



GUIDE FOR INTERNATIONAL STUDENTS IN ANU MEDICAL SCHOOL

The Australian National University Medical Students Society

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BEFORE YOU ARRIVE

Welcome to the ANU Medical School!

Hello and welcome to the capital of Australia!

We hope you are settling into the capital city of Australia, and getting use to the Australian culture! You will embark on a fun and interesting journey with ANU starting from today!

The ANU Medical Students' Society (ANUMSS), with help from the student community, jointly created this guide for you to acclimatize to the local scene. They are some of the most essential points we wished we knew before coming to ANU, and Australia. We at the ANUMSS certainly hope you will benefit from this brief guide, so you will blend in quicker and enjoy what we have got for you.

Remember that this is an informal guide created by students who have come before you and if you have any burning questions left unanswered you can contact the medical school directly, ask the ANUMSS International Rep or just any one you are comfortable talking to from the Medical School. ANU Medical school is a close-knit community, and we are all very happy to help you. Of note, each year has their own Facebook group, so be sure you join in the conversation.

Once again, we warmly welcome you to join us in Canberra. We promise you that your journey here will not be a dull one (though you are in Canberra!). All the best.

Roshan Dalpadado,
International Students Representative
on behalf of The ANU Medical Students Society, 2017.

BEFORE YOU ARRIVE

What to pack?

Canberra's weather may be a little more erratic than most other Australian cities, so be prepared to pack adequately for the summer and the winter.

Climate

Summer is between December to February where the weather ranges from average of 12 to 27 degrees, sometimes peaking in the range of 30 degrees. Days are warm and hot, with little humidity.

Winter arrives in June and last till early September, with occasional fogs in the morning and bright blue skies in the afternoon. Temperature ranges from 0 degrees to 12 degrees. It doesn't snow in Canberra.

Summer Clothes

It will be very hot during the summer and be prepared to have your "thongs" ready. When the Australians say "thongs", they are talking about the flip-flops.

Winter Clothes

Winter in Canberra may get pretty cold on certain days, dipping down to -10 on certain occasions although that doesn't happen very often. Consider having some warm and comfy clothes. It is common to see people wearing UGGs in the winter as they can be really comfortable (They are yet another Australian Invention!)

Clinical Attire

There is no hard and fast rule what to wear in clinical setting, but in generally your daily work attire is sufficient. Shopping for these items might be a little pricey in Canberra, so you might consider bringing some of them to mix and match. There will be a few clinical placements where ties are mandatory, so have some ties prepared.

Australia enforces **strict quarantine laws** for all incoming visitors, including medical students. If you are unsure of the item you are about to bring in, declare it so the Border Force will decide if you are allowed to bring it in or not. Visit www.border.gov.au for detailed information on what to bring and what not to bring.

BEFORE YOU ARRIVE

Visa, Health Insurance & Other Documents

It is important to have your student visa ready as soon as possible as they may take longer than usual to process. You won't want to miss your orientation in the Medical School. In general, international students in ANU Medical School have Higher Education Sector visa, but however the type of visa suitable for you depends on your circumstances. For more information, visit the Australian Border Force for your visa information and eligibility (www.border.gov.au)

As part of your visa condition, you are required to have a health insurance during your entire length of stay in Australia as a medical student. Most often students would go with Allianz Overseas Student Health Cover (OSHC) as they are in affiliation with the ANU. However, you may choose your own health insurance provider that covers international students. Note : It is **COMPULSORY** to have a health insurance, unless you are :

- **Norwegian** students who are covered by the Norwegian National Insurance Scheme.
- **Swedish** students who are covered by CSN International (the Swedish National Board of Student Aid) or Kammarkollegiet (the Swedish Legal, Financial and Administration Agency).
- **Belgian students** covered by the Belgian Government Insurance Scheme.
- **New Zealand citizens** not on a student visa who have entitlements under the Reciprocal Health Care Agreement between New Zealand and Australia.

For further information on your overseas student health cover, visit <http://www.anu.edu.au/study/apply/overseas-student-health-cover-oshc>

You might come across cheaper options and alternatives, but be sure to read the fine print!

It is important that you have all the required documents that are specific to the medical school!

