

Summer 2020 | Freshers' edition

# PAPER



***WHAT'S  
INSIDE***

**Exclusive  
AUDSS  
*Save the  
Date*  
Calendar**

**Celebrating  
101 Years  
of the Adelaide  
Dental School**

***INTRODUCING*  
STAFF PATRON:  
DR LAUREN  
STOW**

# POINT

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# In This Issue

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**p.g. 4-5** | *Patron Welcome - Dr Lauren Stow*

**p.g. 6-7** | *Meet the Publications Team*

**p.g. 8-10** | *The AUDSS Committee 2020 pt 1*

**p.g. 11-14** | *Rip Out - Save the Date Calendar*

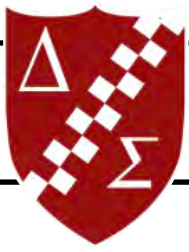
**p.g. 15-19** | *The AUDSS Committee 2020 pt 2*

**p.g. 20-21** | *Welcome to Adelaide*

**p.g. 22** | *Final Words*

**p.g. 23** | *Clinic Fashion Edit*





101 years of the Adelaide Dental School



Introducing  
the AUDSS  
**2020**  
Committee

# Patron Welcome

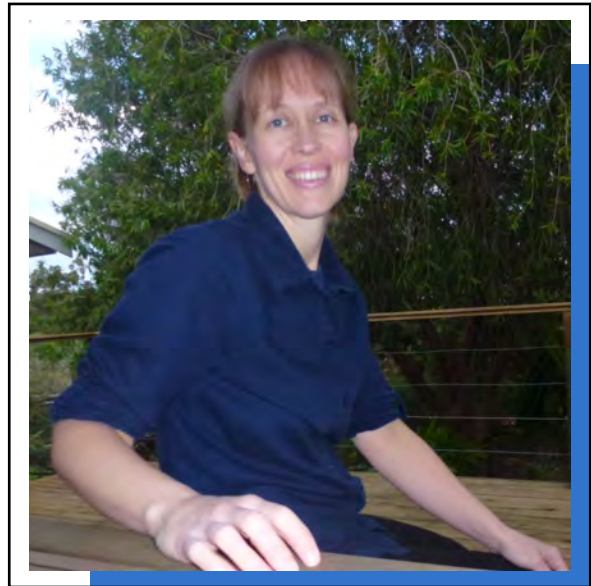
## DR. LAUREN STOW

A very warm welcome from the AUDSS and Adelaide Dental School to all our first year Dental and Oral Health students in 2020.

“

*You've chosen a great career; certainly one that can be as diverse as it is interesting and rewarding.*

”

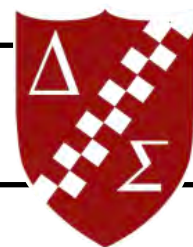


I am Dr Lauren Stow, the 2020 AUDSS Staff Patron. I double as the long-suffering BDS<sub>3</sub> Year Coordinator, occasionally moonlighting as a Forensic Odontologist and always giving the best I can to promote student learning. I'm also good for the occasional giggle, so don't be afraid to say hi!

I graduated BDS from Adelaide in 2000, which is sadly before many of you were born. Depending on the day, I feel alternately young or old but in general, I still consider myself a youngster.

I worked in private practice for over 10 years before I commenced my academic role in third year BDS in 2011. I gained my Odontologist degrees whilst working full time, so I know a little bit about being work-busy!

Outside of work, I enjoy travelling, camping, gardening, supporting the Crows (one day I'll be rewarded for all my cheering efforts), a beverage or two on a warm day (usually after a good turn at manual labour), musical theatre, baking.... the list goes on and on. I pride myself on giving anything practical a go; the worst that happens is failure but at least I have the satisfaction of knowing that I tried. I'm technically currently homeless and living with my sister and brother-in-law whilst my new house is being built; probs don't ask me about any progress on that until later in the year because it's been a very long process and there's no end in sight. In the meantime, I keep my sister's lawns bowling-green-perfect (that's my cardio) and walk their untrained and unpredictable Labrador (ooh, that's extra cardio as well as resistance training; no wonder I'm so fit). But that's more than enough about me...



Consider this your official welcome to the Adelaide Dental School on behalf of all teaching staff and tutors in our programs. Know that your time here won't always be rosy but you can make it easier by being keen and prepared, asking questions when you are unsure and maintaining a degree of professionalism, even as you enjoy great social occasions. Your colleagues, peers and the AUDSS can be a great source of support, fun and encouragement as you navigate your way through the excitement and frustration of caring for other people's oral health.

Join in and don't look back!

