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**WELCOME TO**  
**PHARMACY**  
**2025**

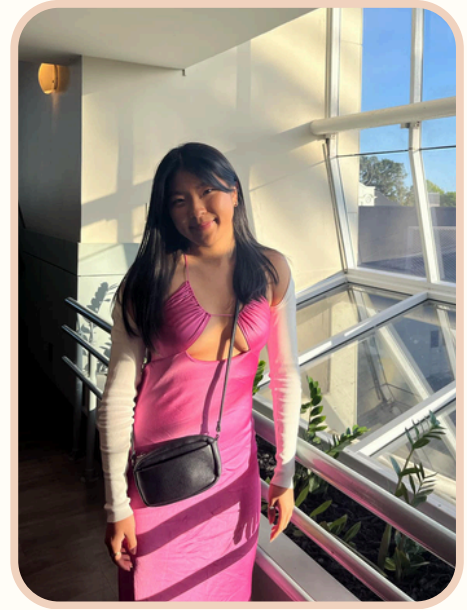
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# A MESSAGE FROM THE PRESIDENT:

~ Suzy Jung ~

**Kia Ora Whānau!** 🎉

A warm welcome to the BPharm class of 2027! I'm Suzy, and I have the privilege of serving as this year's President of the Auckland Pharmacy Students Association (APSA). Congratulations on earning your spot in this journey toward a rewarding career in pharmacy — all those late nights and hard work have paid off, and we're thrilled to have you here.



Your BPharm adventure is about to kick off, and trust me, it'll be as challenging as it is rewarding. But don't worry, APSA's got your back! If you have questions about APSA or pharmacy life at Grafton, please don't hesitate to reach out at [apsaexec@gmail.com](mailto:apsaexec@gmail.com). Our wonderful team is here to help you settle in and feel right at home.

Make sure to join the UoA Pharmacy 2nd Years (2025) Facebook page! That's where we post all the must-know APSA updates and where you can connect with your classmates. This page will be an invaluable tool as you navigate the years ahead together.

I can't wait to meet each of you at Freshers Camp — this is where we officially welcome you into the "Pharmily." It's going to be an unforgettable start to an amazing year, so get ready! Until then, enjoy the rest of your break, and may the New Year bring excitement and joy as you embark on this journey.

Ngā mihi maioha,  
Suzy 🌟

# WHAT IS APSA?

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Auckland Pharmacy Student Association (APSA) is a student-led, non-profit association run by Pharmacy students, for Pharmacy students.

APSA is committed to making your time as a Pharmacy student enjoyable by making new memories, building connections and creating a cohesive “Pharmily”

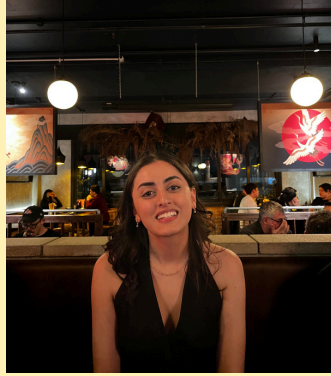
APSA is dedicated to offering students a diverse range of social, sporting and educational events, such as the freshers camp, Round the Bays, Pub Crawl, and the APSA ball.

