



ALL SCENIC  
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AKSH



SINGAPORE

MEDICAL

SOCIETY OF

IRELAND



NEWSLETTER  
'22 / '23



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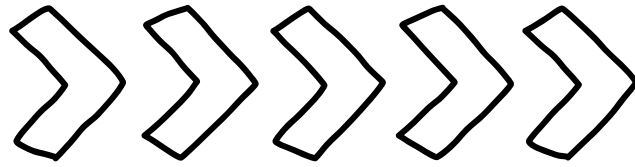
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# FOREWORD

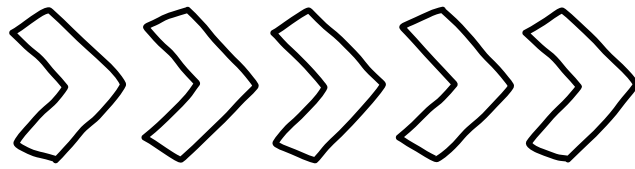


Dear Reader,

When Kate first began conceptualising this newsletter in early 2023, I imagined myself looking back on it in 20 years time surfaced. Five years spent here is not a very long time, and 20 years into the future my life will probably be very different, but I imagine that thumbing through these pictures and colourful commentaries will prompt many good memories of Dublin to immediately come flooding back. It is probable that by then this newsletter will be long obsolete (hopefully not...), but in the rare likelihood that you should chance upon it again, it is my hope that it can serve as a reminder of all the travels / side quests / shenanigans / golden years you lived through at uni!

Thank you for taking 2 minutes today to crack open this newsletter, lovingly put together by Kate with input from many valued members of SMSI. Yet another year with SMSI has gone by, contained within the snapshots inside this volume. I cannot say with confidence how many more years SMSI will continue to be, so every year we get through is worthy of commemoration. I am grateful for every person who has helped keep SMSI running this past year, whether it be by supporting us at our events or even simply just being a member. Whether you're reading this for the first time or the twentieth, may this newsletter put a smile on your face today!

Happy reading and best regards,  
Ashley



'22/'23

# OUR STORY



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# ABOUT US

SMSI is a non-profit, student-run organisation composed of over 200 Singaporeans studying Medicine, Dentistry or Allied Health in the Republic of Ireland.

Despite having members across the 5 different universities, we are a tight-knit community and we meet several times a year. Our events cater mainly to current students and encompass social gatherings, educational talks, volunteer work, sports competitions and medical mission trips.

We also provide guidance to prospective students who are considering studying in Ireland, and to our university classmates (regardless of nationality) who are interested in working in Singapore.

## OUR HISTORY

by Natalie Teh (Revised by Nicole Heng & Sophie Tay)

In 2007, SMSI was co-founded by two Singaporean doctors who studied in RCSI and TCD respectively. Starting SMSI was an aspiration of the founding group to have a community to belong to and look out for one another. As simple as this aspiration may have sounded, it has grown into something which our members today cannot imagine being without.

Over the years, we have grown from our humble beginnings as a small organisation of 32 members to over 270 members today. The gradual expansion of the society gave more opportunities for our students, such as holding our very first Orientation for freshers back in 2015. In recent years, SMSI has been trying to include and improve new ideas, events and opportunities for our members to participate as members of SMSI and give back to our community through volunteer programmes etc.

Even though many things have changed since the beginning, SMSI's core aim still remains - to provide a community for Singaporean medical students in Ireland and look out for their welfare.

# OUR FUTURE

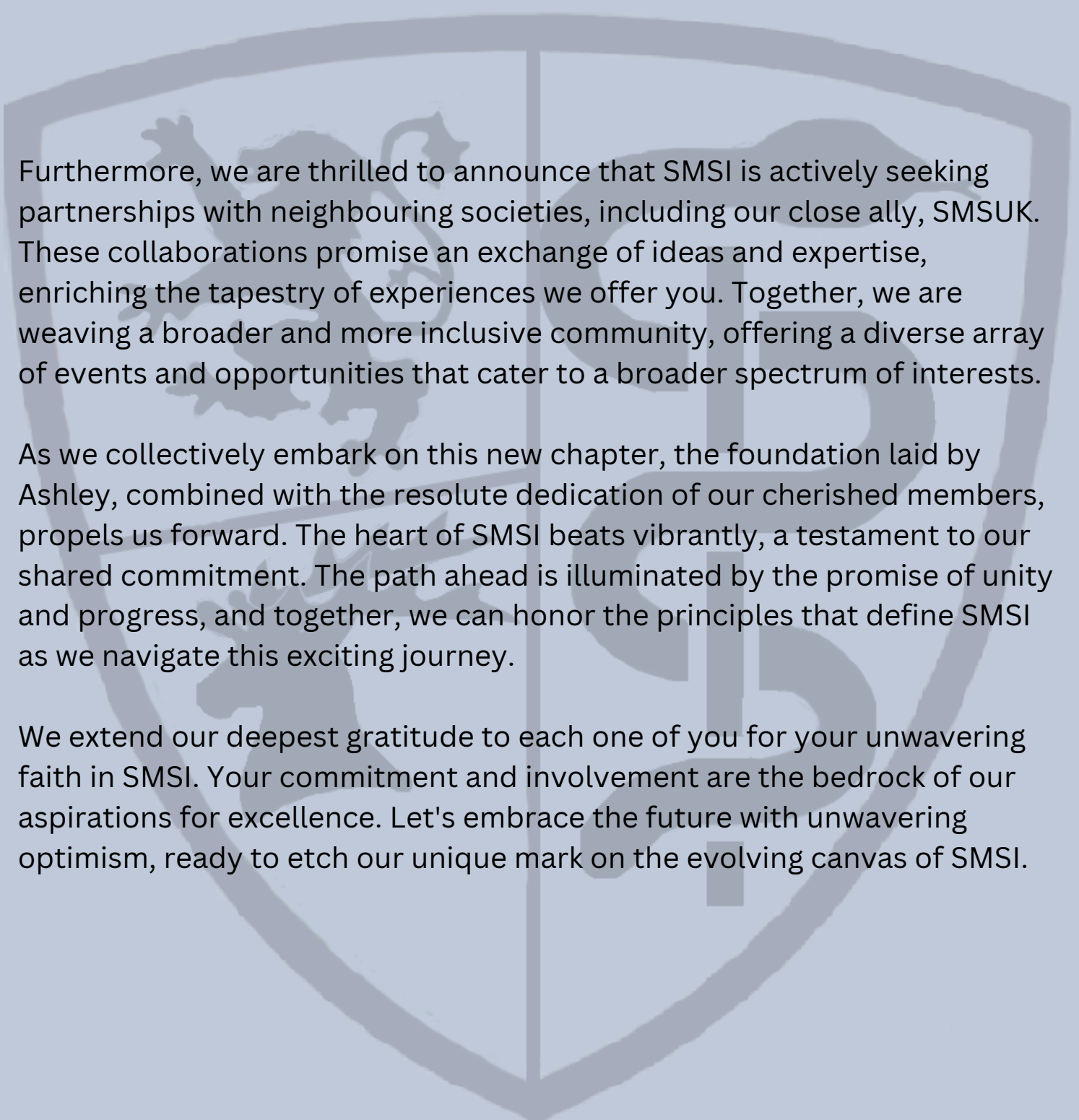
by Ashley Hsu, President '22/'23 & Darren Lim,  
President '23/'24

As we transition leadership, we are honoured to address you in this combined message, representing the collective continuity and progression of the Singapore Medical Society (SMSI).

Reflecting on the pivotal event of the delisting of four Irish medical schools by the SMC in 2020, it's clear that this moment marked a turning point that has reverberated throughout our organization. Ashley aptly articulated the significance of this decision, and we share the sentiment that it shaped the path before us.

In the wake of this event, SMSI experienced shifts in its membership that prompted profound questions about our future. The challenges of recent years, particularly the disruptions brought about by the pandemic, resonated deeply with both of us. Maintaining the sense of community and purpose was undoubtedly challenging, even during the process of electing a new committee. However, we want to reassure you that, with the torch now passed, we are committed to revitalizing SMSI.

As we emerge from the shadows of the pandemic, a new opportunity arises—an opportunity to foster deeper connections and forge spontaneous interactions within a more intimate setting. We're embracing the potential for gatherings that cater specifically to your needs and aspirations.

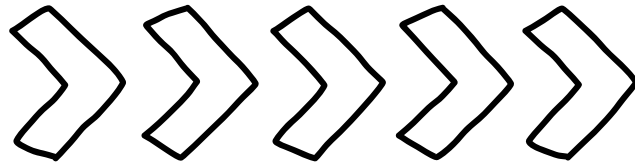


Furthermore, we are thrilled to announce that SMSI is actively seeking partnerships with neighbouring societies, including our close ally, SMSUK. These collaborations promise an exchange of ideas and expertise, enriching the tapestry of experiences we offer you. Together, we are weaving a broader and more inclusive community, offering a diverse array of events and opportunities that cater to a broader spectrum of interests.

As we collectively embark on this new chapter, the foundation laid by Ashley, combined with the resolute dedication of our cherished members, propels us forward. The heart of SMSI beats vibrantly, a testament to our shared commitment. The path ahead is illuminated by the promise of unity and progress, and together, we can honor the principles that define SMSI as we navigate this exciting journey.

We extend our deepest gratitude to each one of you for your unwavering faith in SMSI. Your commitment and involvement are the bedrock of our aspirations for excellence. Let's embrace the future with unwavering optimism, ready to etch our unique mark on the evolving canvas of SMSI.





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# 2022 EVENTS

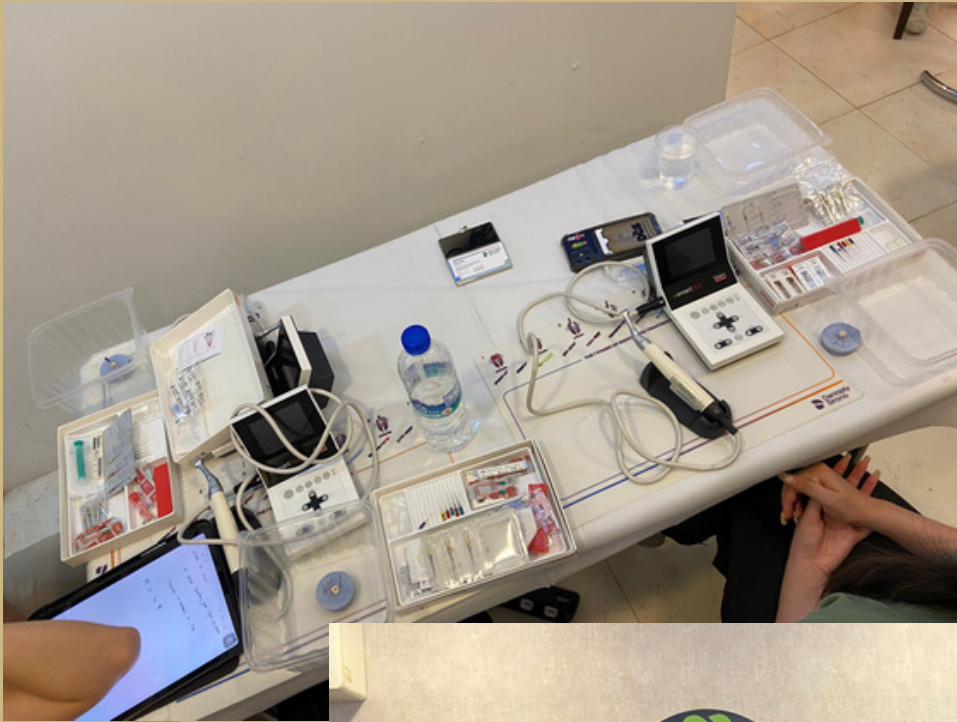


# DR KEITH'S DENTAL TUTORIAL

By Selina Mak, Dental Rep

We had the honor of having Dr Keith Leong host an inperson tutorial session for our dental students after the 1 year hiatus due to covid restrictions. Unlike previous tutorials, the session was held in two parts, hands on suturing tutorial and as requested by our dental students, an endodontics tutorial. The hands on suturing session comprised of working different stitches on pig trotter and judged by a fellow dentist(prizes given to the best!). While the endodontics tutorial comprised of theory session and hands on root canal. Huge thanks to Dr Leong and his staff, Dentsply and Subway for the kind sponsorship!





