

The University Of Auckland, School Of Pharmacy

THE SCRIPT

Issue No. 1 | July, 2025



Curated by: Ryan, Khushi, and Bianca, your APSA media representatives 2025

From challenges to celebrations, the **Script** rolls out the red carpet for our brightest moments, from First Day nerves to lab-class heroics.

Dive into a vibrant collection of highlights, friendships, and triumphs as we reflect on the journey that brought us closer together.



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APSA

The University Of Auckland Pharmacy Student Association (APSA) is a student-led, non-profit association run by Pharmacy students, for Pharmacy students. It is an independent body with a mission to advocate for Pharmacy students to ensure our members are getting the most out of their academic endeavours.

The association is governed by an elected board of executives and committee members from the student body each year. Our team is dedicated to offering students a diverse range of academic, social, sporting, cultural, and internationally focused opportunities, with events including but not limited to, the annual 'Round The Bays', Pub Crawl, and the APSA ball.



As a non-profit organisation, APSA greatly appreciates the support from our sponsors, some who have been supporting the association for over **nine years!** Our sponsors help us to bring our events to life.



Big Four



Education & PSNZ

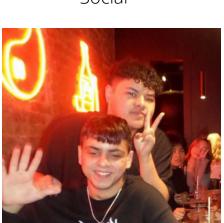




IPSF



Social



Sports



Grass roots







Marketing



MAPAS



Welfare



Media

President

Kia ora Pharmily!

I can't believe it's already the **end of Semester One!** I hope everyone has enjoyed it as much as I have. It's been so lovely getting to know all the second years and welcoming everyone into the Pharmily - it's great to have you here.

I want to start by giving a massive shoutout to my executive team for all the mahi they've put into our events. So much of the work happens behind the scenes, and even though I don't say it enough, I truly appreciate you all.

We started the year strong with our annual Freshers Camp at Martins Bay, welcoming the second years into Pharmacy School.

Suzy.



Our first event was the sports afternoon hosted by our very own Wynnie. We played heaps of games (which I won't spoil), but my favourite was Tapu Ae, led by our beautiful MAPAS reps Kyla and Bran.







Next up was the Grassroots Olympics, dedicated to our freshers, and run by our Grassroots rep PJ. Shoutout to Jack and Khaira for being crowned Mr and Mrs Olympia!

And of course, our fabulous social representatives:

Dhara, Zaara, and Donna who wrapped up the camp with an unforgettable Toga Night. Big congrats to Team Blue - my team - for winning the most events

(#shoutoutVentolin)





Thanks to everyone who visited our stall during Club Expo - it's been awesome meeting you all! I hope Pharmacy School is treating you well so far.





I had the honour of organising a one-off running event alongside [BLANK] Run Club.

Our PSNZ rep Daisy organised an insightful Careers Evening, showcasing the diverse pathways available within the pharmacy profession.

Our wellness rep Matthew organised incredible events inspired by Te Whare Tapa Whā - including a watercolour painting night, Origami night, and a wellness walk, with all donations going to Auckland City Mission.

Our education rep Lily hosted hospital internship talks and OSCE survival workshops. Meanwhile, marketing reps Rey and Kevin coordinated multiple internship talks with our amazing sponsors — which were super well received.

This semester's been packed:

Our sports reps Wynstan and Abdullah organised Round the Bays, dodgeball, and futsal night.

Our social reps kept the vibes high with Throwback to the Pharmyard' - our annual pub crawl, and followed it up with a chill APSA picnic at the Domain.



To close out the semester, our MAPAS reps put together a beautiful Mānawatia a Matariki celebration.

There's so much more to come - I'm excited to see how the rest of our journey as a Pharmily unfolds this year. Here's to making more incredible memories.

Ngā mihi, Suzy, Your President.

Vice President

It's hard to believe the first semester is already over!

We've had so much going on both within and outside the classroom, but we all successfully made it through!

