

# AUMSA January 2024 Newsletter



Happy New Year everyone!! Hope our clinical students are settling back in well and our pre-clins are still enjoying their break.

Over the weekend we had our Exec offsite where the whole council met together for the first time to discuss our plans and goals for the year. 2024 is shaping up to be a big one for AUMSA!



A few updates from us:

- Not sure who your representatives are on the council? Check out the [Our Team page](#) on our website to learn more about this year's council - it also contains their emails should you ever need to contact them about any issues
- This year we are reviving the [AUMSA instagram](#) so if you don't already follow us - make sure to check it out @aumsanz
- Another change this year is we will be posting all our meeting minutes on the website so you can see what mahi we are doing - you can check out the minutes of our first meeting [here](#)
- This year there is a new role on the AUMSA council - a Rural representative to ensure this voice is present in our advocacy and equity discussions - keep your eyes peeled for more details on the election which will happen in March

Check out the following pages for updates on the events coming soon as well as some information from our Education Reps, Sports Reps and NZMSA reps!

We are so excited for everything that 2024 has in store and can't wait to see you all at one of our many events or around on campus!

- Your 2024 AUMSA council

# AUMSA January 2024 Newsletter



## AUMSA Calendar for 2024

Check out all the exciting events happening over the next 3 months and make sure to book them out in your calendars!! Check out our Facebook pages and Instagram to make sure you don't miss any updates

### February

4th - Launch of the NZMSA 4th year mentoring programme

7th - [Auckland City, Middlemore and Waitematā Zoom Orientation \(7:00pm\)](#)

8th - Waikato Orientation (6:30pm)

17th - Freshers - [buy tickets here](#)

21st - O Week Quiz Night

22nd - O Week Pub Crawl

23rd - O Week Frat Party

26th - Med 101 (6pm)

### March

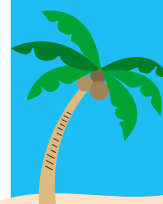
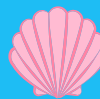
3rd - Round the Bays - [buy tickets here](#)

5th - AUMSA Declassified Year 3 Survival Guide (6pm)

16th - Soirée

### April

16th - Musculoskeletal PBL (6pm)



# AUMSA January 2024 Newsletter



## Education

Hello everyone! We are Hassan & Crystal, your education reps for this year. We hope you're as excited for the upcoming year as we are! With our years of university experience, we have grown passionate about all things education-related, and we aim to help shape your learning experience into one that you love.

Our main goals for the year are:

- To run social-educational events that are given by students, for students, to provide opportunities for 'productive procrastination'
- To foster an enjoyable and uplifting med-school atmosphere that promotes both creativity and collaboration in learning.
- To equip students with effective study techniques and time-management strategies to optimise their learning for improved work-life balance

We have many exciting events planned for you this year (and most are free with free kai)! Here's a little preview of what we have in-store

- Med101 (Year 2s) - The ultimate year 2 preparation event! Given by previous students who excelled in year 2, this event will ensure you can thrive in your first year of medical school
- EduRep's Declassified Year 3 Survival Guide - Med101 but for Year 3 students
- Study Buddies! - Groups study/assignment sessions > Procrastinating alone
- Problem-based learning (PBL) events for year 2s (Musculoskeletal & Cardiovascular systems) and year 3s (Sensory & Blood, Immune and Infection modules) supplement your studies in a fun, collaborative environment

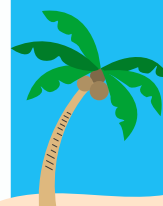
Got Questions?

Feel free to email us at [education@aumsa.org.nz](mailto:education@aumsa.org.nz)

Make sure to also follow our social media to stay up to date with our events, giveaways, and quizzes that will be on throughout the year!!

IG: [@aumsa\\_education\\_reps](https://www.instagram.com/aumsa_education_reps)

FB: [Aumsa Education-Reps](https://www.facebook.com/AumsaEducation-Reps)



# AUMSA January 2024 Newsletter



## Sports



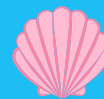
Get excited for AUMSA sports 2024! Tickets are already on sale for Round the Bays 2024 on Sunday 3rd March which you can find more information on our event page on facebook. Click going or interested - spread the word. This is an annual event that kicks off the year and is always a good time, so make sure you get your tickets!