# DR ENDEAN'S TUTORIALS

By Ong Jia Yi, Education Director



This year, we were honored to welcome back Dr. Endean, who has been a dedicated educator to SMSI members for many years. Dr. Endean led a Zoom masterclass and a physical tutorial, now that we have opened up after COVID'19.

Dr. Endean's Zoom masterclass provided invaluable insights into effective final year presentation techniques. As our members approach this pivotal stage, mastering the art of delivering complex medical information with confidence is of paramount importance.

In addition, Dr. Endean conducted a hands-on physical tutorial focusing on OSCE exam techniques. This session was particularly beneficial for our medical students, equipping us with essential skills to excel. By receiving expert guidance, we gained a deeper understanding of precise physical examination methods and honed our techniques.

We extend our heartfelt gratitude to Dr. Endean for his unwavering support, which have undoubtedly enriched our learning.

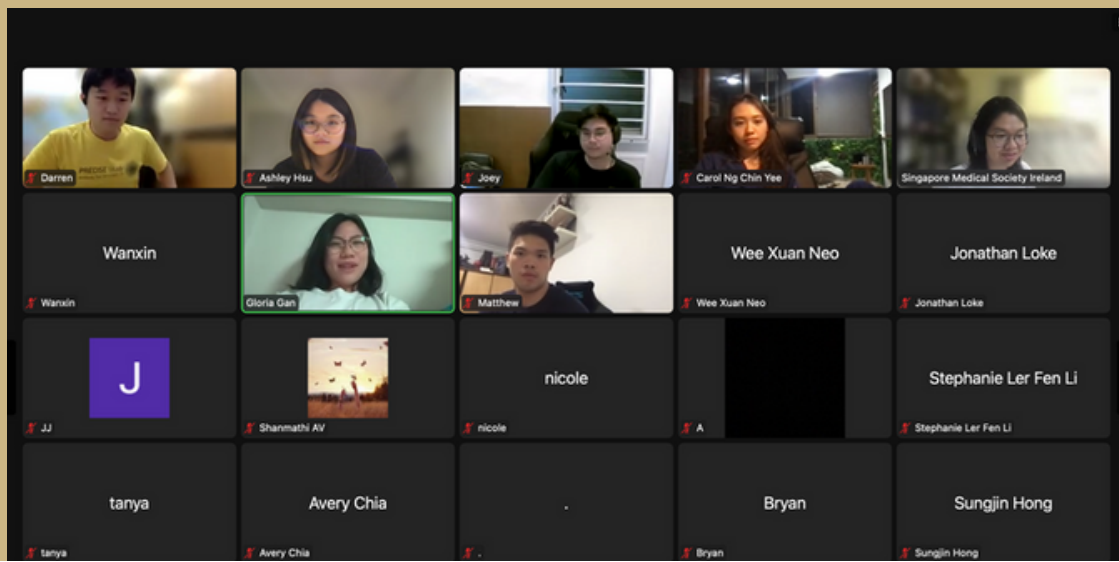
# LIFE AS A HO

By Ong Jia Yi, Education Director

"Life as a HO: Singapore Edition" has become an annual tradition within SMSI, and this year, it continues to uphold its significance. In this edition, we had the privilege of hosting distinguished medical professionals, namely Dr. Darren Gee, Dr. Neo Wee Xuan, Dr. Gloria Gan, and Dr. Carol Ng, who graciously shared their wealth of experiences as House Officers (HO), Medical Officers (MO) in Singapore.

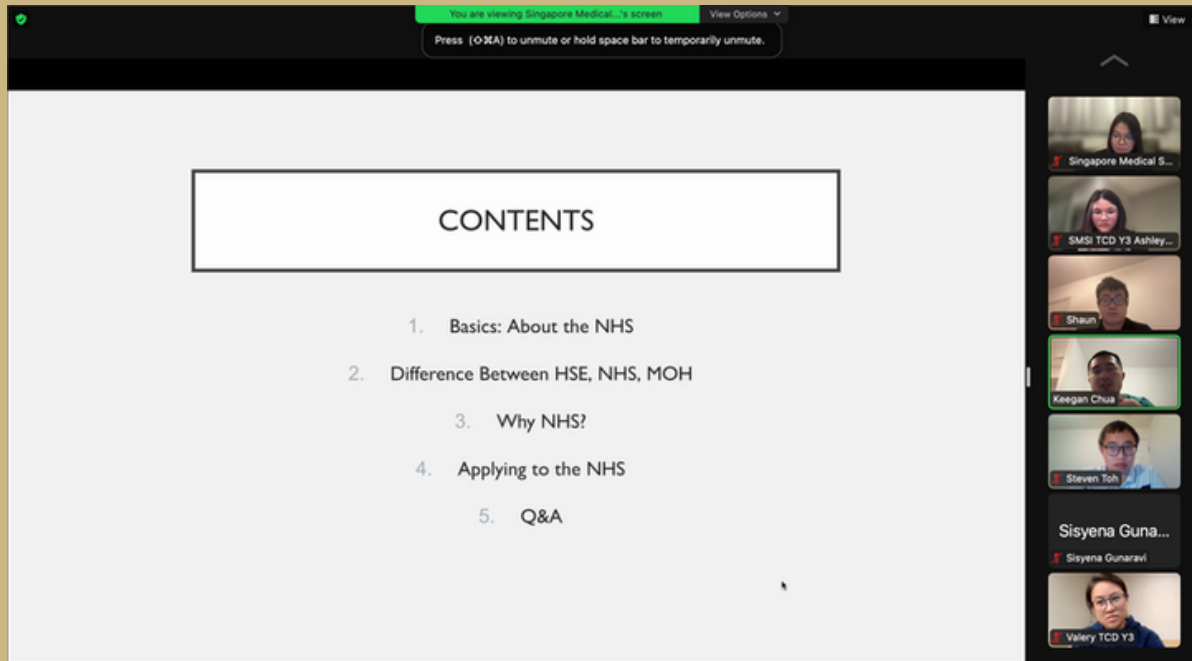
This event was specifically tailored to cater to the needs of our Year 5 seniors who are embarking on their professional careers for the first time. During the event, our esteemed speakers delved into the intricacies of the daily responsibilities of HO in Singapore, offering insights into the on-call procedures and claims system. Furthermore, they shared their unique and invaluable experiences within the Singaporean healthcare landscape. Dr. Daniel Lim, an esteemed alumnus, also enriched the conversation with his valuable insights.

The subsequent Q&A session provided a valuable forum for addressing inquiries and fostering in-depth discussions. Such was the enthusiasm of our speakers and members that the session extended beyond its scheduled duration, underscoring the engaged and insightful nature of our community.



# NHS LIFE AS A MO

By Ong Jia Yi, Education Director



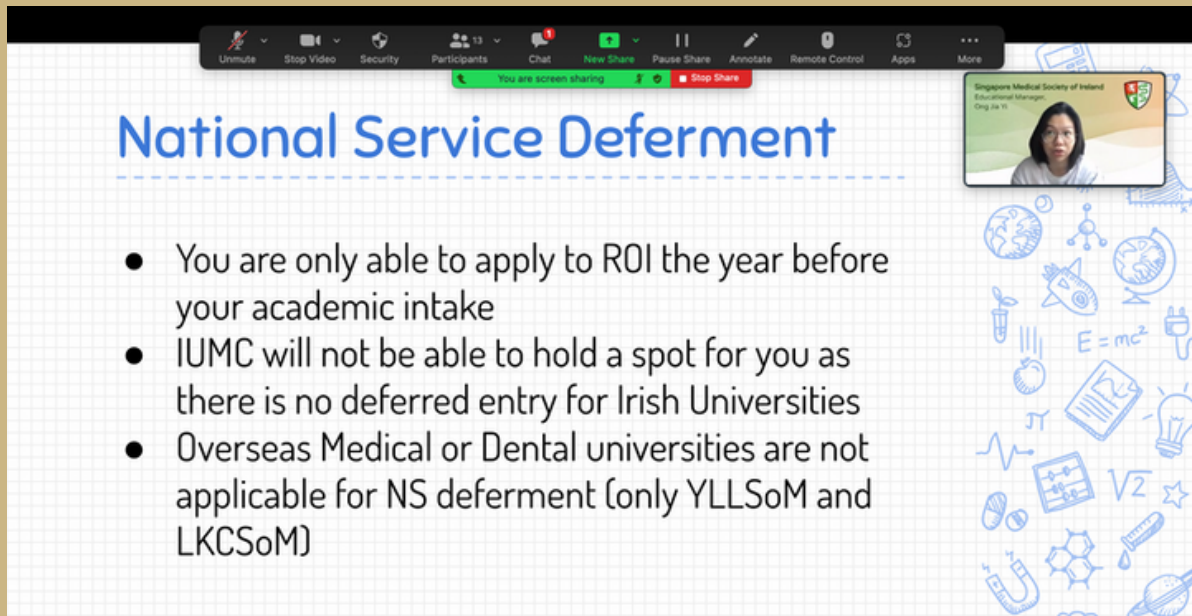
SMSI hosted a new sharing event titled "Life as a HO: NHS Edition" to offer our members an informative platform to gain insights into the experiences of House Officers (HO) within the NHS.

We were privileged to extend invitations to esteemed medical professionals, including Dr. Keegan Chua, Dr. Shaun Chew, Dr. Sisyena Gunaravi, Dr. Natasha Amran, Dr. Sophia Joswara, and Dr. Steven Toh, all of whom are currently practicing in various countries under the NHS umbrella. During the event, they imparted valuable knowledge regarding the distinctions in working within the NHS in the UK, Singapore, and Ireland. They also delved into nuances within the NHS system, elucidated the application process, and shared their personal working experiences.

SMSI is immensely grateful to these dedicated doctors for taking time out of their busy schedules to participate in this insightful talk and contribute their expertise to our community. This event served as an invaluable platform for SMSI members to gain profound insights and engage in a meaningful exchange of information through interactive discussions and Q&A sessions.

# JC TALKS

By Ong Jia Yi, Education Director



The screenshot shows a Zoom meeting interface. At the top, there is a toolbar with icons for Unmute, Stop Video, Security, Participants (13), Chat, New Share, Pause Share, Annotate, Remote Control, Apps, and More. Below the toolbar, a green bar indicates 'You are screen sharing' and a red bar says 'Stop Share'. The main content area has a white background with a blue dashed line under the title 'National Service Deferment'. To the right, there is a small video thumbnail of a woman with glasses, identified as 'Singapore Medical Society of Ireland Educational Manager, Ong Jia Yi'. The slide content includes a list of three bullet points and a decorative border of blue hand-drawn icons on the right side, including a globe, a lightbulb, a microscope, and mathematical symbols like  $E=mc^2$  and  $\sqrt{2}$ .

## National Service Deferment

- You are only able to apply to ROI the year before your academic intake
- IUMC will not be able to hold a spot for you as there is no deferred entry for Irish Universities
- Overseas Medical or Dental universities are not applicable for NS deferment (only YLLSoM and LKCSOM)

The "Health Sciences Courses in Ireland 2022 Talk" was specifically tailored for junior college (JC) and International Baccalaureate (IB) students who are contemplating advanced studies in Ireland, with a primary focus on those interested in Medicine and Dentistry programs. To ensure accessibility, we hosted multiple sessions of this talk, allowing interested students ample opportunities to participate and listen to the presentation live. During the session, we provided comprehensive information regarding the admission prerequisites, application process, and the academic curriculum framework in Ireland.

Moreover, we were dedicated to addressing inquiries from prospective students during these sessions, ensuring that all their questions were thoroughly answered.

