



Medical Students' Association of Notre Dame

MSAND's Guide to Student Life

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INTRODUCTION

Welcome to the University of Notre Dame! Step into this vibrant campus within the heart of Fremantle. As you embark on your journey at Notre Dame, the Medical Student Association of Notre Dame (MSAND) is delighted to present this student life guide, tailored to help you make the most out of your time as a student.

From discovering the perfect spot to grab a rejuvenating coffee for that afternoon boost to uncovering serene retreats where you can unwind after a busy day of classes, this guide is your go-to resource for navigating the rich tapestry of student life at Notre Dame.

Enjoy the ride!

MSAND'S Guide to Student Life in Fremantle

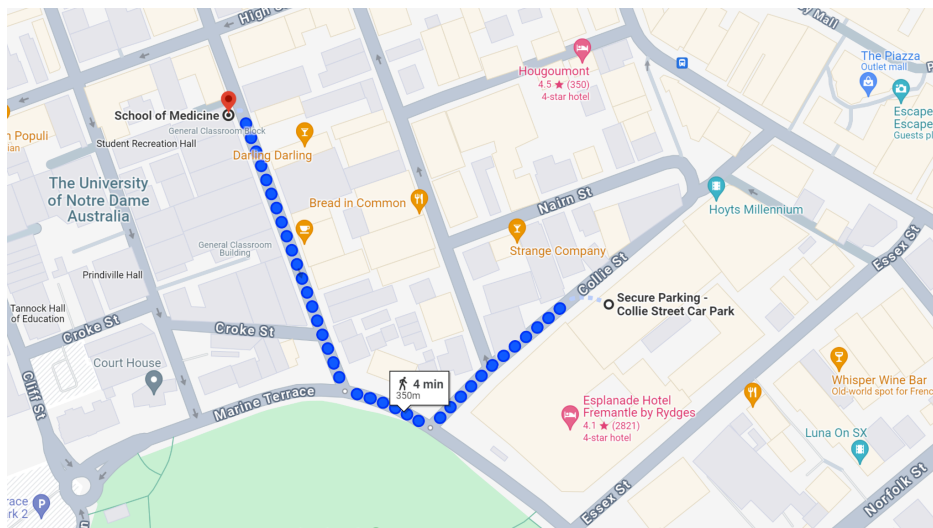
ACCOMODATION

- Make sure you have organised accommodation for the first few months of med school before you begin - don't stress if you're not in the ideal house just yet, share houses begin to form as people start to get to know each other and the area of Perth
- Some places you can start to find people to live with are on <https://flatmates.com.au>, THE RENT NETWORK (PERTH) facebook group and also on the UNDF Med Classifieds page.

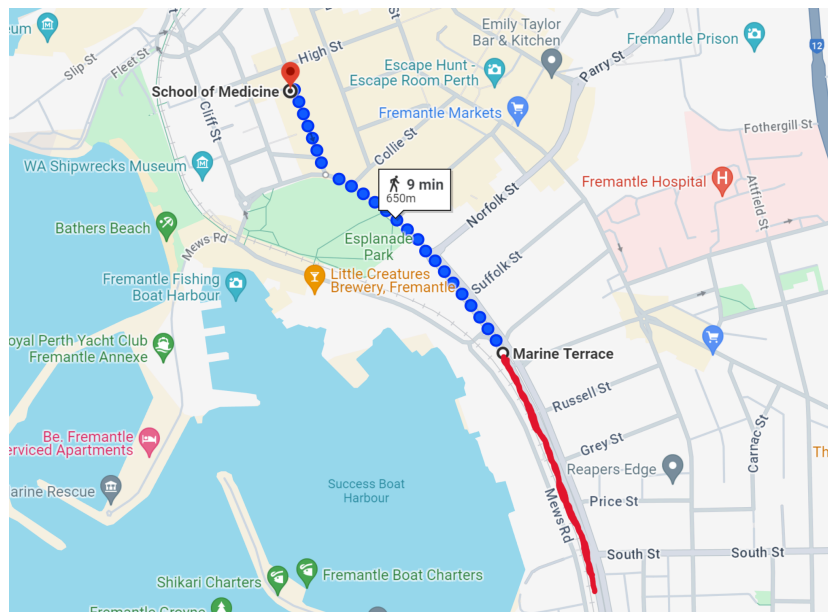
PARKING AROUND FREO

Parking around UNDF is extremely limited. There are a couple of options if you choose to drive:

- Paid street parking: this has a three hour time limit in some areas with others a little longer - parking inspectors are vigilant so make sure you keep your tickets up to date! If you are going to use the paid street parking get the Paystay App (Click here to learn how to set up and use the app - <https://www.paystay.com.au/>). Otherwise most of the ticket machines will still accept cash/card.
- Collie St Carpark - This carpark is about 2 mins walk from the med building. Ordinarily, the parking cost is quite expensive, but 2 hacks do exist.
 - Although there is no more special deal for ND students, collie street carpark do offer 'flexi-vouchers'. By purchasing packs of parking vouchers in batches of 10, the cost works out to be ~\$9/day to be used over a 6 month period. No entry time required - you can come and go as you please within 24 hours of using one voucher. For more info: <https://www.secureparking.com.au/en-au/parking-solutions/flexi-parking/>
 - Early bird parking: \$9 / day when you enter the carpark before 9.30am. Can easily be booked the day before via the website



- Free parking on Marine Terrace or Mews Road (indicated in red) this is free parking that is about 10-20mins walk away the car parks fill up pretty early in the day and this walk can be a bit longer - if you're not feeling a morning walk, the Blue Cat Bus is free and takes you to ND. Note: the free parking is only on one side of the road and there are certain spots along the street that are no stopping zones - a few students have learnt about this the hard way!



PUBLIC TRANSPORT

The Transperth website (www.transperth.wa.gov.au) is a great starting point for working out your public transport, and many train stations have dedicated cheap(er) parking where you can leave your car for the day. It's important to get a **Tertiary Smartrider application from student admin**. This is the only way you can get concession fares in Perth, so once Student Admin has filled it out for you, take it to a newsagency (there's one in the mall or at Freo Station) and you can get your Smartrider card. Tickets are further discounted if you set up a direct debit. This needs to be completed annually as student concession expires end of March every year.

COFFEE

You will soon learn that there is absolutely NO shortage of wonderful cafes serving high quality coffee within a block of the medical building! Here is a shortlist of some of our favourites:

Hush

- A short walk away, reliably good quality specialty coffee and the hot chocolates are super luxurious - yum!
- 68 High St, Fremantle WA 6160
- <https://www.instagram.com/hushspecialtycoffee/>

Cos Baby

- A short walk from the medical building, good coffee with discounts for ND students
- 4/50 Pakenham St, Fremantle WA 6160
- <https://www.instagram.com/cosbabyfreo/>

Good things

- A short walk from campus, fantastic coffee. Very cute spot both streetside and upstairs to study and soak in the fremantle vibes
- 16 Bannister St, Fremantle WA 6160
- <https://www.instagram.com/good.things.cafe/>

Best Wishes

- Although they are a bit of a walk from campus, the coffee and bagels are worth the walk!
- shop 9/2 Cantonment St, Fremantle WA 6160
- <https://www.instagram.com/bestwishescoffee/>

Blink

- Considered by many as a Notre Dame icon, Blink is a quirky small hole in the wall cafe, loved by Notre Dame for decades
- 19A High St, Fremantle WA 6160
- https://www.instagram.com/blink_coffee_bar/

Moore and Moore

- Literally right next to the medical school. Fresh good quality food, but often over priced.
- 46 Henry St, Fremantle WA 6160
- https://www.instagram.com/mooreandmoore_cafe/

