

# PAPER

SUMMER 2022

FRESHER'S EDITION



**FRESHERS  
WELCOME TO DENTISTRY**

# POINT

2022 Fresher's Paperpoint

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2022 Fresher's Paperpoint

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# patron Welcome

## Patron- Dr Anna Murray

On behalf of myself, the AUDSS and the Adelaide Dental School, I would like to warmly welcome you to the beginning of your career in Dentistry and Oral Health. The community you are joining, both here in Adelaide and throughout the world, is a great one. You have already shown exceptional decision making in choosing this path!

My name is Anna Murray and it is my very great privilege to have been asked by the committee to act as patron of the AUDSS for 2022.

Like many of you, I am not a native of Adelaide. I grew up in Ireland and I studied dentistry at University College Cork.

After graduating with my BDS in 2003, I did an optional, but very worthwhile, year of supervised practice (called vocational training) and in 2004 I moved to London and worked in an NHS practice for 2 ½ years. I then worked in Dublin for 12 months and emigrated to Sydney in late 2008. After a year in Sydney, my husband and I figured out that we would never be able to buy a house so we upped sticks to Adelaide. I have worked in private practice since then, and I am still working one day a week in the same practice that I joined in 2011.

I am also in a similar position to you all, as I am currently studying – I completed a Graduate Certificate in Clinical Education in 2021 and am beginning the Graduate Diploma this semester. Who knows, I might go nuts and manage a Masters eventually!

Outside of dentistry, I have 2 children, 2 cats and a dog (and still the husband too), who between them, manage to commandeer most of my time. I am very grateful to live in one of the most beautiful cities in the world (as far as I'm concerned) with beaches, hills and vineyards within an hour of my front door.

Dentistry has been an incredibly rewarding career for me. It gives you the opportunity and the privilege to make a real impact on people's lives. All of you will choose different pathways through your lives and your careers, but your capacity to bring positive change to those around you will be the constant. You will get back what you put in, and I know you are all ready to give it your best shot. Reach out to your colleagues, your tutors, your coordinators. You are surrounded by people who will be your friends for life, mentors and advocates, who have all been where you are now – right at the beginning. Get involved in student life. Work hard, make time for your pursuits outside of study and relish your time in university. This is it!





# AUDSS Committee

## Publications Team

### **Executive Officer- Jingyang Li (she/her)**

Hello freshers and welcome to the AUDSS! Congratulations on earning your position in the dental surgery or oral health program!

I am Jingyang Li, 4th year dentistry student, and the 2022 AUDSS Publications Executive Officer (a mouthful, but you'll understand what these mean soon enough!). You are currently reading Paperpoint, one of our (hopefully) many emagazines that Publications publishes, including The Articulating Paper and The Probe. Publications is also responsible for the world-renowned dentistry podcast, *AI Dente* (find us on Spotify, Apple Podcasts, and Google Play!).

I am an Adelaide local, but if you are part of the majority of dentistry students who are not, I hope you enjoy this issue of Paperpoint where we share an ultimate guide to Adelaide (SA beaches are not joking around and you'll learn why we are the wine state), how to adapt to Adelaide, tips on how to save money as a broke dental/oral health students (no one can ever prepare you for how expensive plastic teeth are), a BDS1 bingo, where to eat in Adelaide (and debrief after a traumatising sim clinic or clinic session), and how to navigate all the acronyms we use!

After you read through all that, keep an eye out for our first *AI Dente* episode of 2022, with Mr President and Mrs Vice-President of the AUDSS!

I warmly welcome you to the AUDSS and I hope you are excited to start this incredible new chapter!

- Jingyang Li (she/her)



# AUDSS Committee

## Publications Team

### General Committee:

**Dalena Ly (she/her), Ella George (she, her)**



Hello first years! Congratulations on being here and welcome to our BDS program! I'm Dalena Ly (she/her) - a BDS3 student from Sydney. I'm also part of the AUDSS 2022 Publications General Committee, where I'll be working with Jingyang and Ella to bring you many more of these exciting publications throughout the year. First year may seem chaotic but take advantage of the resources around you, like our publications, to settle in. We'll do our best to give you all the fun and information to familiarise yourself with this new environment so feel free to talk to us to get involved or just say hi 😊



Hiya! My name's Ella and I'm in BDS2. This year I'm part of the Publications committee, so I help write the magazine and you'll hear me on the *Al Dente* podcast. Originally from the U.K., I've been an Adelaide local for almost 15 years. If you're new here, welcome – there's a lot beneath the surface of this quiet city and I hope you grow to love it as much as I have!

