

JULY 2023

—————→ ISSUE 01

# THE SCRIPT

First Edition



❖ SEMESTER ONE  
WRAP UP ❖





# WHAT'S INSIDE

Introduction to APSA	<u>01</u>
President	<u>02</u>
Vice President	<u>04</u>
Part II	<u>05</u>
Part III	<u>06</u>
Part IV	<u>07</u>
Social	<u>09</u>
Sports	<u>10</u>
Marketing	<u>11</u>
NAPSA	<u>12</u>
MAPAS	<u>13</u>
Grassroots	<u>15</u>
IPSF	<u>16</u>
Coming up next	<u>18</u>
Sponsors	<u>19</u>
Media	<u>21</u>





# ✧ INTRO TO APSA ✧



The Auckland Pharmacy Students' Association (APSA) is a non-profit, student-run association at the University of Auckland. Our goal is to represent the interests of University of Auckland Pharmacy students. We liaise with the School of Pharmacy staff, members of professional committees, such as PSNZ and IPSF, as well as our important sponsors.

We value our small 'Pharmily' cohort and aim to promote a strong and cohesive student body by providing a well-rounded selection of academic and social events. Through our peer-mentoring system, educational, social, and sporting events, we hope to provide a holistic university experience for our future health professionals.



# ◆ PRESIDENT ◆

Madeleine



## KIA ORA PHARMILY!

We are halfway through 2023, can you believe it!? It has been such a fun-filled year so far for APSA. The APSA executives have become more comfortable in their roles as the semester has passed, and I am incredibly proud of our team for juggling their academics with their APSA responsibilities.

We started the year off with eleven pharmacy students travelling to Canberra for the NAPSA congress where students got to network with Australian pharmacy students and pharmacists and thanks to Jonathon (marketing rep), we secured a new sponsor, Dermal Therapy, this year. As president of APSA, I went on the student council leadership camp and got to stay a night in UoA student accommodation. It was here where I made connections with like-minded presidents, particularly those within the FMHS and ever since then we have been collaborating on lots of exciting events for Grafton students.



In Feb, APSA welcomed the new Part II pharmacy students. In March we put up a stand at the Clubs Expo and got to engage with a bunch of Part 2 students, special thanks to APSA secretary, Emily, for organising this successful day.

Since then, APSA sports reps, Jess and Zane, organised Round the Bays with Optometry students and a few staff members.



The APSA social reps - Rose, Kajani and Tiran organised our infamous APSA pubcrawl which took us on a safari to three different locations. The marketing reps, Jonathon and Jessica, have worked with different pharmacies to put on internship information nights including Countdown Pharmacy, Chemist Warehouse and Green Cross Health. It has become really clear to me just how many opportunities there are out there - in fact more opportunities than there are pharmacists.

It was in April this year that we held our first ever Freshers Picnic at Cornwall Park, an initiative I came up with to meet the new students this year in place of our Freshers Camp.



Although the weather was a little rainy, we still had an amazing day with team building, outdoor games and shared kai. Faith (MAPAS rep) taught us a waiata too.



Moving forward, Genevieve (education rep) helped run an EVOLVE information session, as well as a hospital internship information session, and organised the peer mentoring programme. Our IPSF reps, Chris and Heesu, hosted an IPSF information afternoon. Then, near the end of Semester 1, Zane and Jess (sports reps), organised a pharmacy Volleyball Night which was a huge success. To finish the semester off in a collaborative effort between all the FMHS student associations, Kajani, Rose and Tiran helped to organise the sold-out FMHS Italian Summer mixer. Everyone absolutely loved the photobooth and I hope to see this event continue in the years to come.

I really enjoyed attending the Pharmaceutical Society of New Zealand's "Just Breathe" conference with two other pharmacy students; we learnt about vaping, mindfulness, public health and more.



I was also fortunate to attend the Pharmacy Guild of New Zealand's AGM in Christchurch. At both of these networking events, I met many like-minded people and heard their perspectives on the world of pharmacy.