*Here's to a fabulous 2020.*

Proudly sponsored\* by



*\*Disclaimers apply, aka don't take this seriously*

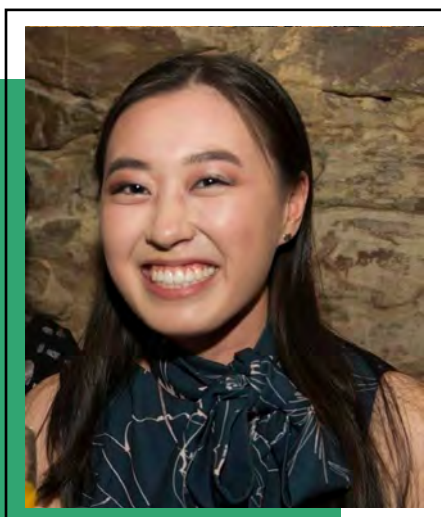
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# AUDSS Committee

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## Meet the *Publications Team*

Executive - *Elaine Yu*



**F**irst of all, a huge congratulations on making it to Dentistry and Oral Health! If you were anything like me, getting into this course was the absolute dream. Revel in your hard work and achievements, you deserve to be proud. I am Elaine, a fourth year dental student and your Publications Executive for 2020. A born and raised Adelaidian, my general committee and I will be providing you with all the goss and tips for surviving your years here. You are currently reading the AUDSS Paperpoint, a traditionally semesterly magazine that we are hoping to produce monthly for the first time this year! In addition, look out for the annual Probe magazine which summarises the year and includes a tribute to

the graduating class. If you are new to Adelaide, make sure to check out our Adelaide Travel Guide (2019). You can find it here at; <https://www.audss.org.au/travel-guide-adelaide>.

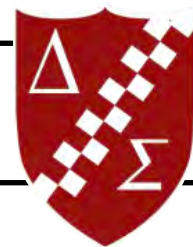
Of course as a society, we make sure to value our traditions and history. However, as we enter into a new decade and our **101st year**, we also recognise that as it stands, 'publications' is going out of print. So... what can we do? You might ask. Well, we've got many exciting *-digital-* projects planned. Are you an avid podcast listener? Look no further, we are working hard to produce our very own, Dental Student Podcast! (Don't worry, this is not the official name) If you'd love to listen to a friendly grilling of the committee, our thoughts on dentistry in Pop Culture and the best places in Adelaide to eat/drink/hang out etc., stay tuned for our pilot episode.

*Coming soon:*

*AUDSS - The Podcast*

1919-2020, 101 years





## General Committee

### *Asvin Tyagi*



**H**ey Hey, Asvin here, I am part of the Publications General Committee team and currently in BDS<sub>4</sub>. I'm one of those strange cases who was born in Adelaide but moved to Melbourne when I was very young, so coming back here is a nostalgic and confusing fever dream since I remember little of Adelaide. If you're new to Dentistry, congratulations! You're in for a great time, persevere and you will find success.

This year Pubs is planning to expand our reach into different media formats, hopefully increase our material output and usefulness, so expect hints, memes, and possibly useful material both relevant and irrelevant to dentistry. Keep calm, please floss, peace.

### *Yannii Pouferis*



**H**ello first years! Welcome to Adelaide and congratulations on taking your first steps into the world of dentistry. My name is Yannii, I'm a BDS<sub>4</sub> student and will be one of the 2020 Publications members along with Asvin and Elaine (The Boss).

This is sure to be a challenging and long year for you all, especially for overseas and interstate students adjusting to the Adelaide way of life.

It can all be a bit much but the AUDSS fam is here for you. Sign up for an AUDSS membership (It's worth it) and keep an eye out for our publications throughout the year for helpful dentistry tips, entertainment and all things Adelaide.

All the best for BDS<sub>1</sub> and if you see me around don't hesitate to say hi!

#### For the archer fans

**Yannii:** Elaine

**Elaine:** ...

**Yannii:** ELAINE

**Elaine:** ...

**Yannii:** ELAIIIIINE!!

**Elaine:** WHAT?!?!

**Yannii:** I've finished my profile.

**Elaine:** Yannii, I can't publish this, it reads like a tinder bio.

**Yannii:** Isn't that a good thing?

**Elaine:** You've only written 3 lines - Male, BDS<sub>4</sub>, purveyor of fine Netflix shows. Come on, you signed up for publications, surely you can add something to this.

**Yannii:** ...

**Elaine:** Yannii, I can't leave it like this.

**Yannii:** ...

**Elaine:** .....

**Yannii:** Danger zone?

**Elaine:** Get out.



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# AUDSS Committee

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## President - *Calvin Wong*



**H**ello freshers! Welcome to the AUDSS and a big congratulations on starting Dentistry or Oral Health! I'm Calvin and I am excited to be leading the AUDSS as president this year. We have plenty of social and academic events lined up throughout the year, for you to de-stress, chill with friends, and supplement your learning. I strongly encourage you all to show up at as many events as possible, as these are often where amazing memories and experiences are made. The start of the year will be jam-packed, so make sure to follow our Facebook page to keep up to date.

