



MONASH BIOMED SOCIETY

0-Week Survival Guide 2026



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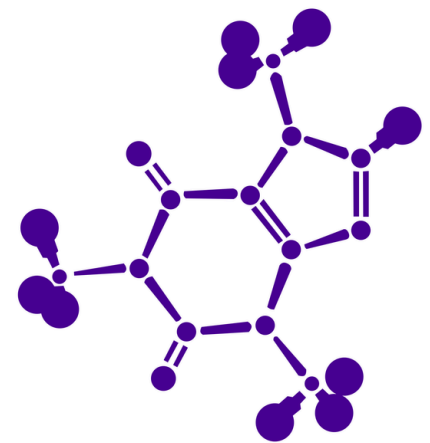
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biomed



WELCOME TO THE...

MONASH BIOMED SOCIETY

About us

The Monash Biomed Society is one of the leading societies across Monash University. Positioned in 'the Big 6', we are known for our social and academic events which aim to build community and enhance the student experience in university.

We are here for you! As a not-for-profit, ticket purchases go towards running events, purchasing merchandise for O-Week, and any other club-related activities we undertake.

We seriously cannot wait to have you as part of our community!



SIGN UP NOW!



Monash Student Association

\$20 for MSA+ Silver

\$50 for MSA+ Gold



Monash Biomed Society

\$10 for MSA+ members

\$15 for non-members



President's Warm Welcome

Hey there! I'm Wendy, the 2026 President of the Monash Biomed Society. I am a current third-year Biomed student and am fortunate to have been a part of the committee since my first year.

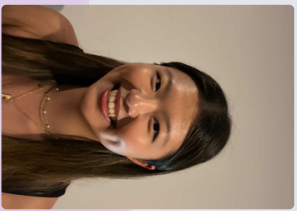
If you're looking for killer events, future-ready opportunities, or simply fun vibes, you are in the right place!

I will leave the elevator pitch of our club and events for their own dedicated pages, but if I can offer one piece of advice, it would be (at risk of sounding like every person ever) to actively make the most of your time at uni! There is seriously so much you can do, and so many people out there for you to meet. Life is short, go to Biomed Ball. x

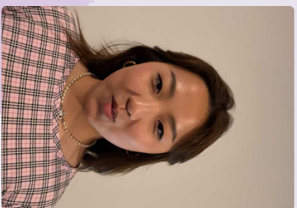
But honestly, I can't wait to meet you (if I haven't already) and see you all around. Whether you're a new member or returning veteran, it is my absolute pleasure to welcome you to the best Society on campus, and I look forward to saying hi!

xoxo,
Wendy Dong

Your 2026 Committee



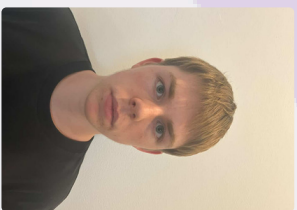
Wendy Dong
President



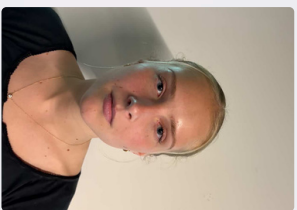
Amber Zhang
Social and CAMP
Vice-President



Alyssa Carter
Academic and
Outreach Vice-
President



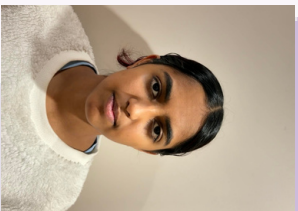
Felix Stock
Treasurer



Emily Zallmann
Secretary



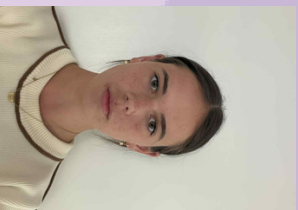
Buddy Wang
Marketing Director



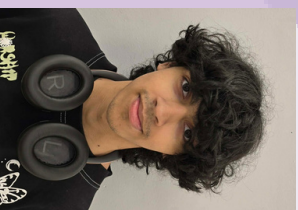
Lika Tripurana
Assistant
Treasurer



Samaira Bahal
Assistant
Secretary



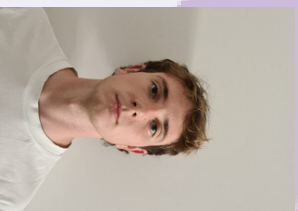
Ariana Gibson
Activities
Officer



Saai Vikram
Activities
Officer



Amrit Sidhu
Academics
Officer



Dylan Crossley
Academics
Officer



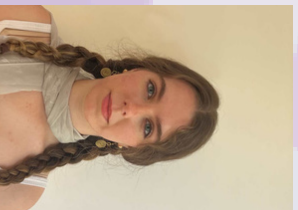
Mickey Moe Thu
Social Media and
Design Officer