The year started strong at Fresher's Camp, with three wholesome days of introducing our new cohort to what the pharmily is all about. My personal favourite moments were the late-night cabin visits and, of course, prize-giving.

Student life kicked off with a Clubs Expo more successful than we could ever anticipate - I think it's safe to say we had the most happening stand on Grafton Campus. A big thank you to our amazing local sponsors for the goodies!

Isha.





We found ourselves back in the barnyard at our annual Pub Crawl. Our cowboys, cowgirls, and party animals made their way 'round town to make it known that Pharmacy doesn't play when it comes to the dancefloor.

The weather showed up for our annual picnic, and so did all of you! Talking to you all (in daylight this time) and enjoying our yummy shared lunch was definitely a highlight.

Round the Bays had a record number of pharmacy superheroes this year, and our futsal night on the brand-new HIWA rooftop turf came with sunset views - shoutout to my fourth-year cohort for finally winning a sports night!

This semester has been full of internship information evenings, sponsor talks, and an insightful careers evening. I hope you all enjoyed learning about the different pharmacy pathways as much as I did!



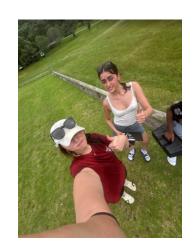


Our MAPAS reps have been working hard this semester to improve our cultural understanding and host yet another successful Matariki sunrise event - good vibes, good times.

I had the privilege of creating a collaborative study session event alongside the UoA Volunteers Club. It was great to see so many people lock in with us and do our daily act of understanding lecture content

My top 3 highlights so far would have to be Fresher's Camp, Matariki, and [blank] x APSA, but keep your eyes peeled for next semester - some of my favourite events are coming up, and I would hate for you to miss out on good times!

None of the events this semester would have been possible without the backbone of our APSA executive team, the support from our sponsors, and the participation from all of you! We've got some exciting events lined up for next semester, and I can't wait to meet more of our pharmily before it's time to say goodbye:)



Freshers Camp

Highlights

























Class Reps

Each year group's annual Class Reps work together to represent their cohort as a collective. They have SSCC meetings on a regular basis where they voice their classmates' feedback to the academic staff and ensure compromises are met. Make sure to let your class reps know about any issues that arise, and if you ever need a listening ear!

Jack & Thomas Part II







Chris & Pippi Part III

Rachel & Jenny Part IV



Part II Jack & Thomas

As your class reps, we wanted to discuss how far we've come this year this semester wouldn't you agree?!

It's been incredible watching our cohort grow not just academically, but as a community. Together, we've built an environment where everyone feels comfortable being themselves and there's a genuine sense of connection across the cohort. It's rare to find a group this tightly knit, and this is something we must ensure we carry on for the rest of our journey.

It all started at orientation with awkward smiles, introductions, and nervously scoping out who might become your lab partner, group-mate, or go-to person for lecture notes. There was a real buzz of excitement in the air as we stepped into this next chapter, unsure of what to expect but hopeful all the same. Then came the reality check, 211 chemistry lectures, resparking some memories, or traumatic flashbacks of Chem110.



With each struggle, we came closer as a cohort. Whether it was the 1am medicine flashcards, comforting each other after a double-up technique lab, or the shared looks of "I have no idea what I just learnt" after two-hour lectures, we found strength in our shared experiences. The stress, the setbacks, and even the self-doubt became more manageable because we faced them together.

These early experiences weren't just academic milestones, they were moments that tested our resilience, strengthened our friendships, and reminded us why we chose this path. The road ahead may still be long, but we now walk it with more confidence, more purpose, and the best pharmily we could ask for.





To many future crashouts,

Jack & Thomas.

Part II

Continued









Part III

What a dose of chaos Semester 1 has been!

Chris & Pippi

From our grades being dispensed to the wrong patients (oops), to due dates being reformulated while we were off on placement — it's safe to say this semester wasn't without its side effects. But like any good care plan, we adjusted the dose, changed formulations, and made sure we were within the Therapeutic index on the other side.