To all our freshers: firstly, congratulations on your acceptance to BDS/BOH! You have a lot to look forward to. My advice: form good relationships with your tutors, learn the basics well, and don't be afraid to ask upper years for guidance (we really don't bite – bad for your teeth).

Best of luck for 2022 and please come say hi!



# AUDSS Committee

## **President- Derek Li Kwok Cheong (he/him)**

Hey Freshers! Welcome to the Adelaide University Dental Students' Society (AUDSS)! Congratulations on getting into the BDS/ BOH program! I am Derek, your 2022 AUDSS President and a current BDS5 student.

Established in 1919, the AUDSS has long been representing Bachelor of Dental Surgery (BDS) students and, more recently, Bachelor of Oral Health (BOH) too. We are an organisation that strives to enrich university life and experience, enhance student learning, welfare and support. We provide opportunities for our students to make friends, relax and most importantly have fun!

It might be scary stepping into a whole new world this year, but I am sure that all of you will get the hang of everything. Enjoy all that AUDSS has to offer, and cherish your university life - it goes by in a flash!

Join our Facebook group and like our page for updates on our events throughout the year. There are plenty of social and academic events already planned with many opportunities for you to work with the wider community. A few events are coming up soon; Fresher's BBQ, Traffic Light Party and Dent Camp!

If you do see any of us around, please don't hesitate to approach us with any queries, or just for a chat! Don't be afraid to say hi to me if you see me around, I am looking forward to meeting all of you! :)

Best of luck for this new journey, and hope to see you around!

- Derek Li Kwok Cheong (he/him)



# AUDSS Committee

## Vice President- Scarlett Kim (she/her)

Hi Freshers! Congratulations to you all for getting into BDS and BOH. I am Scarlett, a 5th year BDS student, and the Vice President for 2022. Derek and I will be working together along with our amazing committee to make 2022 an enjoyable experience for everyone.

To some of you, this might be your first uni experience, to some others perhaps your second or even third. Regardless, it's a big step forward and I know it can be quite nerve-wracking at first. But believe me, time flies and you'll all get the hang of it very soon. You are about to meet the people with whom you will travel through the thick and thin of dentistry together, whether it be trying to sort out your natural teeth using your newly acquired tooth morphology knowledge or ranting about your latest sim clinic session.

We'll be here for you throughout your transition process, so feel free to reach out to us just about anything! Can't wait to meet you all at upcoming AUDSS events, AHMS or just down Rundle.

- Scarlett Kim (she/her)



## Secretary- Denise Yap Deni

Hi Freshers! I'm Denise and I'm the AUDSS Secretary this year. As you would expect, my role mainly involves behind-the-scenes work and correspondence.

Starting anew in a new course or new state/country can be quite a challenge. I remember coming to Adelaide from Singapore when I was a freshie myself, and it was honestly quite daunting. Nevertheless, it was the most exciting change in my life and I looked forward to my next few years here in this beautiful tranquil city.

AUDSS events are amazing to meet many like-minded students and seniors, and maybe even catch up with your high school friends! Personally, I felt that they have helped me ease into university life and become a "home away from home". We have a spectrum of activities, from professional workshops covering academic and clinical development, to pubcrawl party nights to unwind and mingle with your peers. BDS and BOH are challenging; and with the continuously changing COVID world which we live in, it can be tougher with all the uncertainty. You will always have the support of those around you, your coordinators and seniors, including myself. Wishing you all the best in your BDS/BOH journey, and feel free to say hi if you ever see me around! :)

- Denise Yap Deni



# AUDSS Committee

## Roderick Choi- Treasurer

Hey guys! Congrats and welcome to the BDS/BOH program. I'm Roderick, the AUDSS Treasurer for 2022, and a 2nd year student in BDS. My job as treasurer is to oversee and manage all AUDSS funds so that we can host many awesome social and academic events for everyone. I hope you are all super excited to begin your journey here in Adelaide!

Being a fresher myself last year, I can tell you- first year is super fun and I think you guys will really enjoy it! For some of you, moving from another state or country may seem daunting and new at first, but remember the friends you make going through your journey of dentistry will feel like family. Make sure you guys balance out study and having fun- go to as many events as you can to chill with friends, network + meet new people!

You guys will probably see me at many of the events this year, and I'm very keen to meet you all! Once again, congratulations and welcome!

