

WHAT THE HECK IS OUMSA?

**Supporting
Students
since 1888**



**For students
by students**

Events

Study

Welfare

@oumsanz

oumsa.org

WHO ARE WE?

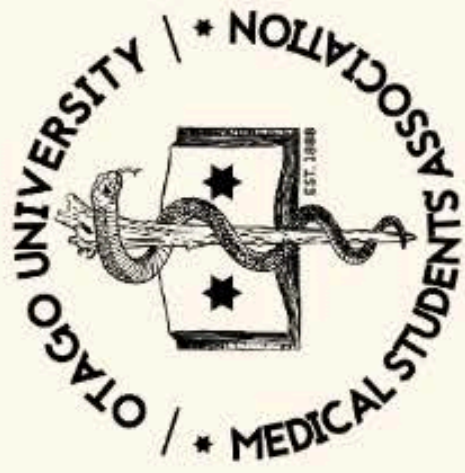


The Otago University Medical Students' Association (OUMSA) is a not-for-profit organisation, run by medical students for the benefit of ELM medical students at the University of Otago. OUMSA is involved in numerous student-led initiatives and strives to provide its students with the best medical school experience by offering opportunities to expand their learning, foster networking, and advocate for the student voice at all levels.

Roles of OUMSA include:

- Student Welfare
- Advocacy and Promoting Equity
- Supporting Student Education
- Social Events
- Community Outreach Events
- Supporting Affiliated Clubs
- Sports
- Networking Opportunities
- Food for Students
- Providing Exposure to Specialities





EXECUTIVE TEAM



President
Cameron Dickey



VP Administration
Keana Virmani



VP External
Lei Smith



Treasurer
Esther Leo



Int. Education Officer
Melia Brett



Ext. Education Officer
Mahita Gottumukkala



Welfare Officer
Julianna Apoldo



Comms/Spons Officer
Luka Lee



Social Officer
Hayley McQuade



Sports Officer
Jessica Fastier



Webmaster
Mathew Sung



Outreach Officer
Nadia Zhou



3rd Year Rep
Laurence Guité



ECCO Convenor
Melody Zhuang



NZMSA Rep
Sungyun Kim



Gap Year Rep
Haozhen Li



TOKŌ Rep
Jasmine Emile



TOKŌ Rep
Milan Burch



PIHPSA Rep
Devesh Kumar



ROMSA Rep
Jasmine Glennie

EVENTS WITH * ARE CHEAPER WITH AN OUMSA MEMBERSHIP

OUR EVENTS

* MED O' WEEK

* MED REVUE

* TRAMP

WELLBEING WEEK

PRIDE WEEK

* ECCO (ELM CLINICAL
CONFERENCE OTAGO)

UNITY (DIVERSITY AND
INCLUSION WORKSHOP)

MED CLUBS DAY

* MED BALL

* SKI TRIP

TEDDY BEAR HOSPITAL

RELAY FOR LIFE

* CULTURAL NIGHT

TE WIKI O TE MĀORI

INTERFACULTY SPORTS

ASCEND (LEADERSHIP AND
ENTREPRENEURSHIP
WORKSHOP)

SOCIALS & BYOS

MORE TO BE CONFIRMED...

Part of our role is provide fun events! Some of our events are a bit cheaper with our subscription (which you should definitely have a look at getting!!!).

Having stuff to do outside of med ensures we all don't turn into Anki robots and gives you the perfect opportunity to better know your classmates and future colleagues.

IF YOU HAVEN'T SEEN
OUR INTRO VIDEO, TAKE
A GEEZ :)



<https://www.youtube.com/watch?v=ZyEvVnUZgXw>

OUR STUDY SUPPORT!!!

Study Buddy is a year long tutorial course to take you through the key content from each block module, vertical modules and help you prepare for the OSPE.

For just \$85 (\$45 for OUMSA Members) you will receive 9 revision tutorials (PSYCH, MSK, CVS, RESP, GI, 3x Verticals, Mid Year OSPE & End of Year OSPE) plus an additional 7 Application sessions (PSYCH, MSK, CVS, GI, RESP, 3x Vertical)!!!