"Studying" for Respiratory

We kicked off the year with Respiratory, and let's be honest — it took our breath away. Between learning how to puff like pros in the inhaler workshop and diagnosing all things lungs, we were wheezing' but wiser by the end.

Then came Cardiovascular, which really got our hearts racing (and not just from the caffeine). Five weeks of jam-packed lectures had our brains in tachycardia, but finally diving into the drugs we see on nearly every script? ACE inhibitors? Beta blockers? Yes please — we digoxin it.



Photo at Marae: 2025 Māori Pharmacist Hui



Pretending to be Pharmacists on placement

Placement was the OTC break we didn't know we needed. A couple of weeks out in the real world pretending to be pharmacists (and low-key loving it), getting our first taste of patient interaction, and realising just how much we've learned (or how much we still have to learn). We scattered across the motu like loose tablets but came back well compounded.



Part III Continued

Wrapping things up with Renal/Hepatic was like switching to a slow-release formulation — a nice, smooth finish. Jay guided us through, helping us get to the bottom line on creatinine AND alcohol.

Speaking of which — the Pub Crawl! The most important non-academic oral solution of the semester. We bonded across year levels, had a bit of a boogie and made memories that no anticholinergic could dry up.





Semester 1? You were chaotic, intense, and occasionally poorly tolerated... but also unforgettable.

Bring on Semester 2 — we're ready to crush it (film-coated, of course).

Part IV

Rachel & Jenny

As we wrap up the first half of our final year, we want to say a massive well done to everyone!

Semester 1 threw a lot at us – and somehow, we made it through with (most of) our sanity intact.

We kicked things off with a bang at our last ever Pubcrawl, celebrating the start of the year. Then came the real challenge: Oncology, Neurology, and Psychology – some of the most content-heavy and emotionally intense topics we've covered yet. Add to that six relentless weeks of back-to-back assignments and tests, and it's safe to say we were pushed to our limits.

Amidst all the chaos, many of us were also navigating internship applications and interviews, adding yet another layer of pressure. Whether you've locked one in or are still figuring it out, we see you and we're cheering you on!

Some of us even attended APPS MSIA where we placed in competitions, learnt various things from workshops, and made many new friends along the way!







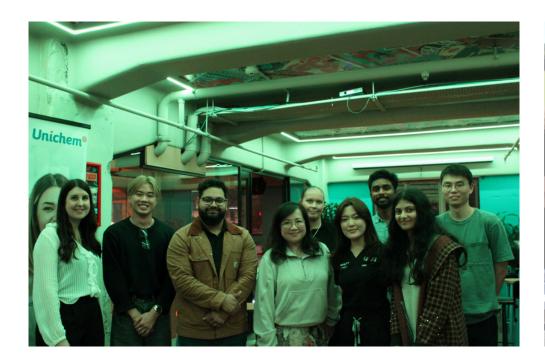


Part IV

Continued

You should all be so proud of yourselves for making it through this crazy semester. It wasn't easy – but we did it together. Let's carry that same energy into Semester 2, make the most of our final months as students, and finish strong.

This time next year, we'll officially be out in the real world- so let's enjoy the ride while it lasts!









— Love from your Class Reps, Jenny & Rachel.

Semester highlights































Social

Donna, Dhara & Zaara

Howdy Pharmily,

What a banging good semester that was! Call it action-packed, am I right? This semester kept us all on our toes, and first, we want to thank you for entrusting us — we truly hope we did alright. We started the year strong with our annual Freshers Camp, where we curated an Amazing Race that we heard you really enjoyed.

Even if you sadly missed out on that, we kept the good times rolling with our annual pub crawl — right in our backyard with the theme 'Back at the Pharmyard.' We danced the night away, with cowboys, cats, and cows all giddy-up for a roaring night, starting from the Shore and ending in the heart of our beloved CBD.









