



THE ORANGE GUIDE

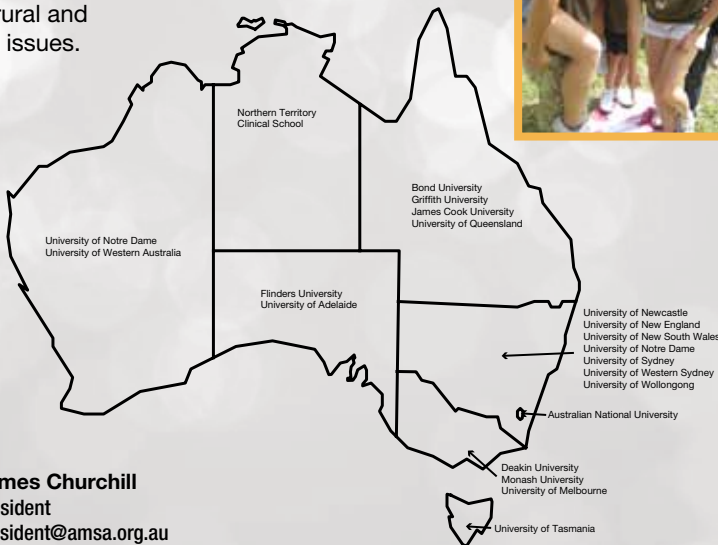
Welcome to medical school! The Australian Medical Students' Association (AMSA) would like to congratulate and welcome you to this exciting and exhilarating stage of your medical career. This guide has been designed to help you understand what AMSA is and how it is relevant to you as a medical student. It provides an overview of ways to get involved with AMSA either locally through your MedSoc and other interest groups, or with other medical students across the country via AMSA networks and AMSA events.



What's an AMSA?

The Australian Medical Students' Association (AMSA) is the peak representative body for medical students in Australia. The key mandate of AMSA is to **connect, inform and represent** each of the 17,000 medical students at Australia's 20 medical schools. AMSA's core operations include advocacy, events and programs, and publications.

AMSA advocates for medical students through policy development, advocacy campaigns and representation to governments, universities and relevant medical bodies. Additionally, AMSA organises renowned educational, social and leadership opportunities for students. These include programs aimed at improving medical student health and wellbeing and others to increase awareness of community, rural and global health issues.



James Churchill
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What's an AMSA made of?

The heart and soul of AMSA is **AMSA Council**, a body made up of one **AMSA Representative** from each Australian medical school. AMSA Council meets three times a year to discuss issues facing medical students, and is also attended by MedSoc Presidents, the AMSA Executive and AMSA committee chairs. AMSA representatives work hard in between councils throughout the year, as your reps on the ground, running everything orange. At most universities, AMSA reps run AMSA ThinkTanks or subcommittees, or both, which are open to all medical students who want to get involved with AMSA. **AMSA reps are your voice on AMSA council.** They help create the advocacy agenda that the executive lobbies for throughout the year. **If you've got an issue you want heard, make sure you get in contact with your AMSA rep via your MedSoc or the AMSA website.**

AMSA Council doesn't do it alone - without the other groups that work closely with Council, there would be a lot less happening for medical students!

The **AMSA Executive** is elected annually, and runs the day to day business of AMSA. The Executive provides leadership and strategic direction, represents and lobbies for students, and develops and implements services, initiatives, events and publications. To find out more or get in touch with the 2012 AMSA executive, browse the footer of this guide for contact info or visit the AMSA website.

AMSA Committees are groups set up with a specific focus, including Convention, Global Health Conference (GHC), Global Health, International Students and specialty interest areas. The committees report directly to AMSA Council, and work in detail on their area of focus, which broadens the spectrum of AMSA's events and initiatives.

AMSA Affiliates are independent groups or bodies which share ideals in common with AMSA. AMSA often collaborates with its affiliates to work on shared issues or towards common goals.