- Roderick Choi



## Sponsorships- Derrick Zheng (he/him)

Hey everyone! I am Derrick, a fourth year dental student and your Sponsorships Executive for 2022. Congratulations on making it here, whether you are beginning the dental/oral health program or returning for another exciting year.

The partnerships team remains engaged to bring all students the benefits the dental society can offer. As we all come out of the worst of these strange times (touch wood), the team hopes to contribute to providing a good balance of education and entertainment throughout the year. This is done through collaborating with numerous partnerships which fund our many events, from academic talks to social outings as well as delivering industry services. They will support your time here in the dental school and may even be relevant to you afterwards.

Be sure to keep your eyes peeled for these opportunities during the year and build long friendships and memories along the way!

I look forward to facing these tasks and my lovely team members, Eda So and Shane Park will be there to help. We are always ready for an easy chat and we wish you all the best in the year ahead!

- Derrick Zheng (he/him)



# AUDSS Committee

## Events- Matviy Zhylikhovskyy, Annika Ramesh

Hello, my name is Matviy Zhylikhovskyy, and I am the 2022 Events Co-Executive, alongside Annika Ramesh.

Together with Annika Ramesh and the Events General Committee, we aim to bring exciting events for the entirety of the BDS and BOH cohort.

A few of our biggest events to look forward to include:

- Freshers BBQ: as one of the first events of the year, which is a great chance to meet everybody and embark on your dental school journey together!
- Dent Camp: arguably the best event of the year. Expect day trips to the beach, boat racing at night, and of course, plenty of mimosas
- Grand Dental Ball: our fanciest event of the year, so get your dresses and suits ready
- AUDSS sporting events such as soccer and dodgeball
- Pubcrawls: drink specials and dancing? What more could you want!

Congratulations to everyone who made it this far, and good luck on your new journey.

Pls follow me on insta for fire dental advice @[redacted] #shamelessplug

P.S. Ask Chris Wheate for his Anki cards, with peace and love.



## Community Aid- Renya Nambi (she/her)

Hey Freshers! Welcome to the AUDSS family!

I am Renya, a fourth year BDS Student, and the Community Aid Executive for 2022.

The Community Aid portfolio aims to give back to the less privileged by hosting a few fun events throughout the year, such as an annual SleepOut and Trivia for Timor. There are also various volunteering opportunities available throughout the year. If you also share a passion for meeting new people and in giving back to the community, you can support the community aid portfolio by being a fundraiser yourself or even by attending our events throughout the year!

Volunteering opportunities will be made available through the AUDSS Facebook volunteering page. Additionally, the Community Aid portfolio aims to increase dental awareness to the general public through our annual Dental Health Awareness Week.

I am from Melbourne, and I remember it being quite scary when I first started university, away from home and not having familiar faces around me. I'm sure a few of you guys are in the same boat- AUDSS definitely made my transition into university much easier. Eventually, you'll survive first year in Adelaide, which I'm sure you'll find is an amazing city! Feel free to shoot me a message if you have any questions or say hi if you ever see me around :")

# AUDSS Committee

## Student Affairs- Sukhmani Dhillon, Brendan Nham

Hey Everyone!! We are super delighted in welcoming you to the very first year of dentistry and oral health!

The Student Affairs team for 2022 involves two executives: Brendan Nham and Sukhmani Dhillon, and a general committee consisting of Alexander Giannopoulos, Daniel Lim, Georgia Gates, Keru Lau, Vatsala Bhatia along with many others who are also a part of the team!

Student Affairs team is primarily responsible for looking after your educational needs and mental wellbeing. With many challenges one may face at university, our goals are designed to ease your transition whilst also helping you to stay motivated for your studies.

Some of the key highlights to look forward to include:

- Buddy Day program: - A mentorship system designed to help connect students from different year levels together to socialize, share tips and answer any questions that you may have
- Group and Individual Learning (GILs) and Workshops: - Student-run tutorials and/or practical sessions hosted by senior students to help supplement the theoretical components of the university coursework
- R U OK Day and Mental Health Awareness Week: - Help promote the importance of mental with the added opportunity to connect with other students

We cannot wait to meet all of you and if you have any questions, concerns or someone to chat with feel free to reach out to any of us!



## IT- Doug Lam

Welcome to the world of dentistry Freshers! My name is Doug Lam (BDS4) and, along with my committee member, James Paik, we maintain the tech-related aspects of the AUDSS including the website, Discord server, and event ticket/merch sales. Most of our work is done behind the scenes screens, but we'll definitely see you all at events!

