

AUCKLAND UNIVERSITY MEDICAL
STUDENT'S ASSOCIATION

MBChB CLASS OF 2029



WELCOME TO MEDICAL SCHOOL



PRESIDENT'S WELCOME

Kia ora koutou, kings, queens, and everything in between! Welcome to the UoA Medical School whānau Class of 2029!



I'm Dan, your President of the Auckland University Medical Students' Association (AUMSA). I'm here to do two things: gas you up and tell you all about AUMSA.

First off, from all of us at AUMSA, a unanimous congratulations on the biggest W ever – getting into med school! Those countless hours of study, late nights, and sacrifices have paid off, and now you're part of one of the most competitive courses in the world. Indeed, this is a massive achievement, so take a moment to really soak it all in. Tell your friends, your whānau, your dog, your cat, your bus driver – this is worth celebrating. Kudos. Period.

Importantly however, med school isn't a sprint; it's a 5-year marathon. It's thrilling, challenging, rewarding, and, yes, sometimes exhausting. But here's the best part – you're not running this race alone. You've got your classmates, your friends, your whānau, the faculty, and, of course, AUMSA cheering you on every step of the way.

So, what's AUMSA? AUMSA is an organisation made of med students for med students. We're here to make your med school experience the best it can possibly be. Whether through our legendary events (especially Freshers' Week!), academic support, advocacy, or simply being the friendly faces you can turn to when times get tough, we've got your back.

You only go to med school once, so my advice is to make the most of it. Be brave. Step out of your comfort zone. Get involved in everything you can. Join clubs, volunteer, attend events, and connect with as many people as possible. Some of med school's most memorable and transformative experiences happen outside the lecture hall.

AUMSA is made up of passionate volunteers who dedicate hours to bring you fun, educational, and unforgettable experiences. We want you to feel supported and celebrated – especially those of you coming from outside Auckland. Whether you're missing home, finding your feet, or navigating a big city for the first time, AUMSA is here to be your home away from home and your network for life.

So, don't be a stranger. Say hi. Meet your future lifelong colleagues and friends. And, most importantly, come to Freshers! It's the perfect chance to kick-start your med school adventure, meet new people, and have an incredible time. We can't wait to meet you all and see the amazing things you'll accomplish here. So gear up, get ready, and let's make some unforgettable memories together.

Ngā mihi nui,
Dan Lavin
President

president@AUMSA.org.nz



WHAT IS AUMSA?



Your Voice. Your Journey.
Your AUMSA. Advocating,
Supporting, and Celebrating
Every Step of Your Med
School Adventure!

THE VOICE OF MEDICAL STUDENTS

At AUMSA, we're dedicated to representing medical students every step of the way. From collaborating with faculty to enhance the curriculum to advocating for policy change at the government level with the NZMSA, we ensure your voice is heard. We're here to support you and ensure your journey through med school is as smooth and rewarding as possible.

ND MAGAZINE

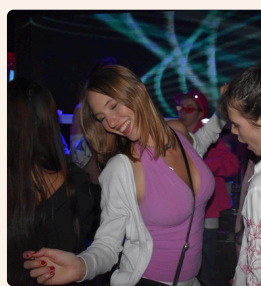
Proudly published by AUMSA, ND magazine is your must-read for all things med school. Packed with humor, hilarious photos, exclusive lecturer interviews, and captivating stories about life at Grafton, it's the perfect way to stay connected to the med student experience. Whether you're reading about adventures abroad or the latest campus antics, ND brings you the fun and insight you need.

EVENTS FOR EVERY STUDENT

We bring the fun, the action, and the support with a diverse lineup of events! From glamorous Med Balls and chic cocktail parties to wild pub crawls, we know how to throw a good time. Stay active with sports events like Round the Bays and the AUMSA sports exchange, or hone your skills with Medschool 101-201 and expert-led seminars. Plus, with initiatives like Welfare Week, we prioritise your well-being every step of the way.

SUPPORT BEYOND THE LECTURE

AUMSA is here to support your success in and out of the classroom. Through our Innovation Fund, we help cover the costs of educational travel and provide financial assistance for other expenses. We're committed to making sure you have the resources and support you need to thrive as a medical student.



MEMBERSHIP PERKS



Plus, you're automatically a member of NZMSA, the national voice for medical students, giving you access to events like the must-attend NZMSA Conference - one of the biggest highlights of the year!