MedSocs are the medical societies at each university, which interact with AMSA via their AMSA representative. MedSoc presidents also attend AMSA Council as official observers. AMSA connects all 20 Australian MedSocs by bringing them together at council, allowing them to share knowledge, advice and experiences, assisting their growth as a MedSoc.



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ADVOCACY

AMSA represents the interests of Australian medical students to relevant government departments, non-government organisations, media outlets, universities and the public, to ensure that medical students' concerns are heard. Three times each year at AMSA Council, representatives from each medical school in Australia meet to **formalise policy on education, workforce and public health issues**. This policy is then used to represent medical students' views to key stake holders. Central to AMSA's advocacy in 2012 is **working to ensure** that recent increases in the number of medical students does not compromise the quality of clinical training or the attainment of internship for Australian medical school graduates. AMSA's other advocacy issues include medical student wellbeing, rural and Indigenous health and global health. To find out more about AMSA's advocacy activities, visit the AMSA website or download **AMSA's Pocket Guide to the Big Issues**.

AMSA ThinkTanks are forums run by AMSA Reps at medical schools which promote dialogue around pertinent issues for medical students on a local, national and global level. It also helps build the capacity of medical students to affect change. To ensure that your voice is heard, contact your local AMSA Rep or **join your MedSoc's AMSA ThinkTank**.



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AMSA EVENTS

Experience the incredible events that AMSA has to offer and they will definitely earn their place amongst the unforgettable moments you have as a medical student!

The **AMSA National Convention** and **AMSA Global Health Conference** (GHC) are two world

class conferences run each year in July and September respectively. Both of these conferences draw nationally and internationally acclaimed speakers to form incredible academic programs which are highlighted by field trips, workshops and breakout sessions. Then, when the sun goes down delegates have the chance to network and unwind whilst experiencing the unforgettable social programs. **The reputations of these conferences speak for themselves!**

Join us this year in Perth for National Convention, Cairns for GHC or both and be a part of something spectacular!

The **AMSA National Leadership Development Seminar** (NLDS) is the premier leadership event for medical students in Australia. Held in Canberra each year, this event is like no other in the country. Eighty future leaders are selected to convene at Parliament House where they are privileged to hear from national leaders, innovators and pioneers in medicine, politics, business, and academia.

AMSA
CONVENTION
PERTH
July 1-8

**BE
THERE!**

GLOBAL
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CONFERENCE
CAIRNS
Sept 15-19

This is complemented by a workshop program which focuses on core leadership skills and attributes. The result is that NLDS informs, educates and inspires some of our nation's future leaders. More information regarding application details will be on the AMSA website.

Last but certainly not least is the **National Rural Leadership Development Seminar** (NRLDS). Run for the first time in 2011 by AMSA and NRHSN, this event brings together medical, nursing and allied health students from around the country. NRLDS endeavours to develop a new generation of leaders who will have the knowledge, skills and inspiration required to champion the needs of rural and remote communities throughout Australia. This event runs in alternating years and the opportunity to participate is expected to return in 2013.

If you'd like to know more about AMSA's events contact your AMSA Rep or check out our website for more info.

COMMUNITY EVENTS

AMSA has a wide array of community events throughout the year. **Everyone can get involved in these events!**

Paint the town red with the **National Blood Drive** throughout July and August and win the Vampire Cup for your university. The **National Charity Drive** encourages medical students to contribute to their local community through innovative events and initiatives, so be creative and look out for ideas for events through the **AMSA Medical Student Community Action Network** (MediSCAN). Get involved in **Movember**, the national fundraising and awareness campaign for men's health.

Look out for many more exciting opportunities throughout the year, and if you have a community initiative you want to start, get in touch and let us know!



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HEALTH AND WELLBEING PUBLICATIONS

Medicine as a career can take a lot out of you - but it isn't all there is to life.

