

OTAGO UNIVERSITY MEDICAL STUDENTS' ASSOCIATION

Monthly Newsletter

O-week, clubs n socs & more!



Prez says...

It's been awesome getting to know so many new medical students this year – each of you brings something unique to our growing community.

From laughs during O-week to meaningful chats in the Hunter Centre, it's been a privilege to connect with such a passionate, driven group.

The energy, enthusiasm, and kindness you all bring is what makes this journey so special. We're just getting started, and there's so much to look forward to!

Keep an eye out for exciting upcoming events – academic support, epic social nights, and wellness vibes are just around the corner!

Clubs, Socs, & Sausages

On 12 March, the Hunter Centre Atrium was buzzing with excitement for our annual Med Clubs and Socs Day! Students filled the space, exploring the huge variety of stalls – from club sign-ups and volunteering opportunities to free snacks and fun giveaways.

OUMSA also ran a sausage sizzle fundraiser in support of Relay for Life, serving up good vibes and kai for a great cause. It was awesome to see so many people getting involved!

For ELM students, especially our second-years, the day was a fantastic way to dive deeper into med school life, meet new people, and discover the many ways to get involved beyond lectures and labs.

March Elections & SGM

FRESH FACES AND A REFRESHED CONSTITUTION



March was a big one for OUMSA! On Thursday, 20 March, we held our first Special General Meeting (SGM) of the year and wrapped up the March Elections.

At the SGM, members voted to pass important constitutional changes. These included streamlining the document to focus on the ELM cohort and affirming OUMSA's commitment to upholding Te Tiriti o Waitangi. We're proud to reflect these values in our structure and operations going forward. Thank you to everyone who showed up and engaged in the kaupapa!

We also elected our new ELM2 Class Rep, ELM2 Administrative Officer, and Welfare and Education Committee Reps. The energy was unreal, with strong engagement across nominating, campaigning, and voting. A huge thank you to everyone who got involved – we're so excited to work with our newly elected reps and can't wait to see what this team achieves!

O-week summary

AMAZING RACE

O-Week wouldn't be complete without a much-needed sightseeing adventure to help our new ELM2s get their bearings around campus. With that in mind, we kicked things off with an exciting Amazing Race!

Teams embarked on a fast-paced journey, solving clever riddles that led them to some of the most iconic med-related spots on campus. The competition was fierce, with the fastest teams racing to the finish line to claim bragging rights and score some incredible prizes.

But more than just a race, it was the perfect setting for new friendships to blossom. Students teamed up, cheered each other on, and shared plenty of laughs along the way. In the end, everyone walked away with great memories, new connections, and a fantastic start to the year!



QUIZ NIGHT

We had an absolutely jam-packed night, filled with energy, friendly competition, and some seriously impressive performances from the Class of 2029! They came in strong and just managed to take down the exec team. The atmosphere was buzzing, with our hosts looking exceptionally sharp. The fuel for the night: pizzas, garlic bread, and hot drinks, keeping everyone powered up. Safe to say, the vibes were at an all-time high!

If you missed out... Well, let's just say, studying can definitely wait when a night like this is on the cards. Don't make the same mistake next time—because trust me, you won't want to miss it!



BEACH DAY

To wrap up Med O-Week, we were blessed with perfect beach weather for Beach Day! Early in the morning, students gathered at St Kilda, with the sea sparkling in the background. Volleyball nets went up quickly, and teams were formed for some friendly competition in the sand.

As the day rolled on, it was time for the classic sausage sizzle, which didn't disappoint! With the sun blazing down, many took a refreshing dip in the ocean to cool off.

Beach Day was the perfect way to cap off an incredible week — full of happy faces, good vibes, and memories made by the water.



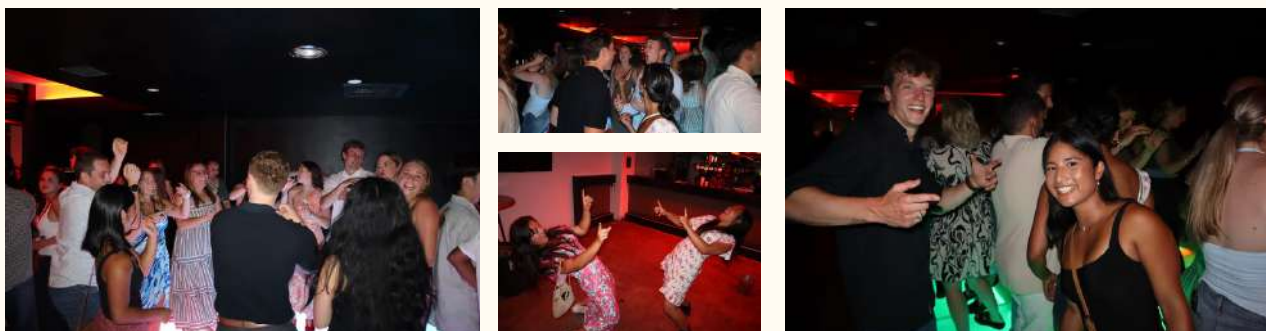
SPORTS DAY

Mid-O-Week, the sports day kicked off with some fierce competition and plenty of laughs. The rivalry between the ELM3s and ELM2s was already heating up, and dodgeball was the perfect battleground. Several fast-paced games went down, with the ELM2s hungry to dethrone the older med students — and they finally succeeded in the last game, proving their worth!