SETTLING IN

Accommodation

Note: Plan your accommodation early.

Your accommodation options depend on the location of your classes as well as your preference. Generally, you would spend most of your first and second year in the Acton campus, while your Third and Fourth year will be in the Canberra Hospital campus.

Make sure you made copies of your important documents as they are usually needed for application of your accommodation. Common documents include your passport, your certificate of enrollment, proof that you will have the ability to pay off your rents, eg bank statements etc.

For all accommodation regardless of on-campus or off campus, make sure you keep copies of agreements or receipts to protect yourself against unscrupulous landlords.

On campus accommodation

For detailed information about on campus accommodation, visit <http://www.anu.edu.au/study/accommodation>

Off campus accommodation

There are students that prefer to live off campus, particularly in third and fourth years. In your Third and Fourth year, you will be spending most of your time in the hospital, be it at the **Canberra Hospital** campus in Garran or **Calvary Hospital** campus in Bruce. You may approach any of the real estate agents to help you with your accommodation. Suburbs that are close to Canberra Hospital, which is your main training hospital are such as Garran, Phillip, Lyons, Chifley, Curtin, Deakin and O'Malley.

If you choose to rent an off campus accommodation, you will be required to lodge a refundable bond which is held by the Office of Rental Bonds, ACT Government for the period of tenancy agreed between you and your landlord.

Temporary accommodation

If you need temporary accommodation whilst looking for a suitable accommodation, the Canberra Hospital offers temporary accommodation for students at discounted rate. For more information on your temporary accommodation in The Canberra Hospital Campus, please contact The Canberra Hospital Residency Services for more information.

On top of all, ANU also provides free service to assist all ANU students to find rental accommodation via its **Housing Online** service. Visit <http://www.anu.edu.au/study/accommodation/housing-online>

SETTLING IN

Communication

Internet

If you are living on-campus, there shouldn't be any worries for internet as it is provided by the ANU. However, if you live off campus, there are various options for you to choose from.

- a. Fiber Optic Internet – We call it Next Generation Broadband here. Not all suburbs are covered in Canberra so be sure to check out which suburbs are covered if you are a speedster!
- b. ADSL/VDSL – Most common kind of internet around, although there are some suburbs still facing issues with connection.

Major internet service provider to go for include (this is not an endorsement of their services) :

- a. TPG
- b. Optus
- c. Telstra
- d. iiNet

NOTE: Apply early as installation and provisioning of internet may take up to a month to complete.

Mobile Phones

If you have not thought of what mobile service provider to go for, keep in mind these following pointers:

- Not all regions in Australia are covered by all mobile providers. There will be a six weeks rotation of rural placements where mobile phone coverage may be poorer with some mobile providers.
- Some providers provide free calls between subscribers of the same company, so if you do call your mates very often, consider getting the same provider.

Some of the major telcos in Australia include:

- a. Telstra (Widest coverage in Australia)
 - b. Optus
 - c. Vodafone
 - d. Virgin Mobile (rides on Optus network)
-

SETTLING IN

Getting Here and Around

Flights

Currently there is only one airline that connects Canberra internationally to Singapore and Wellington, New Zealand. However, you may fly into Canberra via any of the other major Australian cities easily on either Qantas or Virgin Australia. (P/S : There is no budget airline in Canberra).

Take the Airport Express shuttle bus to get you from the Airport to the city centre.

Coaches

Bus and coaches operate to and from Canberra to Sydney, Melbourne, Adelaide and most of the regional centers in Southern NSW. Notable companies include Murray's Coaches, Greyhound Australia,

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Canberra is not known for **its public transport**, but there are still a few options for you.

Bus – The key public transport in Canberra, operated by ACTION buses. Fares are charged on per ride basis regardless of your distance. Be sure to get yourself a MyWay student card for concession fares. They can be bought and recharged at most news stands around Canberra.

Trams – There are no trams at the moment, but the planning of it has already took off. Well, at least there is a plan.

Cycle – Canberra is great for cycling. Most roads in Canberra have a marked bicycle lane, and it is easy to get around with a bicycle. Be sure you have your helmet as it is required under Australian road rules. You can take your bike on the buses on most of the ACTION buses (provided if they have a bike rack).