# CNY DINNER



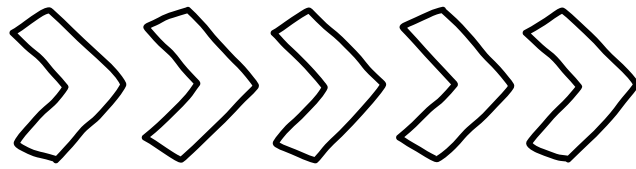
This year, the Year of the Rabbit granted us with another opportunity to host an even bigger annual CNY Dinner at Lee Kee restaurant. It was our greatest privilege to be able to host a total of 85 members and have others all across Ireland come down to Dublin to celebrate this festive season together!

Whenever we think of Chinese New Year, gatherings with family and friends, great food and games pop up. This year's CNY Dinner brought all 3 things to the table. From tentalising dishes such as hotplate tofu and salt and pepper squid, to our SMSI CNY Lucky Draw and karaoke sessions.

As per tradition, the results of the newly elected SMSI committee was released. We want to congratulate each person who was appointed the role and thank all the other nominees for their interest! While this CNY Dinner serves as the first social event of 2023, it also marks the final event hosted by the SMSI Committee of '22-23. We would like to thank the SMSI family for their unwavering support during our tenure and wish future SMSI committees the very best in all their endeavours! It's been a great run.

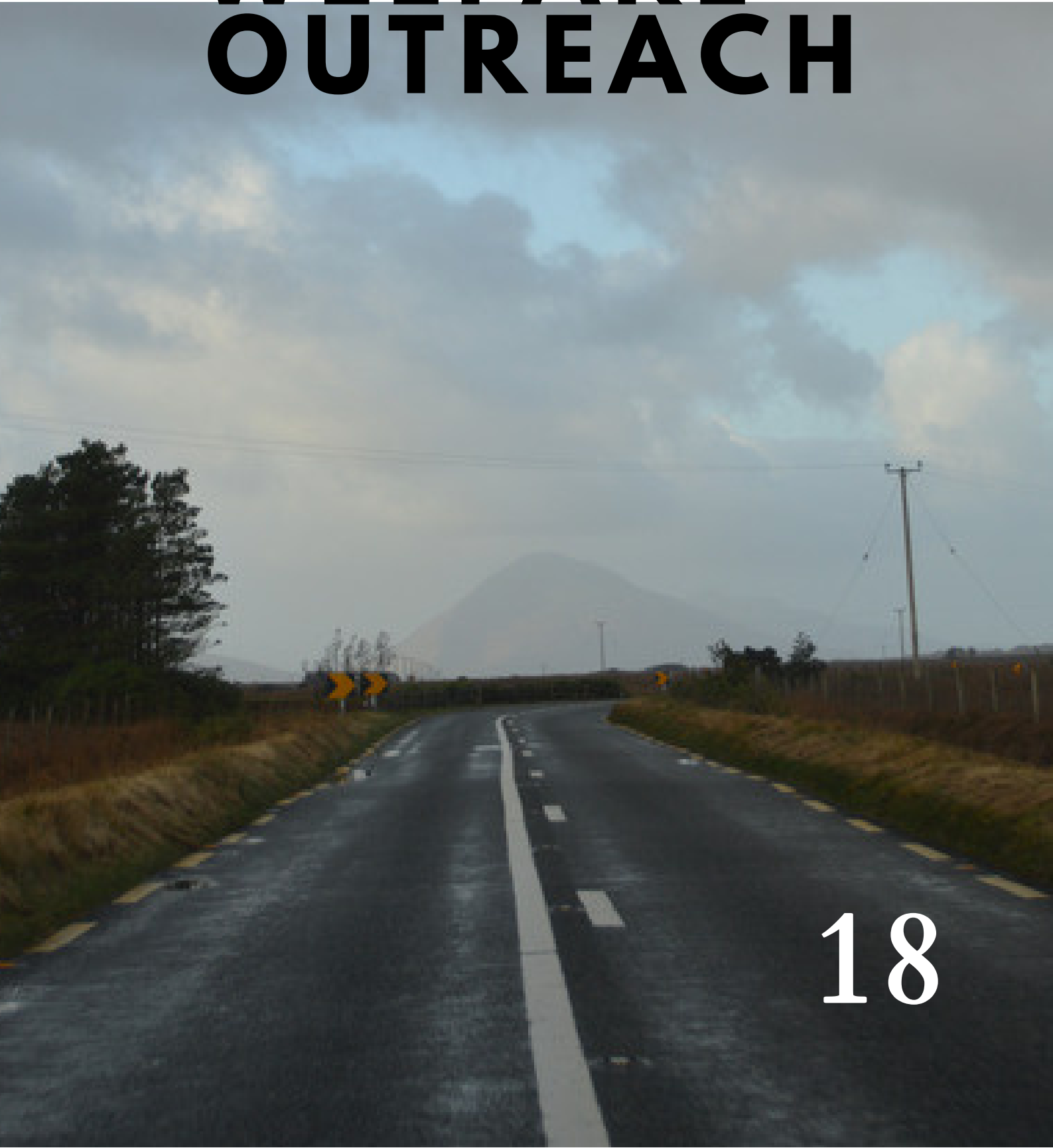






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# WELFARE + OUTREACH



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# SPD CHARITY BAKE SALE



In June, SMSI partnered up with the Society for the Physically Disabled (SPD) in running a charity bake sale. During this event, 4 of our talented bakers, Christopher Chan, Jonathan Tan, Elizabeth Lai and Tristan Lim baked various different delectable sweet treats.

Each baker baked their items at home and transported their baked goods to a central kitchen where other SMSI members volunteered to help in the sorting and packaging of the orders.

Afterwards, other SMSI members volunteered to serve as delivery drivers to deliver the baked orders islandwide.

Together, SMSI managed to raise roughly \$1000 SGD for this charitable cause! SMSI is proud to have worked with SPD on this charity bake sale and we can't wait for future collaborations! Also, SMSI would like to thank all SMSI members who volunteered their time to help make this event a smooth and enjoyable one!



# SMSI WILLING HEARTS SOUP KITCHEN



In July, SMSI volunteered with Willing Hearts Soup Kitchen! This was the first time SMSI had volunteered with Willing Hearts Soup Kitchen in 2 years!

During this event, volunteers were split into 3 different groups. The first group helped to wash, peel and dice raw ingredients while the second group helped in mass packing of dry food items. The last group assisted in loading and transferring packages food into food trucks. At the end of the the event, volunteers helped to clean up the kitchen so that it will be clean for the next group of volunteers!

SMSI is proud to work with Willing Hearts Soup Kitchen for a good cause! SMSI would also like to express our gratitude to all our SMSI members who volunteered their time and effort to help make this event a memorable one!

# SMSI SHIRT ± WELFARE PACK

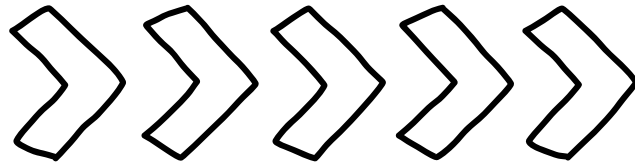


\*Visual not drawn to scale, for illustration only\*

shirt designed by our lovely president,  
ashley hsu



bag designed by jaycinth phua, welfare pack put together by our treasurer tristan lim



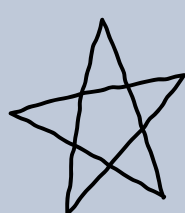
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# OUR SOCIETY



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# SMSI COMM '22/'23 REFLECTIONS





# from our college reps



**Christopher Cullen, NUIG Rep  
Y3 NUIG Med**

My time as NUIG, now UG, rep for 2022/23 was a fruitful one. With the number of students coming into and currently enrolled in UG slowly dwindling into non existence, I expected my role and responsibilities to be fairly relaxed and easy-going. I found that being UG rep, while not being as laborious as some of the other more prominent committee roles, is not without its own difficulties and challenges.

During my time as rep, I was fortunate enough to have the freedom of organising some welfare for the students in Galway using SMSI funds. For instance, a bowling social night and care packages for the then 5th years taking their final exams. An issue I haven't yet managed to resolve and my main regret as rep is not being able to find a solution for Galway being slightly detached from SMSI events. Although I know the UG students are extremely self sufficient, I feel there's always more value in having opportunities.

Hello! I'm Elizabeth and I was the UCC representative for 2022/23.

It has been nothing short of a blessing being a part of the SMSI 2022/23 committee. I really enjoyed planning the recent orientation camp and am grateful for the opportunity to serve the UCC community :-). Hope that the SMSI community will continue to provide comfort and a community to Singaporeans studying in Ireland!



**Elizabeth Lai, UCC Rep  
Y2 UCC Dentistry**

Being part of SMSI since 1st year, it was crazy exciting to join in on the committee fun in my 3rd year in Ireland. Being the RCSI rep, I got to interact with Singaporeans of all years and engage more closely with my peers in the various Irish institutions - a valuable and enriching experience. Being exposed more deeply to the perspectives of Singaporeans in the various years and universities allowed me to widen my worldview and helped me to be more understanding and knowledgeable of the differences in experiences that everyone went through, culminating in contrasting and interesting paths that they've found while in Ireland. SMSI has been a second home to me over these years and I would recommend for anybody curious about joining to step out of their comfort zone and take the leap :)



**Jonathan Tan, RCSI Rep  
Y4 RCSI Med**

What a fruitful year it has been for SMSI! I was able to serve as the UCD rep for 2022/2023 and it has been a wonderful experience being able to connect with not only my peers in college but also with the greater Singaporean society in Ireland. This experience has been such a meaningful one with so many new friendships forged throughout the year and I am so thankful that I was able to be part of the journey with this fantastic committee. Being the UCD rep has also allowed me to experience what goes on behind the scenes and appreciate the logistical processes behind running an organization.



**Tang Kahyi, UCD Rep  
Y5 UCD Med**

Despite the dwindling numbers of Singaporeans coming to Ireland to study, I hope that SMSI will continue to serve as a community that brings a much-needed splash of home to our students abroad, just as it has for me.



**Darren Lim, TCD Rep  
Y2 TCD Med**

Hi everyone! I am Darren, the TCD college rep for 22/23.

I applied for this role as I received a great amount of guidance when I was in my first year. I vividly recall the anxiety and uncertainty that I had at the thought of studying abroad. By taking on this role, I had the chance to aid my juniors like how my seniors have helped me in settling down in this new environment :)

As the TCD rep, I was responsible for the dissemination of information to the student body. I was also in charge of organising my favourite event: Junior treat Senior (JTS)! I thoroughly enjoyed my time being the TCD rep and hope that I was able to positively impact my peers.

Wishing everyone a great year ahead!

# + from our exco members

Hi SMSI! I'm Selina, this year's dental representative.

It has been an honor working with and serving the SMSI community. I am truly appreciative for this opportunity and can't imagine how different things would've been otherwise.

I still remember Christmas break last year, apprehensively staring at the sign-up form moments before the deadline all the way in the UK. Looking back, I can confidently say that I do not regret pressing the send button, despite the many worries I've had at that point of time.

An achievement that I'm proud of accomplishing during my delegation is actively working on feedback obtained from the SMSI dental community and addressing them to the best of my abilities. As a result, I'm proud to say we've held our first ever in person, endodontic tutorial and loupes try-on session.

Words cannot express my gratitude towards everyone that has supported me and all the new friendships sparked through this role :D

Thank you SMSI 2022/23!! I'll be looking forward to future SMSI endeavors!!