Ghetto Blaster

- A short stroll around the corner is another favourite hole in the wall, full of freo charm
- 47 Pakenham St, Fremantle WA 6160

The Bistrot Cafe

- Temptingly close at the end of our street is this picturesque cafe - which used to be old Notre Dame bookshop!
- 30 Marine Terrace, Fremantle WA 6160
- <https://www.instagram.com/thebistrotcafefreo/>

CHEAP FOOD

High on 55

- Great tasting and affordable Vietnamese and Malaysian food, and only a short walk around the corner
- 55 High St, Fremantle WA 6160

Haru Sushi N Bento

- Another small restaurant but has a great atmosphere, cheap prices and great food
- 5 William St, Fremantle WA 6160

FAVOURITE WATERING HOLES (PUBS / BARS)

Gage Roads

- Another Notre Dame icon to celebrate the end of exams or even just the end of the week. Great drinks by the water and relaxed atmosphere.
- Peter Hughes Dr, Fremantle WA 6160

The Orient

- Just down the road from the Med building. The Orient has lots of daily specials on drinks and food, pool tables and happy hour.
- 39 High St, Fremantle WA 6160

Jungle Bird

- A fun Caribbean style beach bar with live performances and a great selection of cocktails
- 59 High St, Fremantle WA 6160

Little Creatures

- An icon of Freo, known for its amazing beer and great vibes
- 40 Mews Rd, Fremantle WA 6160

Strange Company

- A small bar in Freo with live performances, tasty food and amazing cocktails. Perfect for a quiet wine after class
- 5 Nairn St, Fremantle WA 6160

STUDENT DISCOUNTS & DEALS

University of Notre Dame Student Discount Card!

The University of Notre Dame Australia has partnered with the Fremantle Chamber of Commerce to launch a new student discount card, offering generous savings on a wide range of products and services at local businesses. The free card is backed by more than 40 outlets, including hotels, cafes, restaurants, retail stores, tour operators and health and wellbeing service providers. Your student discount card can be found in the student administration office!

Find out more about the discounts provided here:

<https://www.fremantlechamber.com.au/fcc-student-discount-offers>

For more information on this initiative, please visit this article: *New Discount Card Encourages Students to Buy Local* - breyon.gibbs@nd.edu.au. Written 12 April 2022

<https://www.notredame.edu.au/news-items/new-discount-card-encourages-students-to-buy-local>

RESOURCES ON CAMPUS

Medical student kitchen

We are so lucky to have our own kitchen to use within ND35. With a fridge, microwaves, hot water and basic teas, our humble kitchen means we don't have to worry about carrying our food in cooler bags. As it is a student run kitchen, it is our responsibility to keep it properly stocked and CLEAN for the benefit of the wider medical student community.

Libraries / study spaces

There are many study spaces and multiple different libraries on Campus in Fremantle.

Galvin Library

- This is a small and quiet library, primarily for medical students. As the main study space within ND35, most medical students will study here between classes and after-hours. Be on the look-out for friendly faces both in your fellow class mates and students in other years

St Theresa's Library

- This is the main large library on the Fremantle Campus. Here, all the library services are made available. During 2024, major refurbishments are underway, to modernise the space and make it accessible to students 24/7! For more information on the refurbishments - click on the link below
- Future student hub:
https://www.notredame.edu.au/about-us/our-campus-and-facilities/fremantle/student-hub?utm_medium=email&utm_campaign=Vice-Chancellor-message-to-students&utm_content=notredame.edu.au%2Fabout-us%2Ffour-campus-and-facilities%2Ffremantle%2Fstudent-hub&utm_source=cust64776.au.v6send.net

Craven Law Library

- Craven is a small library primarily for use by Law students. However, there are group study rooms here which you can book online via the library website.