“

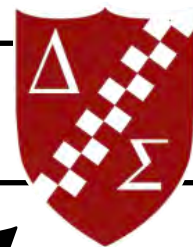
*The AUDSS has been a big part of my student life and I can say with confidence that the journey so far would not have been the same without it.*

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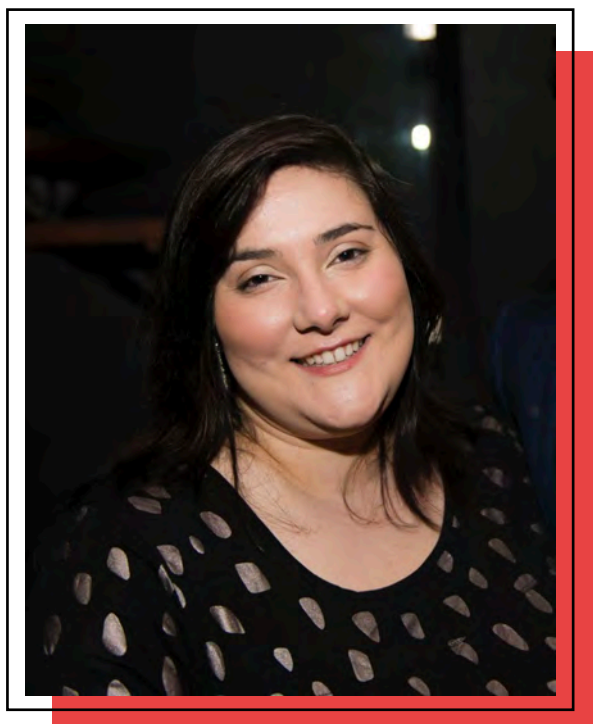
Whether it has been attending an event, organising one, or both, I have thoroughly enjoyed all of it. The AUDSS committee members are all dedicated to supporting and enriching your experience as a student. Please feel free to talk to any of us throughout the year if you have any questions, concerns or just want to have a chat!

***Calvin Wong***  
***AUDSS President***





# Vice President - *Bree Zaccardo*



DR BRIGHTSIDE

*Coming out of clinic and I've been doing just fine,  
Gotta call a DA because I want LA  
My patient's tooth has decay, how did they end up this way?  
Patient needed to floss. They just needed to floss.  
Now I'm getting consent, and all they want is a cap,  
But the tooth is half gone and it's just gonna snap,  
Now the pulp is exposed and my stomach is sick,  
And it's all in their head and they're wanting veneers but,  
Their 26 is dead now: Let it go.  
And they just can't look, it starts to bleed.  
I'm taking your tooth.*

*Dr. Bree, or at least soon I will be,  
Making some crowns and dentures,  
Finished with tutes and lectures,  
But it's still a year away,  
Destiny is calling me,  
Ready for the dentist life!  
I'm in BDS 5*

**H**i everyone, I'm Bree, a fifth year student and your Vice President for 2020. I'm excited to welcome you all to the dental school and hope that in 2020 the AUDSS can help provide a welcoming and inclusive environment for all students.

I encourage you all to make the most of your time in dental school. There are a range of activities that you can participate in to extend your knowledge and hone your skills but always remember to take time to enjoy yourself. The AUDSS has given me so many opportunities to improve myself academically as well as the chance to make some great memories at the various social events over the years.

I hope that as VP I can give back and help the next round of students benefit the same way that I have.

There are a number of AUDSS social media pages that you can follow for updates on social and academic events, giveaways, and most importantly: free food!

Please don't hesitate to reach out if you're finding anything confusing. We've all worked our way through the same content over the years and have likely felt similar levels of nerves to the ones you might be feeling in anticipation of beginning your course. I'm always up for a chat, and I encourage you to reach out to your peers and build both a support system, and some lifelong friendships.

***Bree Zaccardo***

***AUDSS Vice President***

# AUDSS Committee

## Secretary - *Esther Cheng*

**H**ello Freshers! I'm Esther, your AUDSS Secretary for 2020. As you can probably guess, I mainly handle the admin and behind-the-scenes, but I will always be here to help you out! Most of you may be feeling a little nervous about what's to come (whoever says they don't is lying). As a fourth year, I've got plenty of experiences to share. Here's what to expect during the first few weeks:

- **How to wash your hands 101** - I'm not joking
- **Fresher's Rooftop Party** - Celebrate the end of Week 1 with your new friends and meet your lit and lovable seniors!
- **Buddy Meet & Greet** - Come see your new 20-ish year-old parents who will guide your journey through the year
- **Camp** - Start saving up now to make fond memories far far away from uni
- Other activities to look out for include Sleep Out, pubcrawls and ball!

We'll keep you updated about up and coming events so you never miss out. Everything may seem quite daunting right now but I guarantee you'll easily make it through and wonder how you ever spent 3 hours learning how to look at teeth. If you see me around, don't hesitate to say hi! Wishing you guys the best in BDS/BOH - I look forward to meeting you all!