When you receive your membership bags, there will be a QR code that links you to the various AUDSS social platforms including the Discord. We'll be planning AMAs (ask me anything), occasional giveaways, and gaming nights so make sure to join!

My main tip for the Fresher's is to organise your notes/lectures according to topic. For example, some of the first year BDS topics will include, Bone, Masticatory System, Oral Ecosystem, and Population Health. The more organised your notes are, the more effective and comfortable your revision process will be for exams! Good luck with first year and remember to have a good time!

# AUDSS Committee

## **BOH Liasons- Ronan Young (he/they), Edward Miller (he/they)**



Moshi Moshi, I'm Ronan Young, BOH2, this is currently my 4th year at university, having previously done 2 years of HMS, in that time I've thrown myself in the university campus culture becoming president of the Filipino club, and the Adelaide Sustainability association, earning 2 best events at the AUU and successfully holding the first sustainable ball in elder hall. With all this in hand I urge you to become a member of the AUU and clubs for a ton of free events and get the most out of university. Currently I'm involved with SUN and ADOHTA, continuing my passions in health and sustainability. So, if you'd like to get in touch, you can generally find me around campus events with the AUDSS and AUU, facebook or Instagram @Ronjy12 and through the AUDSS contacts. I hope to see you all making the most of this year.

- Ronan Young (he/they)

Hello everyone (BOH and BDS)! My name is Edward Miller and I am one of the BOH Liaison's for 2022, I am just beginning my third year of BOH and second year with the AUDSS. I hope that I can assist to provide an inclusive environment for all students of the dental school to get involved with the AUDSS and get to know some of our future coworkers and create friendships. As well as many great events and activities that are there for us to make the most of university life while we are here! (Like pub crawls and the traffic light, dent camp! Both fun and educational ones as well. Although I may not have all the answers I am always here to help! I am hoping to increase the participation and involvement of BOH within the AUDSS to create more of a team environment like we will all be part of when we graduate!



Good luck to you all and I look forward to seeing you around, say hey if you see me or hit me up if you need!

- Edward Miller (he/they)

## **Insight Liason- Dalena Ly (she/her)**

Hey first years! I'm Dalena Ly (she/her) – a BDS3 student from Sydney. You may know me as part of the AUDSS 2022 Publications General Committee but I'm also Insight's Dentistry Officer for 2022. Insight Global Health is a charity group, run by the Adelaide University Medical and Dental Schools with the aim of spreading awareness of global health injustices, increasing community engagement, and helping alleviate health inequalities. Alongside the AUDSS, Insight's Dentistry portfolio aims to involve dentistry and oral health students by creating education and outreach opportunities through events such as Future Callings (where you can hear speakers share their invaluable experiences from their volunteering trips), Amazing Raise (where, like the show, you team up to play games, solve clues and explore Adelaide to win prizes and contribute to a good cause) and other events (e.g., bake sale). In first year, it can be hard to branch out to find your interests or make friends so keep an eye out for Insight's announcements to learn how you can connect with like-minded individuals and help address issues like refugee and Indigenous health. Good luck for the year ahead and feel free to talk to me to get involved or just say hi 😊





# AUDSS Committee

## AURHA Liason- Sianan Price (she/her)

Hi First Years!

My name is Sianan Price (she/her), and I am your Dental Representative for the Adelaide University Rural Health Alliance (AURHA). I am in BDS 3 and I am from rural Victoria originally and moved to Adelaide to study.

AURHA is a student run committee that prides itself on celebrating Rural health. AURHA is one of 29 University rural health clubs from around Australia that together form the National Rural Health Students' Network. Membership is free and not exclusive to students from rural areas. I strongly encourage anyone with any interest in rural health to become a member and come to some events throughout the year.

Events ran by AURHA include the teddy bear hospital visit and rural high school visit to schools throughout rural South Australia and are an amazing opportunity to travel around SA, there is also the major social night, Escape with AURHA.

I will be running a few nights that are focused on rural oral health, hearing from professional in the field and their experiences.

I look forward to meeting you, I will be at plenty of AUDSS events throughout the year and you can always email me at [sianan.price@student.adelaide.edu.au](mailto:sianan.price@student.adelaide.edu.au) for more info!



## ADSA Liason- Zoheb Mohammed

Hi everyone! I'm Zoheb, a second year BDS student and I will be your ADSA (Australian Dental Students Association) Liaison Officer for 2022. Congrats for making it into the Dentistry course and taking your first steps into your new dental career. Originally from Melbourne, I know it can be daunting starting off in a brand-new city but one thing which really helps ease you into your new lifestyle is meeting new people and attending as many events as possible in your first year and as your ADSA rep this year, I hope to introduce you to many opportunities you can hopefully seize.