Next, to ease into the semester and soak up the last rays of sun, we enjoyed a picnic in the beautiful Domain — truly taking us back to when we could still see past 4pm. We know some of you might be feeling a bit of FOMO — fear not! We're stacked with amazing events to finish the year on a high. Semester two kicks off with a stein with MISA, NZOSS, NASA, AUPHSA & SAMS, followed by:

- Mixer
- Movie screening
- And, of course, our annual Ball to finish off this year.

Keep an eye out for these upcoming Werwish you all a safe and restful holiday and look forward to welcoming every one of you back for semester two, kicking off with the stein on July 19th.

Loads of love, Rx Rockstars























SPORTS

Wynstan & Abdullah











Hey team!

Big congrats on making it through Semester One! Let's keep the energy going and make the rest of the year one to remember. We began Freshers camp under the blazing summer sun, with sports off to a strong start through a round robin tournament. Teams gave it their all in some pretty intense games like Kī o Rahi, Ultimate Frisbee, Capture the Flag, and wrapped it up by cooling off with Rob the Nest.

Next came Round the Bays, where APSA joined forces with MISA, the Medical Imaging Students Association. It was awesome seeing students from all year levels come together to raise money for a great cause, catch up before the semester started, and enjoy a well-deserved post-run kai.

To wrap up the semester, we held our much-anticipated Futsal Night. Starting the winter season, the year groups battled it out to secure their lead in securing the annual sports cup. It was so fun seeing everyone put in their best effort, with the vibes at an all-time high. Special shoutout to Sachin, who showed off some serious skills and gave us all a Messi moment. Congratulations to the fourth years who came out on top and to our MVPs who stood out for their talent and determination.

Semester Two is already looking packed with more awesome events, starting with a good old game of Kī o Rahi alongside our hearty MAPAs rep. Keep an eye out for updates, and we cannot wait to see you all at the next one.

















Marketing

Kevin & Rey

WOW — what a way to launch into the year!

We hit the ground running this semester with a high-energy start to 2025. From welcoming our second years at Freshers Camp with Green Cross Health, Chemist Warehouse, and Totem, to the

buzzing atmosphere of our Club Expo featuring Dermal

Therapy, Home Essentials, Gongcha, and Cocomo. It's been a full-on start, and we've loved every minute of it! We're proud to announce that Green Cross Health is our Diamond Sponsor for 2025! We're also thrilled to welcome Douglas and Pharmacy Solutions Limited (PSL) to the APSA sponsorship family.

Thank you to all our sponsors for your continued support; your contributions empower us to create opportunities and memories for pharmacy students across all year levels. This semester, we hosted a series of amazing Info Evenings with our sponsors. These sessions were packed with insight into

internship pathways, career opportunities, and what life is like working across different pharmacy environments. Students especially enjoyed the goodie bags and free food (because let's be honest, who doesn't love free stuff?).















A special shoutout goes to Green Cross Health for their dedicated 4th Year Information Evening, where students got the chance to connect with the team [Pranto, Kylie, Jenny, Jason, Lin, and Kishona] over a delicious spread and invaluable conversations about their future in pharmacy.





To all our incredible sponsors, thank you for showing up and sharing your stories:

- Woolworths Young & Viji
- Bargain Chemist Ewen & Georgi
- Chemist Warehouse Ken, Angela, Laura, Vindiya, & Jordan
- Green Cross Health Gillian & Joel
- Pharmacy Solutions Limited (PSL) Callum & Naheed
- Totem Pranto

And now... drumroll please. Next semester, we're back with something BIG — get ready to show off your hidden talents at **THE RX FACTOR: APSA's Pharmacy Talent Show!** Whether you can sing the code of ethics, dance aseptically, juggle pills, or spit pharmacology bars, THIS IS YOUR MOMENT TO SHINE!



MAPAS

Branagh & Kyla

Talofa lava, Mālō e lelei, Kia orana, Bula vinaka, Fakaalofa lahi atu! Kia ora whānau!

