

AUCKLAND UNIVERSITY MEDICAL
STUDENT'S ASSOCIATION

MBChB CLASS OF 2030



WELCOME TO MEDICAL SCHOOL



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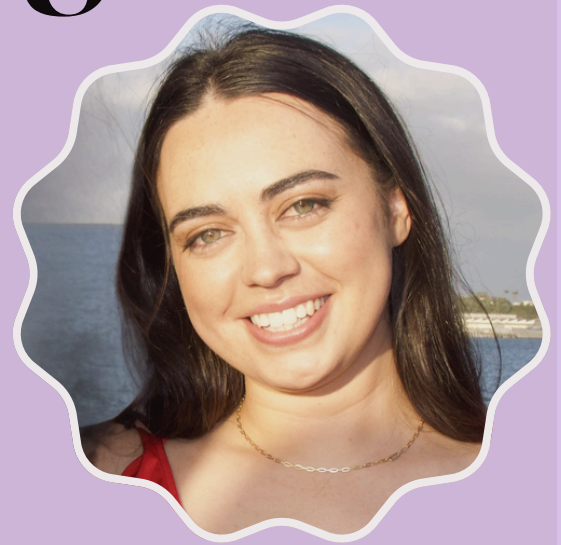
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PRESIDENT'S WELCOME

Welcome UoA Medical School
whānau Class of 2030!



Kia ora!

Ko Taranaki te maunga

Ko Waitōtoroa, Ko Te Rere o Kapuni, Ko Waiongana ngā awa

Ko Taranaki, Ko Ngāruahine, Ko Te Ātiawa ngā iwi.

Ko Neave tōku ingoa

My name is Neave Burgess, and it is my privilege and honour to welcome you to the Auckland University Medical School whānau as your AUMSA President for 2026. The future you have all been working for is here and it's time to celebrate all those countless hours and late night study sessions that brought you to this moment. The next five years will be intense, with a lot of wins and just as many challenges but remember you are not walking this journey alone. Your classmates will become your teammates, supporters, and lifelong friends. Together, you will navigate the highs and lows of medical school.

A little advice:

I have learnt from my last 4 years in medicine: take advantage of every opportunity. Everyone feels nervous at the start, I certainly was, but imagine this: you have just retired holding a beverage of choice (perhaps a beer or wine) surrounded by the friends you met back in second-year medicine. You're laughing together at how naïve you once were and reminiscing on those good memories. So take that first step to go to the o-week events, join that club and go to your lectures to meet new people. These are the moments that make medical school.

What is AUMSA you may ask?

Auckland University Medical Student Association (AUMSA) is made up of a 45 person executive committee dedicated to serving you. Our specialties include social and sporting events, supporting your welfare needs, educational refinement, and advocating for you! We are about thriving, not just surviving. Along with signing up with AUMSA you become a NZMSA (New Zealand Medical Student Association) member who host the medical school renowned conferences. On behalf of the entire AUMSA executive, welcome. We are excited to meet you so come say hi if you see us around!



Ngā mihi nui,
Neave Burgess

✉ president@AUMSA.org.nz



WHAT IS AUMSA

Auckland University Medical Students' Association, or AUMSA, is the organisation that advocates, serves and supports all things medicine: for students, led by students!

WHO WE ARE:

Since our founding in 1968, Our vision has been and still is to enhance and support our University of Auckland medical students, from orientation week to graduation. Through various initiatives led by our hard-working & fully student-led council, we aim to create a positive environment that fosters strong connections while addressing raised issues and concerns.

WHAT WE DO:

Advocacy - From collaborating with FMHS faculty to enhance the curriculum, to being involved in accreditation by New Zealand and Australian medical councils, AUMSA will ensure your voice is heard on campus and across international borders.

Service - We bring the fun, action & memories! Our AUMSA representatives work hard to a diverse lineup of events that cater to all aspects of student well-being. More later about these events in this booklet!

Support - Whether in the lecture theatre or at an overseas conference, AUMSA champions academic excellence for our members through facilitating resources and opportunities that breaks barriers in inequities.