Prindiville Hall

- The heart of the wider university student life. In Prindiville hall, there are other student amenities such as a communal kitchen, collaborative study spaces and a quiet study room with lockers. Prindiville hall is also just off Malloy Courtyard if you want to enjoy your lunch outside or have you class outside (if you can convince your CD / PBL tutors ;))

Book group study rooms on campus: <https://bookings.library.nd.edu.au/>

For more information on library services: <https://library.nd.edu.au/home>

University of Notre Dame: Student Life Centre

- The University department is entirely committed to assisting students with matters of their wellbeing, success and ensuring they have a vibrant life on campus. Their services outline accommodation, volunteering, chaplaincy and outline the other student organisations and societies which exist on the fremantle campus.
https://www.notredame.edu.au/students#student_life

MSAND Sport Guide

Drop and give me 10 of your best push ups. Then get up and tell me what muscles were the primary movers, what articulations were they acting about, which nerves and arteries supply these muscles, and give me 4 microorganisms that commonly cause a UTI. Congratulations, you've just completed a mini-simulation of your first-year exam (seriously, learn those organisms). MSAND Sports offer more than just push ups! Here's a quick rundown of what's on the training plan:

FOOTY

Apologies to our QLD & NSW interstate students who immediately thought footy = rugby. Footy is our most popular social sport and is an awesome way to meet people in other year groups. Boys and girls both train at Melville Junior Football Club on a Thursday night starting in mid-March and we have a handful of friendly games across the year against other schools (the game against UWA Med is not so friendly). First-timers are especially encouraged to come down and learn how to kick a footy – everyone is welcome, even if you can't catch a ball!

SOCCER

As above, another great avenue for meeting other year groups, especially if you favour the round ball code. We have teams who play a 5-a-side comp on Monday nights.

NETBALL

If yelling "here if you need" is your thing, mixed netball is a fantastic way to bond with other students and unwind after a day of study. Notre Dame runs a social netball comp in Semester 1 and 2, or there's scope to go dominate the competition at UWA or Lords!

TRI-VARSITY COMPETITIONS

From netball to lawn bowls and dodgeball, we get many chances to show Curtin and UWA our athletic prowess! The tri-varsity competitions are a great way to get to know your future colleagues in a fun and 'friendly' environment.

RUN CLUB

It is well known that MSAND runclub is the place to be at 6:30AM on Monday mornings if you want to start the uni week with both a mood and PBL performance boost. In all seriousness, run club is a great way to get active in a social setting, and is welcome to anyone who would like to come enjoy a run or walk along the coast (and swim + coffee/drinks after!). The 30min trot/ stroll is a fantastic opportunity to ask any students in older cohorts your burning questions and get confirmation that yes, you will make it through first year! Run/ walk club kicks off at Leighton (Orange Box) on Mondays, and South Beach on Thursdays. Search for 'MSAND Run Club' on Facebook/Instagram to learn more! Follow us on our Instagram page! <https://www.instagram.com/msand.runclub/>

GET INVOLVED!

If you would like to get involved with any of the above activities or have any questions on MSAND sport, get in touch via email sport@msand.org.au

There is potential to do plenty more, whether it's pilates, swimming, bouldering, yoga... or anything else! Notre Dame Sports and Fitness offer free weekly classes and activities to keep you active outside

of study. Any ideas or expressions of interest are also welcome! If there is demand, we will try and make it happen for you! The mental and physical benefits of sport to the stressed and tired medical student are many, and it would be fantastic to have you involved. Again, huge congratulations on getting in - we can't wait to have you as a part of our vibrant medical community :D

Keeping Healthy With Regular Exercise

If you are new to the area you might find the following helpful in finding places to get your exercise fix or daily dose of yoga.