I plan to work with other stakeholders in the coming semester to promote the pharmacy profession, especially as Covid unmasked how important our role is. We, as future health professionals, can be a part of so many initiatives to decrease access inequities such as removing the \$5 co-payment, and the minor ailments scheme, leading to less pressure on primary care.

APSA has a lot more exciting events coming up in Semester 2 - stein, sports, ball & more! I encourage you all to sign up for APSA (if you have not already) to get discounted tickets and keep your eyes peeled on our Instagram and Facebook. Email [apsaexec@gmail.com](mailto:apsaexec@gmail.com) if you want to join APSA.



I just want to thank a few different groups of people. Firstly, the School of Pharmacy staff for always supporting APSA and being a support for all pharmacy students. Secondly, to our sponsors - Green Cross Health, Propharma, Countdown Pharmacy, Pharmacy Guild of NZ, Viatris, Pharmaceutical Society of NZ, Sals, Gong Cha and Dermal Therapy - we could not put on all of our events without you. Lastly, to the APSA executive team, thank you so much for working together and I look forward to what Semester 2 brings.

**KIA KAHA,**  
 **MADELEINE**

# ◆ VICE PRESIDENT ◆

Anneka

## HI PHARMILY !!!



A MASSIVE congratulations to us all for getting through Semester 1. I'm sure we can all agree it was a tough one, so hopefully this break leaves us nice and refreshed for next semester.

I hope the second years have loved the beginning of their pharmacy degree and you guys are settling in well. It's been SO cool to meet so many new faces and hang out with everyone at all the events we've had!

I want to congratulate everyone on the APSA exec team who have all contributed to pulling off an amazing jam-packed semester of events. From Pubcrawl, Freshers Picnic, Volleyball Night, to Internship Workshops and IPSF evenings, and the reps who work behind the scenes, it's been an APSA-filled semester!



The annual Pubcrawl kicked off the year's events and it was the best way to celebrate the start of the semester, meet new faces and strengthen the bond across year levels. It was also sentimental being the 4th years last APSA Pub crawl :) So thank you to the social reps for your hard work <3



The Fresher's Picnic was a substitute for Freshers Camp this year and it didn't disappoint (despite the downpour of rain). It was an event dedicated to second years and initiating them properly into the Pharmily. Thank you to all those who came as it was so much fun, especially watching you guys complete the annual Mr and Mrs Olympia (you can thank the Sports Reps for what you had to eat and drink).

The other events we had throughout the semester were organised amazingly and it was so fun to be involved in overseeing them and helping out where needed! Next semester is looking to be even busier so make sure to take some time off studying and hang out with us (especially 4th years as it's our last EVER semester!!!!) at the events coming up. You don't want to miss them!

Overall, Semester 1 was one for the books and as good as it can get for a 4th year who is already sad about leaving the APSA community! It has been a fun ride so far and I can't wait to see the new memories we make next semester!





## ◇ PART II ◇ *Asia & Yerang*



### HI, FELLOW (FUTURE) PHARMACISTS! 🌸🌸

Congratulations on surviving the first semester of Part II 😊. It's been a whirlwind first semester for the Part IIs, from our first compounding labs to our last-ever exam. While our journey together might have started as strangers, it quickly blossomed into a tapestry of shared experiences, unforgettable moments, and cherished memories. We discovered so much about each other and our role as (baby) future pharmacists. To polish our tapestry of memories, we would like to summarise this semester in three words; 'Novel,' 'Due dates,' and 'Together.'



Novel. This year was a new year with our new faculty and cohort. People came from different courses with various levels of knowledge, but 'pharmacy' was new to all of us. We all had to face challenges on this new journey, but with the help of our peers, seniors, and professors, we reached our halfway point for Part II as a team. We all deserve a pat on the back for making it this far 😊.

Due dates. We struggled through many labs and assignments and tumbled over some tests and exams. Every day we had to check the timetable and our "weekly schedules" to ensure we got everything under our hands. We've been stressed, confused, excited, and exhausted, but looking back, those moments were the ones that brought immense value to our academic journey and bonded us together.