Car – Easiest way to get around but comes with a cost. You may need a car when you are in your clinical years when you are rotated around Canberra for your General Practice rotations and Rural rotation around Southern NSW.

SETTLING IN

Banking and Money

Setting up a bank account might be one of the first few things to get done before you start your semester. To open an account, make sure you have sufficient ID to satisfy the 100 points requirement when opening a bank account. For a rough idea of what constitutes a 100 points, take a look at <http://www.transport.nsw.gov.au/professional-drivers/licences/100-point-check-proving-your-identity>

Some of the bigger banks include:

- a. Australia and New Zealand Banking Group (ANZ)
- b. Commonwealth Bank of Australia
- c. Westpac
- d. St Georges Bank
- e. National Australia Bank (NAB)

There are also branches of major international banks in Australia including Citibank, HSBC and ING Bank.

Paying your tuition fees

Be sure to check out ANU's policy on tuition fee payment. There are multiple ways for you to make payment but never leave your payment to the very last minute as this will incur you late payment fees if your payment is late.

Also bear in mind that there is a daily transfer limit when you perform bank transfers, which in most instances your fees will be higher than the daily transfer limit. Do speak to your financial institution for help.

SETTLING IN

Working

If you are thinking to **work**, there is no restriction as to where you may work. However, bear in mind you have working hour restrictions depending on what visa you carry. Currently most international students are restricted to 40 hours of work fortnightly.

There's heaps of opportunity to work in retail or hospitality in Canberra if you need the cash quick. People commonly make a living off their last degree by working in a lab at ANU, working in a pharmacy or as a physiotherapist/insert any other profession here. Basically find whatever job you can that won't eat into valuable relaxation/study time. You may also check on <https://careerhub.anu.edu.au> for casual or part time jobs for students.

Common jobs you will find medical students working include wards men and office staff in the hospitals, or working in pharmacy as a dispensary tech will earn you some extra moolah to spend. Most private GP clinics regularly seek receptionists. Once again, most are open on Saturdays, allowing you to fit this quite well into your normal week.

There are also the employment services at the ANU union, if you can't find a job and are getting desperate, get in contact with the helpful staff at the union. If all else fails, ask a 2nd year where they work and they might be able to hand in a resume for you.

For further information on your visa and work restrictions, refer to your visa conditions and the Australian Border Force.

SETTLING IN

Mentoring Program

Every year all arriving international students will be paired with a student in the year where you will be joining to allow a better integration into the year group.

Information on mentoring program will be emailed to you prior to your transfer so you could make connections with your student mentors as soon as possible.

YOUR TIME IN ANU MEDICAL SCHOOL

Phase 1 of Your Medical School

STUDY GROUP

One of the best things you can do is to get a small group together. Finding like-minded people with similar background knowledge is a good idea early in the year. The size of your group is critical – most people opt for three or four members for effective discussion. There are plenty of tutorial and group study rooms available, so grab a couple of friends, some text books, and drag them in and start going through the materials. Make use of the people who may know more than you about the topic.

Every study group is different and it takes a few sessions to know what works for your group and what doesn't. Try to cover things broadly instead of going into the nitty gritty bit things, as lectures are more often selective.

Clinical study groups are more important in Block 2 where you will have more complicated physical examinations to practice. Find people you're comfortable with because it does require getting up close and personal!

RESOURCES

Fortunately, medical students have a lot of study resources made available to them. Some of them are as such:

- **PBL rooms** will be the first port of call – They have almost everything you need.
 - **Library** – Hancock library is the campus library dedicated to medicine and other natural & physical sciences. The other library being the TCH Clinical School library which has its own list of extensive resources to support the medical program.
 - **Online Resources:** ANU has a huge subscription to lots of useful databases, ie Harrisons.
 - **Mobile Apps** : There are some really good apps for medical students and junior doctors, ie UpToDate etc.
 - **YouTube:** Visual aids can do wonders for grasping difficult concepts, but take precautions and be critical when evaluating contents online.
 - **Websites** : UpToDate, MedScape, BMJ are the few to name but Google will be able to tell you more than what we all here could.
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YOUR TIME IN ANU MEDICAL SCHOOL

WORDS OF WISDOM

Medical school is cooperative, **not** competitive. Medicine in ANU is pass/fail based and there is no specific numbers of students that will go under the fail-line.

