WELCOME FRESHERS!
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WELCOME TO PLYMOUTH

Hello Fresher's, and welcome to Plymouth University Peninsula Schools of Medicine/Dentistry! (PUPSMD)

We are Dentsoc, a society run by students for students! We have put together this welcome pack in order to help make your transition to Plymouth and life at Peninsula that little bit easier!

This guide will give information about your Dentsoc committee, the exciting fresher’s fortnight calendar we have organised, and everything you need to know about university life in Plymouth.

If you have any questions do not hesitate to get in touch with anyone in Dentsoc.

We look forward to meeting you all in September.

Dentsoc

Dear students,

As year 1 lead, I would like to wish you a very warm welcome to Peninsula School of Dentistry. An exciting year, full of EBL, LSRC, SDLE, dental balls and parties is ahead of us. I look forward to working with you through our unique, patient-centred, spiral curriculum and hope you will enjoy it as much as previous cohorts did.

Svetislav Zaric
Year 1 Lead
Keeping up to date

Follow us on Social Media where you'll find regular updates on important information and details of any upcoming events.

Like our Facebook page and follow us on twitter (@dentsoc)!
https://www.facebook.com/PlymouthPeninsulaDentsoc/

Be sure to also check out our fresher's page on our official website: http://pds-dentsoc.weebly.com/

Meet the committee

Firstly I would like to say congratulations on securing a place at Peninsula Dental School, I'm sure you can't wait to get started! My name is Kamil Aziz and I will be President of Dentsoc for this academic year. No doubt dentistry will require hard work and dedication but I feel it is also important to enjoy your time at university and maintain a good work-life balance. This is where Dentsoc comes in! The committee has worked hard to ensure that freshers fortnight is packed full of activities to cater for all tastes and we have many more socials/activities planned throughout the year! I would also highly recommend becoming a member of Dentsoc as it brings many great benefits such as discounted prices on our events! We appreciate you may have many questions and so we have an open door policy where you can come talk to us about anything. I look forward to seeing you all in September and wish you every success.

Kamil Aziz - President
**Russel Hashemi**  
**Vice President**

Hi I'm Russ, I'm the vice president of Dentsoc. I'm originally from London and have been living in Plymouth for just over a year now.

As the vice president I'm going to be involved with organising events and activities for Dentsoc. If you have any questions regarding Dentsoc events, student accommodation, exam prep, or if there’s anything else you want to talk about, just ask whenever you see me or one of the other members of the team. We’re more than happy to help!

I wish you all the best with your studies and look forward to seeing you all during freshers!

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**Estelle Williams**  
**Treasurer**

Hey everyone! Congratulations for securing a place with us and welcome to Plymouth. My name’s Estelle and I’ll be your treasurer for the society this year. I’ll be taking care of the Dentsoc finances which include membership, merchendise and organising payments for the amazing socials we have lined up this year! Looking forward to seeing you all soon. x

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**Jack Slaymaker**  
**Public Relations Officer**

Hi I'm Jack and I'm the PR officer this year. It's my job to get you guys into some good looking hoodies as well as improve our presence on campus via social media and other methods.
Komal Chopra  
**Social Secretary**

Hi everyone! First let me start by saying congratulations for getting this far! I'm sure you will love studying dentistry. I'm your social sec for the year, so I'll be in charge of making sure you're having fun. I hope to see you all at the freshers events, don't be afraid to introduce yourselves!

Timothy Moncrief  
**Social Secretary**

Hi there, I'm a second year from Bristol and I'll be Social Secretary for Dentsoc this year. I'm looking forward to enjoying the year and putting on some good events.

If you have any questions feel free to send me a message. I hope you're all looking forward to Freshers and getting started on the course. See you in September!

Niall Bradley  
**Sports Secretary**

Hello freshers, My name is Niall congrats on getting into Dentistry!!! Really savour this moment before the hard work sets in!