Together. Despite the cancellation of Fresher's Camp, we still had other amazing events like the Freshers Picnic, Pubcrawl, Volleyball Night, and the FMHS mixer, where we had the chance to make friends with students from different streams, other years, and even people in other degrees. We all know that friendship brings sugar and pharmily brings honey into our lives. We have endured semester 1 together as our new little whanau, and we are so ready to keep bonding as a group ❤️.



From the first-day jitters, to where we are standing now, we have weathered storms and celebrated triumphs side by side. We know things have been academically and personally challenging, but we can do this together. We already did the "hard part" (as all the seniors say), so rest a little and meet you all in the next semester! Here's to another daunting, but amazing semester!



# ♦ PART III ♦

## *Kat & Mitchell*

### **KIA ORA PHARMILY WHĀNAU!**

It's your middle child, the third years here! While we might not be the eldest in the Pharmily, we are certainly the biggest! Talk about commitment!! If you've survived long enough to read this article, you are definitely on track to becoming an 8-star pharmacist .



Part III has certainly given us a huge change in scenery from the comfort of the Part II curriculum, and I'm sure many of us wished we could go back! We spent our modules gasping for air, having transient strokes and plenty of kidney injuries from the interactions between pharmacy and life. But don't worry, all is well and it's been an enjoyable and stimulating first half of the year.

The APSA team have done a superb job in hosting an array of events so we could meet the rest of the Pharmily and have some well deserved fun. Many of these events so far have been run by our very own third year peers! One of which being our roaring pub crawl! From sing-alongs on the bus to our pharmily members bringing out some hidden talents on the dance floor, this was a night where many memories were made. And, let us not forget about the amazing safari outfits! What a night to remember and not to be missed in the future. We had the pleasure of diving into the lives of different pharmacists at the PSNZ careers thanks to Aatika. In the sports arena, Jess and Zane have also worked extremely hard to deliver us a picturesque run around the bays and more recently, a volleyball extravaganza where we got to serve up plenty of fun and unorthodox plays.



We hope you all had just as much fun as we did this semester and we can't wait to see what Semester 2 throws our way! Third years, give yourselves a pat on the back. Remember to stay loud and proud and look on the bright side, we're one step closer to dispensing furosemide!!

**MUCH LOVE FROM YOUR LOVING PART III REPS,  
MITCH & KAT**





## PART IV ✨

*Mariam & Armaan*

### HEY FOURTH YEARS!

Wow... time really does fly when you're having fun!  
Right?

From the beginning of the semester it was full steam ahead. We were introduced to a multitude of new drugs and conditions from chemotherapy in oncology, to benzos in psychiatry, gaining truckloads of knowledge that we can apply to our future patients!

Alongside all of that, we had critical appraisals, UIPC, integrated assignment, law test, and OSCE (truly, the grind never ends). As the faculty's guinea pigs, we are proud of how everyone adapted during the first year of BPharm 789 and 413, despite the uncertainties. Pat yourselves on the back!

We all embraced the opportunity to apply our skills in real-world settings during our placements, which introduced us to the different pharmacist roles. As our focus shifts to internship applications and interviews, we are confronted with the reality that our days as university students are dwindling...

As we approach the end of this incredible journey, let's take a step back to appreciate all the challenges and obstacles we've overcome. The constant learning, friendships, and abundant stress has prepared us to truly be 8-Star pharmacists. With only one final semester remaining between us and the next chapter of our lives as pharmacists, it's been one heck of a ride and we'll forever cherish (and despise) our time studying pharmacy.



As a cohort, we are big believers of the phrase 'work hard play hard', as reflected at pubcrawl...



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# ◇ SOCIAL ◇

*Kajani, Rose, & Tiran*

## WHAT'S UP PHARMILYyyy!!!



WOW what a semester it's been! Hopefully everyone is doing amazing and has had a good start to the year - we know we have. With the changes in application dates and other university related drama, this semester's social events did start slower than we would have liked BUT we still made time to host a good couple of events.



