working with both our own MANDUS executives and the national AMSA team to give you the best medical school experience possible! One of the most important things that Notre Dame students do in connection with AMSA is participate in policy creation and review. This way, medical students get an idea of what the rules are, how they can be improved, and how they can be used to be an advocate!

This includes advocating for ourselves and having a say in conditions that may affect us as future doctors. Being an AMSA member also has a lot of great resources and perks that can come in handy. I'm very excited to meet you all!"



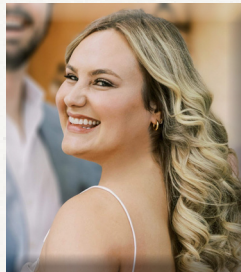
Alexandra Liu
AMSA representative

Global Hands

Are you interested in the United Nations, the World Health Organization, or Médecins Sans Frontières? Do you endorse taking stronger action to tackle climate change? Do you advocate for 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 is for you!



Sneha Arora
Cedar Smith
Co-Chairs
(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 for medical students to 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 serve 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!



Jessica Harper
Code Green
representative

Maternal & child health | Global Hands

The **Maternal and Child Health subcommittee** aims to raise awareness of health issues for women during pregnancy, childbirth, and postnatal care. This also includes promoting healthcare for babies and children. A few highlighted events that we have organized in the past include a birthing kit workshop, organizing care packages for women staying in women's shelters, as well as fun and informative speaker nights.



Jessica Harper
Maternal and Child Health
representative

Asylum seeker & refugee health | Global Hands

The **Asylum Seeker & Refugee Health subcommittee** advocates for the rights and health of refugees in Australia and around the world. 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.



Nathan Salgo
Asylum seeker & refugee health
representative

Gender equity & sexual health | Global Hands

The **Gender Equity and Sexual Health subcommittee** is responsible for promoting the rights of women worldwide and raising awareness of sexual and reproductive health issues.

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!).



Georgia Cox
Gender Equity
and Sexual Health
representative

GPSN

The **General Practice Students Network (GPSN)** is an Australia-wide medical association, embodying the spirit of “run by students, for students”, catering for all students - not just those who want to be GPs!

In 2023, we proudly hosted the First Steps conference at UNDS. The event featured clinical skills covering suturing, otoscopes, ophthalmoscopes, and vital signs. At UNDS, we also organized clinical skills masterclasses for OSCE preparation and speaker nights aimed to provide insights into the career pathway of a General Practitioner. If you have any questions about GPSN or simply want to chat, feel free to send us a message.



Kate Crawford &
Gurbinder Kaur
Co-Chairs

International students

We are your **International representatives** for 2024, and we aim to assist international students with various aspects of life in Australia, such as finding accommodation, building friendships, navigating academics, addressing internship inquiries, and more. We are excited to curate a range of culturally vibrant social events that facilitate networking and serve as platforms for sharing and celebrating the diversity and richness of our global backgrounds. Should you have any general inquiries or need guidance, please don't hesitate to reach out to us or any of our experienced second-year international members. We are committed to ensuring your experience in Sydney is fulfilling and rewarding in every possible way! May this first year of your medical journey exceed all your expectations!



Yiping Yu & Robert Nutt
International Representatives



IT & public relations

Congratulations on matriculating to the School of Medicine at the University of Notre Dame Sydney. I will be the IT and Public Relations representative for MANDUS. Consider me the Batman of MANDUS. I will largely be operating in the shadows to ensure that all the technological aspects of MANDUS remain functional. This includes the MANDUS website and academic resources. Additionally, I will be liaising with the other subcommittees to ensure that you can register for seminars, Med Ball, Med Camp, and many other events organised by MANDUS. Reach out if you have any questions, and good luck with MD1!



Dalvinder
Girm
Chair

PANDA

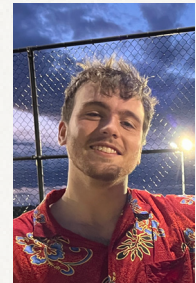
A huge congratulations to you all and welcome to the UNDA community! We are PANDA, the Paediatric Association of Notre Dame Australia, and we are so excited to give you all a glimpse into the incredible world that is pediatrics. If you have an interest in working with kids or just want to gain more insight into pediatrics, then watch this space! We run a few events throughout the year, including Teddy Bear Hospital, which is a crowd favorite. If you have any questions PANDA-related or unrelated, just look for us on campus - we can't wait to meet you all!



Lucas Itrawan &
Rachel Geha
Co-Chairs

Publications & media

This position is responsible for, believe it or not, the MANDUS publications and media. Other than putting the finishing touches on the work that everyone has contributed to in this guide, we put together the MANDUS magazine (Imprint) and other media material. Submissions for our publications open later in the year, so you have an interest in any form of expression, (words, pictures, pictures of things you made) or any ideas for new publication ideas, we'd love to hear from you. I'd also love to hear from you if you know how to use InDesign because I'm convinced this program is more complicated than the kidney's counter-current multiplier.