## Treasurer - *Alice Zhang*

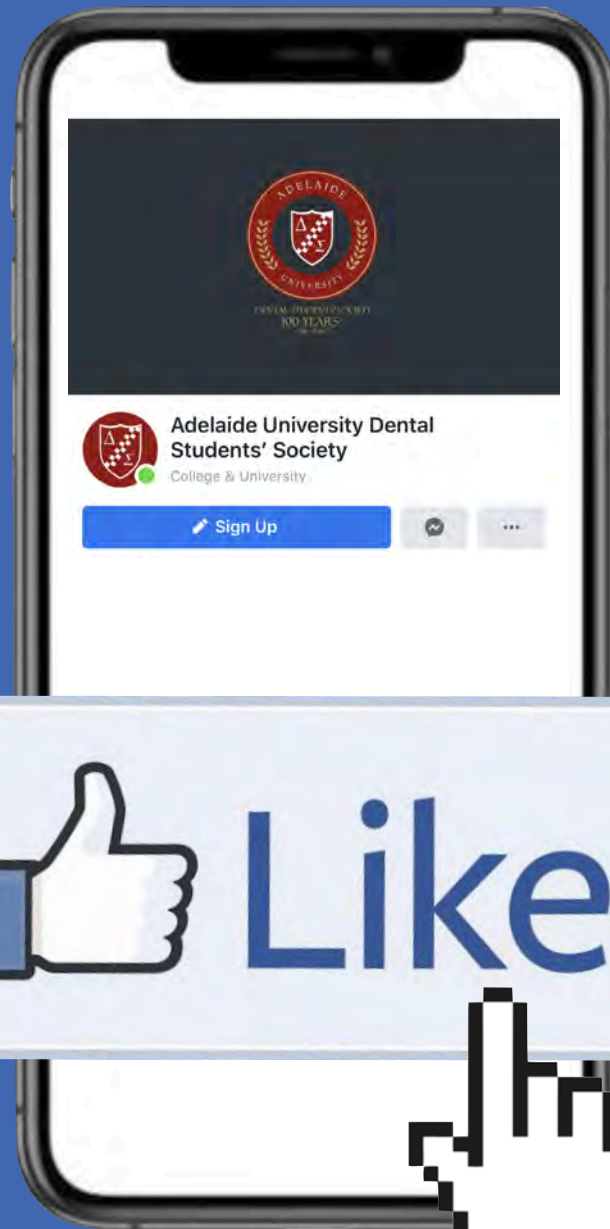
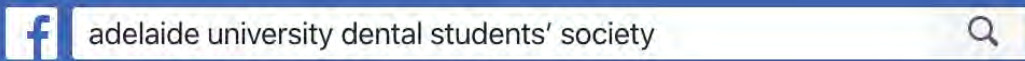
**H**ello first years!! Congratulations and welcome to your first year of dentistry and oral health! My name is Alice and I am the Treasurer for AUDSS this year. Essentially, my job is to budget and manage the organisation's finances along with reimbursements and collaboration with sponsorships and all other portfolios. This is all essential so you guys can enjoy your wild pub-crawl nights, along with other social and educational events such as workshops and talks given by professionals.

Moving in and adjusting to a new state or just a new course in general can be quite hard so I hope you are all settling in well. A perfect opportunity is to attend AUDSS events where you can meet many seniors who are always willing to help and guide you. Signing up for the buddy system is also a good idea as you can get paired up with two or more seniors who share the same interests as you and/or are from the same hometown.

Dentistry and Oral health can be quite challenging, however it is also rewarding and you always have the support of those around you, including myself. Good luck and I can't wait to meet you all throughout the year! Feel free to say hi if you ever see me around :)



# The AUDSS is now public!



Like and follow us on facebook for  
all the latest updates



# Save the

## February

21

Preclinical  
Crawl

24 - 29

O'week

## March

1

Freshers'  
BBQ

6

Freshers'  
Rooftop Party

13

Lawn  
Bowls

21

Buddy Meet  
And Greet

27-29

Dental  
Camp

## June

13-19

SWOTVAC

20-4

Sem 1  
Exams

## July

6

Mid Year  
Break

13

Sem 2 Starts  
(BDS4)

17

Research  
Day\*

20

Sem 2 Starts  
(BDS3)

27

Sem 2 Starts  
(BDS1&2, BOH)

## October

12-16

BDS5 Common  
Week

## November

31-6

SWOTVAC

7-21

Sem 2  
Exams

23-

End of Year  
Break

# Date 2020



## April

2

Insight Future Callings

3

Sleep Out

10-26

Mid Sem Break (BDS1&2, BOH1&2)

10-19

Mid Sem Break (BDS4)

27-1

Common Week (BDS5)

## May

1

Endo Rotary Workshop

8

Pubcrawl

23

Buddy Day 2

## August

15

Insight Amazing Raise

15

Dent Ball\*

29

Buddy Day 3

## September

11

Trivia for Timor\*

18

GV Black Pubcrawl

21-5 Oct

Mid Sem Break (BDS1&2, BOH1&2)