So let's recap what we have done thus far.

Unfortunately, we were unable to host our annual Freshers Camp this year, but we did manage to bring together APSA and some second years for a picnic and some fun games over at Cornwall Park. This gave the exec team an opportunity to meet the freshers, and for the freshers to be able to recognise a few more friendly faces on campus.

Our first event of the year was the legendary safari exploration via our annual PUBCRAWLLL!!! What a way to kickstart the first semester off with a banger.

This event was a blast as we reached close to 80 students hopping on the tour bus for an exciting exploration through the wild jungle that is, Tāmaki Makaurau. With a collection of the most iconic venues and a hearty safari troupe, there was no doubt this was going to be a good night!



After starting with a banger, we had to finish the semester off in style, by sailing the canals of Venice for our inter-faculty Italian Summer MIXER, combining AUPHSA, AUMSA, MISA, NASA, NZOSS and APSA. Mama Mia!!! How fun was it to mix and mingle with our future colleagues from different faculties?! Again, this gave us all the opportunity to recognise a few more friendly faces around campus - as well as, flex that we were indeed the medicines experts in the room with some lively debate (sorry med students ://)

And that's a WRAP for this semester. These events were a success in bringing people together, forming connections and creating cherished memories - and we can't wait to do it all again in Semester TWO!!! We hope to see you all there!

**LOTS OF LOVE,**



**YOUR 2023 SOCIAL REPS - KAJANI, ROSE AND TI XOX**

# ♦ SPORTS ♦

## Jess & Jane

### HEY PHARMILY!

It was great to kick-start the year off with our first event, Round The Bays, which was a good breath of fresh air before the semester started. This fundraising fun run was a casual collaboration with NZOSS (NZ Optometry Student Society), where we had a chance to meet our future fellow healthcare professionals. Seeing such a big turnout from our fellow students and staff was great!



Our third event of the year was volleyball night, where we had a great turnout again. It was a fun event for both new and experienced players where we allocated teams to play it out to win prizes. It was great to see a variety of year levels come to our event, and it was a good opportunity to mix and mingle. Thanks for coming out to our event, and hopefully, we'll see you at the next one!

Lastly, our upcoming event, Badminton Night, a collaboration with MISA (Medical Imaging Student Association) and NZOSS, is sure to be a big one, so look out for more information on that and sign up around early August! As well as this, we have our annual multisports night, which will run sometime during Semester 2. It will be our biggest and most exciting sports event of the year, so keep your eyes peeled out for that!



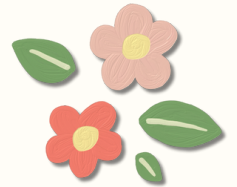
Unfortunately, we could not run all of our planned events due to the cancellation of the annual Fresher's Camp. However, we were fortunate enough to run a snippet of what we had planned at the Fresher's Picnic - Mr and Mrs Olympia! Hopefully, we can get to Fresher's Camp for the full experience next year!





# ✧ MARKETING ✧

Jessica & Jonathan



2023 commenced with Countdown Pharmacy, a new APSA sponsor, presenting an Internship Information Session. Young, Jeremy, and Rochelle visited to share their role and journey to becoming part of Countdown Pharmacy and provided insight into the various opportunities available to pharmacy students following graduation.

Following on, Green Cross Health organised an internship event at Coops Corner Pub. This was an extremely enjoyable evening, spent socialising with Gillian, Vicky, Claire and other pharmacists and staff while learning about the internship opportunities available within Unichem and Life Pharmacies. This was a highly valuable experience for the fourth-year pharmacy students as it provided an opportunity to learn about the support GXH offers to interns and pharmacists and an overview of the career progressions available within GXH.



We would also like to express our sincerest gratitude to our new local sponsor, Dermal Therapy, for their contribution in providing samples for our events this semester such as clubs expo.