# THE APSA EXECUTIVE TEAM:

## THE BIG FOUR



**PRESIDENT**  
SUZY JUNG



**VICE PRESIDENT**  
ISHA TAKYAR



**SECRETARY**  
BEN CEN



**TREASURER**  
FAHIM MASUD

## Social ~The Rx Rockstars~



ZAARA UMRIGAR



DHARA RANA



DONNA ROBERT

## Media



KHUSHI SHARMA



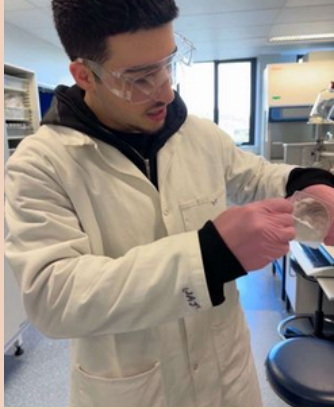
BIANCA CHLOE  
ARCILLA



RYAN MATRAVERS

# THE APSA EXECUTIVE TEAM:

## SPORTS



LEO LIRATO



WYNSTAN  
METUATAOPU

## MAPAS



BRANAGH  
OVERINGTON



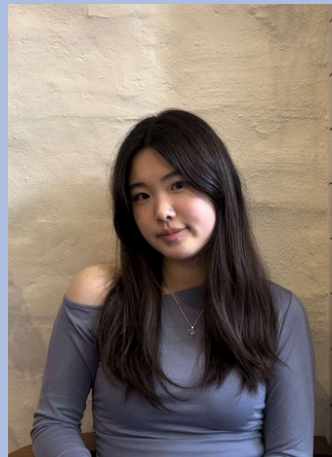
KYLA  
VAN SILFHOUT

## Marketing



REYHAAN ALLY & KEVIN ZHANG

## IPST



CP  
ASHLEY LEE



SEO  
AMY KE

## Wellfare



MATTHEW YOON

## PSNZ



DAISY KIM

## Education



LILY ZHANG

## Grassroots

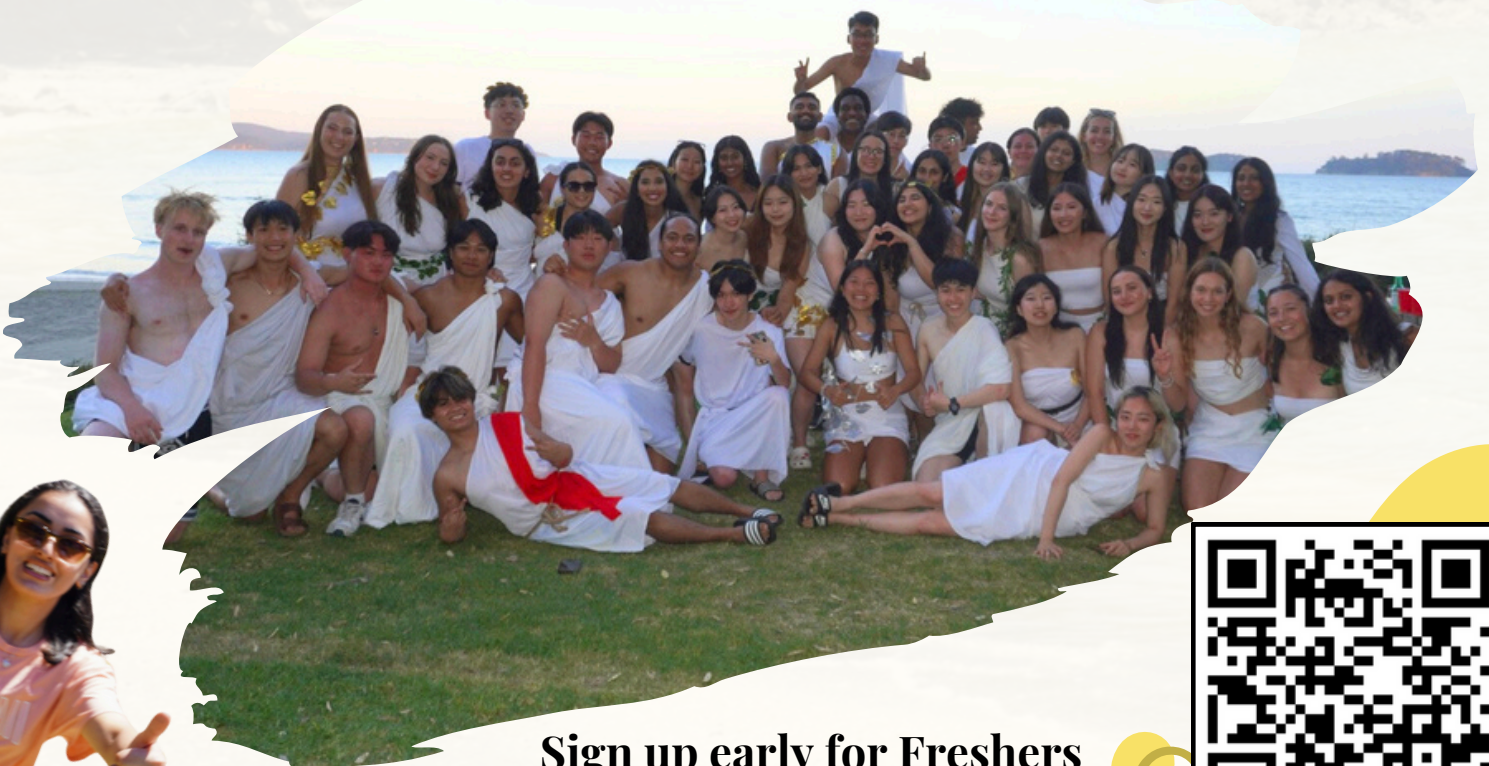


PJ  
MOMUBAGHAN

If you missed out on tickets to Rhythm n Vines and never got to experience New Years at Whangamata, don't worry because APSA has got you sorted. As the 2025 APSA Social Representatives, we invite our gentlest readers to attend our  
**2025 Freshers Camp!**

# FRESHERS CAMP

The Freshers Camp has been a longstanding APSA tradition where most freshers (you guys) partake in activities prepared by APSA executives. It is an excellent way for everyone to meet, mingle + get to know the cohort. And there is a small saying, that if you want to go down in APSA history, you must step onto these grounds. So, I guess we'll see you there with your togs, drinks, and snacks... and probably sunscreen ! 🩴🍹🏖️☀️



**Sign up early for Freshers  
using the QR code!!!**



# SOCIAL EVENTS

Whether you're a party animal or new to the party scene In Pharmacy school, we live by the motto, work hard, play harder. While we know all these events may not cater to everybody, we highly recommend you get involved because there is a whole deal of fun, friendships and memories to be made. 🥳👏