One of our biggest goals this year is to make sure you guys know when and where the trainings and trials are for Interfaculty sports, as well as when the competitions are. Whether you play one sport, multiple sports, or have friends playing, we want your support! This is to ensure that we, FMHS Seabass, take home the winning Interfaculty trophy at the end of the year (it is finally time for the Engineering Eagles to lose). Make sure to follow us on Instagram [@sports\\_fmhs](https://www.instagram.com/sports_fmhs) to be updated and support our fellow Seabass athletes!! This is going to be our year.

Sports exchange is scheduled to be on Friday 20th to Sunday 22nd September - back at the TRON. More information to come so keep an eye out later on in the year - but now that you know the dates, there is no excuse! A whole weekend of booze, competition, and fun, what more do you want?

We're also hoping to collaborate with different AUMSA reps and other clubs to organise smaller events throughout the year, including group fitness classes at different gyms around Auckland CBD, another collaboration with AUES is in the works, and some student-lecturer competitions will get you out of Philson for sure. Make sure to turn on your facebook notifications for future sporting events and we look forward to having a fun year of all-round sports.

Thanks,  
Lily and Peter



# AUMSA January 2024 Newsletter



**NZMSA**



Kia ora koutou!

We are Sujean and Shania, your NZMSA Pre-Clinical Representatives for 2024. Our role is to represent AUMSA on the New Zealand Medical Student's Association (NZMSA) council.

## Now... What is NZMSA?

NZMSA is a student-run association established in 1972 with a proud history of representing New Zealand medical students. NZMSA operates with a national scope and collaborates with local medical student councils including AUMSA, the Otago University Medical Students' Association, and Te Oranga.

## So, what can NZMSA do for you?

The NZMSA vision is to represent, unite, and empower New Zealand medical students on the views, issues, and concerns relevant to them. The ultimate goal of NZMSA work is to improve the health of New Zealanders.

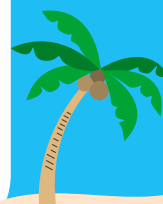
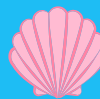
## Our plans as your NZMSA Pre-Clinical Representatives:

Sujean:

1. Amplify medical students' voices on national issues and champion equity by acting as a communicative agent between NZMSA and AUMSA.
2. Promote the hauora of medical students by contributing to the NZMSA Engagement Working Group to organise and deliver national events.

Shania:

1. Advocate for the hauora of medical students using my role in the NZMSA Advocacy Working Group as a platform.
2. Strengthen students' affiliation with NZMSA and cultivate an environment that fosters inclusivity.



# AUMSA January 2024 Newsletter



## Here's how you can get involved with NZMSA...

Get excited for an action-packed year with a variety of academic and social events hosted by NZMSA. Here is a sneak peak of our event calendar:

### **NZMSA Mentoring Programme**

A mentor-mentee matchmaking programme between local General Practitioners/Senior Medical Officers and 4th year medical students. All across Aotearoa, launches February 4th

### **Medical Leadership Forum**

A forum exploring how medical students and doctors can be leaders, communicators, and community figures to combat inequity and help underserved communities. Held in Nelson on April 26-28th.

### **NZMSA Conference**

Held on June 14-16th, theme and location top secret for now 😊

### **Student Research Forum**

A forum celebrating research done by medical students and providing educational opportunities for medical students to build their capabilities in research. Held in Auckland on July 26-27th.

### **Vampire Cup**

An event run in association with New Zealand Blood, where the University of Auckland and University of Otago medical students compete to donate the most blood over a month. All across Aotearoa, September 16th - October 20th

If you would like to know more about NZMSA or have any views, issues, and concerns about being a New Zealand medical student that you would like to share, please reach out to me via Facebook (@Nzmsa Pre-Clinical Reps), email ([sujean@nzmsa.org.nz](mailto:sujean@nzmsa.org.nz) and [shania@nzmsa.org.nz](mailto:shania@nzmsa.org.nz)), or come say hello on Grafton campus!

Arohanui,  
Shania and Sujean