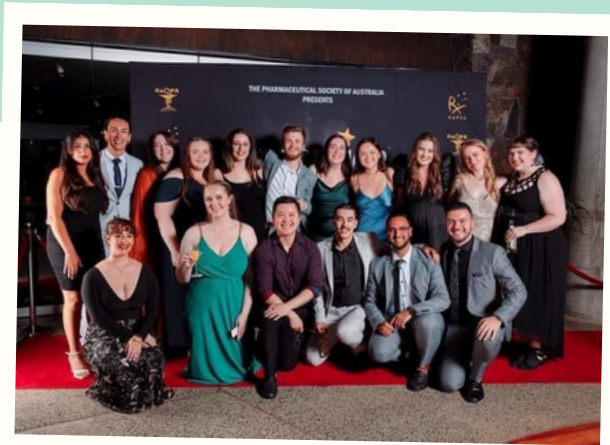


Being a student-led organisation, APSA would not be possible without the generosity of all our sponsors. Their support allows us to provide a memorable experience for pharmacy students at the University of Auckland by enabling opportunities to learn about the various career pathways a degree in pharmacy can offer us. On behalf of the School of Pharmacy, we would like to send out our sincerest thanks and appreciation to all our sponsors who have supported us over the years, and we look forward to all our upcoming events in Semester 2.

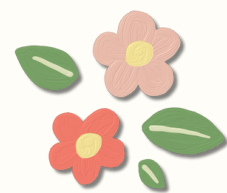


# NAPSA HIGHLIGHT

After what felt like a "PRN" dose of patience, our plucky crew of UoA BPharm students were finally granted the golden ticket to the National Australian Pharmacy Students' Association (NAPSA) Congress in Canberra. No bitter pill to swallow. This event was an elixir of knowledge into the vibrant pharmaceutical world in Australia - with none of the side effects!



Seminars by day, soirees by night, we hopped (no kangaroo pun intended) between networking, discovering pharmaceutical novelties, and exchanging war stories about bitter-tasting cough syrups. The stuff of legends, really. And you know what else was legendary? Our negotiation skills. Somehow, we managed to snag Dermal Therapy as our sponsor! It was like hitting the Pharmacy Lotto!

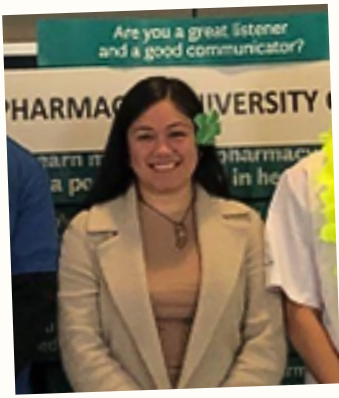


This congress was a potent prescription for the importance of expanding our professional vistas and building our network - and the capsules were easier to swallow than we thought! The Congress was like a long-acting tablet, steadily releasing lessons and experiences that will fuel our practice for a long time to come.



Now, we return to NZ armed with enough wisdom to start our own "8-star pharmacy." We're ready to channel this knowledge into our practices, turning every health challenge into an opportunity - one prescription at a time. So here's to applying our Australian insights and keeping the 'script' in 'prescription' always light and insightful!





## MĀLŌ E LELEI, TALOFA LAVA, TALOHA NI, KIA ORA, FAKAALOFA LAHI ATU, NAMASTE, NI SA BULA AND WARM PACIFIC GREETINGS.

As the representative for the Māori and Pacific Admission Scheme (MAPAS) this year, my goal is to build upon the remarkable efforts of those who have come before me and ensure ongoing inclusivity, diversity, and responsiveness to the Māori community.

Collaborating with the wonderful Trudi Aspden, we organised a gathering for MAPAS students during this semester. The event aimed to bring together students from different cohorts, allowing them to mingle, foster relationships, and create a sense of unity. In Māori and Pacific cultures, the importance of family and aiga (extended family) cannot be understated. This gathering provided a valuable opportunity for students to share their experiences in pharmacy school and cultural journeys, thus strengthening their connections and support networks.