**Selina Mak, Dental Officer  
Y2 UCC Dentistry**

Hello smsi! i'm jia yi, the education officer for the 2022/2023 committee.

what a journey this has been! from campaigning, to getting this role, to planning new events (eg: jc talks, senior led tutorials) and maintaining yearly events, this has been a tough yet fulfilling journey.

i was given the opportunity to talk to and work with many different groups of people - from seniors to alumni, HOs and MOs - and for that, i'm extremely grateful.

to be honest, it was daunting to reach out to people whom i've never met before but everyone that we've reached out to or seniors/alumni who've reached out to us have been so understanding and kind throughout the planning of the events we have had this year. without them, we wouldn't have been able to plan and execute most of the events.

i am super thankful for the smsi committee as well, especially ashley and kate :)" literally, it would be impossible to count the number of times i looked at ashley and said 'help' hahaha. and kate! for the posters because it is a fact that i cannot design.

also, a shoutout to bryan, for his help when we were lost (which is about 90% of the time)

thank you everyone for putting your faith in me throughout the past year. thank you for participating in the events planned, for reaching out to me and for answering my questions. at the end of the day, it's always the people who make things matter. :)" it's been a good run.

signing off,  
jia yi



**Ong Jia Yi, Education Director  
Y2 TCD Med**



**Tristan Lim, Treasurer  
Y2 TCD Med**

Having the opportunity to be the treasurer of 2022/23 was nothing short of daunting, insightful and fun of course! Initially, I didn't know what to expect, being placed in a committee with people I mostly didn't know. However, I was excited to take over during a post-COVID phase, where more in-person outreach activities would be carried out.

Needless to say, I've thoroughly enjoyed my time in the SMSI committee! I've come to see them as like-minded individuals with a common goal of pushing SMSI to new heights. I've learnt so much from them and this role! From the sourcing and packing of welfare pack contents and having short interactions with members, working together to facilitate in orientation and planning CNY dinner.

As my time as treasurer comes to a close, I'm glad to have been a part of this comm, forging new friendships and making some money moves for SMSI! And so, I retire from this role with no regrets, because it was worth it every step of the way!

hello smsi!

it's been my absolute honour serving you and my beloved exco+co the last year or so. thank you for giving me an opportunity to bring my creativity to this platform with humans of smsi/day in my life/cooking with smsi. and a huge shout out to every one of you who volunteered to be a part of the initiatives! it would definitely not be possible without y'all. i hope you got to know our lovely society members better through this and will continue to meet new faces over the course of your study.

even though i did not contribute as much as i wanted to with my role as a vice-pres, i'm immensely grateful for all the support and love you've shown me. i'm so blessed to have gotten to know all of you and i wish nothing but the absolute best in your future endeavours.

many hearts,  
kate-lynn



**Kate-Lynn Lam, Secretary/Vice-President  
Y4 UCD Med**

I sit down with a pensive spirit, recalling the year spent with this committee. A subtle but warm smile creeps unto my countenance as I reminisce the jocund company. With twilight's embrace looming it's curtain to cue a close to our last dance, 3 things stand out in my mind.

First off, SMSI has valued added to my overseas education experience. While it was very easy to get overwhelmed by the academic rigour of university, SMSI served as a timely reminder that there is more to life than just studying. Having to work on projects while in the midst of studying allowed for me to take a break, relax and enjoy myself. Overall, SMSI gave me a holistic and balanced experience while studying abroad in Ireland and has been beneficial for my mental and emotional health.

Secondly, SMSI has allowed me to do something meaningful for others. From bringing back in person outreach activities after 2 years, to organising activities and social gatherings to help our freshers integrate into a new environment, I cherished every opportunity to help others. I hope to have left a small but meaningful impact on those around me.

Last but not least, my time serving SMSI was nothing short of fun. I thoroughly enjoyed working together with the rest of the committee and made many lasting friendships and memories which I will cherish. While our summer schedule was nothing short of hectic, the committee was able to band together and work tougher as a team. Having a lot of fun together and watching our hard work pay off filled me with a sense of accomplishment and unadulterated joy.

But above all else, I would like to thank everyone for this opportunity to serve you. It has been an honour and a privilege. SMSI will always hold a special place in my heart and it is my deepest wish that this society will continue to grow from strength to strength



**Isaac Lee, Vice-President  
TCD Alumni, Y2 NUS Med**



After being on the SMSI committee for a year, making the decision to run again for the role of President came quite naturally. I had spent a year getting an idea of how SMSI served its members and the ways it could improve.

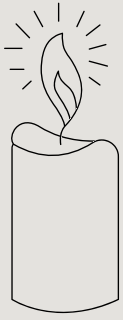
Despite what I thought I knew, the year that has passed was far from breezy. The term quickly proved to be a test of my ambition, and there were times when the committee was stretched to the max. Looking back however, I am proud of what we have achieved, and I have only the SMSI team to thank for how far we've come.

Thank you to the ones who first showed me the ropes: the Committee of 2021/2022, and also to all the seniors who made the journey feel a little less lonely. To Kate, always ready to lend a hand, whose ceaseless commitment I have witnessed. To Isaac, who gave his all, for being a better team player than I ever could have been. To Tristan for his dedication and to Jia Yi for being my friend. To Selina for her peace and to Liz for her energy. To Chris for his sincerity and to Darren for being a bro. And Kah Yi and Jonathan whose acquaintances I am delighted to have made.

At the end of this colourful journey I am grateful for the opportunities I have received. Serving SMSI has been deeply enriching, and I would certainly do it again if given the choice. Thank you for the chance to be your President! It has been an immense pleasure.



**Ashley Hsu, President  
Y3 TCD Med**



'22/'23

# ORIENTATION



Every year, SMSI's orientation serves as a platform for incoming freshmen to better understand what to look forward to before they embark on their journey overseas to study their degree of choice. It also was a stepping stone for them to meet our existing society members through food and bonding activities.

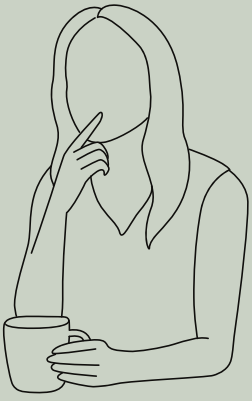
In July, SMSI managed to host our annual orientation in-person given the lightening of COVID-19 restrictions in Singapore. This year's orientation was a 3 day 2 night event filled with Amazing Race Games, bonding dinners and information sessions for the freshmen. It was also our first time hosting an Orientation BBQ dinner at Changi Chalet that was open to the rest of our society to partake in!

It was nothing but heartening to see months of planning being put to fruition. The SMSI Committee '22-23 would like to sincerely thank all the volunteers for their dedication to helping out in the Orientation, our freshmen for attending it and all our SMSI members who came down to support our new BBQ dinner initiative!

We look forward to see you all at our next one 🥰







'22/'23

# HUMANS OF SMSI



An initiative we brought back during our season to familiarise one another with faces that make up our society! Monthly interview-style entries were posted from members across UCC, NUIG, UCD, Trinity and RCSI.

**qn. if your life were a song, what would the title be?**

fireflies, owl city

Because I just love the song and it relates to me because I want to sleep but just can't fall asleep sometimes lol 🥱🥱

**qn. if you weren't studying dentistry, what would you be doing right now?**

probably biochemistry because ultimately I still want to do dentistry

**qn. how would you define yourself in 3 words?**

fun, crazy and energetic 😄

**qn. 3 things you can't live without**

my phone 📱, money 💰 and rice 🍚 (most important thing in life)

**qn. what is a cause that is important to you?**

-ending world hunger. It's sad to think that people who are affected find it extremely difficult to escape from poverty because without food, they will be more prone to diseases and it will definitely affect their livelihood since they are unable to earn more.

**qn. if you could change your name for a day, what would it be?**

Jerika, kinda sounds unique ☺

**qn. what would you name your yacht if you had one?**

bloody mary, always wanna try the cocktail 🍸

**qn. what movie never fails to make you cry?**

five feet apart 😭 especially it is kind of a true medical condition

**KAIMOOK**  
**Y2 UCC DENTISTRY'23**





## CHOW JIUN CHYI

### Y4 UCD RADIOGRAPHY'23

**qn. what do you love about radiography so far?**

the placements and interesting cases that come by. the patient interaction while brief makes whatever im doing meaningful. there was a patient who came in that could only speak chinese, and i happened to do her x-rays. at the end of the examination she came by to thank me for making her day as she was stressed she would not be able to communicate with the irish radiographers.

**qn. any advice to those interested in radiography?**

the course does focus quite a bit on the equipment and it would be a great if you enjoy the mix of patient care and the technical aspect of radiography!

**qn. top 5 songs you have to have for a karaoke session**

mostly old taylor songs??? 小幸运, 青花瓷 and a lot JJ Lin and Jay Chou songs i think

**qn. what is the best bubble tea shop in ireland and what is your go-to order?**

my favourite is 18ctea, it's a chain, but i like the one in the hong kong bakery best!! ermmm my go-to order would usually be original bbt w pearls?

**qn. what is one thing that can instantly make your day better?**

probably cat videos, especially kitten ones 😊

**qn. if you could have any exotic animal as a pet, which would it be?**

a snow leopard! the one that bites its own tail hahah

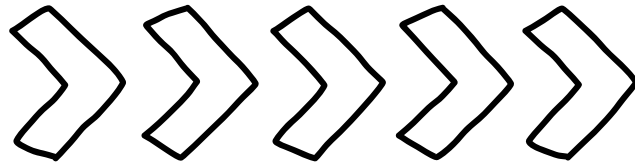
**qn. what is the best gift you have ever received?**

i cant think of the best but the most memorable one was a jar filled with small post-its with places to eat written on it. my friend made this for me because i can never decide on where to eat when we are out.

**qn. who is your biggest role model?**

the cat at my void deck that just sleeps and gets fed everyday. very ideal.





'22/'23

# LIFE IN DUBLIN

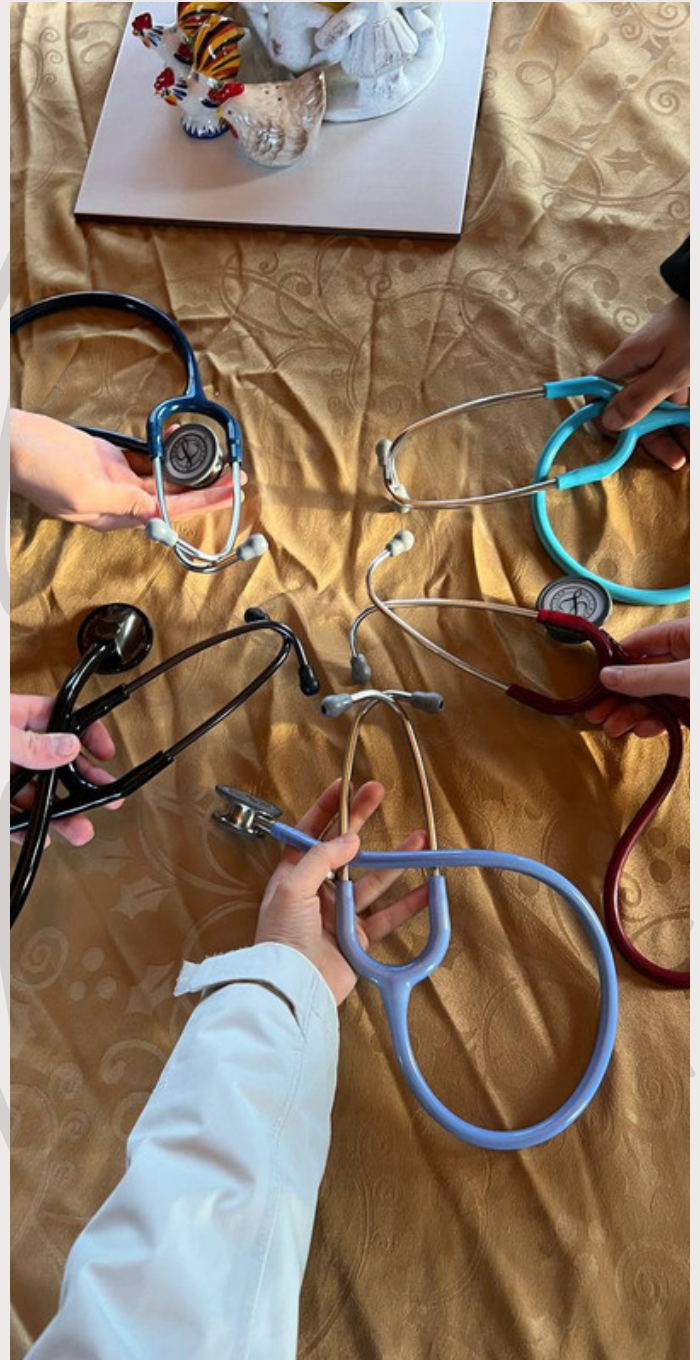


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# LIFE AS A RCSI MED STUDENT

Studying overseas has definitely been an eye opening experience. However, as challenging as it is to adapt to a new environment while juggling medicine, the memories that I have made in RCSI are memories that I will treasure forever. This year in particular has been very unforgettable as it's the start of our clinical years!!