Being a MAPAS APSA representative so far this year has been both a rewarding and eye-opening experience. From the outset, we knew we wanted to contribute meaningfully to the Māori and Pacific community within the pharmacy collective, as well as the wider FMHS. A big part of our role has been making sure our voices are not only heard but actively included in decision-making spaces.

The events we've hosted so far have mainly included the Pacific (and Sign Language) Language Week posts and stories on our socials, with the intention of spreading awareness of different cultures present in Aotearoa, and being as inclusive as possible. Big thanks to everyone who participated in our Language Week quizzes and we hope you've learned something about our different island nations!

Our main event of this semester was our Matariki celebration, which occurred recently! Thank you to everyone who showed up despite the cold, rain, and early start. We wanted the event to be informative yet still chill, and we hope we delivered. It was such a wholesome time thanks to everyone who came and supported the event.

We're so grateful for the opportunity so far and excited to see what more we can do as a collective moving forward. Ngā mihi nui; many, MANY thanks and aroha to all of you ♥











Grassroots

Prosper

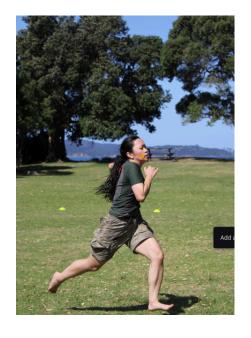


Kia ora koutou!

As your FMHS Grassroots representative this year, my goal is to get more pharmacy students involved in our events and help strengthen cultural safety by bringing together students from diverse regions, backgrounds, and clinical programs. Grassroots is all about building connections, celebrating diversity, and advocating for better rural health outcomes and we want pharmacy to be at the heart of that kaupapa.

We kicked off the year with a bang at Freshers Camp, where the Rural Olympics stole the show! It was awesome to see so many freshers getting stuck into every activity alongside their peers and seniors. Some of the highlights included the classic exec demo sock wrestling round and the legendary greasy pig chase, a real test of agility and team spirit under the sun!

Earlier this year, we had the privilege of being invited and sponsored to attend the National Rural Health Conference in Christchurch. This annual event brings together health professionals and students working in rural communities to share best practices, showcase research, and network across professions. It was a fantastic opportunity to learn from inspiring speakers and connect with like-minded individuals passionate about rural health.











Looking ahead, our biggest event of the year, Rural Health Week is just around the corner in Semester 2! This week-long celebration will feature heaps of educational and social activities, including:

- Sausage Sizzle
- Casting Workshop
- Suicide Prevention Workshop
- Rural Health Careers Evening
- Knees Up Stein

If there's one event you don't want to miss, it's the Careers Evening. You'll hear from health professionals across medicine, nursing, pharmacy, dentistry, and more — all sharing their experiences working in rural communities. It's a great chance to get inspired and find your place in the rural health space.

We'd love to see more pharmacy students at these events — whether you're keen to get involved, make friends, or just learn something new. Let's show up, represent, and continue building a culturally safe and connected healthcare future.

- PJ signing out





Welfare

Matthew

Hi Pharmily,

I hope you all are having a good semester so far! As you may know, my name is Matthew, and I'm the Welfare Representative for APSA! I helped organise the Wellness Week activities, which has been all about slowing down, reconnecting, and creating space to breathe amidst the chaos of Pharmacy life.

APSA's Wellness Week started off with Origami Day, where students dropped in between lectures to fold paper cranes, chat, and take a break from study. It was simple, calming, and surprisingly meditative.

Next up was our Wellness Walk at Auckland Domain, featuring the Sculpture Walk trail. This was a chance to get outside, get moving, and have conversations that didn't revolve around pharmacokinetics or treatment algorithms. We had a great turnout and some really grounding moments as we strolled through nature, appreciating both the art and the fresh air. We also managed to raise up to \$88 for the Auckland City Mission, spreading wellness beyond the degree!