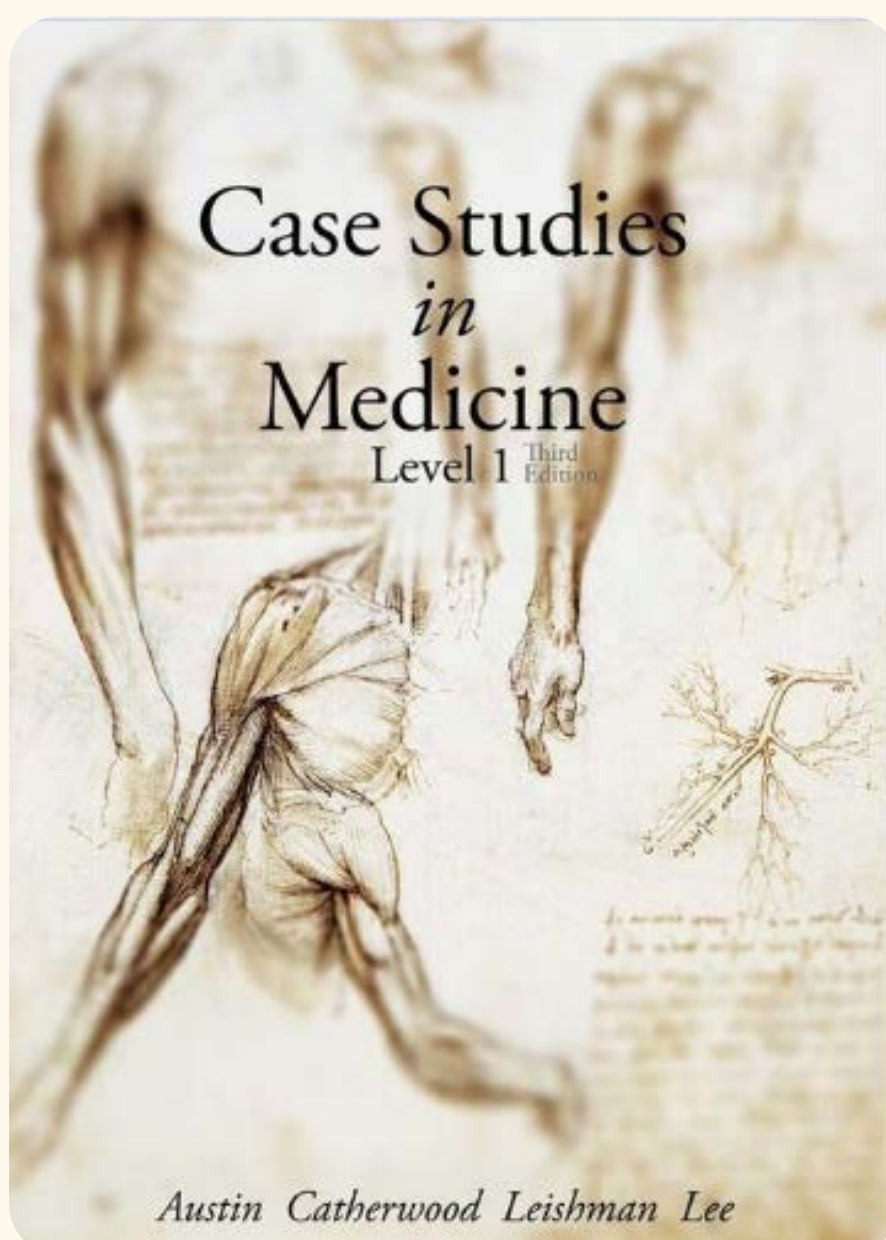
The revision tutorials are 3 hour tutorials which summarise the key points, go over difficult topics and provide memory hooks to help students prepare for exams. The application sessions put your learning to the test by going over past exam questions.



"Study Buddy saved me" – A (Now) Successful ELM 2 Student

Also on offer!!! The World-Famous Cases Book!

(Sold Separately to 'Study Buddy')



For just \$50 (\$35 for OUMSA Members). This exciting, comprehensive "homemade" textbook covers a broad range of topics useful for ELM medical students!

It goes through all block modules and vertical modules. Each case outlines the necessary pathophysiology, pathology and pharmacology needed to provide a base for your learning. The information presented is easy to read with extra space for your own notes, diagrams, and pictures to be added. This guide is written by students for students so you know what you receive will be accurate and relevant.

"This book is the most beautiful thing I have ever seen in my life" – A Truthful ELM 3

MEMBERSHIP? WHY?

If you're planning on going to lots of OUMSA stuff, a membership can save you over \$250!! during ELM- and it only costs \$80!!!

**THIS YEAR YOU
CAN SAVE:**

\$25 AT O' WEEK

\$25 AT MED BALL

\$40 ON STUDY BUDDY

...and you've earned back
your membership already!

