

Dear Class of 2025,

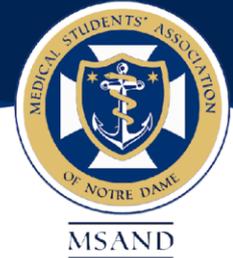
On behalf of all the Notre Dame medical students who have gone before you, welcome to the family! We all share your excitement in this wonderful achievement of being accepted into studying medicine and are eager to welcome each of you into the hallowed halls of ND35 – the building that will become your home away from home for the next 4 years. I encourage you all to take the time this summer to reflect on what you have accomplished before you look ahead to the journey you are about to embark on.

Before you know it, you will be standing on campus in Freo, likely in Birkenstocks, sporting a backpack bursting at the seams with unnecessary textbooks, and a dorky first-day-of-school smile, for the traditional smoking ceremony and welcome to country. From that point, the rest of orientation week will be a whirlwind of introductions from lecturers, talks from school admin staff, overviews of the academic calendar, and regularly pinching yourself to see if this is really happening to you. Rest assured that orientation week is an overwhelming time for everyone, and the School of Medicine does a fantastic job at getting you on your feet quickly and settling into what will become an all-too-familiar routine of PBL, CD, and Clin Skills (these words will make sense later). For now, it is my pleasure to speak to the non-academic perspective of life as a medical student at Notre Dame Fremantle.

It should come as no surprise that undertaking a medical degree has its fair share of challenges, and the students in the years above are champing at the bit to share our experiences and impart wisdom where needed to make for smoother sailing, particularly through your introductory weeks. The Medical Students' Association of Notre Dame (MSAND) is the formal title of the community you will be entering into next year. We, and now you, are comprised of medical students of many ages, ethnicities, genders, and professional backgrounds (make friends with the pharmacists early). We celebrate the diversity amongst our ranks and enjoy a special culture built on inclusivity and collaboration rather than competition. MSAND has many offerings that make your life for the next four years a whole lot more colourful than just being a med student, some of which I have detailed below:

1. Orientation Camp

Up there with the biggest highlights of the entire degree for most of us, this camp is the ultimate means of getting to know your year group. Held at Nanga Bush Camp, you'll take part in all sorts of activities, games, ice breakers, themed parties, and general mischief. We'll keep you updated on the specifics soon.



2. First Year Survival Night

Not as dramatic as the title suggests. This information evening is entirely student run, led by our education rep Oli. This is a fantastic opportunity early in the semester to get some practical tips & tricks that will prove invaluable in getting the most out of your first year and help avoid common pitfalls. Not one to miss. In addition to this, MSAND will provide the 2022 revised edition of the First Year Survival Guide which provides the best up to date student advice from the 2021 first-year cohort.

3. Social Events

Every year, signature events punctuate the MSAND social calendar. Scrub up in your finest for the May Soiree and the MSAND Gala Ball, kit up in your worst for the Uniform Party, then just rock up as you are for Friday Friendlies and many other opportunities to let your hair down. We have fun.

4. MSAND Sports

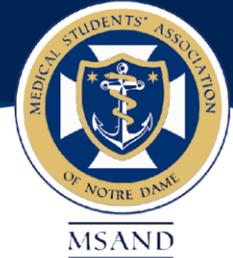
- Join the men's and women's **MSAND Footy** teams in our long-standing blood feuds with UWA Medicine and Notre Dame Physio (2022 is our year).
- Try not to roll your ankles as we claim yet another victory over the other medical schools in the **Triversity Netball Cup**.
- Lace up the joggers for biweekly **MSAND Run Club**.
- Try your hand at the beautiful game for **MSANDFA – Mixed Soccer**.
- Drown out your mental pain with physical gains at the **Powerlifting Weightlifting Club (PWC)**.

Ultimately, these are all fantastic ways to build relationships with students in years above and from other faculties.

5. Special Interest Groups (SpIGs)

If you have a budding interest in any medical specialty, there's likely a SpIG chaired by your peers that runs events tailored toward building real-world skills and knowledge in that field outside of your regular curriculum. These groups include Teddy Bear Hospital (Paediatrics), Physicians' Society, Notre Dame Association of Surgical Specialties (NDASS), Vision Global Health, Emergency Medicine, Research SpIG, Rural Medicine, and ND O&G.

A word for the wise, these groups advertise for subcommittee positions early in the year, so keep an eye out if you would like to be involved! It's a great experience in learning to run events, a great means of meeting people, and looks gorgeous on your CV.



In addition to all the above, the MSAND committee also features portfolios for social justice, wellbeing, equity, AMSA (Australian Medical Student Association), and many others, filled by extraordinary people who are all committed to ensuring every voice is heard, not just the loudest. You will meet us all in person during your orientation week.

So where to from here?

For those who have not yet found the Facebook pages, please see details below:

- **UNDF Medicine – Class of 2025**
 - Your main channel of communication for your entire degree
- **Medical Students' Association of Notre Dame – MSAND**
 - This is us. Hello.
 - Updates about all upcoming events and information on portfolios
- **UNDF Med Classifieds**
 - A very handy page for finding med student rentals, selling/buying textbooks, furniture, etc. Especially useful for our interstaters moving to the Republic of WA.

We look forward to meeting you all in January 2022. It's always a time of great excitement for those of us in senior years to build new friendships that often span entire careers. If you have any questions or concerns, please feel free to message me via text or over Facebook. If that's not your thing, you can call me directly.

Enjoy your summer!

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President

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