FIND OUT MORE ABOUT US AT AUMSA.ORG.NZ

MEMBERSHIP PERKS

Joining
is a
must!

01

Discounts on all AUMSA event tickets - save money!

02

Priority access to our sell-out events - you don't want to experience the FOMO!

03

Access to the **AUMSA Innovation Fund**, which can help subsidise costs to attend events/conferences!

04

Automatic membership into NZMSA, the national voice for medical students!

05

Eligibility to join the AUMSA executive council

HOW TO JOIN AUMSA



Signing up is a no-brainer! When you become a member, 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.

TO SIGN UP...

1

Fill in this Google Form:

[\(LINK\)](#)

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 N Burgess)

3

Email Jimmy 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 Jimmy (secretary@aumsa.org.nz) for details about available options.

Still not convinced?

Join our **Class of 2030** Facebook page [HERE](#) and connect with your fellow classmates!

SAVE THE DATES!

Don't miss out!

FEBRUARY 2026

**AUMSA
Events**

Sun Mon Tue Wed Thu Fri Sat

15

16

17

18

19

20

21

Freshers!

22

23

**First
day
Year 2**

24

**O-week
Event!**

25

**O-week
Event!**

26

**O-week
Event!**

27

28

1

2

MED101

3

4

5

6

7

8

**Round
the
Bays**

9

**Disclaimer: Dates for these
events are not finalised and may
be subject to change**

Hey FRESHERS

Hey there fresher,

We wish you a massive congratulations on making it into med! This is one of the most difficult yet rewarding programmes, and with it comes a responsibility of patients lives.

A common misconception is that the hard part is over. And while you should feel relieved that you made it in, the study grind never stops! Be proud you are going to work hard, and you will find the value and meaning of what you learn from now on. With this attitude, you will also find meaning in coming to Freshers!

What is Freshers? Good question! It's a day to celebrate YOU and your wonderful achievement with your amazing and bright new cohort. It'll be the first of a series of events throughout the year, and an opportunity for you share laughs, make friends, and maybe even find love (who knows) with your peers.

The day is jam-packed full of activities and competitions, taking place at the beautiful Long Bay Beach. There'll be a BBQ and to top it off, a Toga Party at Shadows! What happens at Freshers is the subject of endless conversations for weeks after, and those with FOMO wouldn't want to miss out.

Rough outline of the day:

9.30am: Gather at Grafton Campus getting ready to leave

10.00am: Leave Grafton to Long Bay Beach

10.30am-5.00pm: At Long Bay Beach having the time of your life

5.30pm - onwards: Dinner and pres with your group then Toga Party at Shadows bar

Sound exciting? Well, it will be! And we'd hate for you to miss out. Make sure to get your tickets early because they WILL sell out.



Hope to see you there, and we wish you all the best,
Kyle and Megan (Class of '29 Representatives)

Email: classof2029@aumsa.org.nz

Instagram: [mbchb.classof2029](https://www.instagram.com/mbchb.classof2029)



KAT '26 Social Reps

Kia Ora Freshers, We're Kane, Angel, and Tonkow, your Social Reps '26

We're big believers that there's more to med school than just labs and lectures - it's about finding your people, getting amongst it, and creating lasting memories that will carry you through the tougher weeks. We're here to help you keep things balanced; from untameable ragers to elegant soirees, we've got something for everyone.



Join us in the first week of semester for O-Week! It's the perfect chance to break the ice with your cohort and meet your future besties. Until then, be sure to stay connected through our socials for all the details. We cannot wait to kick off an amazing year with you all! See you soon, KAT



Instagram: @aumsasocialreps
Facebook: Aumsa Social-Reps
Email: aumsa.social.reps@gmail.com

SPORTS REPS

Hey Freshers!

We're Ashvin and Victoria, your AUMSA sports reps for 2026. While we trust that you're all sweaty academics (congrats on making it into med 😊), we also trust that that isn't the only thing you'll get sweaty for...



**Heads up for your upcoming years:
We're all in med now so your years of competing against each other are
DONE**

or are they...?