AMSA has a number of projects and publications aimed at helping students deal with any challenges they are facing at medical school and with life in general. The *Keeping Your Grass Greener: the wellbeing guide for medical students* was released in 2011, the **Healthy Body Healthy Mind Campaign** runs annually and encourages students to run their own wellbeing events, and importantly the **Get-A-GP Campaign** encourages medical students to have their own regular GP.

Too many medical students try to cope along with their issues, but AMSA hopes to provide a forum for you to speak openly about these issues.

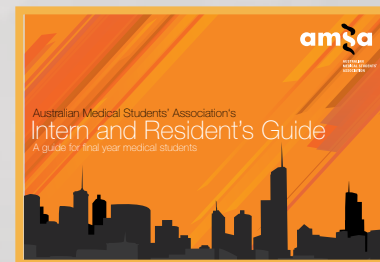
AMSA publications are channels through which you can voice your thoughts, opinions and stories all around the nation. If you have a passion for writing or designing publications, then submit your work to us and have it potentially published for over 17,000 medical students to either view online or in printed copies distributed to faculties and common rooms. To view some amazing past publications visit the AMSA website.

Panacea is AMSA's premier magazine published biannually and is available to every medical student in Australia. It provides commentary on current issues facing medical students and the activities of AMSA, as well as articles, photos and art from medical students around the nation right to you.

The Intern and Residents' Guide (IRG) is designed as a core reference booklet for all Australian medical graduates and junior doctors. It is the only publication of its type giving detailed information on the range of national employment options for internship.

Embolus is our monthly electronic bulletin, which gives you monthly updates on what AMSA is doing for you and how you can get involved.

Vector, the official global health magazine aims to connect, inspire and empower students surrounding the issues of global health.



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RURAL AND INDIGENOUS HEALTH

Experiencing rural and Indigenous health is an exciting and integral part of being an Australian medical student. There are numerous ways to become involved in rural health as a medical student. Most students do at least 4 weeks of placement in a rural area during their medical degree, and some do much more through further placements at Rural Clinical Schools across the country.

Each university has a **Rural Health Club (RHC)** which has members from medical, nursing and allied health backgrounds. To find out what your university RHC is called and does, visit: <http://www.nrhn.org.au/site/index.cfm?display=39703>

The **John Flynn Placement Program (JFPP)** is run by the Australian College of Rural and Remote Medicine (ACRRM). This program involves 8 weeks of placement in a rural community over 4 years and is a fantastic way to experience a rural community. To find out more, visit: <https://www.acrrm.org.au/about-john-flynn-placement-program>

For rural and Indigenous students needing financial support, consider applying for the **Rural Australian Medical Undergraduate Scheme (RAMUS)**, information can be found at: <http://ramus.ruralhealth.org.au/>. Otherwise the NSW Rural Doctors website has a fantastic scholarships database which can be accessed at: <http://www.nswrdn.com.au/site/index.cfm?display=57841>

Enjoy your experiences in rural and Indigenous health as a medical student!



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GLOBAL HEALTH

Interested in the unique and varied issues of global health? Conflict, climate, poverty, health inequity, and many more are encompassed by AMSA Global. Nationally we connect students via the **AMSA Global Health Committee (AGH)** and the annual **Global Health Conference (GHC)**. Internationally we connect you to the world of global health through the **International Federation of Medical Students' Associations** (IFMSA) and the **Asian Medical Students' Association** (AsMSA) and their biannual conferences. We hold training workshops and advocacy initiatives each year and our goal is to empower you to get involved in global health. So get in contact with AMSA Global and make a difference to your world!

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How to find out more?

Visit the AMSA Website

We are also excited to bring you AMSA podcasts and AMSAtv, regular video updates of AMSA activities and what it means for you. Plus a whole range of other links and resources. Start clicking and double clicking now!

Talk to your local AMSA Representative

At every medical school in Australia, you have a local AMSA Rep, ready and rearing to be there for you. If you have anything you'd like to talk about, be it education, more info or just for a chat, talk to your local rep. They are your personal portal to AMSA.

www.amsa.org.au