Medical students are however a competitive bunch. Healthy competition will be good for study motivation, but try working

together with your colleagues to survive medicine.

A common source of stress in first and second years revolves around personal study strategies and level of details. Stick to your learning outcomes provided to you! It is important that you understand the bigger picture concepts. Once you get to second semester, you will start to see a fair amount of conceptual overlap and you will revisit things you've seen before.

If you are struggling, there are plenty of people to help you. Start with your year coordinator, a classmate or any of the students above your year. There are there to help you.

The Pancake Analogy - Think of medical school like a stack of pancakes. You get 10 pancakes every day that you have to eat them. Now, that doesn't sound too bad, it is just a few more pancakes than you ate in your undergraduate years right? After a couple of weeks, you start getting really tired of eating pancakes, so you putt off eating a couple of pancakes here and there. Out of nowhere, the pancakes have built up into a huge pile, and now it seems impossible to eat all of them. Try not to let your stack get out of control!

YOUR TIME IN ANU MEDICAL SCHOOL

Clinical Skills

Every week you will spend one day in the ANU Clinical School at The Canberra Hospital (TCH). In your foundation block, you will mainly focus on history taking and few basic physical examinations. As you move along the blocks, you will be learning more history taking specific to the block, and examinations that are relevant. Some of the tips from past first years:

- Practice, practice, practice. There is nothing more than having regular practice to get your examination going smooth as silk. Examiners can tell if you haven't practiced enough.
 - Volunteer to practice your history taking or doing an examination in front of your tutorial groups!
 - Read **Talley & O'Connor** – It is the clinical skills bible.
 - Pay attention when you get 'questions to think about' or similar slides during the morning briefings. They may just turn up during your OSCE.
 - Clinical notes are usually uploaded the day after, so don't panic about getting everything down but it is good to take some short notes just in case they take a while to get up on Wattle.
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YOUR TIME IN ANU MEDICAL SCHOOL

Phase II of Your Medical School

Phase II is now your true clinical year when you actually feel like being a doctor. If you are joining the ANU Medical School in Year 3, get familiarized with the curriculum of the clinical years. Below are the two building blocks of your third year.

FIMS

- ✓ **FIMS = Foundations in Medicine and Surgery**
- ✓ Made up by 10 weeks of medicine and 10 weeks of surgery.
- ✓
- ✓ **Location:** TCH, unless you are rotated to Calvary hospital

ICCH

- ✓ ICCH = Integrated Community and Child Health
- ✓ **6 weeks of Paediatrics rotation, 6 weeks of general practice and 6 weeks of rural general practice**
- ✓
- ✓ **Location:**
 - ✓ Paediatrics: TCH
 - ✓ General Practice: **Around Canberra**
 - ✓ Rural GP: **Southern NSW Health Service.**

In contrast to your Phase I, most of the curriculum are delivered as such:

1. **Case Based Learning (CBL):** Similar to PBL's in Phase I but student will need to bring a case for discussion. They run differently in FIMS and ICCH, and be aware of it when the term coordinators give their briefings.
 2. **Clinical Skills Session:** Delivered when you are in FIMS block, and it is similar to your CSSC in IMU if you are transferring from Malaysia.
 3. **ICCH Seminar:** Delivered when you are in ICCH block, and attendance is compulsory. These seminars are sit-in lectures.
 4. **Fixed Resource Sessions (FRS):** A 2.5 hour lecture which will be recorded (unless content of the lecture cannot be recorded) and made available to you on Wattle. Attendance is recommended.
 5. **Surgical Tutorials:** Covers major surgical topics which may be useful in your surgical term and preparation for exams.
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YOUR TIME IN ANU MEDICAL SCHOOL

6. **Clinico-pathological Conferences (CPC):** There will be ten Medical CPC and ten Surgical CPC during your FIMS block to supplement your learning. Great place to **learn how to describe a pathology specimen** which will be one of your OSCE stations end of Year 3.
7. **Grand Rounds:** Part of your FIMS portfolio. Grand rounds are presentations by clinicians in the Hospital on advances in medicine or interesting case study. Key learning point here, watch how clinicians present their cases in a short, but concise manner.