GYMS

Notre Dame Gym	A gym located within the uni, membership is super cheap! Details: https://www.notredame.edu.au/current-students/support/student-services/fremantle/sports-and-recreation/gym
Fremantle Leisure Centre	Open gym, pool, group Classes and crèche attached for only \$15 a week (less if you would prefer only 1/3)! Details: https://www.fremantle.wa.gov.au/flc
LeisureFit Melville and Booragoon	Open gym and extensive group classes available in two different locations for the same price. Cheap membership and great class instructors. Details: https://www.melvillecity.com.au/things-to-do/leisurefit-recreation-centres
Avada Crossfit - Fremantle	Group HIT/circuit and Crossfit classes, great community environment with a few med. Students training here. Details: https://avadacrossfit.com.au
Boom Fitness East Fremantle and Scarborough	Group HIT/Circuit/ strength classes and PT. More expensive but amazing community. Details: https://boomfitness.com.au
Revo Fitness - Claremont or Myaree	Cheap membership, great facilities, extensive classes. Reformer pilates also offered. Details: https://revofitness.com.au
Anytime Fitness Fremantle	24/7 gym, cheap membership, close proximity to UNDF. Details: https://www.anytimefitness.com.au/gyms/au-1556/fremantle-wa-6160/?utm_source=google&utm_medium=organic&utm_campaign=gmb
Goodlife Cottesloe	Extensive facilities and group classes, good value membership. Details: https://www.goodlifehealthclubs.com.au/clubs/cottesloe/

F45 Fremantle / Peppermint Grove	Very popular amongst medical students, although on the more expensive side. Details: https://f45training.com.au
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YOGA / PILATES

KX pilates	Very popular amongst those that practice pilates. The classes are well structured and a lot of fun! Look out for the specials they often have - there is a student offer available at Fremantle that we hope is still running (also do a good introductory offer!) Details: https://kxpilates.com.au
Xtende Barre Alfred Cove	https://www.xtendbarre.com.au/studio/xtend-barre-alfred-cove/
Yoga Lab Fremantle	Really high quality teaching for all levels - popular amongst UNDF med students https://www.yogalabfremantle.com.au
Sol Yoga Fremantle	Lot's of med students train at the attached Avada Crossfit. Both are great studios filled with young, fun legends. Details: https://solyogastudio.com.au/index.html
Off the wall Yoga Bicton	Kate is a legend and a great mindfulness teacher. Details: http://offthewall-yoga.com.au
Ocean Flow Yoga	Outside and only \$10/class all mats included. Details: https://www.oceanyogaflow.com.au
Power Living Australia	Heated yoga classes in North Perth and Myaree. Large groups with a diversity of teachers and students. Details: https://www.powerliving.com.au
Pronto Pilates	Pride themselves on very affordable classes - \$5 - \$11 / class. Video instruction only with reformer classes. Locations Applecross, Cotteslow, Claremost, Mt Lawley https://www.prontopilates.com.au/studios/

POOL / SWIMMING LOCATIONS

Fremantle pool (50 m and 25 m)	Cheap membership with access to gym or can pay by swim (can also join an adult squad/lessons) details: https://www.fremantle.wa.gov.au/flc
Claremont pool (50 m and 25 m)	Can pay by membership or per visit, adult squad sessions for all abilities/swimming lesson, details: https://www.claremont.wa.gov.au/Parks-and-Recreation/Claremont-Aquatic-Centre
South Beach	A safe, flat, clear open water swim for any keen beans.
Cottesloe Pylon Swim	Very popular open water swimming location from 5am-10am most mornings. Clear, safe, beautiful.

SURF CLUBS

North Cottesloe SLSC	A very popular SLSC amongst UNDF student. Massive emphasis on community connection and social events. Great training programs for water and beach-based activities plus open gym with membership, details: https://www.ncslsc.com
Fremantle/Leighton SLSC	Family focussed, largest nippers group in WA, free gym access with membership and a wonderful community connection, details: https://www.fremantlesurfclub.com.au

MSAND Wellbeing Guide

Here at ND, we recognise that the demands of medical school can place significant stress on students. We practise with the belief that you cannot help others until you first help yourself! Therefore, we prioritise your wellbeing, ensuring you have the tools and techniques to tackle every challenge that this medical school journey may throw at you. Through various initiatives and resources, we strive to create a nurturing environment that promotes self-care, resilience and a sense of belonging in our ND community.