Anyways I'm going to be your sports sec for this year! My role is basically to try and get as many of you as possible involved in sports within dentistry and the university! We currently have a Dentist football team and a netball team as well as a mixed dentist/medic hockey team. There are also over 100 other sports teams within the university! Sports are a great way to get involved with other people and are incredibly rewarding! In first year, provided you stay on top of things you will have plenty of free time for sports! So get involved!!! We also have the BDSA sports day which is possibly one of the best weekends you can have at university which we will tell you more about later!! If you have any questions send me a message on Facebook or any other means and I'll help to answer them to the best of my ability.
Kadeejah Al Rashaid
Charity Officer

Hey Freshers! Well Done on getting into Dental School!
I'm Deeja your Dentsoc Charity Officer for 2016/2017.

At PUPSMD we support three charities; CLAPA (Cleft Lip and Palate Association), St Luke's Hospice (a local charity which provides specialised end of life care) and Dental Wellness Trust (a relatively new charity with a strong emphasis on promoting oral health).

Our charity work involves putting on fundraisers, sports events, special themed nights out and raffles in addition to supporting national campaigns.
I really look forward to meeting you all in September & hope you all get involved in our events! If you have any questions or suggestions please don’t hesitate to ask me or email me on:
Kadeejah.alrashaid@students.plymouth.ac.uk

Farah Elnaga
Academic Secretary

Hey guys, I'm Farah and I will be your Academic Sec this year. First I just wanted to say a big well done to each of you for getting here, it really is an amazing achievement.

As Academic sec I will be organising additional events and activities to support your learning. If throughout the year you have any suggestions for activities or you would like support in a certain area just come find me or drop me an email. Remember Dentsoc is here to support you, so make the most of us!

Nirali Patel
Safety secretary

Hey everyone, I'm Nirali and I'll be your safety sec this year. My job is to make sure all your events are super safe and enjoyable! Congratulations for getting into dentistry! See you all at freshers, Nirali X
Maia Nolan
On The Cusp Editor

Hey everyone! Congratulations for making it to Peninsula and welcome to Plymouth!

I’m Maia, the editor of “On the Cusp” – the Dentsoc magazine. We are aiming to publish an issue of the magazine fairly early in the year and keep you updated afterwards with e-newsletters… so make sure to check your e-mails! The magazine will include all sorts, from covering Dentsoc events and what to do in Plymouth to articles and quizzes. Please don’t hesitate to contact myself or another member of the committee if you have any suggestions or contributions for the magazine or newsletter!

Remember to grab yourself a copy of the magazine once it’s published, but for now concentrate on making the most of fresher’s fortnight and enjoy yourselves!

Kusal Subasinghe
Treasurer

Hello, my name is Kusal and I am the junior BDSA representative. My job is to help organise and get our uni to the BDSA events this year. The British Dental Student Association is a national organisation that organises two main events each year; a fun sports day and secondly a conference. This is a great place to meet students from across the country and build a relationship with all dental universities in the UK.
FRESHERS FORTNIGHT!
### Week 1 (11\textsuperscript{th}-18\textsuperscript{th} September)

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>11\textsuperscript{th}</td>
<td>White Tee Meet and Greet</td>
<td>The Student Union</td>
<td>6pm</td>
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<tr>
<td>12\textsuperscript{th}</td>
<td>Fresh Out Of School</td>
<td>Oceana</td>
<td>10pm</td>
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<tr>
<td>13\textsuperscript{th}</td>
<td>North Hill Pyjama Bar Crawl</td>
<td>North Hill – Route TBC</td>
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<tr>
<td>14\textsuperscript{th}</td>
<td>EBL bowling</td>
<td>Walk to bowling from PSQ</td>
<td>3pm</td>
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<tr>
<td>15\textsuperscript{th}</td>
<td>Charity Shop Challenge House Party</td>
<td>TBC</td>
<td>10pm</td>
</tr>
<tr>
<td>16\textsuperscript{th}</td>
<td>Annual Dentsoc Pink and Blue Bar Crawl</td>
<td>TBC</td>
<td>9pm</td>
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**Sunday 11\textsuperscript{th}**

*White Tee Meet and Greet*

Most of you would have just moved in so we would like to take the opportunity to welcome you to Plymouth and allow you to meet with your year. We will be meeting at the SU which is just on campus! Wear a white t-shirt, bring a sharpie and we’ll see where the night takes us!

**Monday 12\textsuperscript{th}**

*Fresh Out Of School*

The first night of Dentsoc fresher’s will be spent partying with our Medsoc friends at one of Plymouth's biggest venue, we know you've just started university but it's back to school for the night!