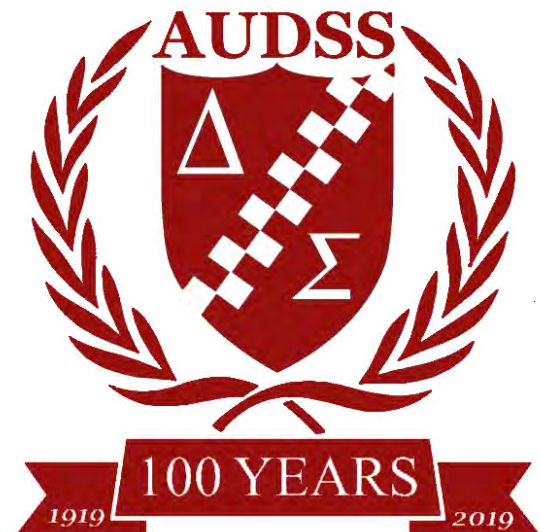
## December

3

Release of Results

7-18

Replacement Exams



\*Dates are TBC



**WE WANT YOU**  
**FOR PUBLICATIONS**  
**SEND US YOUR SUBMISSIONS NOW**

Contact us at:

[elaine.yu@student.adelaide.edu.au](mailto:elaine.yu@student.adelaide.edu.au)

[asvin.tyagi@student.adelaide.edu.au](mailto:asvin.tyagi@student.adelaide.edu.au)

[yannii.pouferis@student.adelaide.edu.au](mailto:yannii.pouferis@student.adelaide.edu.au)

or slide into our dms on Facebook



## Sponsorships - *Edward Jin* *Chris Wheate • Derrick Zhang*

**H**ey Freshers!  
Congrats on making it into dental school! I hope you'll all have a fun and enriching time throughout your course. I'm Edward, your Sponsorships Executive. I, along with Chris and Derrick, make up the team. You may not have realised that we have a sponsorships team (to be fair, I didn't either in first year) but here we are. So what do we even do? Well, if you like free things, we're your guys! Be sure to look out for any events we organise on Facebook to score your freebies. We also organise talks with our sponsors who go through important information such as dental insurance and tax – which may not matter to you now but in the future you'll be thankful for hearing! This is a brief rundown of what we do in Sponsorships but be sure to sign up as an AUDSS member to enjoy many more perks.



Enjoy O'Week and don't hesitate to talk your seniors! Welcome to dentistry, I hope to see you guys around soon.

## Marketing - *Sanjit Suresh* *John Daniel • Kevin Guo*

**M**y name is Sanjit Suresh and I'm a BDS4 who will be leading the marketing division of the AUDSS in 2020. Our team's job is to provide you with ample notice regarding all the amazing events which occur throughout the year (i.e. pub crawls, sleep outs, Student affair gils, etc) as well as putting together and designing some neat merchandise!!! We're also highly involved with developing the supporting design components of the awesome GILS and AAPDP events scheduled throughout the year. Whether that be the amazing goodies with your membership bag early in the year or creative pub crawl T-shirt designs - we aim to give you the student experience you deserve. The main aspects in which we are trying to develop this year is to get more MERCH (to what the budget permits :))- food crawls, lots of hoodies (its gonna be a good year if you like them!), etc. Moreover, we are aiming to get much more engagement with the cohort, get inputs and work as a wider collective team with the entire BDS cohort.



I won't be doing this alone however - I have an amazing team of hardworking and enthusiastic general committee members who will guide this team to success this year. You can see John (left) and Kevin (bottom) in one of our Skype calls to keep this boat from sinking!

# AUDSS Committee

## IT - *Andreas Ktoris* *Jaeyoon Shin*

**H**ello everyone! Congratulations and welcome to dentistry at Adelaide Uni. I hope you enjoy this year and attend many events. My name is Andreas and I am currently in 5<sup>th</sup> year. I've been known to dabble in gaming from time to time, mainly every night and early morning, and am an avid watcher of YouTube especially when exams are on the next day.

The role of IT to maintain the AUDSS website, a great source of information regarding news, events and learning resources, as well as helping manage the social media pages – which, if you haven't already, join the Adelaide BDS 2020-2024 on Facebook, a place for discussions, questions and future events.

If you see me around come say hello and best of luck with everything in the future!

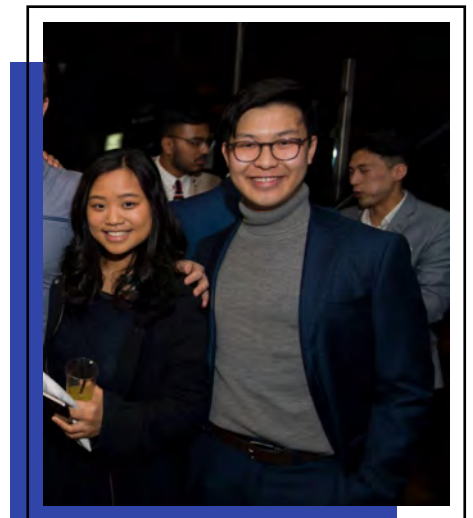


## Student Affairs - *Jeremy Lee* • *Coral Yeung*

*Nick Quirk* • *Fiona Guo* • *Russell Lee*

**H**ello Everybody. Congratulations on getting into the Adelaide School of Dentistry! We would like to extend a warm welcome to all of the first years and wish you all the best in your first step towards a long and fulfilling career.