Still craving socially-acceptable competitiveness? Sign up to our first event for the year - O WEEK BEER PONG TOURNEY (yes, you get your name engraved into a trophy if you demolish your peers)



Or if you just want to chill with your mates and enjoy the scenery - ROUND THE BAYS (we understand running can be ceebs so walk, crawl, we don't care just get involved!)



**Interfaculty Sports Championship:
We need YOU to represent FMHS and battle it out with other university faculties!**

Badminton - Basketball - Futsal - Hockey - Netball - Touch - Ultimate Frisbee - AND MORE...

**EXPRESS YOUR INTEREST HERE
READ MORE HERE**



**Sign ups link in bio!
@sports.reps.2026
@sports.fmhs**

Education Reps



Kia ora everyone! We're Maya and Ashley, and we have the amazing privilege of being your Education Representatives for 2026. We both entered medicine after completing first-year Biomed in 2023, so we know firsthand what the pre-med grind can do to you. Our goal this year is to help reverse those chronically raised cortisol levels and make med school a fun, supportive learning environment.

We'll be hosting various educational events throughout the year, including MED101, a crash course on everything to expect in second year. And if you haven't already, go check out our Instagram page @aumsa_education_reps, where you'll find lecture and lab notes, PRE-made Anki flashcards, and "mock" PSTs. These were absolute lifesavers back in our time!





ARTS & WELFARE



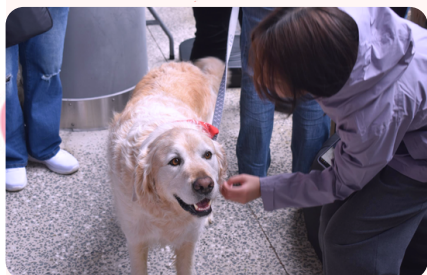
2026

Kia ora! We're Michelle and Debbie, your Arts and Welfare Reps for 2026, and we're so excited to welcome you to med school! Our job is to make sure that alongside the lectures and labs, you've got space to breathe, create, and actually enjoy the ride.

Throughout the year, we'll be running events like Soirée (a night to dress up, perform, or just support your talented fellow med students), Pink Shirt Day, Wiki Whai Hauora, anonymous appreciation, and cosy welfare events with snacks, crafts, and check-ins when things get busy. We're always keen to try new ideas too, so we'd love to hear from you. If you ever have an event idea, need support, or just want a chat, please reach out - Arts & Welfare is here to make sure you feel seen, supported, and part of the community.



Instagram: @aumsa_artswelfare





ND EDITORS

We're Sasan, Vidthia, and Jiya,
Your ND Editors for '26.

First up, congratulations! We
know you're all buzzing, looking
ahead at the next five years!

In our humble opinion, ND Editors, are the most important
role in AUMSA. We're responsible for capturing all your
memories for the year ahead. Cameras in hand, we'll make
sure you have something tangible to look back on (and an
Instagram feed that pops off).

So when you see us at events, wave us down and get your
picture taken. We promise we're super friendly and excited to
meet everyone. Want a retake? Just ask. We want you walking
away with photos you genuinely love.

At the end of the day, med school isn't just about the grind, but
about the people you survive it with. So for our final message:
make the most of these next few years. It's true that they might
just be some of the best of your life. When else are you going to
do a three-day bender and still show up to an 8am lecture the
next morning?

For photos and more about us, follow our Instagram:
@ndeditors

AUMSA Equity Committee

Vice President Equity - Kuukua Eshun

Kia ora, I'm Kuukua Eshun, your Vice President Equity '26. I'm a 4th-year currently placed in Tauranga, and I'm excited to support you all and help ensure your medical school experience is positive, inclusive, and memorable. The AUMSA Equity Committee works to uphold equity across culture, identity, background, and life circumstances by providing safe spaces, championing student voices, and addressing barriers that impact wellbeing and success. If you ever need to reach out, please email equity@aumsa.org.nz



Rural Representative - Lucy Mason



Kia ora team! I'm Lucy Mason, your Rural Rep for AUMSA. I'm here to hype up all things rural (yes, including cows), help you find your people, and remind you that medicine goes far beyond the big city. Whether you're a born-and-bred country kid or the city is all you've ever known, there's a place for you in the rural community. If you ever have questions, want to get involved, or just want to chat about rural vibes, you can reach me on FB or at rural@aumsa.org.nz