The classic tug of war followed, pitting four teams — each led by an OUMSA exec member — in a battle of strength to prove who was the strongest. After the intense tug of war, we all kicked back with some casual football, offering a perfect way to destress and round off the amazing day.

O-WEEK SOCIAL

To wrap up a great o-week, we had the ELM social at Joe's Garage, celebrating the start of uni and our newest cohort's entry to medicine. With a DJ and light-up dance floor to boogie with some new mates, it was the perfect way to cap off an exciting start to the semester. Special mention to Joe's fried chicken for fueling us throughout the night. Thank you so much to the welfare team for making sure the event was a success, providing safe space for new and returning students to unwind. Looking forward to the next one!



RELAY FOR LIFE

Relay for Life was an unforgettable event, with an amazing turnout from both ELM2 and ELM3 students. Through our team and individual fundraising efforts leading up to the event, we raised a total of \$3,300, with the Clubs & Socs day sausage sizzle being a major success!

On the night of March 29th (7pm-7am), we dressed as superheroes and ran a combined total of 200km+ around the track, showing our support for a cause close to our hearts as medical students. Relay for Life is all about celebrating those affected by cancer, remembering loved ones lost, and fighting back by raising awareness and funds for the Cancer Society. It was a powerful night of reflection, community, and action.

Thank you to everyone involved for making this such a special event!



SOCIAL SPORT AND MED RUN CLUB

It's been a great start to the year sport-wise at the Med School, especially with the beginning of social sport for the semester. This has included OUMSA teams in basketball, netball, volleyball and futsal, with over 70 students involved.

The Med Runners club is back for another year, and they've already had a fantastic turnout, especially for the Amazing Race event, which featured over \$150 in prizes from local vendors. Whether you're a seasoned runner or just looking to get moving, the Med Runners is open to all med students and meets every Wednesday at 7am from the Hunter Centre.

Get involved, stay active, and we'll see you on the track (or the court!) soon!

FLAT CRAWL SHENANIGANS

On March 15th, we had the annual Med flat crawl, kicking off Paddy's Day celebrations a little early. Dressed in shamrocks and sub-par costumes, we crawled through the streets of North Dunedin.

The night started off with a beer pong competition, followed by many a keg stand, thanks to the generous flats who hosted and the strength of our fellow med students. After a minor hiccup, and a quick pizza break to refuel, the rest of the night went off without a hitch (someone definitely didn't piss in the kennel's lounge...).

Special thanks go to the welfare team for their hard work in making sure everyone had a safe and enjoyable time. Med flat crawl once again proved to be a memorable night in the Med calendar.



MED REVUE 2025: THE COUNTDOWN BEGINS!

The University of Otago Med Revue is off to an absolutely incredible start this year! Auditions were a huge hit, with an amazing turnout of talented students bringing their energy, enthusiasm, and creativity to the stage. The excitement is real, and it's only just begun!

The theme reveal party was a total blast — packed with laughter, games, and lots of buzz about what's in store for this year's show. Now that rehearsals are in full swing, the cast and crew are putting in the work to deliver a truly unforgettable performance.



From the first few meet-ups, it's clear that this year's Med Revue is going to be one to remember, with a great mix of comedy, music, and unforgettable performances. Whether you're in the show or eagerly waiting to see it unfold, there's plenty to look forward to in the coming months. Make sure to follow @med_revue on Instagram for more Med Revue updates, behind-the-scenes sneak peeks, and, of course, the big night itself — you won't want to miss it!

Coming Up

ECCO UPDATES

Get ready for the 20th iteration of ECCO, the annual conference for 2nd and 3rd year medical students at the University of Otago Medical School, hosted by OUMSA!

The theme for ECCO 2025, "QUEST: Forge the Future", is a call to ignite passion and perseverance in medical students as they embark on their careers, while fostering curiosity across various specialties in medicine.

This year, ECCO will be taking place on April 12–13. The weekend-long event will feature inspiring talks from doctors across New Zealand, practical workshops, and opportunities to engage with healthcare organisations. Plus, enjoy giveaways, free lunch and morning tea, and don't miss the glamorous ECCO GALA at Larnach Castle!

Follow us on Facebook and Instagram for updates. We can't wait to see you there!

MED MENTORING

Med Mentoring groups have hit the ground running! The ELM Med Mentoring Programme is designed to foster relationships between ELM2 and ELM3 (or gap year) students to help ease stress, gain insight into the course, and allow ELM2 taira to receive advice from someone who has been in their shoes before.

It's not too late to join a group! If you're keen, hit up Huthaifa at 3rdyear@oumsa.org.

ENEMA UPDATES

Production for the medical school's magazine (ENEMA) is well underway, and the team is stoked for what is going to be another awesome year! Stay tuned for further updates, and cohort contributions. If you want to get in touch don't hesitate to email enema@oumsa.org.

STUDY BUDDY UPDATES

Study Buddy is a year-long tutorial course to take you through the content of each block module, vertical module, and help with OSPE preparation. This year we've added so much more and for a cheaper price!!! Why not get the extra guidance from people that have been there and done that? Make your life easier and give you insight into how to attack assessment questions. Sign up through OUMSA webstore!