ADSA is a national organisation that supports oral health and dentistry students throughout the year, offering a range of services that I hope to be showing off to you all. As your ADSA rep, I'm here to represent your needs and wants to the national dental students' society as well as bring to you all the events ADSA puts on such as the Blood Drive, an assortment of ADSA talks, RU OK Day and the annual ADSA Convention. ADSA also offers various volunteering opportunities for students such as the Dental Outreach Program where you can take a trip down to several rural towns where you raise awareness about the impacts of oral health in primary schools.






# ADELAIDE

*The ultimate guide for new arrivals*

*by Ella George*

Welcome to Adelaide, the traditional home of the Kaurna people. Nicknamed the 'City of Churches', Adelaide is a contrast of modern architecture and grand old buildings, surrounded by leafy hills and white beaches. The city comes alive as a cultural hub during March and produces many of Australia's most famous wines. The climate here is quite varied - dry and extremely hot during summer, reaching temperatures in the mid-forties, and cold and drizzly in the winter. Bring all your layers! While Adelaide's city centre may be small, South Australia has so much to offer and I hope this guide can be of some help as you take advantage of our state. Enjoy your next 5 years here!

## Key Locations

-  The City
-  North Adelaide
-  The Hills  
*Urban Adelaide is a very short drive from the countryside. Check out the charming towns of Hahndorf and Stirling, or go fruit-picking!*
-  Gilles Plains  
*Where you'll spend first-year clinic*
-  The Beaches

## Transport

All of Adelaide's public transport is accessed via a metroCARD, available for purchase at newsagents. University students are eligible for the green concession card, which costs \$3.50. Buses, trains and trams have the same cost: \$1.95 during peak hours and \$1.05 in off-peak times. The city connector buses (99A, 99C, 98A and 98C) take you around the CBD and North Adelaide free of charge. The tram is free within the CBD and to the Entertainment Centre! Ubers and taxis are also available in metropolitan SA, with varying costs.





# Beaches

## Glenelg

Adelaide's main beach, Glenelg has it all: white sand, restaurants, and shopping. Check out the Moseley Beach Club during summer months!

## Henley

Super close to the CBD, with great food and drinks.

## Brighton

The quietest of these three; perfect for a day to relax. The long Brighton Jetty is ideal for fishing.

# Culture

## Art Gallery and Museum

Both located on North Terrace and free to enter.

## Zoos

Adelaide Zoo, nestled in the parklands between the CBD and North Adelaide, is home to Australia's only giant pandas! For a wilder experience, travel to **Monarto Safari Park** around 45 minutes out of Adelaide, or hand-feed kangaroos at **Cleland Wildlife Park** in the Hills.

## Adelaide Oval

Known simply as 'the Oval', this is Adelaide's premier sporting location: Home to two AFL teams (the Adelaide Crows and Port Adelaide), cricket, concerts and functions.

# Nightlife

## Bank Street Social

An urban underground bar with a focus on local.

## Lion Arts Factory

Located on North Terrace, Lion Arts is a great spot to catch some live music or just enjoy a night out.

## Rocket Bar & Rooftop

Nightclub with an outdoor bar above.



*The Moseley Beach Club, Glenelg*

# Outdoors

## Mt Lofty

Adelaide's tallest mountain may not be the most impressive title, but Mt Lofty is a short journey from the city and provides phenomenal views from the summit.

## Adelaide Botanic Garden

Located right next to university and perfect for a picnic.

## Belair National Park

Get up close with nature on the many walks around Belair! Arrive at dusk to really see the park come alive.

## Morialta Conservation Park

Visit in the cooler months for stunning waterfalls.

# Shopping

## Rundle Mall

A boulevard running parallel to North Terrace - you'll get to know this one well during your time at uni!

## Harbour Town

Snap up a great deal at Adelaide's only outlet shopping centre, containing Calvin Klein, Tommy Hilfiger, Coach and more.

## Westfield Marion

Adelaide's biggest mall. The Event Cinema here is probably our best.

## Burnside Village

Premium brands conveniently located just east of the CBD in leafy Burnside.

# Festivals

## Adelaide Fringe

The biggest arts festival in the southern hemisphere spreads across Adelaide in February and March. The Fringe is a celebration of comedy, theatre, music and cabaret.

## WOMADelaide

This iconic music festival in the Botanic Park celebrates its 30th anniversary this year!