The Student Affairs team for 2020 is made up of two executives: Jeremy Lee (BDS<sub>5</sub>) and Coral Yeung (BDS<sub>4</sub>), and a general committee consisting of Nick Quirk (BDS<sub>3</sub>), Fiona Guo (BDS<sub>2</sub>) and Russell Lee (BDS<sub>2</sub>). As part of Student Affairs, our team is here to help you with all of your academic and wellbeing needs. We run events, programs, talks and workshops throughout the year to supplement your curriculum and to help further your interest in any specialties. We also hold events and programs that promote and check in on your emotional well being as this course is tough...but worth it and better when done together with friends!



We strongly encourage all of you to look out for our events and get involved in our workshops as you get out what you put in in dental school! If you have any questions, concerns or just want somebody to have a chat with feel free to reach out to any of us. We look forward to meeting you all this year and don't be afraid to say hi if you see any of us around!





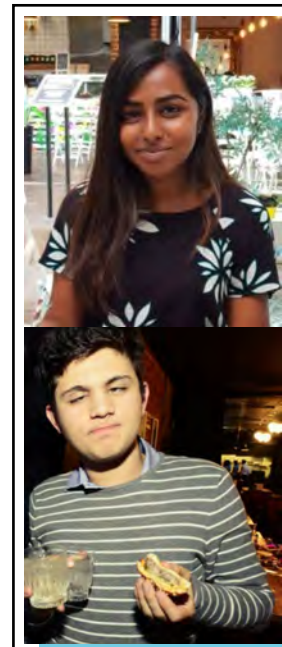
## Events - *John Bouras • Praveenaa Saravanamuthu*

*Akash Roy • Vatsala Bhatia • Michael Nguyen • Yousif Haddad • Andrew Chan • Will Yan*

Hey freshers, Praveenaa and I are your AUDDS Events Executives for 2020! We're in charge of all AUDSS events and activities. For those of you who don't know, there's a variety of events that will be hosted throughout the year. These include:

- Pub Crawls (where everyone wears a T-shirt with a density-related meme on it, and we walk around Adelaide's **premier** pubs and clubs)
- Grand Dental Ball (a particularly boujee affair: everyone gets dressed up in suits and dresses and sips on a combination of orange juice and sparkling white wine)
- Sporting events (these include basketball, netball and volleyball)
- Dental Camp (the perfect opportunity to get to know your Freshers cohort and other BDS students)

Recalling my first memories as a Fresher, the best way to meet new people and build lasting friendships is coming to AUDSS events. First year is stressful. Heck, the entire BDS is a challenging and demanding course. But the best way to decompress is to hang out with your friends, chill out and not think about teeth for a while... Hope to see y'all out this year!

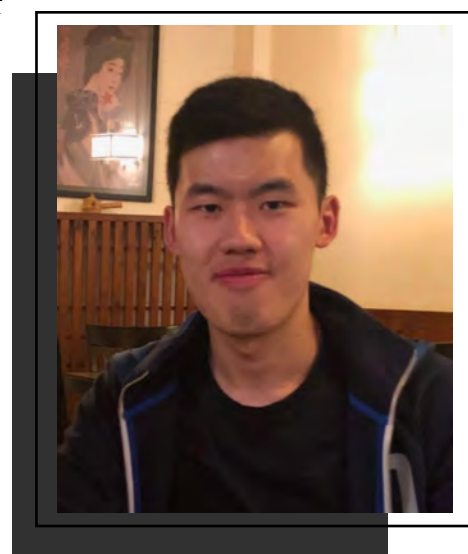


## Community Aid - *Derek Li* *Denise Yap*

Hi first years and welcome to dentistry at the University of Adelaide!! I'm Derek, a third- year dental student and your Community Aids Executive Officer for 2020!

Volunteering is the perfect opportunity to meet like-minded and compassionate people who share similar interests as you and be part of something more!

During this year, I will be organising our annual charity events such as **Sleep Out**, **Dental Awareness Week** and **Trivia for Timor**, where you can mingle with upper years and contribute to charities which matter to you. But wait there's more! Keep your eyes peeled for even more volunteering opportunities on the **AUDSS volunteering** page on Facebook.

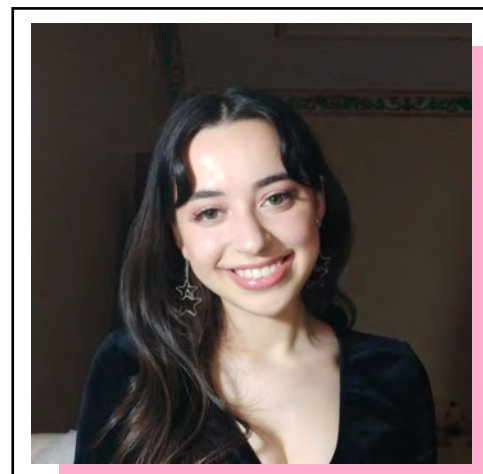


Good luck for this year, and don't hesitate to say hi if you see me around!!