To round off the week, we hosted a Watercolour Painting Evening, which had a massive vibe. Brushes, palettes, soothing music, and good company - what more could you want? Whether you were a beginner or had Bob Rosslevel skills, everyone was welcome, and everyone left feeling a little lighter.

Looking ahead, we're hoping to run another Wellness Walk in Semester Two. As always, feel free to reach out if you have ideas or need support, that's what this role is here for!

IPSF

International Pharmacy Student Federation

As APSA enters our fifth year of membership with IPSF, the APSA-IPSF subcommittee has created multiple events throughout the year to provide our Auckland students with opportunities to interact with pharmacy students across the Asia Pacific region. The APSA-IPSF subcommittee includes 17 students from all year levels and has worked on two posts for the Instagram page (@apsa_ipsf), which were: World Hand Hygiene Day and Asthma Awareness Day.

We also hosted an online exchange Zoom session with Chulalongkorn University in Thailand and a video exchange with CAPSI (Canada) and APhA-ASP (United States of America).

In terms of our Student Exchange Programme (SEP), APSA has received multiple applications from across the Asia Pacific region, but we are still in the process of launching the program on our end. Regarding student exchange, a couple of our students, including the IPSF SEO Amy Ke, visited Brisbane for the NAPSA Congress held in Australia. It was a highly eventful week, filled with many opportunities for our students to meet other IPSF committee members.

In early July, we have the Asia Pacific Pharmaceutical Symposium in Kuala Lumpur, Malaysia, where eight University of Auckland representatives will compete in various competitions and learn more about Malaysian culture. We also have World Pharmacist Day coming up on the 25th of September, so keep an eye out!





Amy & Ashley













PSNZ

Pharmaceutical Society of New Zealand

Kia ora Pharmily!

This year's PSNZ x APSA Careers Evening was a fantastic success, leaving us inspired and energised about the many diverse and evolving career pathways our Bachelor of Pharmacy degree can lead us to.

We were incredibly fortunate to hear from a range of guest speakers across unique and exciting fields of pharmacy, all while enjoying some delicious kai kindly sponsored by PSNZ.

A huge thank you to:

- Ben, for sharing your journey as a UoA PhD student
- Aarti and Hend, for your valuable insights into the world of pharmacovigilance at Douglas
- Mo, for the goodie bags and for introducing us to the exciting and emerging career of a L'Oréal pharmacist
- Sid, for giving us a glimpse into your work at GSK
- Joel and Pranto, for sharing your experiences with Green Cross Health and Totem

We are truly grateful to all the speakers, students, and interns who took time out of their busy schedules to engage with us and make this event so worthwhile.

I look forward to continuing to be an active part of the Auckland PSNZ Branch, and I am excited to help bring you more insightful and inspiring events in the future! Daisy







Much love, Your PSNZ Rep, Daisy

Education

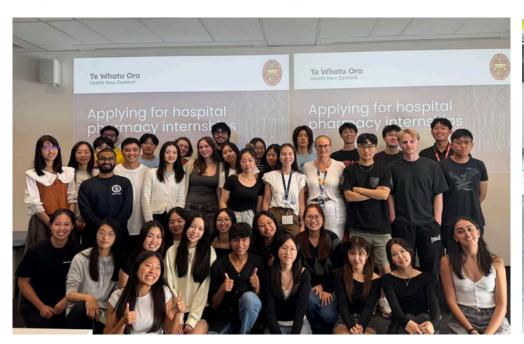
Can't believe Semester One is already over!

We've had a busy semester, starting with our annual Mentor-Mentee Programme. This year, we had a high number of sign-ups, and it was so nice to see everyone willing to help each other out. Let's continue building connections and strengthening cohort-to-cohort interactions.

Right after that, we had the Hospital Internship Talk, led by Kim Brackley, Jess Boey, and Zane Chin. Our fourth-years got their first detailed look into the internship process, and I believe I can speak on behalf of the cohort that it was incredibly beneficial and motivating.