## Spin Off

The indie music festival plans to return in July.

## OzAsia

Running in October and November, this festival includes the Lucky Dumpling Market and the Moon Lantern Trail.



*Vivonne Bay, Kangaroo Island*



*The d'Arenberg Cube, McLaren Vale*

# Wine Country

## Barossa

The world-class Barossa is around an hour north-east of Adelaide, known for Shiraz and picturesque cellar doors.

## McLaren Vale

Vineyards and beaches! Stop here on your way down south to the Fleurieu Peninsula.

## Clare Valley

The home of Australian Riesling, situated in the north and a 90 minutes by car.

# For the Long Weekend

## Fleurieu Peninsula

Less than an hour south of the city, the Fleurieu encompasses a range of holiday locations, most famously the Victor Harbor-Goolwa strip. Here, visit the fairy penguins on Granite Island, catch a ride on the heritage Cockle Train, and don't forget to grab a doughnut at the renowned Port Elliot Bakery! Also in this region are the sleepy beach town of Normanville, perfect for a tranquil coastal getaway, and Second Valley, a small cove known for its breathtaking natural surrounds and water activities such as scuba diving, kayaking, and snorkelling.

## Kangaroo Island

Sadly the island has been hit hard by bushfires over the past few years, but is recovering well and very welcoming to visitors. Drive onto the ferry, set up a base in Kingscote and explore all the island has to offer! Navigate your way to the hidden beach at Stokes Bay, settle down for a gin & tonic at KI Spirits, take a walk through Flinders Chase National Park and drive onto the beach at Emu Bay.

## Flinders Ranges & Outback

Camping more your thing? Approximately 5 hours from Adelaide by car, the Flinders Ranges are a vast expanse of rugged mountains and rocky desert. Further still into the heart of Australia, you'll find Coober Pedy: a surreal labyrinth of an underground town known for its opal production.





# ADAPTING TO ADELAIDE

To the many freshers new to Adelaide, a big welcome! Being an interstate student myself, I've experienced firsthand the struggles that come with studying for a new degree in a new university in a new city all alone. It may seem overwhelming and intimidating initially but I'm sure you'll be able to settle in and familiarise yourself with everything this small and cozy town has to offer - as have I. Being in your shoes a few years prior, I felt more at ease after hearing advice from seniors, who had previously been new to Adelaide, and I'd love to do the same to you freshers to make sure your first year is as enjoyable and smooth-sailing as possible. In the spirit of reflecting on my experiences, here are 10 tried-and-true pieces of advice to help you out. So, from one non-Adelaidean student to another, give yourself time, go with the flow and enjoy the adventure along the way. I know you'll make it!

DALENA LY

## 01 Homesickness

What comes almost immediately after arriving here (and reappears throughout your time here) is reminiscing about your family and friends back home, the homecooked food, the familiar sights in the neighbourhood etc. In times like this, remember that you aren't alone in feeling this, which is why there are so many support systems in place, including your classmates (many of whom are new here too), buddy programs, and AUDSS events, so do take advantage of these!

## 02 Finance

If you're new to living alone, it can be hard to juggle expenses (especially the expensive school equipment like loupes, instruments, teeth etc.) Thus, it's essential to budget and stay on top of your finances through apps, spreadsheets etc. If you want to work for some extra cash, ensure you still have time for schoolwork and can balance the responsibilities of both. In my opinion, a DA job could kill two birds with one stone - you get money AND dental experience!

## 03 Weather

If you haven't experienced it already, Adelaide weather is as stable as your sanity levels will be throughout this degree. It changes rapidly, sometimes within one day, so be sure to stock up on clothes for both freezing and sweltering temperatures.

## 04 Socialising

You'll (hopefully) be spending the next 5 years of your life with this cohort so why not get to know them now? Making friends in the cohort will help ease the homesickness and make this degree much more enjoyable. The best way to do this is by joining committees, going to events (shameless plug for AUDSS events, which include pub crawls, dent camp), making use of the many opportunities for group work to know your peers and attending your classes. You'll also get to know the staff with each class you take and by asking questions in class.