Liam Jepson
Chair

RANDA

Congratulations and welcome to the University of Notre Dame, Sydney campus! RANDA is the research association within MANDUS, and we support all your research interests and needs. Whether you want someone to bounce research ideas off or help finding inspiration, we are here to assist! Research can be daunting if you have not had much (or any) experience, so always feel free to reach out if you have questions – particularly when the time comes to think about your applied research project (ARP) – or if you want to get involved in RANDA. We host formative exam trivia nights to test your newfound knowledge, as well as have fun with your peers, heading into formatives in the middle of the year. We can't wait to see you there and at our other research-based events in 2024!



Emily McKinna
Co-chair

Natalie Year
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.



Ysabel Preller
Co-chair



Campbell Barnes
Co-chair

Social

Social Sub-Committee is the glue that sticks UNDS together. It's how we often go from seeing people as classmates to friends that we get through med school together. We have camp, ball, boat cruise, and many more fun events that ensure that the hard work required by med school is complemented by a fun and friendly environment of your peers. Socials helps make sure that med school really is the best years of our life.



George Alex
Chair

SANDUS

SANDUS is the Surgical Association of Notre Dame University Sydney. The aim of SANDUS is to introduce you to the exciting and fascinating world of surgery.

This year, we will be showcasing the field of surgery through different events, and we hope to give you insights into what surgery as a career looks like and how you can make it as a surgeon!

We also hope to help you improve the surgical skills you will require as a medical student and junior doctor, regardless of which way you want to go in Medicine. There'll be speaker nights, suturing masterclasses, anatomy trivia, and the popular surgical challenge! We look forward to seeing you at these events.



Jonathon
Barron
Co-chair



Marc
Eskander
Co-chair

Sports

Welcome to MANDUS Sports! Staying healthy and active while studying is paramount, and it is our job to facilitate that. We offer a wide variety of sporting opportunities, including: 1st v 2nd Year "friendlies" in football (also incorrectly known as 'soccer'), touch footy, dodgeball, netball, and basketball. Weekly Social Teams - i.e Run club, Rock Climbing, Touch Footy, Bondi Swimmers. Interstate Sports Tours against other Med Unis (Everyone is still raving about our Gold Coast Tour last year!!)

MANDUS Sports is for everyone; you don't need to be an elite athlete to come along. In fact, MANDUS Sports has unearthed many new talented members throughout the year. As much as we love our sporting events, MANDUS Sports is all about fostering Notre Dame's community spirit. So come along to every event to play, watch, and support our teams - and hang around for the social interactions afterward (with a beverage or two, of course!)

We can guarantee that participation in the MANDUS Sports events will be the most fun that you have all year!!



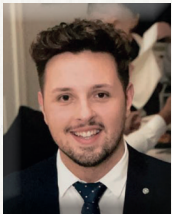
Eric Saba
Co-Chair



Olivia Van Gelder
Co-Chair

SSUNDA

Congratulations and a huge warm welcome from the Specialty Society of the University of Notre Dame (SSUNDA)! With over 80 specialties (and numerous subspecialties) in medicine, it can be overwhelming to try and figure out which field is right for you. Our mission is to enlighten and educate students about the myriad of career prospects awaiting them. Through speaker nights, podcast interviews, and various events organized by SSUNDA, we strive to equip you with valuable information and opportunities as you explore the diverse realms of medicine. Whether you're contemplating specialization or seeking exposure to uncharted territories, we are here to guide you on your journey!



Johnny Vogiatjis
Chair

UNDSEM

University of Notre Dame Society for Equity in Medicine (UNDSEM) is a MANDUS sub-committee dedicated to promoting equity in the medical field for health professionals as well as for patients. Through events such as Harmony Week and diversity speaker nights, along with fundraising efforts, we celebrate and raise awareness for various forms of diversity. As well as holding these events, UNDSEM is actively involved in university policy changes too. We hope to empower students to advocate for themselves, colleagues, and patients, fostering positive change throughout their medical careers.



Rebecca
Gleeson
Chair

WANDA

WANDA is the Women's and Obstetric Health Association of Notre Dame Australia. 2024 is Wanda's fourth year running and we have an exciting year ahead of events. 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. We are both extremely passionate about this space and can't wait to be able to talk with you about all aspects of women's health and what interests you! Our goal is to encourage students who want to get involved and connect people. Watch this space and embrace the power of the uterus!



Charlotte May &
Isika Kusnandar
Co-chairs

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!



Jonathon
Collinge
Co-Chair

Lisa Corbett
Co-cChair

MANDUS Executive:

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Email: clinical-VP@mandus.org.au

Vice President Pre-Clinical: Sam Hall

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Treasurer: Sarah Feyen

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Secretary: Diana Barez

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