Hopefully by the end of the year 3, you are well informed about the program structure for Year 4. Speak to any of the previous Year 4 students if you need to know more about the fourth year program structure.

YOUR TIME IN ANU MEDICAL SCHOOL

Getting Involved

There are many ways to get involved or to pursue issues that you are passionate about. On top of all the different clubs and societies you get in the ANU, the Medical School have our own Medical Society (or commonly known as MedSoc)

AMSA



AMSA (Australian Medical Students Association) is the peak representative body of medical students. It acts to inform, represent and connect medical students from across the nation through a convoluted network of committees and representatives from each

Australian medical school who put forth *your* voice. The AMSA council comes together three times each year to discuss issues facing medical students and determine representation of students to governments, universities and relevant medical bodies.

AMSA has official policy written by students across the country on a wide range of subjects with something to interest everyone. These are a great way to meet new people, get involved in the medical community and bolster your CV while pretending you're studying. The big three include:

NLDS (National Leadership Development Seminar), AMSA's most prestigious and selective event is held in Canberra near the beginning of the year and brings together 80 future leaders from across Australia. Applications open sometime between January – February every year.

National Convention, held in Melbourne this year from the 5th to the 12th of July (mid-year break!) is AMSA's largest event. The academic program features five days of inspirational and thought-provoking addresses and workshops from world-renowned speakers. The evenings provide an opportunity to engage with other medical students from across Australia and New Zealand in the notorious social program.

GHC (Global Health Conference), the AMSA conference centred on humanitarian causes. This is the conference for you if you like the idea of speakers from Medecins Sans Frontieres, health advisors, non-for-profit organisations, politicians and many many more.

Also worth mentioning is being an international student in ANU Medical School, you are part of the greater International Students Network (ISN), a subcommittee of AMSA, which connects you to all other international medical students from Australia.

YOUR TIME IN ANU MEDICAL SCHOOL

GPSN (General Practice Student Network)



We will be holding events throughout the year to inform you all about the possibilities that the GP specialty holds!

Half of you will become GPs- why not think one step ahead?

We also provide free food, free loot and free advice. The advice may be questionable, but come chat to us anyway, we're pretty nice.

This is an exciting time, revel in it – The GPSN committee!

<https://www.facebook.com/groups/1457640294464379/>

EnSIGN



Are you interested in global health? Then you should get involved with the ANU Medical School's global health group, EnSIGN! Our name represents the aim (nice rhyme right?) – Engaging Students In a Global Health Network.

Throughout the year we'll be running fundraisers like the Red Party, raising awareness on global health issues with

our highly anticipated speaker nights and much more! Look out for EnSIGN during O-week, we can't wait to meet all you global health enthusiasts! –

The EnSIGN Team <https://www.facebook.com/EnSIGN.ANU>

Fiji Village Project



The Fiji Village Project (FVP) is EnSIGN's feature international project, now in its eighth successful year. The FVP aims to work with communities in rural Fiji to improve health through community education, training and necessary resource provisions. Every year for two weeks in January, students from ANU and other medical schools

in Australia, New Zealand and Fiji, volunteer their time to assist in educating and improving health standards in a chosen Fijian community.

<https://www.facebook.com/fvpaustralia>

YOUR TIME IN ANU MEDICAL SCHOOL

Surgical Society



ANU SURGICAL SOCIETY

The ANU Surgical society is a haven for students who can't see themselves doing anything other than holding a scalpel in their future career. We aim to provide ANU medical students with opportunities to gain greater insight into surgery, whether this be through our annual symposium or through events such as the 'Women in surgery' evening. We also organise programs that enable pre-clinical students to get a taste of what's to come in 3rd and 4th year, such as the dissection tutorial sessions where you'll have the opportunity to take apart a human specimen. If you think surgery is the career for you, or you just feel like getting involved with the medical school, come join the ANU Surgical Society!