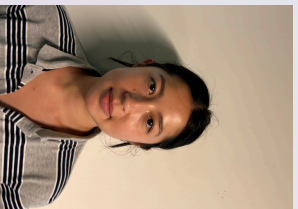
Naree Khuon
Sponsorships
Officer



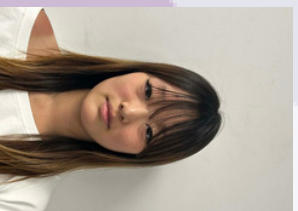
Spencer Thomas
Publications
Officer



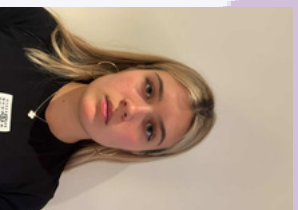
Ella Summers
CAMF Officer



Ruby Wong
Outreach
Officer

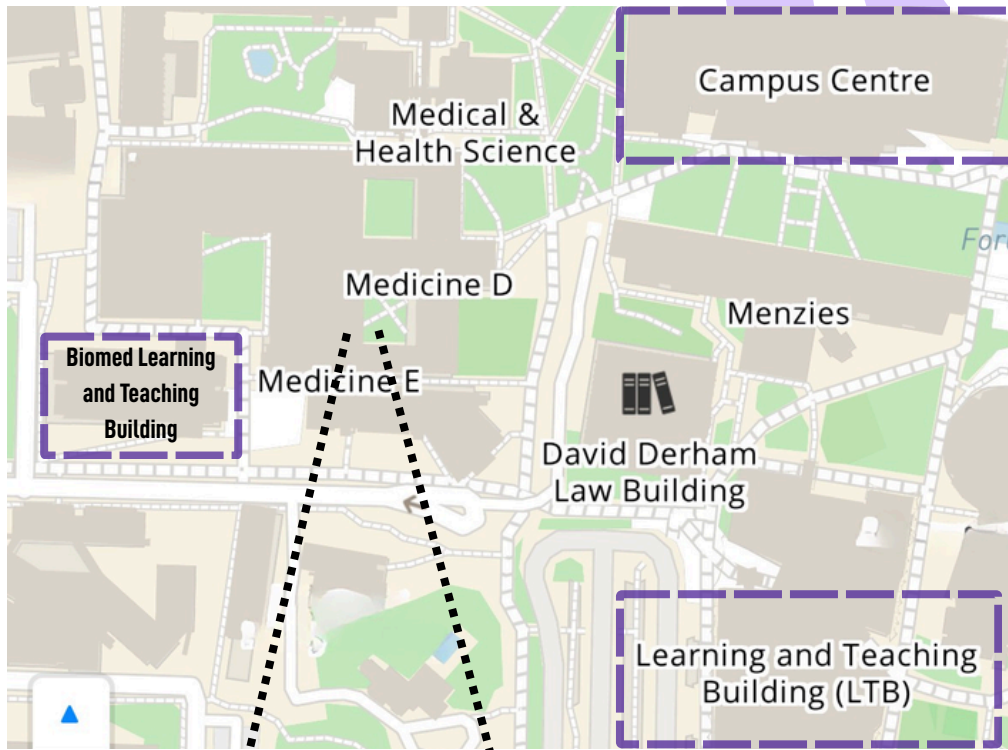


Alice Chang
Second Year
Representative



Grace Richardson
Third Year
Representative

IMPORTANT LOCATIONS



Find the Monash Biomed Society Office at Room AG01D, 37 Rainforest Walk (Building 13A) Monash University, Clayton VIC 3800

Want some more opportunities?

Come join our Run Club, and keep an eye out for our unique volunteering and internship opportunities that we are carefully curating behind the scenes!

STAY IN TOUCH!

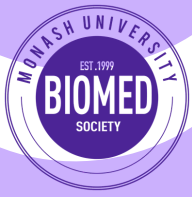
FACEBOOK: Monash Biomed Society

INSTAGRAM: @monashbiomedociety

WEBSITE: <http://monashbiomedociety.org>

EMAIL: clubbiomed@monashclubs.org

LINKEDIN: Monash Biomed Society



OUR TOP TIPS TO BE A GOOD FIRST YEAR!!