Below we have compiled a list of contacts and resources, as well as tips and tricks to take into your career in medicine. If you have any specific questions please contact our MSAND Wellbeing Chair, Megan, who can be reached at wellbeing@msand.org.au.

YOUR COHORT

The people in your cohort will become some of your closest friends. Medicine is unique in many ways and it can be hard for those on the outside to understand exactly what we go through. Learn to accept the help and support of those around you, and always remember to be kind and respectful and to look after each other! Try and add positivity to your cohort and avoid negative talk – there are always going to be things that aren't ideal, but there just isn't enough time or brain space to deal with negativity! The small nature of the medical community means that you're probably going to be working with, referring to or consulting your classmates for the rest of your career. UNDF Med has a pretty active social scene, so get involved (and go to O-Camp!!!). And don't be afraid to ask for help!

It may help you to be aware of the “expert student” – if someone is intimidating you with their endless hours of study or knowledge of highly complex concepts, it may be best to remove yourself from the situation and remember that you're here to run your own race and become a doctor. Some people like to go a step further with concepts, but that is all extra knowledge and goes above the level of depth required for us. If it's not in the LOs and it's not contained within the lectures, labs or a basic A&P book, don't waste your time on learning the micro details. Having said that, sometimes those with a background in an area can make a better teacher than any lecturer. If you have particular expertise in an area, try to help your classmates out. If you're really confused, try asking your fellow students! Each year group usually has a pretty diverse mix of backgrounds; physios, pharmacists, nurses and those who have done an undergrad in many of the different subject areas you'll be learning about this year.

Get to know the older years! They are a valuable source of information, advice and encouragement and it's great to have the perspective of someone who has survived first year. Your MSAND committee members are also always there to help if you need any support with study or personal issues. The second year reps will be organising some preclinical events for the first and second years, so come along to get to know the people in the cohort above! Sometimes you will think that no one else could possibly have felt as overwhelmed/confused/downright stupid as you do. Trust me, we all did!

FAMILY AND FRIENDS

I cannot stress how important keeping in touch with family and non-medicine friends is during medicine. While your med crew provide an incredible amount of support, having alternate social outlets is invaluable in providing you with respite, encouragement, and that little bit of extra perspective. During your medicine journey, you will find that you are often 'talking medicine' with your medicine friends, which is essential to connecting to your community. However, nothing is better than sitting around a table with all your other friends and talking about anything and everything that is NOT medicine.

Remember, in both your academic and professional life, balance is everything!

RESPECT OFFICER

The Respect Officer at ND is there to support any member of the University community who is affected by sexual assault, sexual harassment, or family violence as a part of the Respect@ND initiative.

You have the right to feel safe and secure at all times throughout your studies. If you experience or have experienced sexual assault and harassment, sexual violence or family and domestic violence there are avenues of support that can be accessed via the Respect Officer, who is available to you so that you can feel supported and are able to continue your studies. Additionally, if a Notre Dame community member makes a disclosure of sexual assault or harassment directly to you, you can discuss your concerns with the respect officer on campus confidentially.

If you would like to get in contact with the Respect Officer, or have questions about the support services available to you can call or email the following people, or you can read more on the ND website, <https://askus.library.nd.edu.au/studentwellbeing/faq/270097>

Should you require immediate assistance on campus, call Campus Security

- Fremantle: 0438 923 955 or the 24-hour security patrol call (08) 9433 0123 (extension 2123).
- Broome: 0475 985 197

YOUR MSAND WELLBEING COMMITTEE

The MSAND Wellbeing Committee is made up of a group of dedicated medical students who are passionate about the mental health of their cohort and the future of resilience in the medical field. The committee organises various events, workshops and campaigns throughout the academic year to promote mental health awareness and self care practices among students. As a future Notre Dame student, we welcome and encourage you to get involved with these activities throughout your time.