<https://www.facebook.com/groups/126294994211005/>

Med Revue



The annual Med Revue is a unique opportunity to meet and inevitably make great friends across all four year groups. The stage show, which grows in enthusiasm every year, and includes acting, singing and dancing, puts all of its earnings towards a charity; this year towards the local Companion House. Make sure to be a part of this tradition, whether your a professional singer, or just in it for the laughs

<https://www.facebook.com/ANUMedRevue>

YOUR TIME IN ANU MEDICAL SCHOOL

ANU Rural Medical Society



The ANU Rural Medical Society (ARMS) is a group of medical students with an interest in rural and remote health care. This is not to be confused with 'arms', which, as you will learn in block one anatomy, attach your hands to your shoulders. ARMS is one of 28 Rural Health Clubs across Australia that works with the National Health Rural Students' Network (NHRSN) to increase awareness of rural health issues, promote rural practice as a future career option and supports students in their rural medicine endeavours.

ARMS runs programs throughout the year that engage members with people from the rural areas surrounding Canberra. These include the rural high school visits, rural show visits, men's pit stops, the Indigenous mentoring programme and involvement in Indigenous festivals. While we keep you up to date with the rural opportunities out there and provide you with opportunity to become engaged in rural medicine, we almost hope to help you in creating your own opportunities to experience rural practice.

Our events are an opportunity to hear from inspiring doctors and students, learn about and discuss Indigenous and rural health issues and meet health students outside medicine and ANU. The Close the Gap conference and bush dance is our first event so get in early for conference registration.

YOUR TIME IN ANU MEDICAL SCHOOL

Student on Electives in ANU Medical School

Generally speaking, all students on electives in the ANU Medical School are assigned to a clinical supervisor from the Canberra Hospital. As an elective student, you are welcomed to join any of the classes or tutorials that you have in your unit, or the general lecture and teaching programs. The details of teaching and lecture series are as below:

- Year 3 teaching: Every Wednesday from 8.30am to 4.30pm, unless otherwise specified.
- Year 4 teaching: Every Friday from 8.30am to 4.30pm, unless otherwise specified.

Do immerse and enjoy yourself in Canberra, aside from your regular clinical placements that you have been scheduled to attend. Some of the things to do in Canberra as recommended by some of the previous elective students include:

- a. **Canberra Museums:** Canberra is home of most of the national museums, and the entry is free of charge.
- b. **Coast/Beach:** Canberra is about 1.5 hours to 3 hours away from the coastal areas depending on which town you intend to go to. A few to name include Bateman's Bay, Merimbula, Narooma and so many more.
- c. **Ski:** Canberra is three hours away from the renowned ski resort at the Snowy Mountains. Great place to have some skiing done if you are doing your electives during the winter/ski season.

If you have encountered any problems during your electives, do not hesitate to contact your Electives Coordinator from the ANU, or the International Students' Representative from ANUMSS. It is important to note that you should contact relevant authorities if you are in emergency situation which requires urgent help. **The general emergency number in Australia is 000.**

Common terms you will hear during your ward rounds include:

- a. **MediCare:** Australia's national health insurance scheme
 - b. **TCH:** Refers to The Canberra Hospital
 - c. **Med Charts:** The folder that contains medication chart and other observational forms of the patient.
 - d. **Blue form:** Pathology form used to send pathology specimens.
 - e. **Ambo:** Short for ambulance
 - f. **Physio, OT etc:** Short for most of the allied health professionals.
 - g. **ACAT Assessment:** Aged Care Assessment Teams – Commonly used in geriatric ward for discharge planning.
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LIFE OUTSIDE MEDICAL SCHOOL

Sporting

Canberra, the sporting Mecca of Australia. If there's a sport you're interested in, chances are it'll be available in Canberra. However, if you're a surfer you may want to consider adopting snow boarding. Students living on campus in a college will also have on offer a wide number of intercollegiate sports. Participating in these it is a great way to meet people outside of medical fraternity.

The ANU Sport and Recreation Association also has a number of sporting clubs. Joining a sporting club is a great way to meet new people, stay fit and healthy and have fun. Get along to ANU Market Day (Wednesday 4th Feb) at Union Court to check out what's on offer.