## PUBCRAWL

APSA Pub Crawl has a reputation for being wild, and this year it'll be even bigger and better - with crazy themes and mad vibes, we're tearing up the city! Pull up, squad up, so we can make it a night to remember! 🎉🍷



## FMHS STEIN & MIXER

The FMHS Stein is coming in hot—join us for a wild mixer with the FMHS crew! Expect questionable dance moves, new mates, crazy new tea and maybe a few split drinks. Let the good times roll people ! 🎉🍷



# SOCIAL EVENTS

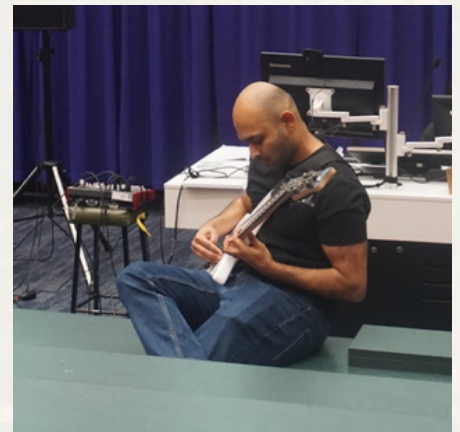


## STUDY SESSIONS

While we all love to have fun, our core lies in helping you succeed in your career as a pharmacy student and a future pharmacist 🍷 We are trying to plan revision sessions with older students and lecturers before your exit tests and assessments to get you to achieve those goals you first set at New Years (whoops, we hold you accountable) 📚👤

## RX FACTOR

Do you remember those nights when you'd secretly record yourself in the bathroom on your iPod, trying to see if you could really sing? 🎤 Well, it's time to bring those talents back as The Rx Factor comes near you - That's Grafton Campus, btw (could come in handy). Last year, we had performances inspired by Katseye, new jeans, an insane spicy noodle challenge with Sachin (yes, you heard it right) and hundreds of fantastic musical performances. So, to show us what you've got, come get involved, and maybe you could be APSA's next biggest Talent. 🌟🎬





# BALL

Our most significant night of the year will be back once again! And is going to be filled with star-studded celebrities, celebrations, and prizes to celebrate the fantastic year we just had.