01

Big discounts on all AUMSA event tickets

02

First dibs on tickets for our sell-out events

03

Access to the AUMSA Innovation Fund for travel and project costs

04

Eligibility to join the AUMSA Executive Committee



HOW TO JOIN AUMSA

LET'S CONNECT



@aumsanz



facebook.com/AUMSA.org



www.aumsa.org.nz

Signing up is a no-brainer! For just \$190, you're covered throughout med school - that's less than a coffee a month! Plus, you'll easily make it back with savings on ball tickets and other epic events.

1

Fill in the Google Form

<https://forms.gle/5qd8mMh2PCLjE9TXA>

2

Pay your membership fee to:

Account Name: **AUCKLAND UNIVERSITY MEDICAL STUDENTS ASSOCIATION**

Account Number: **12-3024-0640401-00**

(put the initial of your first name and your full last name in the Reference box e.g D Lavin)

3

Email Gina at secretary@aumsa.org.nz **through your UoA email with your full name and AUID** to confirm that you have paid

Split pay options are available as we understand some students may face financial burdens. Email Gina (secretary@aumsa.org.nz) for details about available options.

Join the Class
of 2029
Facebook
group!

<https://www.facebook.com/share/g/1D46wndxek/>



AUMSA IN FEBRUARY



Take a look at the Freshers 2025 document included in your acceptance email for more information!

Save the dates - you won't want to miss out!

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22 Freshers
23	24 FIRST DAY OF YEAR 2	25	26 Quiz Night	27 Pub Crawl	28 Frat Party	1
O-WEEK EVENTS						
2 Round the Bays	3 MED101	4	5	6	7	8

Keep an eye out on the 'Class of '29' Facebook group closer to the date for more information!



SPORT



Kia Ora 2025 Freshers!

Josh & Sylvia here, your 2025 AUMSA Sports Reps! We are strong believers in sport being correlated with better overall hauora; thus it is our mission to get you involved in sports this year, whether you're a seasoned vet or a sedentary beast. We can't wait to meet you all, and we hope you're as excited as us for the year of sports ahead (and med school, of course)!



Interfaculty Sports Championship

Keen to represent FMHS?

EXPRESS YOUR INTEREST HERE

- Basketball
- Indoor Cricket
- Futsal
- Ki o Rahi
- Netball
- Touch
- Ultimate Frisbee
- Volleyball
- Esports

READ MORE HERE



AUMSA Sports Events

We're looking forward to using Hiwa (UoA's new rec centre), Auckland Domain, and The Tron, for all the exciting sports events planned for 2025!

Make sure you get involved with Round the Bays, Sports Exchange, Chess and Table Tennis Tournaments, AUMSA's new Run Club, and much more!



Keep up to date!

Follow us / flick us any questions on

Instagram: @sports.fmhs

Facebook: Aumsa Sports-Reps

Email: sports@aumsa.org.nz



Up the Seabass!

HEALTH-RELATED STUDENT CLUBS

Search groups up on Instagram or Facebook to learn more, and keep an eye on the cohort Facebook page for notices about their events!



Anaesthesiology Interest Group



Pre-Vocational Obstetrics & Gynaecology Society



NZ Orthopaedic Education Group



Dermatology Interest Group



Women in Health Network



Young Auckland Chinese Medical Association



Oncology Interest Group



Student Psychiatry Interest Network



Campus Neuro Society



Students of Rural Health Aotearoa



Australasian Students' Surgical Association



Manaaki UoA



Auckland Medical Revue



Rainbow FMHS



Auckland University Surgical Society



Artificial Intelligence in Medicine



Paediatric Interest Group



Te Oranga Māori Medical Students' Association



Auckland Pasifika Health Initiative



Global Health Interest Group



GRASSROOTS

RURAL HEALTH CLUB



What is Grassroots?

We're a rural health club that promotes rural health careers and educates everyone about health disparities, rural lifestyle and so much more!



What does Grassroots do?

We run a huge range of activities for EVERYONE and we're told they're some of the best, some of the highlights include:

- Rural Olympics - coming to you soon at freshers, we won't spoil the surprise...
- Noho maraes - get out of the city and experience what rural life has to offer. Stay on a marae, visit rural health providers, and make connections with students and professionals from all different health careers.
- Knees Up Stein - it's infamous and always sold out. An excuse to party like you're a bogan from Huntly.
- Conferences - learn about rural health and connect with people and clinicians from all over Aotearoa

... and plenty more!!!



We want ewe!



Join a club like no udder

How do you get amongst it?