In RCSI, students from year 3 to 5 would be sent to hospitals all over the country for rotations. If you're one very lucky (or unlucky) individual, you may get sent to somewhere as far as Enniskillen which is in Northern Ireland. As for my friends and I, we got sent to Cavan for our first rotation. Cavan is a small, quaint town but its only hospital is anything but quiet. Doctors often spent morning till lunchtime conducting morning rounds. The hustle was truly real.





Despite the initial imposter syndrome, the cardiology team we were assigned to always tried to include us and would often assign us patients to take histories or observe clinical signs from. This really helped in honing our clinical skills and allowing us to gain confidence in approaching patients.

Apart from being sent to Cavan, I got assigned to many different types of hospitals ranging from a posh private hospital in Galway to an orthopedic hospital in a sus part of Dublin. The hospital setting always feels so magical to me as it's allows us to meet patients from vastly different walks of life and through taking their history, you're able to piece together their life stories.

By Kate-Lynn Lam, Y4 UCD Med

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# LIFE AS A UCD MED STUDENT

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surreal how time flies and it's now been 4 years since i've entered university! i remember having the mindset where dublin was a place i'd come back to temporarily with no strings attached - where i'm just there to study and get my degree after 5 years. however once covid years came to a close and clinical years commenced - i started spending more time travelling with my ucd mates, bonding with my groupmates over the harsh consultants, fangirling over the nice regs and fidgeting over long surgical rotation hours - it's safe to say that dublin has warmed up to me.

i can't pinpoint when exactly this place i used to see as a guiding light started coming to shift into a "home away from home" but i started to treasure the pace of life, interactions with patients who have taught me valuable lessons along the way and spending time with consultants who remind me to always come back to "why medicine?" whenever times get trying. in a years time i'd be (hopefully) graduating and when i do return to singapore to continue my career as a medical professional, i will definitely hold the dublin memories close.

till then, i will make the most out of the time left here and i hope you keep an open mind and learn to appreciate dublin and its quirks for what they are! all the best in everything you do and enjoy it c:



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# LIFE AS A TCD MED STUDENT

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Hi! My name is Darren Lim, and I come from sunny and humid Singapore. Just completed my second year of medical studies at Trinity College Dublin, and let me tell you, second year is notorious among the seniors. They say it's the toughest, except for that nerve-wracking year five, of course!

Winter in Dublin can be quite a challenge for someone used to Singapore's year-round tropical climate. The sun rises late, around 8-9am, and sets at an early 4:30-5pm, making the days feel short and gloomy. I won't lie; I felt a bit down and lonely during that time, especially with the pressure of semester exams. Thankfully, I had my friends and family for support, and I also found solace in some extracurricular activities, like swimming, to take much-needed breaks from studying.

One exciting thing about year two was our introduction to clinical skills. We got to learn history taking, drawing blood, and even IV cannulation. These hands-on lessons reignited my passion for studying, giving me a taste of what being a real doctor would be like.

Despite the busy schedule, my friends and I managed to squeeze in some travel. We ventured to Menorca, a beautiful island in Spain with pristine beaches. But here's where things got interesting - I developed red patches on the back of my head, which were painful and annoying. On the last day of our trip, I couldn't take it anymore and ended up at a hospital. Turns out, it was shingles! Who would've thought? Well, at least I got a medical experience out of it.

Another unforgettable trip was to Copenhagen, Denmark. I fell head over heels for this city the moment I landed. It felt like Singapore, safe, peaceful, and stunning. The only downside was the cost - Copenhagen wasn't exactly budget-friendly. But the architectural beauty and mouthwatering food made up for it. I had the best burger of my life at a restaurant called POPL - perfectly buttered, crispy edges, and a juicy center. I'm drooling just thinking about it! Copenhagen, I'll definitely be back for more.



Recently, I had the opportunity to join a Medical Mission Trip to Phetchabun, Thailand, organized by HealthEx International and Radion International. Our goal was to provide medical aid and support to the Hmong people in the region. It was an eye-opening experience, witnessing their resilience despite the challenges they face. We also conducted basic first aid courses, which were essential considering the nearest hospital was a 2-hour drive or a 30-minute helicopter ride away. This trip gave me a sense of purpose, and I can't wait to participate in more medical missions in the future.

Studying medicine in Ireland has been a rollercoaster of experiences, from battling the winter blues to embracing clinical skills and exploring new lands. It's been a journey of growth, both personally and academically. And as I progress through medical school, I know each step will bring its unique set of challenges and rewards. But hey, I'm ready for it all. Let's see where this incredible adventure takes me next!





# LIFE AS A NUIG MED STUDENT



Galway is a wonderful place to get a chance to study in. We have very accomplished lecturers here who are Irish teaching alongside some from the UK, even places like Palestine and India and they're always happy to help and answer questions. My classmates hail from the Middle East, Canada, America, Nigeria, France and more! Many of them are older, have done another undergraduate degree or have done a year or two of research, so there is no shortage of interesting experiences, stories and powerful insights about life in other parts of the world.

Everyone is obviously incredibly smart and may use study methods which may be ideal for you, so you can and should learn from your friends here. Galway is home to Ireland's first clinical trials institute, a sign of how much the country invests in medical research so it's great to network with leading professionals and build your name in research. In University of Galway, we get prosections (cadavers professionally dissected) and cadavers to do dissections on ourselves too, weekly. Our lecturers and lab assistants are always there to point out structures, pop-quiz us and make the session as educational as can be.

Galway is a great place to live in too. First things first, you will never sweat in Galway (unless its summer), and it is a small town so everything is within walking distance. It is a relatively safe town but no one's safe from the weather. Always having an umbrella or raincoat on you, wearing boots and layering up accordingly becomes second-nature after a while, and you will soon get used to the unpredictability of Galway's weather. There are always buskers singing in Eyre Square and it is vibrant at all hours of the day, and the atmosphere is most lively on Saint Patricks Day with parades throughout the city and so many groups of people. Galway is very international too so there are restaurants for Indian, Chinese, Turkish and all sorts of cuisines, so it suits everyone's taste. I am most grateful that I picked studying in Galway because it forces you to take care of your food, money, surroundings and studies since there's basically no one else around to push you or do things for you. This taught me all the basic skills I need to be confident that I can now live well anywhere I want to.

The negatives are often exaggerated in my opinion, and for good reason: Expect the worst so you come out pleasantly surprised once you land here. If you start early enough, reserve student accommodation and go for property viewings early enough, you will surely snap up accommodation in Galway, which you can hold on to for the year. Though it took time getting used to, being far from family, living alone and going from Asia to Europe, it teaches you invaluable life skills that are 100% worth the fees and sacrifices you take to be here. And don't worry, every international student and SMSI member has made the same sacrifices. As they say, Galway's the place to be!

# LIFE AS A UCC DENTAL STUDENT



The past 2 years studying dentistry in University College Cork (UCC) mainly comprised of theory modules with some clinical session such as IPC (Infection Prevention and Control), assisting and working on phantom heads. Although feeling a bit lost at times with the wide variety of content learnt, it helps to build a good foundation to better understand future clinical work. A noticeable difference as compared to secondary/high school are laboratory sessions which are not a stranger for modules such as anatomy, physiology and biochemistry. Depending on the module, personally lab sessions would feel draining from time to time as it requires heavy prior preparation along with frequent long duration sessions. However, it is definitely rewarding especially for a visual and hands on learner like myself as it helps to secure the knowledge I have and clear any unsure materials with fellow classmates/ professors that are around for the whole session!

Although i've only been overseas for 2 years, it has definitely shaped me to the individual I am today. With the amount of freedom and flexibility I have overseas, I am able to pursue my passion while living the lifestyle I want. Living abroad alone really helped me learn important life skills to be independent, time management to find the right balance of academics + enjoyment for optimal satisfaction and surprisingly enough more about myself!

Growing up in densely populated cities, I had a huge shock when I first arrived in Cork. But as time passed, I learnt to adapt and most importantly treasure the people around me. With the less readily accessible nature of Cork compared to HK and SG, friends definitely play a huge role in making my experience so positive. Similar to academics, feeling lost and out of place was part of the experience. However, with time i've found people that have made me feel at peace and weirdly but gladly enough "at home" with a different vibe.

So grateful for the pass two years in cork, not only for the lovely people but also the location! Being in Europe, having access to cheap flights is a huge plus and of course being in Ireland allows for huge access to jaw dropping scenery!



# RESTAURANT/CAFE REVIEWS

By Tan Lin Yin and Matthew Ong, TCD Y4 Med



**Ann's House:** Zichar heaven! Salted egg yolk prawn, Hor Fun and Tie Ban Dou Fu ▼



**Duck:** Everything is good

**Korean Table:** A little more pricey but most authentic Korean food we've tried. Seafood pancake, kimchi stew, beef bulgolgi. Cozy atmosphere! ▼



**Ramen Co @Stoneybatter:** Huge portions, great noodles and broth! Much better than Ramen Bar.

**Dada:** Best Moroccan food

**Alma:** Amazing cafe, book early

**Mister S:** Grilled meats, pork and halibut must order! ▼



**Copper+Straw:** Best matcha latte and nice pastries

**Rustic Stone:** Go for their early bird set dinner, super wide spread of great quality at value price ▼



**Buskers Bar:** Our go-to for live music and small bites. Their cocktails are a little more pricey but try their Toblerone cheesecake if it's still there! ▼



**Bouef:** Great steakhouse ▼



**Camden Bites and Brews:** BEST. They have one-for-one drinks from Mon-Thur, highly recommend Whiskey Wednesdays for day-drinking after a hard day at ENT rotation. Buffalo wings and mango habanero wings are the bombs.

**Shouk:** Great Mediterranean food

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# THE TOP 3 TRAVEL DESTINATIONS

By Reagan Lee, TCD Y4 Med







## 1. Seville, Spain

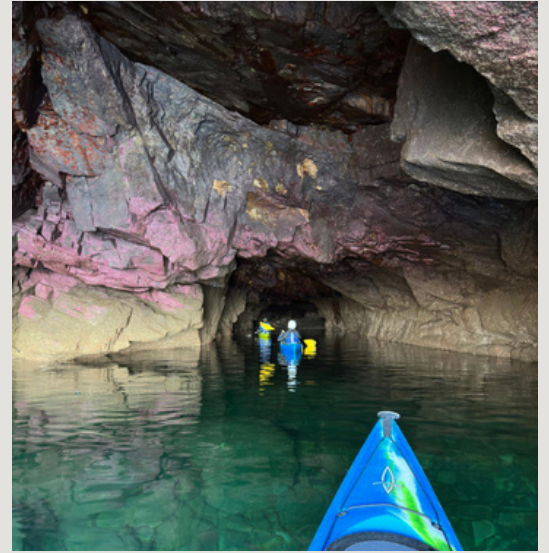
The capital of Andalusia, home of tapas and flamenco dancing, and what I feel to be the most beautiful city in Spain. It is actually perfect for a long weekend getaway and an excuse to eat Spanish food. Seville is not as expensive compared to Barcelona and Madrid although Ryanair flight tickets can be pretty expensive but it is just a Spain thing. Just book an Airbnb with a few friends or stay in hostels. Visit the Real Alcazar and Plaza De España (film site of Naboo from Star Wars) and admire the architecture. The good thing is that Seville is pretty walkable so 1-2 days is enough. Also, squeeze in a day trip to Córdoba and see the Mosque-Cathedral of Córdoba with its hypostyle hall interior, really a must visit inside. Do not go during the summer months unless you are fine with third-degree burns.