- 1. Say 'yes'** to everything that makes sense: **cAMP** (*especially* cAMP, more than anything else!), parties, balls, and unusually rowdy bus rides. Our activities and academics officers put their heart and soul into organising these spectacular events and they are the best way of getting to know your peers in first year!
- 2.** The drinking culture at uni can be quite a different experience fresh out of high school. **Don't feel pressured** to drink, no matter how much other people are drinking. Some of your Biomed committee will enjoy a cheeky bev or two, but not all. Never worry about being excluded if you opt not to drink, everyone is just out for a good time!
- 3. Reach out when you need help!** Our committee is available to answer all your questions that you have about uni life! Whether it be about your future career or where we got our cool fits from, we are so, so happy to chat with you. Feel free to DM us with anything that you would like to see in the year and we'll try to make it happen!
- 4. Being 'too cool' for dress-up themes is uncool.** The more elaborate your costume at any event, the more you will fit in. Trust.
- 5.** Apply to join the Biomed committee as one of our four **First Year Reps!** As a First Year Rep, you are fully involved in the behind-the-scenes and will help us organise many social and academic events. You'll be selected through a democratic voting process, so be sure to make a name for yourself at our events!
- 6.** If you haven't said hi to your **peer mentor**, then we think you should go log on to Moodle and get in touch with them - like seriously go do it right now! The Peer Mentoring program is run centrally by the Peer Mentoring team and is a great way to ease the transition into uni, which is often a big (and sometimes overwhelming) experience. Your mentors are here to support you through whatever you need to help uni seem a little less daunting. We've all been a first-year at some point in our university experience and we know how it feels. Please don't leave your peer mentor on 'read' (it makes us sad) and make sure to attend those catch-ups to ease into uni and make new connections!



Academic Tips & Tricks

Textbooks

The cost of all the prescribed and recommended textbooks for each semester can quickly add up, so we definitely recommend looking into a PDF/eBook version of the textbook. Most can be found on the online library or after a dedicated browse on the internet. Be sure to ask around - one of your Biomed buddies is sure to have a copy!

**Keeping in mind that due to the prescribed workload for each unit, which often includes compulsory background/pre-reading as well as pre- and post-online lessons, most students find it difficult to find time to go through the content in the accompanying textbook. The lecture slides are usually comprehensive enough, and if you're seeking additional notes/examples, you will typically be able to find a helpful tutorial on Khan Academy.*

PASS sessions

Sign up for Peer Assisted Study Sessions (PASS) and attend the sessions! PASS becomes available on Allocate+ around Week 2, and you'd be silly to say no. These sessions are organised for certain first-year subjects that are considered a little more difficult and are run weekly by previous high-achieving students. They aren't compulsory but are highly recommended as they're extremely helpful, well-run, and completely free!

General unit overview

In first year, you will have 3 core biomedical units, as well as one elective unit. Each unit will require you to complete work prior to attending your classes in the first week. In order to ensure you complete everything, make sure to check out the learning tab on Moodle! Typically, each week you will have to complete the own-time work on Moodle before attending classes. This may include lectures, quizzes or pre-labs. Pre-labs are essential to do before labs. The real-time section of Moodle is what is completed during classes and labs, and the wrap-up is for after. Also make sure you check the weekly announcements as they generally break down an overview of the week.

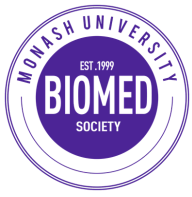
Lectures

There will be approximately 2 hours of lectures, per week, per unit. These are all delivered online so can be watched in your own time. The lectures in the pre work are then applied in the following week's workshops or labs (i.e. the content from Week 1 lectures is used in Week 2 workshops/labs).

Unit Guides and Electives

Scan this QR code for an insight into the core BMS units and popular electives from past students!





FOOD HACKS

❖ **Cinque Lire** — Sitting next to the BDI, you wouldn't want to miss our committee's fan favourite of their Baccio coffee! In more exciting news, MBS members get 10% on all Hot and Cold Drinks plus 5% off on all food!

❖ **Guzman y Gomez** — Sign up to the app and get the first burrito free! GYG is without a doubt one of the most popular spots on campus so lunch time is often a nightmare... (hack: order on the app and go in when your order is ready)

❖ **Wholefoods** is definitely the place to go if you love cheap, vegetarian and vegan food (located upstairs in Campus Centre). If you are particularly light on change, the \$3 dahl is the go. Also, such a funky and cute place to hang out.

❖ **Monash Merchant** near Monash Sport — Open late so perfect for a late-night study snack. Has many delicious delicacies including kombucha on tap (delicious depending on who you ask), freshly squeezed OJ as well as many tasty treats from Oasis Bakery.