To wrap up the semester, we have the Third-Year OSCE Workshop coming up! This is one of the first times it will be run in person and in a setting similar to the real OSCE. I'm looking forward to seeing you all there.

I'm excited to see what Semester Two will bring, and I want to thank the APSA team and everyone who attended for their support and love.













Bachelor of Pharmacy
Peer Mentoring Programme
2025

NEXT SEMESTER

Coming up...

FMHS STEIN RX FACTOR MOVIE NIGHT FMHS MIXER RURAL HEALTH WEEK KI O RAHI WORLD PHARMACIST DAY WELLNESS WALK BALL

SPONSORS DIAMOND



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Totem

We are proud to continue being a platinum sponsor of APSA. We deeply value our partnership and hope to continue supporting you for many years to come.

If you arent familiar with Totem, we are a network of 24 individually owned and operated pharmacies, working towards similar goals, with the same ideaologies at the core of our practice. Our vision is to create a generation of strong, competent and independent community pharmacists who have patient care at the core of their practice.

Why choose a Totem Pharmacy as in intern site in 2026?

We have created the Totem Intern Program in way that supplements the one set out by EVOLVE, with the primary focus of *providing supportive intern sites and preceptors* who encourage the natural progression and development of competent, well rounded intern pharmacists.

How we support our Interns

- Experiencedandsupportivepreceptors and clinical advisory team
- Dedicated Student Liaison who provides structured group trainings and supports each interns individual needs
- Competitive rates with training fees covered
- Training sessions provided throughout the year
- Periodic check ins
- Constantly adapting our practice to ensure that our
- program can be as good as it can be for those in it



2024 Totem Intern Pharmacists at a group training session.

We have positions available across the network for students in all years to join our mentorship program as well as intern sites for 2026

More information about Totem, internships, as well as the programs we offer feel free to reach out directly to:
Pranto Rahman
Student Liason and Programme
Coordinator, Totem Pharmacy Group pranto@totem.nz



Pranto Rahman (centre) with past interns and current Totem pharmacists Hiyori Nakano, Max Yeung and 2025 intern Kajani Sivaloganathan along withattendees of Totem presentationat UoA Schoolof Pharmacy.

Take a look at some comments from current Totem interns, there may be a name or two you recognise!

"Ireallyenjoyedmy internship withTotem last year, and I've had great support and guidance as I transitioned into my role as a pharmacist. Through mentorship, training and a collaborative environment I'm continuing to grow and progress as a more confident and capable pharmacist."

• Michelle Jeong - 2023 UoA Grad, 2024 Totem Intern Pharmacist, 2025 Totem Pharmacist

I really enjoyed the flexibility offered once registering! It was exciting being able to locum within the company at a variety of sites. I was able to take so much away in those first few months really strengthening my position as a pharmacist overall.

 Max Yeung - 2023 UoA Grad, 2024 Totem Intern Pharmacist, 2025 Totem Pharmacist

My journey from being an intern to a pharmacist has been rewarding. Pranto and the team at Totem have provided me with many learning opportunities and skills which I have carried forward into my day to day practice as a pharmacist. I am very grateful for the support that Pranto has provided throughout my intern year.

 Benton Qian - 2023 UoA Grad, 2024 Totem Intern Pharmacist, 2025 Totem Pharmacist





Media

Ryan, Khushi & Bianca



Thank you for reading the 1st edition of The Script for this year!

We'd like to extend a huge thanks to all the other APSA representatives who have made this year possible and put so much hard work into organising our events — and a special thanks to all of you for attending.

This semester has been filled with energy, collaboration, and growth — from academic workshops and advocacy events to social hangouts and community initiatives. It's been inspiring to see the passion and unity within our cohort, and we're proud to have captured just a glimpse of it through our media work.

Cheers to more photos, videos, posts.

See you next semester:)

Smile.











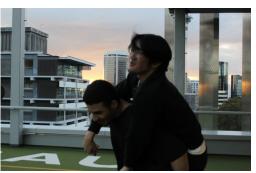






















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