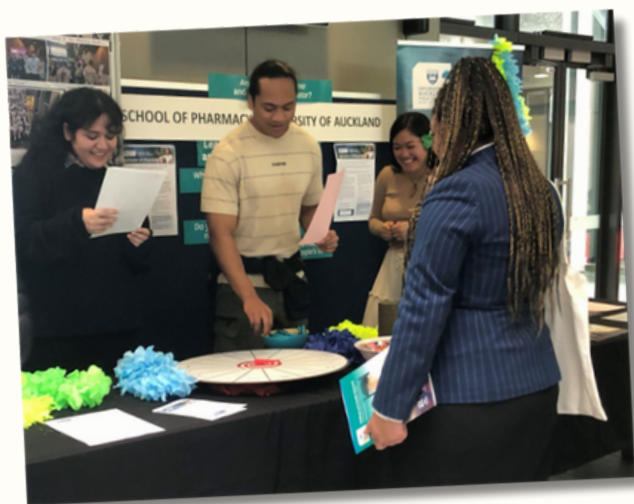


Furthermore, one tradition that I am proud to continue is the celebration of different language weeks, as advocated by the Ministry for Pacific Peoples. So far, we have joyously observed Rotuman and Samoan language weeks. These language weeks play a vital role in fostering cultural development among our pharmacy students. By actively promoting and preserving our languages through social media posts and engaging activities, we ensure that our cultural heritage thrives. I am deeply committed to sustaining and expanding these celebrations to encompass more Pacific languages, providing our students with opportunities to explore and embrace the richness of their diverse linguistic backgrounds.





Recently, I had the privilege of participating in the "Health Science Academies Year 13 Koneferenisi" hosted by The Future is Open to Us (FOU) organisation held at the Grafton Campus. A few MAPAS students and I had the opportunity to promote pharmacy as a career to the high school students. It was a truly enjoyable experience, as we had the chance to share our knowledge and experiences as students in the Bachelor of Pharmacy program. Through these interactions, we aimed to inspire and encourage more Māori and Pacific students to consider pursuing a career in pharmacy. It was an honour to represent MAPAS and contribute to the program's success as we strive to increase diversity and representation in the field of pharmacy.



Overall, my focus this year as the MAPAS representative is to carry on the legacy of those who have paved the way before me, ensuring inclusivity, diversity, and responsiveness to our Māori whānau. By organising social gatherings and celebrating language weeks, I aim to create a supportive environment that fosters cultural development and encourages diverse perspectives in the field of pharmacy.





# GRASSROOTS

## ZhiShu



### KIA ORA EVERYONE

I hope that you are all having a great day. Unfortunately, the Freshers Camp got canned, which meant that there was no Rural Olympics this year...however, the APSA team worked very hard to put together the Freshers Picnic which I hope you all enjoyed!

There hasn't been much activity from Grassroots in Semester 1, however, that only means that Semester 2 is gonna be pretty fun 🐱. Here's what we've got lined up:

#### Rural Placement Scholarship

A bunch of our third and fourth year students will be heading off to placements in Rural areas which will be very insightful and exciting! The Grassroots Club will be funding a few scholarships for these students to support them on their journey! (Both literally and metaphorically ahaha)

#### Rural Health Week

This is an event organised by the Grassroots team every year. It will be happening on campus during the week of the 16th of September and will include a talk by Medical Professionals working in rural areas, a Casting workshop, Soda Pong + BBQ + Cupcakes, a Suicide Prevention workshop, a mechanical bull 🐂 and ending the week with a big Stein welcoming all FMHS students!

#### FMHS Rural Students Bonding and Networking

This is a new event that I am very excited to initiate for the first time where we will be bringing together rural students across all year groups of Pharmacy, Optometry, Medicine and Medical imaging etc. We will be getting into interdisciplinary teams to socialise, network and share experiences that we have as students coming from rural towns of Aotearoa. There will be activities and games lined up for teams to compete against each other to determine the winners for each year group! We'll then munch on some good kai and just have a good yarn 😊



Really excited for Sem 2 and spending more time with our Part II and IV pharmily, see you around Campus 😊





Since late 2020, APSA has successfully joined the International Pharmaceutical Students' Federation (IPSF), a global organisation dedicated to enhancing public health through information, education, networking, and various professional initiatives for pharmacy and pharmaceutical students.