## 2. Sofia and Plovdiv, Bulgaria

I think this was an impulse trip, who knows, but if you are feeling more adventurous, Bulgaria is an underrated place. I booked tickets for Dublin to Sofia and then Plovdiv back to Dublin. Bulgaria was really cheap. This was a solo trip so I was looking for hostels but for a few euros more a night it was possible to stay in a 2 or 3 star hotel with minimal facilities but at least a private bathroom. It was tougher to find one in Sofia but in Plovdiv the hotel was both good and cheap, it was a room with a kitchen for €30 a night. In both cities I booked the free walking tours (they ask for tips at the end) using the GuruWalk app and it was really helpful as the local guides will show you around the main sites of the city and explain some history. Sofia has a pretty interesting history with Ottoman and Russian influence. Also, Vitosha mountain is literally beside and is a good place for hiking or snow sports. I took a train from Sofia to Plovdiv from the Sofia Central Train Station. Do go early as the tickets and most of the signs are in Bulgarian Cyrillic (nothing google translate can't solve).

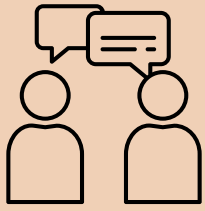
The trains are punctual, albeit quite old. I actually enjoyed Plovdiv more than Sofia. It's filled with little hills all over the city which you can climb and watch the sunset, and also old Roman ruins, including an old Roman Amphitheatre that is still in use. There is also an old town to wander about on foot. I stayed in the Kapana district which has all the cafes and pubs and is quite lively at night. Food was really cheap. I recommend bringing some cash to exchange to Bulgarian Lev to be on the safe side as some older shops do not accept card. The people of Bulgaria were really friendly and I felt totally safe being on my own, highly recommend a visit to Bulgaria.





### 3. Donegal, Ireland

If you enjoy an escape from the city and being closer to nature, Donegal is the place to be! I did my GP outer placement in a quiet little town called Dungloe in Donegal which was a close proximity to Mt Errigal (still a 1 hour bus ride) and I knew I had to climb it. So I did that on the Saturday of my first week of outer placement. It is an easy enough 2-3 hour out and back hike that offers a stunning view at the top especially during sunrise. Mt Errigal has a very prominent peak that offers full view of the Glenveagh National Park and watch clouds roll in from the Derryveagh mountain range. Just be very prepared for sudden changes in weather as there is zero protection from the elements if the winds pick up or if the skies open. Otherwise, Mt Errigal offers very good reward for the amount of effort put in. I also visited Arranmore Island on foot which I regretted (a car would have been so handy). Because I actually enjoyed Donegal so much, I went back a second time but this time with a car (an absolute necessity). I stayed in an Airbnb cottage 10 mins drive away from Dungloe which had a LIDL, an ALDI and a SuperValu and several pubs. The must visits are Horn Head, Slieve League and the Poisoned Glen. I also booked a sea kayak tour to explore the hidden caves along the rugged Donegal coastline and also saw jellyfishes and starfishes.



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# ADVICE FROM OUR LOVELY SENIORS <3



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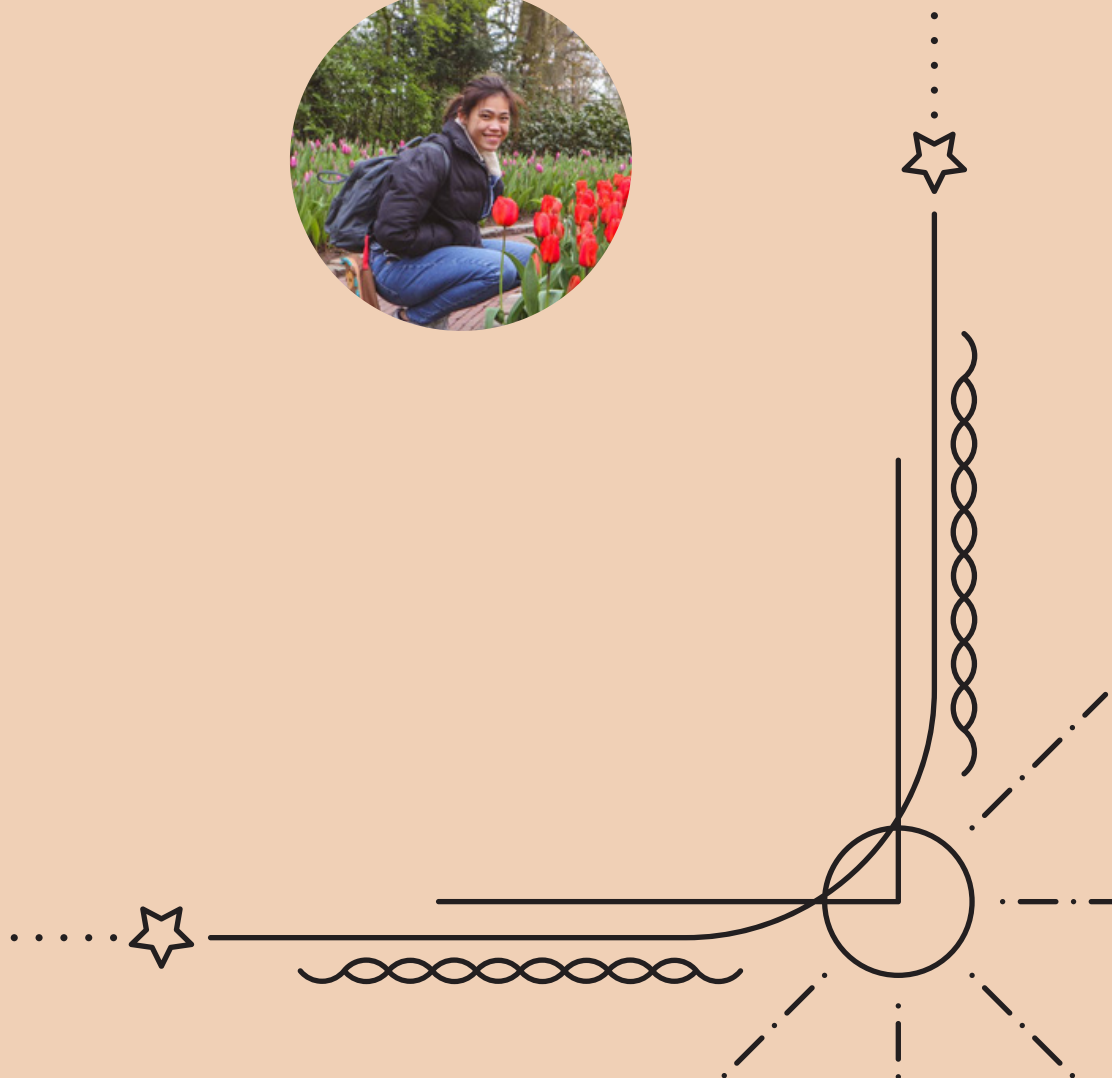
### tips for HO year

HO year is tough for all graduates, and entering as an IMG is inevitably challenging. It does take time to settle into a routine, so do try to be patient with yourself as you familiarise yourself with the different computer systems, the working hours and the expectations of the consultants. Never be afraid to ask your seniors for help! A good attitude is the most important substrate and seniors do recognise effort – everything else will follow.

Time off work is important, rest when you can and leave work behind when necessary. The job can take its toll so do learn to recognise when you need a break and allow yourself that time off.

Congratulations on graduating! And finally returning home. All the best!

Myra Tan, UCD Med Alumni



Sneha Ram, TCD Y5 Med'23



### applying for HO in ireland!

firstly, congratulations to all the final years!!! you guys are almost there now - you heard that so many times in the last 5 years but now is the real almost here. for those considering applying for intern year in ireland, the process is relatively easy because your schools would be assisting in the process. first step is in end of sem 1, you would be asked to do the application form and it is relatively short and sweet. there will be an intern application guidebook published. here is the link for my year's one (<https://www.hse.ie/eng/staff/jobs/job-search/medical-dental/nchd/interns/>).

the first stage will just be a basic application form to see if you are deemed eligible (most likely everyone will be). stage 2 is when the matching happens. around mid feb, the list of intern posts (all the posts from my year is also on the website). basically its a list of all the intern jobs and the rotations and you have to go through everything and rank your top 50 choices. then you rank your network choices (for eg mid west, dublin network etc) from 1-6. how it works is that everyone in the country is ranked according to your results. based on that, the 1st person on the list is given their first choice and it goes down the list. when it comes to you and your top choice is not available anymore, they will go down your list of 50 and give you the one that is available. if all 50 is unavailable, they give you a job based on your network preferences. my advice is to be a bit risky with your choices. no harm being abit more safe (like myself) but if you do desperately want to stay in a particular part of ireland then i would say to put as many choices in that network down and rank it as your top network so it increases your choices! i was offered one of my top 50 choices because i was very safe and wanted to make sure i got a job, but i know people who put only dublin jobs and ended up getting one in the 3rd or 4th round. by early june/graduation, typically everyone will be matched. most internationals if not all got matched from what i know so would not worry about not getting a spot! good luck guys 🍀 feel free to reach out anytime for any help.



Tang Kah Yi, UCD Y5 Med'23

### tips for PEG

The PEG is understandably one of the more nerve wrecking interviews that you'll have to go through in medical school and I found that breaking it up into two components helped to make my preparation less overwhelming.

#### 1. Medical Knowledge

For this I would encourage familiarizing yourself with common hospital emergencies like electrolyte abnormalities (especially), MI, stroke, DKA, HHS to name a few. One of the books I personally found to be very helpful was "Guide to Essentials in Emergency Medicine: Shirley Ooi" which gives you a comprehensive guide to emergency management while also contextualizing it to the local Singaporean system (note that some parts can be quite outdated and this should be supplemented with additional reading if unsure).

#### 2. Structure and Case Choice

As important as your medical knowledge preparation however, are these two aspects. When deciding on a case, try to present a condition that you are relatively familiar with - a good presentation on a common condition is more impressive than an average presentation on an uncommon one. In terms of structuring, my peers and I found that the best approach was to as succinct and concise as possible with a clear understanding of the medication used for your patient (indications, MOA, contraindications, possible alternatives and reasons for preferential use).

A short but articulate presentation helps to sustain the panel's attention and allows them more time to ask questions, questions that you can and should prepare for - the case is the only controllable factor in the interview and guiding the panel towards the direction you want them to face is important to best facilitate the creation of an environment through which you can showcase your knowledge and advance your chances.

Finally, the PEG is fundamentally an interview of you as an individual and the best advice that I received was to not only focus on being medically sound but also, having the soft skills to convince the panel that you actually are. In that area, practice is key, whether it's with other people or yourself in the mirror. Please don't stress over this too much and I hope this short sharing has been helpful at the very least!



Joey Soen, TCD Med Alumni

### **the ho life; blessings in difficult times**

Just a year ago, I was about to enter the workforce as a newly minted junior doctor, bright eyed, eager to apply whatever was taught in school to whatever “doctoring” was. I was looking forward to feeling qualified, legit and making decisions, notwithstanding being absolutely clueless to what our job truly entails.

Unfortunately those expectations and desires quickly turned into feelings of inadequacy, fatigue and even indignant when being faulted for mistakes that arguably weren't mine. Learning curve was steep, work hours were long, patient loads were high and the nature of our job also meant that mistakes had huge consequences and we shoulder high responsibility over every decision made.