# AUDSS Committee

## BOH Liaison - *Cassandra Cauchi*

**H**ello, congratulations on getting into oral health/dentistry! My name is Cassandra Cauchi and I am the BOH Liaison for this year. I am currently in my third year of oral health and this is my first time on the AUDSS committee. Although, I have been going to the dent crawls every year and supporting the AUDSS subtly (trust me, you should too). As a BOH Liaison, I hope to increase the amount of participation in the AUDSS amongst the oral health students and represent the students within BOH. It is a great opportunity to have this role as I get to provide a BOH perspective within the AUDSS committee whilst liaising with all students from BOH about upcoming events, lectures and general student information. I am looking forward to what this year has to offer for AUDSS and the amazing people I will get to meet along the way!



## ADSA Liaison - *Michael Olaco*

**I** am a third year dental student at the University of Adelaide, originally born in the beautiful city of Sydney. I will be your Australian Dental Students' Association (ADSA) representative this year. My passion for dentistry stemmed by the opportunity to contribute to the greater rural community, not only in Australia but in other countries too! My other passions include cooking, basketball and playing the guitar. I have a strong belief in embracing the uncomfortable as it promotes personal growth.

My goals this year are to increase awareness of the benefits of ADSA and increase engagement of Adelaide dental students. I also aim to promote ADSA to BOH as I believe that ADSA is just as beneficial to BOH as BDS. I am excited to face the challenges of 2020!





## AURHA Liasons - *Tessa Jensen* • *Pairavi Athithan*

**H**ey everyone!! We are Pairavi (BDS<sub>3</sub>) and Tessa (Honours) your 2020 AURHA Representatives!

AURHA is the university's Rural Health Alliance and encompasses all of the allied health disciplines. AUHRA hosts many events, such as Rural High School Visits (promoting career opportunities in health for rural students), Teddy Bear Workshops (visiting kindergartens to teach kids about their teeth) and the week-long Yalata trip to work in a remote Indigenous community. All of these offer you an awesome chance to get out and see some of rural SA and meet students from different disciplines. Also look out for our Dental Rural Careers Night later in the year, where we have some fantastic speakers sharing with us their invaluable rural experiences over a small dinner. It is completely free to sign up to, and a great chance for you to learn more about living and working in rural areas. So if you're interested to rural health, and wouldn't mind getting some free ice cream every now and then, head to our website: <https://www.nrhsn.org.au/aurha/register/> to learn more or send us an email at [dentistry@aurha.org.au](mailto:dentistry@aurha.org.au). We encourage everyone to get involved, and we look forward to seeing you around soon!



Pairavi



Tessa ->

## Insight Liasion - *Kawai Cheung*

**W**elcome to dentistry! I'm Kawai from BDS<sub>5</sub> and the 2020 dental officer for INSIGHT.

Insight is a registered student run charity organisation run by the Adelaide University Medical and Dental schools with a focus on improving global health inequality. Insight in conjunction with AUDSS aspires to promote awareness and understanding of health issues in developing communities, promote opportunities for active involvement within these communities and to raise funds for various projects to improve health inequalities. Insight aims to connect members to Global Health issues, and empower them through education, inspiration and hands on opportunities.

Our major 2020 dental events include **FUTURE CALLINGS** (guest speakers will share their invaluable experiences and opportunities about their recent overseas volunteer trips) and **AMAZING RAISE** (form teams and race around Adelaide solving cryptic clues and undertaking challenging tasks all for a good cause)

Finally, Insight is proud to sponsor 4 x dental students to partake in an overseas volunteer trip at the end of the year to Cambodia working with Cambodia World Family (attending Insight events are a must for selection!)

Have a fantastic year and get involved!!!!!!



# Welcome to Adelaide

**H**ello there freshers! Many of you are new to Adelaide and this article was written with you in mind - as more of a warning than a guide quite frankly, because once you're done with this list you won't want to leave this charming country town (despite the snide remarks from your East coast, big city peers). But fear not locals, there's no doubt something here for you too, because if there's one thing I know about Adelaidians it's that we definitely don't take full advantage of everything on our doorstep.

## 1. Dentcamp!

- ◆ I know, I know, not strictly an Adelaide thing, but hear me out – take the weekend to get away from your Uni woes and get to know the people you'll be spending the next five years with. There will also be an abundance of alcohol to help ease the process for the painfully awkward among you, but I'm sure you already knew *all* about that.

## 2. Fringe Madness

- ◆ You've come to Adelaide at the perfect time, from Friday 14<sup>th</sup> of February to Sunday 15<sup>th</sup> of March all manner of shows will be lining the streets of Adelaide for the 60<sup>th</sup> annual Fringe Festival – Comedy, drama, music, magic and everything in between, Fringe transforms Adelaide into the arts capital of Australia – this is not to be missed!