## 05 Living

It's easy to rely on instant noodles and takeaway but remember to fuel yourself with proper nutrients to maintain good health (and oral health 😊) and save your bank account. Research recipes online to practice, ask your family for recipes and explore the grocery shops around you (e.g., Woolworths, Coles, Central Market, Chinatown etc.) to make cooking easier. Speaking of good health, building a habit (e.g. by habit tracking, scheduling etc.) to keep your place clean keeps the germs and dust at bay and decreases the stress that comes with cleaning the mess that piles up overtime (you'll thank yourself later)

## 07 School

As if balancing your life in a new city is hard, staying on top of school will be a struggle too! Know the course (e.g. grades, weightings etc.) by understanding the yearbook and course outlines. Keeping up with lectures may seem challenging but knowing what study techniques work best for you (e.g. flashcards, Feynman technique etc. and if you don't, experiment!), going to classes (and to further engagement, ask questions!) and knowing your ILA inside out (this is the backbone of your lectures) helps a lot. If you need more assistance, the AUDSS Student Affairs team has many resources like GILs and there's always your seniors, lecturers and peers too!

## 09 Transportation

Knowing the transport systems of Adelaide will help you explore the city and get around quicker and easier. Research online and ask locals about the transport system (prices/times etc. for buses/trains etc.) and if you have the luxury, consider getting a car, if you need to. You'll be frequenting the city often for school so, note that there is a free tram running within the city (which you pay for if you get on/off outside the city area) and consider buying a concession metrocard (which university students can use to pay cheaper travel fees, compared to an adult one)

## 06 Exploring

Within the first few weeks of light workload (it'll get worse as the degree progresses), explore Adelaide by researching, asking peers and the locals, and simply walking out yourself! Note the restaurants, shops, sights, study areas, events and more going on – you'll be frequenting these places throughout your time here. To help you, this issue of Paperpoint contains an article by our AUDSS Publications General Committee member Ella George, who, as a well-versed Adelaidean, has collated all her knowledge and experiences on the best places to visit to make the most of your time here - refer to her for advice and you won't go wrong!

## 08 Self-care

It can be easy to balance all these new changes and forget about yourself but if anything, taking care of yourself is the most important task you have and will help you handle the changes even better. Feeling stressed and burnt out will be a familiar feeling and the best ways to deal with this are to just step away from work to relax by engaging in hobbies or spending time with loved ones. Other resources for mental health include the university counselor and online mental health and wellbeing hub. It's also important to be active - a great place to start is the university's own Fitness Hub or you could attend sport centres.

## 10 Miscellaneous

- Sort out what you need to before school becomes hectic and organise all your documents (e.g. phone plan, banking)
- Be disciplined to maintain your overall health, schoolwork, social life etc. (consider scheduling, setting alarms etc. Experiment to find what works for you)
- If you need help, there are amazing support systems everywhere – AUDSS & FHMS mentors, lecturers, year coordinators, peers, seniors etc. Don't be afraid to ask because you won't be the first to struggle as a dental student new to Adelaide. Trust me, I know 😊



BY: ANGEL SY FENG

# The Thrifty Dent Student

## How to nab all them discounts

Being a student, most of us are either on the receiving end of our families' support or juggling some part time work. Hence, it makes all the more sense for us to know exactly where our wallets can take a break! Here are some of the smartest and best discount tools you can walk away with. Dare I say they are the culmination of years of \*wisdom\* seniors have gathered thus far.

01

### UNIDAYS

SHOPPING

A student discount web founded in 2011, offering great discounts across a range of brands and apparels for free to all students! They also come with an app which makes getting discounts during shopping all the more easier.

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02

### HONEY

ONLINE SHOPPING

A web browser extension that automatically searches for and tries out coupons for you when you make online purchases! This little thing is really a life saver when you decide to go on a shopping rampage.

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03

### FLYBUYS

LOYALTY PROGRAMME

As some of you may already know, this is a loyalty program that allows you to accrue points during purchase in exchange for different rewards, cash off or travels. The idea of receiving a free Dyson hairdryer at the end of your 5 years sure sound attractive aye?

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04

### EATCLUB

EATING OUT

An app with a participating list of restaurants that give out flash deals. It shows the list of places near you with active deals that you can claim for your next meal. For those who eat out often, this is your club to join.

---



05

### MYDEAL

HOME AND FURNISHING

Just moving to Adelaide? Or revamping your house? Mydeal is a great furniture ecommerce site that really offers competitive prices with decent quality. Shipping is either free/ reasonable to most places and they run lots of holiday sales.

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# Where to eat?

20

By Jingyang Li



In the city



Outside the city



Near AHMS

## East Asian:

### 18th Street Hotpot (Gouger St) ■

Comforting, there when you need something familiar after getting roasted by your tutor. Gouger St>>>Hindley St

7/10

### ■ Hot and Spicy Kitchen (Gouger St)

Delicious, authentic. \$2pp unlimited rice. Pay with cash to get 5% off (tell them! sometimes they won't do it unless you mention it)

8/10

### Shanxi Noodle Bar (Morphett St) ■

Editor's favourite noodle place in Adelaide. MMMM it hits the spot. Good interior design.