Finishing houseman training was in essence demonstrating progressively over a whole year that we are safe doctors who are also able to perform our clinical and administrative tasks well. While having the basic clinical knowledge is a given, being safe also meant that we should be able to identify “sickies”, identify patients who require an escalation of care and to escalate to a senior early.

Performing our administrative tasks well include non exhaustively putting up “blue letters” that have succinct information and clear clinical questions, all sorts of documentation, ordering of correct investigations or medications, updating of families, updating and coordinating care with other healthcare professionals and allied health members.

Despite these negatives, they were definitely outshadowed by the many other blessings that had occurred during my time working in the past year. I owe a large portion of my current knowledge and competencies to the colleagues and seniors I have had the blessing to work with and work under respectively, whose words and guidance I carry with me relentlessly since, and onward for my journey as a medical officer.



In the earlier portion of houseman training, I've had the fortune of finding a "home" with 3 other residents/medical officers and just simply sitting amongst them for many hours a day also meant that I was learning constantly from every decision made, phone call and even their rightful angst. Being guided closely by senior colleagues definitely accelerated my learning at such a crucial phase of my houseman training.

I've also had the fortune to meet really exceptional colleagues; locally trained and IMGs alike who set high standards for me to emulate and strive for, and seen firsthand the standards there exist beyond mine.

Now that I'm at the end of my houseman journey and after reflecting on so, there are a few things I would have liked my younger self know in a retrospective letter down below:

*"Congratulations on finishing medical school, it definitely wasn't the smoothest journey ever and there were times that you've felt like giving up but eventually managed to crawl your way to the finish line. You will definitely encounter difficulties and setbacks as you transition from a fresh medical graduate to a competent houseman, but encountering these situations are necessary for growth. Be kind to yourself when faced with harsh words because they also serve as positive learning lessons and will play a role in shaping the eventual clinician you become.*

*You will encounter beautiful souls along the way who will guide and help you, teach you the ways, and play role models to you with the way they rationalize and verbalize their thought process, and how they would approach their problems. You will also meet problematic people along the way, but you will also come to realize that every clinician you encounter is a byproduct of the people they met and were taught by. Clinicians do disagree with each other sometimes, and that is okay. You will meet fellow housemen who you know are of star quality, you will meet housemen who are struggling alongside you, you will also meet housemen with their idiosyncrasies and housemen that are less pleasant to work with. Remember that ultimately how people treat you is more so a reflection of themselves, and not of you.*

*You will make friends that you keep meeting even after your posting, you will be tired and drained and lack exercise. You will have good work days and celebrate wins, you will also have days where your patience runs dangerously thin.*

*You will deliberate your career options for a long time, you will question the meaning of your job, you will whine about working without rest days, you will feel frustrated from the unpleasant aspects of your job and complain constantly to your friends, but the days, weeks and months will pass. Sometimes you will wonder if things would have been better if you stayed overseas, however you will also realize that no one finds work to be easy, even in any industry.*

*You will however find comfort in being at home, around familiar people, amongst friends and loved ones and being able to be in attendance for events.*

*As much as this will not be an easy journey, you will again, with scars and wounds, crawl successfully to the finish line.”*





# ENTRIES

from our lovely society members



# ANCHOR



*Our semester retreat in London – Oct 2022.*

Singapore is home, where the people I love are. Yet 3 years ago, I made the very scary decision to come to Ireland for my studies. As the day of my departure drew nearer, fear (alongside excitement) started building up. How was I to leave behind everything I had known for the past 20 years?

It would soon be revealed that I never had to worry. One of my batchmates, Amanda, introduced me to the Anchor Community of the Office for Young People under the Catholic Archdiocese of Singapore. This is a community of Singaporean Catholic students in Europe. I was blessed to meet people whom I could share life and share faith with.

With that, I packed my bags and came to Ireland

Over the past few years, I have had the great privilege of journeying together with this group of people I can call brothers and sisters, who inspire me to live out my faith even in a foreign land, and as my vocation as a student. We attend cell group sharings, community sessions and retreats together amidst our busy university schedules. Those of us who are in Dublin also have opportunities to attend Mass and come together for fellowship once in a while. We have fun together and grow in faith together. Anchor has truly been a sure and steady anchor in my life. Now, I can say that home is wherever God is, and He can be found everywhere.



*When we're not able to gather in person, we meet online!*

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# HOME AWAY FROM HOME, NON-STUDENT ACCOMS V.

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A common question that I am usually asked as an international student in Dublin is where I live, and people are always surprised to learn that I do not fall under the majority of living in student accommodations! Instead, I live in an apartment with the best flatmate Jia Yi, otherwise known as jiax XD. Hence, this is the perfect time to debunk any myths surrounding living 'independently' and perhaps offer a few words of advice for any house-seekers out there!!

As someone that never had the slightest interest in real estate, it was definitely not an easy feat to grasp a fast understanding of the property market - moreso a foreign one. Fortunately, with the help of my extremely capable mother and well timed connections, we were able to source out property agents and arranged numerous house viewings, of which my flatmate and I viewed (with the help of my mother on facetime). After a flurry of paperwork and lawyer consults, we got the house and began the process of moving in - a new chapter of life awaits!



However, living in a place where I had no student support (as compared to student accommodations), where I had to manage my own electricity, phone bills, other household related chores, cooking and the heavy workload from school definitely took a lot of adaptation and I was extremely overwhelmed.

Fortunately, I have a very strong support system consisting of beloved family and friends that held my hand through the whole process and listened to my frustrations and I am eternally grateful for them <3 and as with all things, it just took some getting used to and I am very contented with my present way of life!

If you (more so your parents) are interested in purchasing an apartment, some things I would definitely consider are:

1. Safety - prices are usually higher in the south side as the south is deemed to be 'safer'
2. Convenience - how close you are to school/hospitals/public transport/supermarkets
3. Cost - resale/rental value
4. Parking (optional)

If you are REALLY interested, you can definitely drop me a text @hsushii, I would be more than willing to share my experiences with you! In the end, it's not really the house that matters. More importantly, it should be an environment that you can see yourself thriving (or studying) in for the next couple of years, where it feels like a home away from home :)

# MOVIE/TV SHOWS REVIEW

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movie: **Nomadland**

rating: 1/5

review: this movie won hella awards and nominations so i wanted to check it out! however it was truly not my thing ... it's very artsy and was focussed on cinematography but i prefer faster paced shows like masterchef 😊

show: **You**

rating 4.5/5

review: Joe Goldberg is a stalker!!!! it's a show about him obsessing over women who intrigue him and killing people who get in the way of his plans. a fun show for people who don't mind slight gore and pity points to Joe for having a rough upbringing.

Show: **Alice in Borderland S2**

Rating: 5/5

Review: I felt like the show was slow at the start but it redeemed itself at the end. Especially towards the end episodes when you really get to find out what's the reason behind this whole dystopian game reality (or is it?). The main character and his potential partner does have much more progression in this season which I am in full support of. Major ship. I'm just really curious as to how they would continue season 3 (if there will be one) because it's based on a manga which apparently doesn't have a third part. Leaving this to the director please do it justice.



## Show: **You S4**

Rating: 3/5

Review: I preferred previous seasons of You. They all had the same concept of (try not to spoil challenge) Joe, the protagonist, falling in love with a girl then obsessing over and stalking her. Bad things happen from there and it's just a pattern through the earlier seasons but I guess I understand from a production perspective because they could not have continued with basically the same plot for 4 entire seasons. This season was interesting though because it gave Joe a taste of his own medicine and overall a different approach to the old plots.

## Movie: **The glass onion knives out**

Rating: 4/5

Review: Plot twists were so real. If you liked this and haven't watched the first original movie Knives Out please go and watch it. This movie was such a good refresher on the previous concept of a murder mystery. It was funny and entertaining without it seeming like it was just a copy of the previous one. Also Madelyn Cline is hot. I love the casting even the first movie had Chris Evans in it.

## Show: **Bojack Horseman S6**

Rating: 5/5

Review: I actually watched all 6 seasons (I have commitment issues). For context, Bojack is a celebrity starring in many movies. Below all the fame, he's an alcoholic that suffers from depression and mommy issues just to name a few. The trauma from his past is presented can be seen through his actions toward the people around him. I personally loved the later seasons because Bojack actually gets the consequences of his actions and you can really see the character development. I grew to love this show because each character has their own struggles and the show presents the importance of confronting your flaws.

Movie: **Yu Ming is Airm Dohn**

Rating: 2/5

Review: Apparently this short film was used for analysis in the Irish leaving certificate exam. Essentially, the storyline is about a Chinese man learning Gaelic in order to converse with the people in Ireland. Yu Ming, representing the Chinese, was unfortunately portrayed as slow-witted and almost dumb? This was shown through the scene when he couldn't even use a fork and knife and instead used it as chopsticks. I could go on about the problem of misrepresentation in media. Despite that, I appreciated the relevant theme of themes of culture. The loss of cultural identity in terms of Gaelic not being spoken anymore reminded me of how the younger generation of Singaporeans don't put a lot of emphasis on dialects anymore.

Show: **Outer Banks S3**

Rating: 4/5

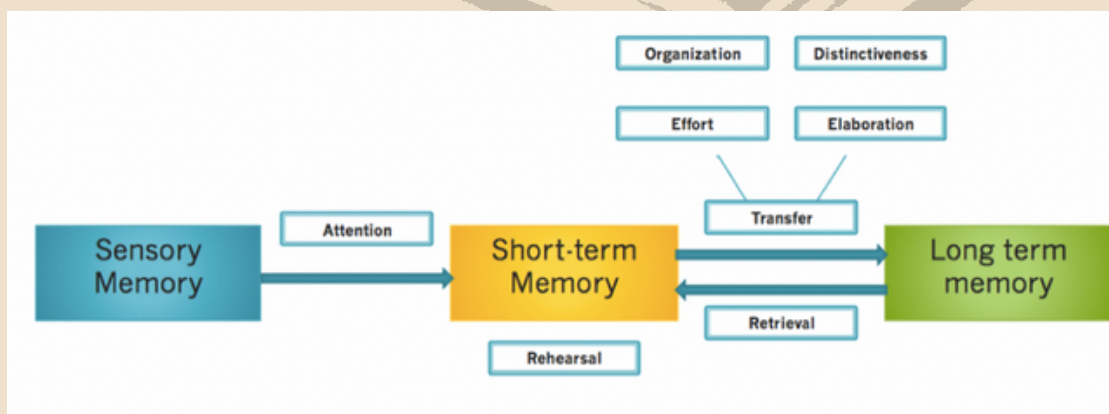
Review: I love the outerbanks series. Overall impression is that there were also of progressions (and regressions) of romantic relationships between these group of teenagers. Even platonic relationship were challenged. This show makes you feel different emotions because of the dynamic of everyone's lives are so different yet so interconnected. I also love the sound track please give whoever that selected it a raise. It never misses, even from the beginning.

# HOW TO SURVIVE MED SCHOOL?

Struggling to stay afloat in the sea of content? Overwhelmed and burdened by the constant pressure of looming deadlines? Suffering from chronic stress and mental breakdowns on the way to the exam hall because? Worried of classmates who answer the teacher's questions without batting an eyelid while you scramble to yourself thinking "when was this taught?" I can confidently say these scenarios have manifested themselves in our lives in one form or another during our time as students, regardless of whichever faculty you hail from. Health sciences are notorious for their academic rigor and the high expectations it sets for students in terms of professional conduct, adeptness of skill and their familiarity with the academic content. Well here are some tips which I used and am still currently using to navigate through medical school.

## 1. Start Planning Early:

Imagine this- it is the night before the big final exam and the midnight oil has been lit. You begin a decent into the deepest depths of depravity known to humankind, furiously pouring through heaps and heaps of revision content. Upon the stroke of the witching hour, an apparition of thought, manifesting insidiously behind the preoccupied mind, slowly but surely makes its way into conscious thought as you finally begin to ask "Why didn't I study for my exams earlier?" By now, everyone should have heard the age old rhetoric of giving the individual a sense of control, allows us to manage our time effectively and ensure that we can remain on top of things. One tip which worked out for me would be to plan out at the start of the week what would be my overall objectives followed and keeping track of them day by day.