International Representative - Bo Hakert

Hello! I'm Bo Hakert, your 2026 International Representative. I'm an international student from the United States, and before starting medical school I played American football and did research with NASA. My goal is to help new and current international students adjust to life in Aotearoa New Zealand and to continue advocating for work opportunities for international students after graduation. The best way to reach me is by email : internationalrep@aumsa.org.nz



Rainbow Representative - Karren Wood



Kia ora! I'm Karren Wood (she/her), your Rainbow Representative for 2026. I'm a postgraduate medical student with a background in pharmacology and neuroscience research, and I'm passionate about fostering a safe, inclusive, and supportive environment for LGBTQIA+/Takatāpui students across both pre-clinical and clinical years. My role is to advocate for the needs and wellbeing of rainbow medical students, support equity and inclusion initiatives within the medical school, and be a visible, approachable point of contact for any concerns, ideas, or suggestions. If you ever want to reach out, whether it's for support, questions, or feedback, you can contact me directly or via an anonymous feedback form on Instagram (@aumsarainbowrep), or email me at rainbowrep@aumsa.org.nz

Māngai Māori - Grace Pickering

Ko Grace Pickering tōku ingoa. He uri tenei no Ngāpuhi me Tiaina. The Māngai Māori role consists of so many avenues that give tauira Māori a voice in AUMSA and beyond. This kaupapa is a taonga that I will cherish and ensure that Te Ao Māori is cherished and heard in all spaces within med school. This role works closely with TOKĀ in ensuring that the actions of AUMSA are equitable and to bring all tauira Māori closer together. My email is mangaimaori@aumsa.org.nz or I'm at Middlemore Hospital for kanohi ki te kanohi!!



Pasifika Representative - Alexandra Westerlund



Talofa lava! My name is Alexandra Westerlund and I am a post-graduate student with a Bachelor of Health Sciences degree under my belt, entering my 4th year of medicine in 2026. Hailing from the beautiful island nation of Samoa, I am honoured and excited to be the Pasifika Representative for AUMSA 2026! The best way to contact me is through the Pasifika Rep email: pasifika@aumsa.org.nz or my university email: awes669@aucklanduni.ac.nz, Fa'afetai tele lava

Students With Dependents Representative - Whitney Gray

Hello everyone, Whitney Gray here. I am your AUMSA Rep for Students with Dependents. I am here to advocate for you if you are a parent, expecting parent, or the caregiver for a family member. Students with Dependents will have a unique set of needs that will oftentimes be quite different to the general student population; I am here for you! Please do not hesitate to approach me with questions or concerns. I am a Year 4 student placed at Waitemātā this year, so I will be spending most of my time at North Shore or Waitakere hospital. Otherwise you can contact me anytime at wgra473@aucklanduni.ac.nz or aumsa.swd.rep@gmail.com



OTHER MEDICINE RELATED STUDENT CLUBS YOU CAN JOIN

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
@aig.uoa



Pre-Vocational
Obstetrics &
Gynaecology Society
@pvogsnz



NZ Orthopaedic
Education Group
@nzoeg_



Dermatology
Interest Group
@dig_nz



Women in Health
Network
@wihn_uoa



Young Auckland
Chinese Medical
Association
@yacma.uoa



Oncology Interest
Group
@onc.ig



Student
Psychiatry Interest
Network
@spin_uoa



Campus Neuro
Society
@campusneuroso
ciety



Students of Rural
Health Aotearoa
@sorha.nz



Gastroenterology
Interest Group
@gig.uoa



Manaaki UoA
@manaaki_uoa



Cardiology
Interest Group
@cardiology_uoa



Rainbow FMHS
@rainbowfmhs



Auckland University
Surgical Society
@aucklandunisurgica
lsociety



Pacemakers Run Club
@pacemakers.run.club



Paediatric Interest
Group
@pig.auckland



The Free Mock MMI
@the_free_mock_m
mi



Auckland Pasifika
Health Initiative
@aphi_uoa



Christian Medical
Fellowship
@cmf.nz



Palliative Care
Interest Group
@pals.uoa



OCULAR
@ocularuoa



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

Te Oranga ki Ākarana

TOKĀ (Te Oranga ki Ākarana) is the rōpū for Māori medical students of Tāmaki Makaurau. Guided by core values, including whakapiri, whakawhanake, whakatairanga and mana motuhake. TOKĀ aims to unite the voice and strengthen the connections of Māori Medical Taura at Waipapa Taumata Rau.