PLUS:

\$10 ON MERCH

\$20 ON SOCIAL SPORT

\$10 AT WINE AND CHEESE

\$10 AT FLAT CRAWL

\$15 ON THE CASES BOOK

FREE EXAM WELFARE PACKS

...and more!

Because money is unpredictable, we may have to slightly change some event costs later in the year despite our best efforts :(but rest assured that the membership will still be more than worth its value! And feel free to come to us with any pricing feedback :)

On top of saving money at our events, you can also enjoy exclusive discounts at participating businesses by showing your student ID with an OUMSA sticker.



DISCOUNTS WITH OUR MEMBERSHIP!



Our members enjoyed special discounts from these businesses in 2025 and we're excited to share that even more options will be available in 2026!

WELFARE

WE CARE ABOUT YOU!

If you ever feel overwhelmed or burnt out, do not hesitate to contact the Welfare Officer (Julianna Apoldo) at welfare@oumsa.org, who will also be available at the OUMSA office every Wednesday of the week, 1-2 pm.

"Kia ora e te whānau!
Please reach out when you're struggling. You are not alone, and we hear you. I'm always keen for a chat, AND hugs! (〰^ 〰^〰)"
- Julianna

Other available support

Otago Medical School (OMS)
Student Affairs
oms.studentaffairs@otago.ac.nz

We're here for you throughout the year. All OUMSA members will receive an exam welfare pack to power you through the stressful season!

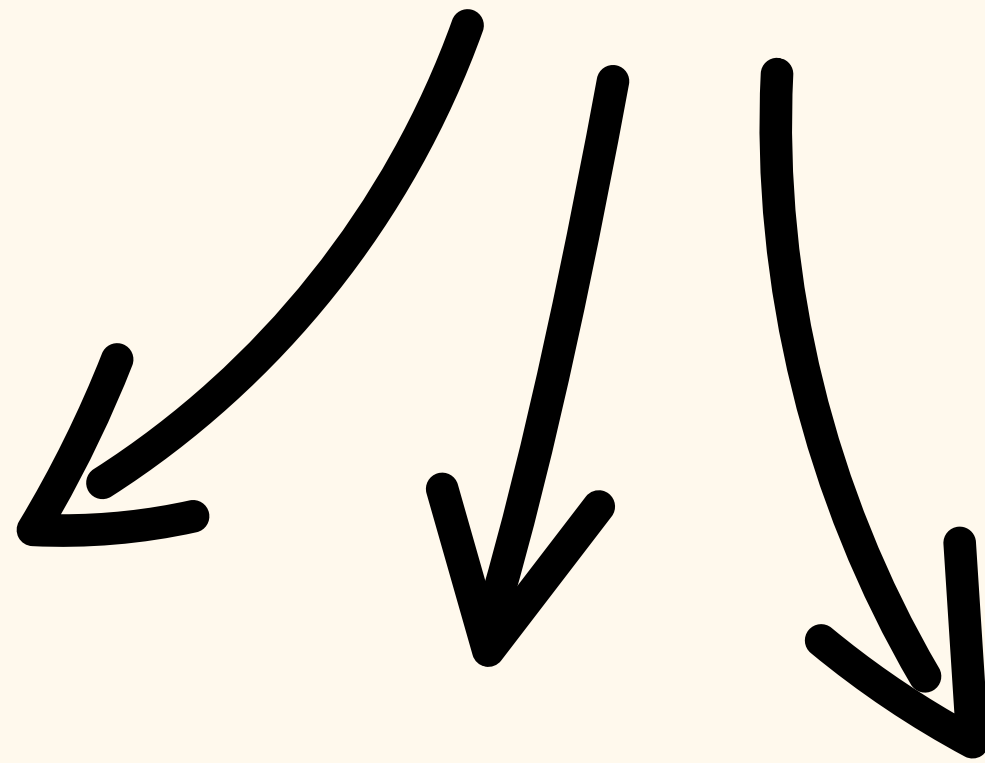
Some well-being tips to survive medical school:

- Collaboration over competition.
- Look after yourself.
- Do not struggle in isolation. Reach out!

KĀ MĪHĪ

SEE YOU IN 2026 :)

**THE FIRST 100 SUBSCRIPTIONS
GO INTO THE DRAW TO WIN A
STETHOSCOPE**



**[HTTPS://OUMSA.ORG/PRODUCT/2025-ELM2-
OUMSA-2-YEAR-NZMSA-5-YEAR-
SUBSCRIPTION/](https://oumsa.org/product/2025-elm2-oumsa-2-year-nzmsa-5-year-subscription/)**



**MAKE SURE TO GRAB A
SUBSCRIPTION!!!**