The ANU Fitness Centre is very convenient and has a good range of group fitness classes to attend plus cardio and weights facilities. Memberships are super cheap for students: \$455 for a year or \$285 for a year off-peak (entry before 2pm). There are more options for shorter membership periods. See <http://www.anu-sport.com.au/fitness-centre-membership/fitness-centre-membership> . They also offer short courses on everything from ballroom dancing, boxing and yoga. There are several places in the city that offer yoga/Pilates etc if that's your niche. Ask around the second years for advice on the best places to go.

Cycling is huge in Canberra, and it is one of the most loved sports in the city. Most roads in Canberra have a marked bicycle lane, and it is easy to get around with a bicycle. Be sure you have your helmet as it is required under Australian road rules. You can take your bike on the buses on most of the ACTION buses (provided if they have a bike rack

LIFE OUTSIDE MEDICAL SCHOOL

Social Life, Partying, Drinking

In terms of your social life - KEEP IT! If you think you can sacrifice your social life and just study...you're crazy. It's really important to keep in touch with your old circle of friends when you can, BUT you will also make a heap of friends in your year group who you will spend a ridiculous amount of time with. Their will be birthday parties at the Colleges, random nights out in Civic, and most important of all there are HEAPS of great events organised by your MedSoc! The winter ball, the mixer, trivia nights, scrub crawls and end of year parties...the list goes on so get to these events and get amongst it! (They'll be cheaper if you're already a MedSoc member, so don't forget to join up during O-week!)

One of the best pieces of advice we were given was not to give up the things you love doing because you think you need to study all the time. You will end up miserable, crazy and resentful of medicine taking your life away!

Here are some of the key areas for some good drinks:

Honourable Mentions
Mooseheads (Civic) \$ - Something about this place keeps you coming back for more. Favourite among MedSoc.
Transit Bar (Civic) \$ - Canberra's premiere music venue with live music for all music lovers.
Best of Five
UniPub (Civic) \$ - A favourite with Med students. A great place to meet for an absurdly cheap drink.
The Wig and Pen (Civic) \$\$ - Beer brewed on-site, and a great selection of wine for the ladies. Never less than a fantastic time.
King O'Malleys Irish Pub (Civic) \$\$ - Get ready for a brilliant time. Dance to live music, or head upstairs to the 'library' for a deep and meaningful.
Knightsbridge (Braddon) \$\$\$ - Cocktails to die for in a atmosphere so alty you'll forget you're in Canberra.
Molly's (Civic) \$\$ - Very chic cocktail bar hidden somewhere in Civic. Ask your friends for directions.

LIFE OUTSIDE MEDICAL SCHOOL

Shopping & Groceries

Canberra isn't the greatest place for shopping but you will get most of the stuff you need in Canberra. The major shopping centers in Canberra are :

1. **Canberra Centre** - shopping mall in Civic and probably the best shopping mall you get here. You will find many restaurants, bars and most of the things you need. For students transferring from Malaysia or Brunei, Papparich in Canberra Centre is the place to go if you are after some South East Asian flavours.
2. **Westfield Shopping Centre** – There is one in Belconnen (North Canberra) which is bigger and better than Canberra Centre, but a little further away from ANU Campus. The other Westfield is in Woden (South Canberra), which is close to the Canberra Hospital. You can get most of your things there but Westfield Belconnen is the place to go. You will find Hoyts Cinema in both Westfields.
3. **IKEA** – Popular Swedish furniture store with the infamous Swedish meatballs. Located in Majura Park which is close to Canberra Airport.
4. **BigW** – Australia's equivalent of WalMart in the USA.

For groceries, supermarkets will be the place to go on top of fresh food markets across the city. The major brands of grocers are :

1. Woolworths (Also known as Woolies)
2. Coles
3. ALDI (Significantly cheaper in price, but most of the items are in-house brands)
4. Supabarn (Canberra's own grocer located in Canberra Centre)
5. Costco (Located in Majura Park. Here you can get almost everything, mostly in bulk. As usual, a membership is required for entry)

For fresh food markets :

1. Fyshwick Fresh Food Market : As its name suggests, it is located at Fyshwick. Discounted items run at about 4.30pm daily till close.
 2. Southside Farmer's Market : Runs every Sunday at the CIT Woden parking, just right across the Canberra Hospital.
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Collated by Roshan Dalpadado, 2017 and Choon Lim Wong, 2016