In 2024, the wellbeing events that we will be hosting include;

- Charcoal Art Sketching Afternoon
 - Engaging in art has been proven to be a powerful tool for improving mental health, as such MSAND will be hosting a charcoal art sketching afternoon. Medical students face intense academic pressure and emotional challenges and participating in artistic activities offers a unique avenue for self-expression and stress reduction. This event will aim to show students how to incorporate art into their routine, helping them to develop coping mechanisms and enhancing emotional intelligence – essential qualities for succeeding in the demanding field of medicine.
- Winterwares x MSAND pottery mindfulness workshop
 - Medical students rarely make time to sit back, take a deep breath and engage in mindful activities due to the intense workload. Instead, they often put their feelings and thoughts to the side, allowing them to build up and culminate in overwhelming stress. This pottery workshop has been successfully held for students in collaboration with Winterwares Fremantle for the past two years. In 2024 we aim to provide students with even more opportunities to take part in these pottery workshops, encouraging students to embrace hobbies beyond their academic pursuits and contributing to a positive impact on the mental health of our medical students.
- R U OK Morning tea
 - The RU OK Day event held on September 12th, will aim to break down the stigma surrounding mental health amongst doctors and medical students. The event will focus on fostering open communication and developing support networks, creating an environment where students feel comfortable discussing their thoughts and
 - struggles.
- Men's health morning tea
 - Our Rural Men's Health Morning Tea organised in collaboration between the wellbeing and the rural team will aim to target the unique challenges faced by men in rural and remote areas. This event will invite presentations from ACRM/RCS guest speakers and the Doctor's Health Advisory of WA, allowing sponsors the opportunity to extend outreach and share resources with our wider community members.

SUGGESTED APPS

Headspace	Free trial and paid monthly membership or access to some features for free. Diverse range of guided audio recordings, mindfulness videos, challenges and podcasts. Details: https://www.headspace.com/headspace-meditation-app
Smiling Mind	Simple and well versed meditation and mindfulness videos and podcasts. Details: https://www.smilingmind.com.au
How We Feel	This app is to be used as a journal for your wellbeing. It is designed to track your emotions so that you can recognise patterns and start to understand how your brain works. They send you daily reminders to check in, and then you can analyse how you have been feeling over time. Details: https://howwefeel.org/
Shift	Another amazing app designed specifically for doctors in training. The app was developed by Black Dog Institute in collaboration with NSW doctors in training. The app lets you track your emotions and find personalised information that suits your unique situation. Details: https://www.blackdoginstitute.org.au/research-projects/shift/

SUGGESTED RESOURCES

There are a number of organisations that acknowledge and promote the importance of mental wellbeing. Our medical school specifically endorses resources from contacts such as;

- Doctors Health Advisory service of WA Advice Line
 - <https://www.dhaswa.com.au/>
- Drs4Drs
 - <https://www.drs4drs.com.au/>
- Lifeline
 - <https://www.lifeline.org.au/>
- Black Dog Institute
 - <https://www.blackdoginstitute.org.au/>
- Beyond Blue
 - <https://www.beyondblue.org.au/get-support/talk-to-a-counsellor>
- CRANApus Mental Health and Wellbeing Services
 - <https://crana.org.au/mental-health-wellbeing/overview>

Acknowledging and promoting the importance of mental wellbeing creates an opportunity to provide All of our medical students are provided with tangible resources and information on accessing these services.

CREDENTIALS

APPROVAL DETAILS			
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Original Authors		Megan Dodd - Wellbeing Chair 2024 Jess Wait - Sports Chair 2024 Victoria Ferdinands - Vice President Internal 2024 Danielle D’Souza - Education Chair 2024	
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