In the same vein, last minute mugging is never as effective as doing a little bit of consistent work every day. In last minute mug, information is processed into short term or working memory and is much more susceptible to being forgotten due to its purpose of acting as mere temporary storage. Rather, long term memory is needed for the consolidation of knowledge. Consistent and frequent revision purports the retrieval of long term into working memory which strengthens recall.

## **2. Know Your Syllabus:**

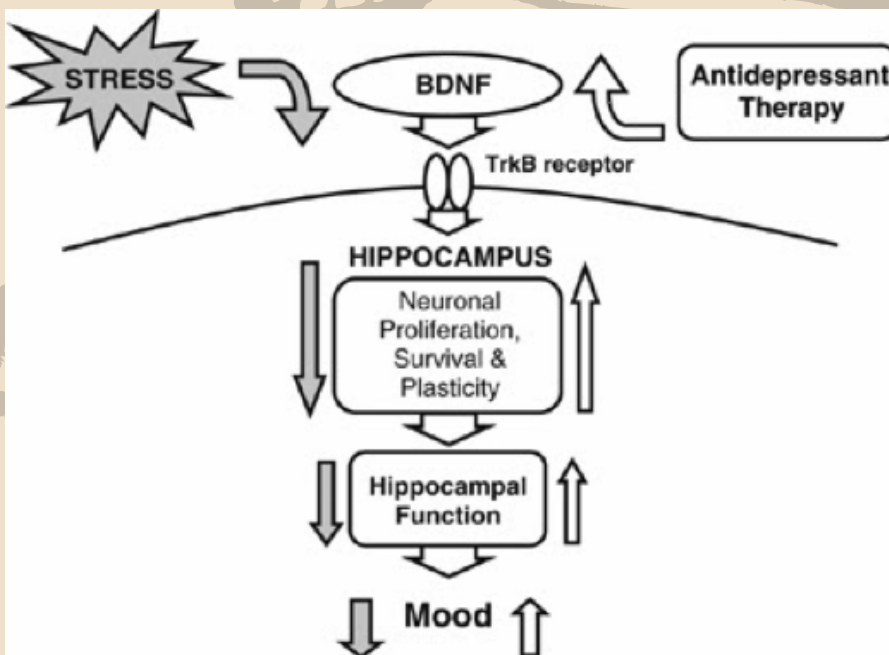
While helping a junior out for his biochemistry paper, I was absolutely shocked that he did not know the exam format. Despite my best efforts to coach him, he had no idea that 4 essays would be tested instead of 3 just before the exam. This was despite ample resources from the school, seniors and open avenues for clarification from his peers. Ultimately, to ace an exam, you need to first know what the examiners are testing and what is the knowledge that they want you know.

## **3. Priorities:**

Many a times during exam season, we say we do not have time for many things such as going out with friends, setting aside time for family calls and sleeping. Yet why do we still have time for things such as showering, toileting and eating? The truth is, it's not that we don't have time for activities. Rather, we choose not to make it a priority. We can't always be sacrificing studying time at the expense of our personal health, time with family and time for rest. School and your future career will always put a demand on you but only if you allow it. Relax, clear your mind and think what do you value most in life.

#### 4. Be aware of your mental health:

Mental health is a recurring issue which plaques the youth of today. In fact, there is scientific evidence suggesting that stress will cause eventual brain atrophy and a reduction in cortical activity. The long term potentiation of stress causes activation of the body's sympathetic nervous system which results in the production of cortisol- the stress hormone. High cortisol levels causes a weakened immune system and reduces the production of Brain Derived Neurotrophic Factor (BDNF), an essential component needed for the neurogenesis (the growth of brain cells), neuron survival and brain plasticity. Hence, it is important to avoid stressors if possible, alter and adapt the individual response to stress or accept that stress will be a quintessential part of life.



#### Neurogenesis is Up-regulated by:

- Enriched Environment
- Exercise
- Learning (hippocampal)
- Estrogen
- Antidepressant drugs, ECS

#### Down-regulated by:

- Stress
- Glucocorticoids
- Age
- Opiates
- Excitatory Amino Acids

**Me getting  
a pass in  
sec sch**



**Me getting a  
pass now**



*Disclaimer: This is not an official study guide! I'm only sharing from the capacity of a fellow student. This are but some tips which I personally found useful. If you feel that you current method works, please continue doing what work. Lol Idk, see your mood, both also can.*

### **5. Work Hard:**

Why does success have to be quick? Why does success have to be easy? If everyone walked around with first class honors and perfect grades then no one would care. Achievement is linked to difficulty. If you want something that is valuable, it would be difficult to obtain. No one said that the journey is going to be easy. There will be times where you will think it is hard but there is a difference between those who take inaction and those who choose to say I'm gonna go through it anyway.

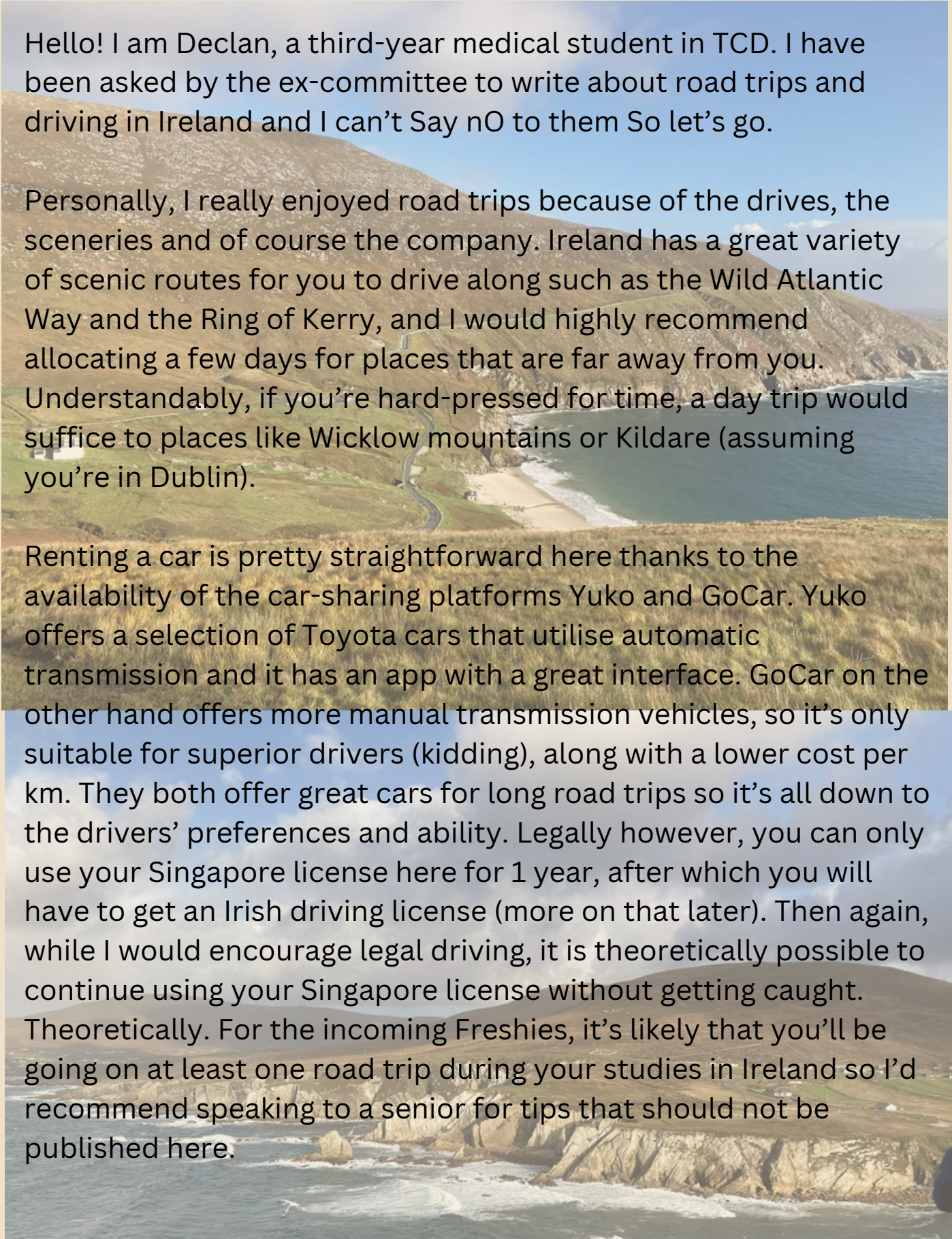
### **6. Manage Expectations:**

At the end of the day, acknowledge that there will always be certain things beyond our control and we shouldn't let the expectations of other affect our mental mojo. For those who have worked hard, trust in yourself and be confident knowing that while there will always be room for improvement, you did your best then and there. As for those who maybe didn't study as hard as they hoped, trust in the process, know that if failure makes you stronger, you can never lose.

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# AN ESSENTIAL GUIDEBOOK TO ROADTRIPS

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Hello! I am Declan, a third-year medical student in TCD. I have been asked by the ex-committee to write about road trips and driving in Ireland and I can't say no to them. So let's go.

Personally, I really enjoyed road trips because of the drives, the sceneries and of course the company. Ireland has a great variety of scenic routes for you to drive along such as the Wild Atlantic Way and the Ring of Kerry, and I would highly recommend allocating a few days for places that are far away from you. Understandably, if you're hard-pressed for time, a day trip would suffice to places like Wicklow mountains or Kildare (assuming you're in Dublin).

Renting a car is pretty straightforward here thanks to the availability of the car-sharing platforms Yuko and GoCar. Yuko offers a selection of Toyota cars that utilise automatic transmission and it has an app with a great interface. GoCar on the other hand offers more manual transmission vehicles, so it's only suitable for superior drivers (kidding), along with a lower cost per km. They both offer great cars for long road trips so it's all down to the drivers' preferences and ability. Legally however, you can only use your Singapore license here for 1 year, after which you will have to get an Irish driving license (more on that later). Then again, while I would encourage legal driving, it is theoretically possible to continue using your Singapore license without getting caught. Theoretically. For the incoming Freshies, it's likely that you'll be going on at least one road trip during your studies in Ireland so I'd recommend speaking to a senior for tips that should not be published here.

Next up, planning the road trip. While it can be a hassle preparing a detailed itinerary for your road trip, it would be well worth your time to have multiple back-ups and a flexible plan to accommodate any poor weather or changes in timing. Thankfully, many of my trips were planned by our supreme leader Aksh, so do hit him up for advice or sample road trip itineraries.

Now on to the slightly less exciting part – getting a car (and license). If you're studying in Dublin, my personal opinion is that a car is quite unnecessary. The traffic in Dublin can be quite horrendous, and parking in the city centre is either really expensive or far away from where you want to be. Even if you intend to go on many road trips, the costs of buying and maintaining a car can easily outweigh renting one each time you go for a road trip. However, getting a car here in Ireland is significantly more affordable than getting one in Singapore and if the comfort of travelling everywhere in a car still appeals to you, then there's really not much standing in your way. Except getting an Irish driving license.





If you got your license in Singapore, you'll know that it's a painfully slow process. It's pretty much the same here except you'll only need 6 lessons before taking your driving test (Minimum 12 if you haven't gotten a license before). It took me about 10 months to get through the entire process, including a 3-month summer break. So if you want to drive to clinical placements in year 3, you should aim to get your license by the end of year 2. The driving test itself is not the most difficult, you'll just need to get used to some Irish rules that are different from Singapore rules.

So that's about it, I do hope you'll enjoy road-tripping and driving here in Ireland. If you have any questions about these, feel free to contact myself on tele @declanpan or any of the experienced drivers here for help!



# CREDITS

a big thank you to the following people for their continuous support and endless contributions to smsi, especially for the making of this newsletter <3

## **article and pictures -**

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XOXO

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