Anyone can join and it's free to become a member! Sign up with the QR code!
Give us a like on our Facebook page, or Instagram!
And check out our website for more info!



 @grassroots.nz

 facebook.com/AUMSA.org



TOKĀ

Te Oranga Ki Ākarana

Te Oranga Ki Ākarana

Ko wai mātou (who are we?)

We are the Māori Medical and Health students of Waipapa Taumata Rau. Established in 2024.

What does TOKĀ do?

We run a range of events such as te reo classes and clinical skills sessions.

There are also many collaborative events with APHI, the Pacific Health students of Waipapa Taumata Rau, MAPAS, and Te Oranga, the Māori Medical student association of Aotearoa.

More events to come in 2025!



How to join us in 2025!

Instagram: [toka_uoa](#)

Register with QR below



Our 2025 Pou Tāngata

Kaitiaki Putea - Cheynes Kuka
Kaituhi - Arihia Waitai-Morehu
Tumuaki - Ondre Hapuku-Lambert
Tāmaki Makaurau Tuakana - Neave Burgess
Kaitakawaenga - Blayze Waddicor
Tāmaki Makaurau Teina - Tahiora Tito

HEY THERE FRESHER

*"WHAT WAS YOUR GPA? OH MY GOD I ONLY GOT AN 8.5, BRO I'M SO COOKED...
WAIT, WHAT WAS YOUR UCAT? I GOT A 3200, DO YOU THINK THAT'S GOOD
ENOUGH...? OH MY GOD HOW WAS MMI? I DON'T KNOW MAN, I THINK I SCREWED
IT UP... I'LL NEVER MAKE IT TO MED..."*

WELL, YOU MADE IT.

CONGRATULATIONS for making it into one of the most difficult yet rewarding degrees ever, future lives are in your hands. People may tell you that the hard part is now over, because you're in! That's a lie, and you know it is. Regardless, you will find value and meaning in what you do from this point onwards, and you will not regret for a single moment choosing this career. You also won't regret coming to freshers...

What is freshers? Well, it's basically a whole day to celebrate YOU and YOUR monumental achievement alongside your new cohort of med students. It is the first and most important event of the year where you will make lasting meaningful connections to your peers, colleagues, and maybe even future lovers (*who knows*). The day is quite packed with group activities and competitions at Long Bay Beach, BBQ lunch, and Toga Party late at night to end things off. People will literally not shut up about what happened at freshers for weeks, so if you have FOMO, you won't want to miss this.

I'm sure you're wondering how the day will actually look like, so here's a rough schedule:

- 9:30am - gather in Grafton Campus getting ready to leave.
- 10:00am - leave Grafton Campus to Long Bay Beach.
- 10:30am to 5:00pm - at Long Bay Beach having the time of your life.
- 5:00pm - leave Long Bay Beach back to Grafton campus.
- 5:30pm onwards - dinner and pre's with your group then Toga Party at Shadows Bar.

Fresher's remains as a long-standing tradition within the med school, and for good reason. Make sure to get your tickets as they WILL sell out.

We hope to see you there, all the best,

Blake and Hugo (Class of 2028 Representatives)

email: classof2028@aumsa.org.nz

instagram: [uoambchb28](https://www.instagram.com/uoambchb28)



HOW TO JOIN AUMSA



Now that you've read about the amazing things that AUMSA does, find out how to sign up! (Note: Sign-up here first to receive the discounted Freshers price).

The combined membership fee for both organisations (AUMSA and NZMSA) covering all your years at medical school is \$190. The cost per year is minimal and easily made up for by savings on tickets for the ball and other events.

We strongly recommend that you join. Being an AUMSA member will add enormously to your med school experience.

TO SIGN UP..

1

Fill in the Google Form
<https://forms.gle/5qd8mMh2PCLjE9TXA>

2

Pay your membership fee to:
Account Name: **AUCKLAND UNIVERSITY MEDICAL STUDENTS ASSOCIATION**
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(put the initial of your first name and your full last name in the Reference box e.g D Lavin)

3

Email Gina at secretary@aumsa.org.nz **through your UoA email with your full name and AUID** to confirm that you have paid.

Split pay options are available as we understand some students may face financial burdens. Email Gina (secretary@aumsa.org.nz) for details about available options.

You will receive an email back once we've received it so you know it's gone through. Please be aware that the return email may not be until mid to late-January 2025.

Once again, congratulations on getting into Medicine! We look forward to hearing from you soon. If you have any queries, feel free to contact Gina Galloway at secretary@aumsa.org.nz