Whether you're attending to capture one Instagram-worthy photo you've been promising yourself all year, 🌟 the open bar or even time to own the dance floor 🍸🎵.

The ball is our most significant event for the year and surely one not to miss! So, grab your tickets quickly, because they're bound to sell out. 🌟🎉🎩🌟



# SPORTS



## ROUND THE BAYS

Round the bays is lined up for the 2nd of March 2024

Theme: Superheroes – Dress up in your best superhero-themed attire to run/walk/jog with your fellow pharmacy students!

Sign-ups are open, so be sure to join!!

## WELLNESS WALKS

Join your fellow students and staff for a mental break, some fresh air and a little exercise for the School of Pharmacy Whakawhananungatanga Wellness Walk!



## SPORTS NIGHTS

Take a break from studying and join us in our sports nights, including volleyball, badminton, and multiple sports night. Whether you're a pro or beginner, come along for a good time!

Feel free to give your sports reps Wynstan or Leo suggestions about what events you'd like to do this year!



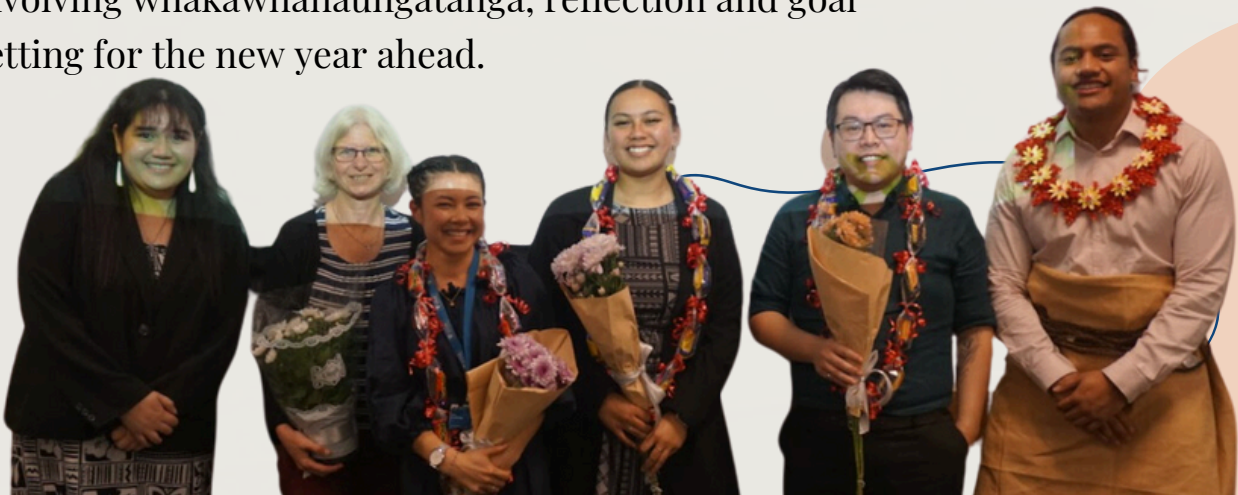
# MAPAS

The MAPAS representatives support the interests of Māori and Pasifika pharmacy students in the BPharm programme and advocate for Māori and Pacific cultural safety and cultural identity.

MAPAS reps strive to increase the Māori and Pasifika involvement in pharmacy, as well as provide guidance and input during APSA meetings and events.

