



President's Welcome

To the Doctor of Medicine - class of 2027,

Firstly, congratulations on your acceptance into medical school, an achievement that many aspire to but only a few attain. Your success in overcoming the fiercely competitive application process is extraordinary and I am so excited to see your faces brimming with excitement as you embark on this epic journey. However, our community thrives and continues to be driven not by competition but by collegiality and growth. Each of you has taken a unique path to reach this point, and it's the diversity and inclusivity of our medical school community that will provide you with a sense of safety and support over the next four years.

While it's no secret that medical school comes with its challenges, it's likely to be among the most rewarding and transformative years of your life. I want you to know that our School of Medicine promotes a strong culture of peer support and pastoral care. There are numerous resources including our dedicated staff, and the entire incoming Medical Students' Association of Notre Dame (MSAND) committee, who are here to support you. MSAND will provide a hub for networking, mentorship, and career development. We also work closely with the School of Medicine, advocating on your behalf to ensure everyone feels safe to be their authentic selves as members of the UNDF community. Rest assured, that you will not be walking this path alone.

In the first few weeks of the year, MSAND will help ease your transition to medical school with multiple initiatives. First, we will publish our annually reviewed First Year Survival guide in the coming weeks, a comprehensive resource to help you navigate your coursework and addressing those burning questions such as "which stethoscope to buy". Second, we will host our annual student-led First Year Survival Night, where upper years will provide tips to improve study efficiency and common pitfalls to be avoided.

However, it isn't all about study! To promote student wellbeing, MSAND fosters a culture of togetherness and collaboration by organising various events that provide opportunities for you to connect with your peers, forge lasting friendships, and build invaluable support networks. I wholeheartedly urge you to get involved as much as possible, starting with our Orientation camp, and the many other exciting opportunities detailed below.



Orientation Camp

A 2-day experience for all First-Years held at Nanga Bush Camp where many of you will form lifelong connections and friendships that will carry you through medical school and beyond. The nervous butterflies will dissipate with the help of team-based games throughout the day and themed parties in the evening. We ensure that there is something for everyone at this camp and not an event that you want to miss!

Social Events

Every year our social committee works tirelessly to deliver some of the most memorable experiences of your med school journey. Each year starts with our Uniform Party, usually in March, followed by the May Soiree and the MSAND Gala Ball. Don your dancing shoes, cut a rug and make lifelong memories at these fantastic gatherings throughout your time at med school.

Sport

Project some of that competitive Type A energy into one (or several) of the sports organised by MSAND:

- **Run Club:** an ever-expanding club of passionate coffee drinkers and sunrise swimmers. Catch up twice a week for a social run, or just come to make an appearance on their famous Instagram account (@msand.runclub).
- **Soccer:** play against Curtin and UWA rivals and attempt to beat our record of a 16-point victory.
- **Footy:** try not to tear an ACL chasing a win for our men's and women's footy teams. Passion (but not experience) for the game necessary.
- **Mixed Netball:** help us uphold MSAND's fierce reputation in the annual Triversity Netball Cup.

Social Justice, Equity and Special Interest Groups (SpIGs)

MSAND prides itself on holding social justice issues central within its ethos. The MSAND social justice and equity subcommittees organise opportunities for you to volunteer and workshops for you to learn and broaden your awareness of sociocultural issues experienced by various minority groups. Additionally, our SpIGs cover paediatric, surgical, O&G, physician, emergency, research, and rural medicine specialties. They run workshops and skills nights throughout the year to expose you to the vast possibilities that await you as a doctor.

Facebook Groups to Join

Whilst you eagerly await the start of this exciting journey be sure to join the following groups via the QR codes provided:



[UNDF Medicine - Class of 2027](#) - Your year groups dedicated Facebook group that will be your “town square” where MSAND and your peers will keep you informed of all that is happening on campus.

[UNDF Med Classifieds](#) - An extremely useful page for finding things you might need for your degree. People buy and sell textbooks and medical equipment, and it is also the place to go if you are looking for rentals with other med students.



[Medical Students' Association of Notre Dame - MSAND](#) – our official Facebook page that will provide details of all important information from MSAND and our upcoming events.

I hope I've given you enough to envision the remarkable experiences and opportunities that await you in the coming year. If you want to know more, visit our website:

<https://msand.org.au/about/>

If you have any questions or need assistance in the meantime, please don't hesitate to reach out to me via phone, email, or Facebook.

On behalf of MSAND and our current Notre Dame students, congratulations again and a warm welcome as the incoming medical students at Notre Dame Fremantle for 2024!

Sincerely,



Jack Murray

President

Medical Students' Association of Notre Dame.

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