Instagram: @toka_uoa



Te Oranga o Aotearoa

Te Oranga is the national organisation for Māori medical students, and has been in existence since 1998. It exists primarily to promote and protect the collective interests of Māori who study medicine throughout Aotearoa.

In essence, Te Oranga achieves a by Māori, for Māori approach aimed at enhancing the mana and tino rangatiratanga of Māori patients navigating the health system. This unique group of doctors-in-training are part of the solution to reducing health inequities faced by Māori throughout Aotearoa. Te Oranga strives to tiaki (care) and tautoko (support) all Māori medical students, and encourage engagement with our kaupapa throughout 2026.

@teoranga.aotearoa (Instagram)

Te Oranga - Māori Medical Students Association Aotearoa (Facebook)

teoranga.exec@gmail.com (Email)





MEDREVUE



Is it a bird? Is it a plane? No, it's a med student run theatre production that's going to blow your f***ing mind!

Ask ANY pre-clinical med student what they think was the highlight of the year, and there's a high chance you'll hear these two words: MED REVUE

Whether you're a certified theatre kid or wanting to do something out of your comfort zone (for the plot), joining our theatre production is something you'll remember for the rest of your medical school days (and beyond!).

- Join us for an unforgettable experience filled with laughter, creativity and long lasting friendships!
- Reconnect with your cohort and let loose from the rigors of university life!
- It's the perfect opportunity to express your creative energy in a supportive and fun environment!

Make sure to come along to our show, as all proceeds go to charity AND you'll be laughing with (or at) all your friends performing on stage!

Stay tuned for our 2026 Med Revue theme reveal...
Follow us: @aucklandmedrevue



Kia ora!

We're Daniel and Cindy, and we are excited to be your pre-clinical reps for this year!

Throughout the year, we work alongside NZMSA and AUMSA to promote and organise conferences, mentorship programmes and various events to increase engagement and maximise your experience as a pre-clinical student.

As your reps, we advocate for your voices (and complaints) to be heard, and try our best to increase engagement in our out-of-Auckland events!

Some forums/conferences you can look forward to are the VA conferences as well as the Medical Research forums, where medical students from both Auckland and Otago get together to learn and discuss crucial topics in the medical system. In addition to this, we are also planning more conjoint programmes with the wider AUMSA Council and the FMHS community, so follow our Instagram page to stay in tune!

Ka pai for making it into medical school! Everyone had their own special journey of getting here, and we hope to continue and share that journey with you as your pre-clinical reps for 2026!



NZMSA is a student-run association that aims to increase engagement, advocacy and educational support towards New Zealand medical students.

As a medical student, you will have the opportunity to attend conferences, partake in mentorship programmes as well as other collaborations aimed to maximise the experience of your pre-clinical years.

NZMSA events to look forward to are the VA conference and Medical Leadership Forum which have specific focuses aimed to upskill your entrance into the medical system. There, you'll be interacting with medical students from both Auckland and Otago University across various year levels to widen your scope as well as enjoy workshops, speakers, and of course, social events!



HOW TO JOIN AUMSA



Thank you for reading this welcome booklet! Now that you've read about the amazing things that AUMSA does, here's a quick reminder on how to join us!

The combined membership fee for both organisations (AUMSA and NZMSA) which covers 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 sign up! Being an AUMSA member will add enormously to your med school experience.

TO SIGN UP...

1

Fill in the Google Form

[\(LINK\)](#)

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 N Burgess)

3

Email Jimmy 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 Jimmy (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 early February 2026.

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