❖ **Neptune's Seafood Catch** — Cheap as potato cakes and very tasty chippies; self-serve chicken salt and saucy-sauce is also a massive win. Their HSPs are also a particular crowd favourite.

❖ **Malong Kitchen & Dumplings** — The go-to spot for cheap dumplings, located under Hargrave-Andrew Library (yes, this library exists). Very reasonably priced for a very satisfying meal.

Our Events

Social Events

O-Week Party

Start the year with a bang at the O-week party!! Held in conjunction with the other 'Big 6' clubs, this is an event not to be missed. We can't wait to throw it back with you all so make sure to check our social media pages for info on tickets!



First Year cAMP sponsored by Wonki

Our first year cAMP is always a highlight and a surefire way to meet and make friends with your fellow Biomed first years. Will you be 70, or will you be in the 70s? Again, keep an eye on our socials for ticket info!

Mystery Bus

A Biomed fave - the Mystery Bus is always one of our hottest events of the year. Hop on our party bus and we'll take you around to three mystery locations for one of the best nights of your life!



Non-Alc Event (TBD)

In 2024, it was Bounce, in 2025 it was ice skating and bowling! What will 2026 have in store? Make sure to become a member to find out! Our club champions inclusion and diversity so you wouldn't want to miss one of our favourite events!

The Annual Biomed Ball

Get ready for a night of nights with the annual Biomed ball! Our biggest and most lavish night of the year. You'll be served dinner, dessert, and free-flowing drinks. Last year's headliner was THE Reece Mastin! Seriously, this is one CLASSY night you won't want to miss.



Academic and Outreach Events



Corporate Cocktails

Get ready to mix business and pleasure with our corporate cocktails night! Last year, we hosted some knockout panelists such as Prof. Brett Sutton! A wonderful opportunity to network and get those LinkedIn headshots.

Women in Medicine Night

Celebrate all the wonderful women paving their way in the medical industry. With a panel of amazing and inspiring women, this is the perfect opportunity to network and learn about your future options after Biomed. All genders are welcome to attend and learn from and about women in medicine.

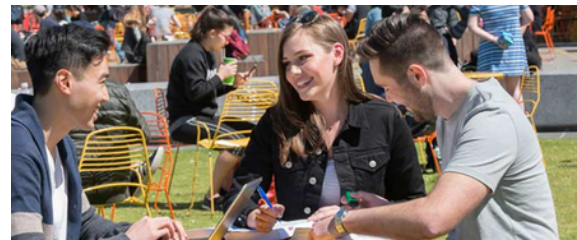


Med Panel

Interested in studying medicine but unsure about the pathway to get there? Med Panel is a fantastic way to hear from med students and their experience in the postgraduate pathway!

SWOTVAC Study Sessions

Stress less this exam season with our Biomed SWOTVAC study sessions. With a help desk and tutoring for all first year subjects run by our outstanding PASS leaders and peer mentors, this event will set you up to crush your exams.



Internships and volunteering opportunities

Psst hey, kid... Looking to add some wow factor to your CV? The Biomed society will get you a foot in the door for some big internships and volunteering opportunities. Just become a member and sign up to the mailing list today!

Community



Monash Biomed Orchestra

The Monash Biomed Orchestra was founded in 2022, and has now evolved to a diverse group with around 30 musicians, all from different degrees! We are a no-minimum-level, audition-free group who play repertoire ranging from classical, to pop, to movie soundtracks. As a fully student-run group, not only do we perform at end-of-semester concerts and smaller gigs, we also have many social nights to get to know each other. We typically hold rehearsals every Tuesday evening, 6-7:30pm, and will be having a 'Come and Try Day' in Week 2 (10/03/26). Follow our Instagram (@monashbiomedorchestra) to stay updated and ask us any questions!



Monash Biomed Choir

Founded in 2024, the student-run Monash Biomed Choir is made up of a fantastic group of people who just want to come together and sing! No experience or auditions are required; you also don't have to be studying Biomed! We typically rehearse every Wednesday from 6-7:30pm in the Religious Centre. We will be having a 'Come and Try Day' in Week 2 (11/03/26), where we invite you to come to a rehearsal and see what we're like. Keep up to date with our Instagram (@monashbiomedchoir) and send us a dm if you have any questions!



Run club

Looking to feed your Strava addiction? Look no further than the Biomed run club! Whether you're a runner, walker or anything in between, meet us at the Monash oval outside the clock every Monday at 6:30 PM