**Be on the lookout for  
MAPAS events  
throughout the year,  
which include:**

- **Celebration of language weeks** via the APSA social media platforms with daily phrases, fun facts, and prizes!
- **Our annual cultural safety evening** with various distinguished speakers. This event is held to highlight the significance of cultural safety as future health professionals.
- **Matariki** -Finally, celebrate the Māori new year with your APSA whānau at our Matariki celebration event involving whakawhānaungatanga, reflection and goal setting for the new year ahead.



# GRASSROOTS

Grassroots is a club dedicated to promoting rural health and healthcare careers.

This is not just for students from a rural area but all clinical students, giving everyone a great opportunity to mingle with others with diverse backgrounds.

**Here's a sneak peek into the exciting events we have lined up for this year:**

## RURAL OLYMPICS

Get ready to unleash your competitive spirit! We've got some fun games and challenges on the field that will put you in places you've never been before. Rural Olympics is an excellent opportunity to bond with your cohort mates and senior students. Prizes for the winner!!



## RURAL HEALTH WEEK

Join us for a week-long event at the Grafton campus, promoting rural health for all FMHS students. Keep an eye out for educational and fun events throughout the week, including free Sausage Sizzles, Rural Health Professionals Workshop, Knees-Up Stein, and more!!

# GRASSROOTS

## RURAL SCHOOL TRIP

A 5-day fully funded road trip to see rural school in rural areas, and inspire students to consider pursuing a health career. This incredible opportunity allows you to get to know other clinical students and creating unforgettable memories together. It's a fulfilling and rewarding experience that you've never had before!



## FMHS RURAL NETWORK

The goal of this network is to bring together students from different regions, cultural backgrounds and clinical programs. Through fun activities and free food, we aim to foster connections that will be invaluable, especially as you may find yourself working inter-professionally with some of them in future practices!

Our grassroots rep will also organise various initiatives, such as Rural Placement Scholarships and a Rural Health Careers Evening, to reinforce the importance of rural health and ensure that pharmacy students have all the opportunities to thrive in their BPharm degree.

# EDUCATION & PSNZ

## PSNZ MEMBERSHIP AND CAREER EVENT

Sign up for the complimentary Pharmaceutical Society of New Zealand (PSNZ) membership and receive pharmacy-related updates and invitations to career and internship events. Come along to the career evening and explore various pathways the Bpharm degree can take us, alongside networking opportunities to grasp the best internship and job opportunities.



## OSCE WORKSHOPS & STUDY ROOMS

Come along to our student led tips and tricks workshop to learn the insider secret on how to excel your exams! Study alongside your peers and get the chance to ask those questions you were too nervous to ask during the lecture. There will be many opportunities throughout the year to participate and find new ways to approach your upcoming tests.

## BOOK SALES

Be on the lookout for pharmacy-related textbooks at discounted prices. We aim to keep your wallets full!

# IPSF

**International Pharmaceutical Students' Federation (IPSF)** is a global organisation promoting improved public health through information, education and networking opportunities with various pharmacy students worldwide.

We plan to update you on educational initiatives and opportunities organised by IPSF through APSA's Instagram account, and we encourage you to stay tuned and express your interest!

Additionally, IPSF conducts a student exchange programme, and APSA is currently in the process of establishing it. We are very committed to making an effort to launch the program within the current year.



# WELCOME TO THE PHARMILY

## FOLLOW US ON OUR SOCIAL MEDIA



<https://www.facebook.com/APSA.UOA>



<https://www.instagram.com/apsa.uoa/>



<https://www.tiktok.com/@apsa.tiktok>

## BECOME AN APSA MEMBER NOW!!

Membership prices:

1 year- \$25

2 years- \$45

3 years- \$65

Valid from the day you sign up!

Excited to see you guys next year!  
Enjoy your holidays and look  
forward to an exciting year  
ahead!

Love,  
Your APSA and  
Media Reps :)

If you have any questions just  
flick us an email on  
[apsaexec@gmail.com](mailto:apsaexec@gmail.com) or send  
us a text on  
Facebook/Instagram and we'll  
get back to you asap!