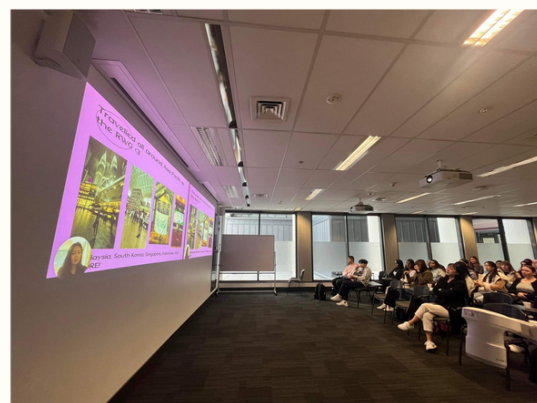
To ensure effective communication, contact persons from each organisation act as a bridge between the university and IPSF, facilitating constant updates and collaboration. As the CP, I actively contributed throughout the year by preparing multiple reports, creating an introductory video of APSA to share with IPSF members, and participating in several meetings.



Due to being a new member and facing the challenges of the Covid-19 pandemic, APSA initially struggled to raise awareness about IPSF within its community. In early 2023, the APSA IPSF sub-community was established under IPSF representatives, facilitating more accessible communication within APSA. This April, we held an official introduction session for IPSF, marking APSA's first in-person event dedicated to IPSF. To foster further interest and engagement, I reached out to IPSF members from foreign countries and asked them to record videos describing their roles and experiences, which were played during the event. This interactive approach allowed around 35 students to connect with their international counterparts and generated a greater interest in APSA.



Looking ahead to the second half of the year, the plan is to establish collaborations with members from other countries, such as Singapore and the UK. These collaborative events will serve as practical opportunities to strengthen the international connections of APSA members! We are to work further on restrictions in an exchange programme that IPSF runs, to hopefully initiate the programme in close time for the students to experience unique pharmacy fields in different countries. IPSF is an organisation that has full potential to grow in future APSA cohorts :)





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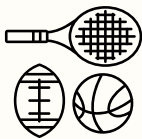
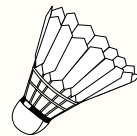
✧ COMING UP NEXT... ✧

Stein



Trivia Night

Badminton Night



Multisports Night

Rx Factor



Ball

+ MORE !

# THANK YOU TO OUR SPONSORS

PLATINUM



**GREEN  
CROSS**  
HEALTH

## Working together to support healthier communities.



*This is our purpose.*

We are passionately committed  
to the health and wellness of  
New Zealand, and to providing  
the best support, care and  
advice to our communities.

*This is our promise.*



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care and advice to our  
communities.

**This is our promise.**



We believe easy access to  
good health care is a right  
of everyone in New Zealand



### our values

- 1/ care for our community.
- 2/ work together.
- 3/ do the right thing.
- 4/ look after each other.



### The story behind Green Cross Health

Since the 12th century, a green cross has been used to represent health professionals and first took the form of a serpent wrapped around the jade hilt of a sword, used by the Hospitallers of St Lazarus in Greece. Widely recognised in Europe and the USA as identifying a place to find health care and advice, we are proud to embrace this legacy in our company name and the icon we use to identify ourselves.



# THANK YOU TO OUR SPONSORS

## GOLD



## SILVER



## BRONZE



## LOCAL SPONSORS



# ◇ MEDIA ◇

*Hester & Evan*



Thank you for reading APSA's first edition of The Script 2023!

We've enjoyed collaborating with the team and putting this together for you to cherish semester one of 2023. Shoutout to our exec team who all did an amazing job at organising these events. We are thrilled about the involvement of our pharmily and look forward to semester two, packed with fun and exciting events to come.

We take joy in documenting the memories of the pharmily and can't wait to continue doing so in semester two. It has been delightful seeing the different year levels bonding together and seeing new friendships being formed.

See you soon!