10/10

### ■ Pondok Daun (Currie St)

Delicious food, massive servings, affordable prices

8/10

### BB Steak & Korea Tasty (Gawler Pl) ■

Best Korean place in CBD, cute af management (played HBD in Chinese to editor's friend), affordable prices!

10/10

### ■ Koyeosa (Pulteney St)

Very cute Korean place, delicious food and very polite service! 8/10

### Salt & Pepper Vietnamese Kitchen (Norwood) ⚡

Fantastic Vietnamese food that is light and fresh! 9/10

### ★ Tammy's Meat Rolls (Hindley St)

Delicious, affordable Vietnamese food super close to AHMS! 8/10

## Mediterranean

### Amalfi Pizzeria Ristorante (Frome St) ■

Delicious Italian food, immaculate vibes.

9/10

### ★ Levant Eatery (Hindley St)

Delicious food that is also super close to AHMS but um... do not eat when you just received an IANB (even with Mepivacaine) 8/10

## Coffee/Brunch

### Exchange Specialty Coffee (Rundle St) ■

Fantastic coffee, fantastic vibes

8/10

### ■ Crack Kitchen (Franklin St)

Heavenly interior design, heavenly food, affordable price for brunch (\*cries\*)

8.5/10

### Coffee Institute (Rundle St) ■

The food is actual \*chef's kiss\*, it is out of the city but it's always so busy and definitely worth the trip.

9/10



### MOD Food Lore (North Terrace)

Exquisite coffee. Impeccable service. MOD>>>AHMS Bean Bar.

8/10

### Peter Rabbit (Hindley St) ★

Actually has 2 rabbits!! V v v cute vibes, super close to AHMS

7.5/10

## Sweet Tooth

### Bakery on O'Connell (O'Connell St) ⚡

SA Icon. Open 24/7. Must have after a night out. Or after class meetings.

10/10



### Eggless Dessert Cafe (Goodwood Road)

Super super popular so definitely get there with enough time to spare to wait in line. Get there via the tram. New desserts every month and the owner is so nice!

9/10

# BDS1 Bingo

By Jingyang Li



Questioned how often you should be washing your sim clinic coat/clinic coat

Felt a bit self conscious carrying a toolbox down Rundle Mall



Drank a bit too much at dent camp/traffic light/dent ball

Almost filed for bankruptcy from buying all the instruments and Nissin models

Suddenly became the family dentist when you are still struggling to differentiate premolars

Start seeing FDI notation everywhere (speed signs, table numbers)

Uploading sim clinic/nissn teeth/instruments pics onto your ig story so that everyone remembers you're a dent student

Discovered a new level of rage when you've torn your 4th rubber dam in one sim clinic session

Be a good clinic partner and not wince in front of your tutor when your partner applies too much force when perio probing

# ACRONYMS 101:

By Jingyang Li

## AUDSS: Adelaide Dental Students' Society



The student representative body for dental and oral health students of The University of Adelaide. We hold events such as pubcrawls, Dent Camp, GILs, the AI Dente podcast, and publications like these!



## ADASA: Australian Dental Association (SA Branch)

The Australian Dental Association is a professional membership organisation for dentists and dental students! The ADASA is one of our major sponsors, you will see their logo at the beginning of GIL presentations. We collaborate with them for the annual lawn bowls event and the Buddy system with practising dentists!



## ADSA: Australian Dental Students' Association

ADSA represents all dental, oral health therapy and hygiene students in Australia. AUDSS has 1 representative on ADSA every year! Look out for information regarding the annual ADSA convention and R U Okay Day!



## Guild Insurance

Guild Insurance specialises in indemnity and business insurance (which we should definitely get as dentists and oral health therapists). Guild insurance is also one of our major partners, you can see their logos at the beginning of GIL presentations.



## PAX Migration

One of our newer partners, PAX migration are migration agents who specialise in visa applications (especially important for the majority of BDS students who are international students!)



## WEP: Wright Evans Partners

WEP is a chartered accounting firm and assists health practitioners in tax, accounting, financial advice. They are one of our major partners and not only sponsors GIL presentations, but also our annual Dent Camp! If you see them at events (including AUDSS ball or pubcrawl), chuck them a friendly wave!



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