## 3. Hahndorf & Beerenberg

- ◆ A match made in Adelaide – A quaint little German village in the Adelaide Hills and a

family run farm with condiments that should really be classed as schedule 8 drugs because they're so addictive. Go for the platters of food at the various cafes and stay for the strawberry picking at Beerenberg. If you say you've come back to Adelaide with hands unstained from the dozens of strawberries you've scarfed down, you're definitely lying.

## 4. Eat your way around Adelaide

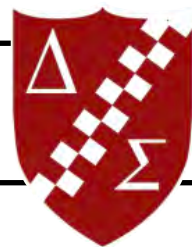
Put down your Uber Eats and take advantage of your resident dental students / foodies and see what the Adelaide food scene has to offer

- ◆ Follow them on Instagram at [@tldr\\_food\\_adelaide](#) and [@eatwithkawai](#) to keep up to date with the latest.

## 5. The Rhino Room

- ◆ If you haven't had your fill of laughs after the Adelaide Fringe head down to the local comedy club – support the Adelaide comedy scene and see some of your favourite acts from Australia and abroad.





## 6. Enjoy the scenery

Adelaide has an abundance of insta worthy gardens and hiking paths, go to any of the following to get your fix, junkies.

- ◆ Adelaide Botanic Gardens
- ◆ Mount Lofty Botanic Gardens
- ◆ Himeji Gardens
- ◆ Morialta Falls
- ◆ Belair National Park
- ◆ Barossa Valley

## 7. Learn from my mistakes and don't be the designated driver for all your friends

Take a bus down to one of Australia's most famous wine regions and enjoy the fruits of our labour. While you're on the way check out the whispering wall, it's good for a laugh between friends.

## 8. Glenelg

- ◆ Catch the tram down to our most popular beach and swim with dolphins, go for a walk along the pier or eat ice-cream at any of the dozen dessert bars along Jetty road.

## 9. Lions and Tigers and Bears, Oh My!

- ◆ Something for all you animal lovers out there - check out the menageries at Cleland Wildlife Park as well as the Monarto and Adelaide zoos. You're an Adelaide local now and it'd be criminal not to take a selfie with our resident pandas (Wang Wang and Funi) like the rest of us did on our compulsory school trips.

## 10. Rounding out the top ten we have Kangaroo Island\*

Take the Jarvis bay ferry (90 minutes south of Adelaide) or a short flight to get there and spend a relaxing weekend away from Uni life.

- ◆ While you're there, stroll with some sea lions in Seal Bay Conservation Park, eat some incredible seafood or just walk through one of the beautiful hiking trails KI is known for.

\*KI is currently being affected by bushfires, check online for relevant travel information

*Yannii Pouferis*  
*Publications General Committee*

**Barossa Valley**



# Final Words



**S**leepOut 2020 is happening again on the 3<sup>rd</sup> of April! The AUDSS annual event, for the 8<sup>th</sup> year, is taking place in the Atrium from 7p.m. on the 3<sup>rd</sup> to 7 a.m. on the 4<sup>th</sup> of April.

SleepOut is an event which aims to raise awareness and fundraise for the Common Ground Dental Clinic and Community Outreach program. The Community Outreach Program is an opportunity for those experiencing homelessness or those in need to obtain free dental care at the community-funded Common Ground Dental Clinic.

There'll be games, entertainment and loads of fun throughout the night, and this is your chance to take part and experience what it means to be "sleeping out". This is also a time to mingle with different years! Hope to see you there!

**Derek Li**  
*Community Aid Executive*

## ***A Warning from a Wisened Fourth Year (who shall remain anonymous)...***

**H**ey y'all welcome to one of the most gruelling but rewarding courses offered at UofA. While I'm sure you will all start flexing on us at camp how you are now CEO of inserting cotton rolls, maybe take some sim and clinic advice from a senior who has done it all before:



1. This is not the place to become Tik tok famous; your tutor will roast you. (Ref: personal experience)
2. Your timetables will just get worse as the years go on so if there's a time to get absolutely *jacked* at the gym to impress your patients; it's this year
3. Your tutor (and the rest of us) have also seen and heard it all before. We know it's a booty call, not your mum.
4. Don't throw your classmates under the bus; everyone hates the snake more than the idiot

# Clinic



# FASHION Edit

1

## Blue Clinic Coat

ALWAYS ALWAYS ALWAYS  
make sure it's ironed AND  
clean.



2

## Closed toe shoes

We say NOT TODAY  
to sharps injuries



3

## Clinic Pants

Over the knee.  
No skirts, no  
rips!



4



## Loupes

Really helpful, especially going  
into BDS 3/4 for Endo and Fixed  
Pros. Find a pair that best suits  
you and consider your  
ergonomics! @DrAnikoBall



5

## A Smile!

As they say, your  
smile is your best  
accessory. Your  
patients want to trust  
you, it's best not to  
look closed off.





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Semester One

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2020

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