**Tuesday 13\textsuperscript{th}**

*North Hill Pyjama Bar Crawl*

Our first bar crawl of the infamous North Hill - dress up in your cosiest pyjamas or onesie, relax and let us do the rest.

**Wednesday 14\textsuperscript{th}**

*EBL bowling*

Join your EBL group for a bit of ‘team bonding’. A firm favourite last year, May the best team win!!

*Charity Shop Challenge House Party*

**Rules:**
1. Your outfit must be cheap
2. Your outfit must be vintage/retro, weird or just plain ugly.
3. You must make Macklemore proud.
   
   Prizes will be given out to the 'best' worst outfits!

**Thursday 15\textsuperscript{th}**

Sometimes you just need a regular night out, so dress to impress and get ready to party!

**Friday 16\textsuperscript{th}**

*Annual Dentsoc Pink and Blue Bar Crawl*

One of the biggest events of the year. Please note - Boys dress as girls and girls dress as boys!
| Monday 19th | Location: PSQ  
|            | Time: 5.30pm |
| Family Meet and Greet |  
| Meet your Dental mums and dads. |

| Tuesday 20th | Location: Weatherspoon’s x4, Route TBC  
|             | Time: 8pm |
| Spoons to Spoons Pub Crawl |  
| Wear your Dentsoc freshers t-shirts with pride and let us show you around Plymouth. |

| Wednesday 21st | Location: Marina bar  
|               | Time: 7pm |
| Family Pub Quiz |  
| Get the chance to bond with your Dental parents and put your general knowledge to the test! There will also be the opportunity to win some amazing prizes! |

| Thursday 22nd | Location: The Hoe (walk from PSQ)  
|              | Time: 7pm |
| Peninsula Welcome on the Hoe |  
| A PUPSMD organised evening on the Hoe with Peninsula staff and peers. |
| The Movement |  
| One of the biggest events of freshers organised by The Movement exclusive to Dentsoc, Medsoc, Biomed and Optom |
| "More info on Facebook event" |

| Friday 23rd | Location: TBC  
|            | Time: 10pm |
| Hawaiian House Party |  
| Last night of Dentsoc freshers, you know what to do! |

| Sunday 25th | Location: Drakes Place  
|            | Time: 12pm |
| Dentsoc BBQ |  
| Come socialise and enjoy some deliciously prepared food! This is an event catered to everyone, we hope to have the whole school there! Details will be posted closer to the time! |
FRESHER TEES

First time in a new city surrounded by new people can be a daunting prospect!

Find people on your course or simply let the t-shirt do the introducing!

And let’s face it... you’ve worked hard to get here, so be proud to represent your course and let’s make this fortnight one to remember!

T-shirts are now available to purchase on our website for a subsidised price of £5.50 and will be available to collect on your first day.

Certain sizes are limited so order in advance to avoid disappointment.

ORDER BY 07/09/16
The Dental Family Scheme

Calling all Freshers!

Are you worried about settling in next year?

Well, we’d like all of you guys to sign up to our dental family scheme so that you can be “adopted” by students in second year who will become your Dental Parents.

These are people who have very recently been through the same process as you. They will help make your transition into dental school comfortable, share their wisdom about EBL and SDLE, and keep you entertained in any way you see fit!

There are some family orientated events in Fresher’s week for you to get to know your family and help you settle in that bit better.

If you are interested, please send an email to Kamil at kamil.aziz@students.plymouth.ac.uk with answers to the following questions:

- Name?
- Son or daughter?
- Drinker/Non-drinker?
- Dietary requirements?
About Plymouth

Plymouth is a city of approximately 250,000 people. Sitting on the border of Devon and Cornwall, its location in the Southwest affords access to some of the best beaches in the country (that are only a bus trip away!), Dartmoor National Park and much, much more.

The Hoe – A short walk from the city centre. Recently home to MTV Crashes Plymouth, the Hoe is home to Plymouth's iconic Smeaton's Tower and Tinside Lido, both open throughout the summer from May to September.

The Barbican – Plymouth's historic harbour. This old port is full of unique shops, art galleries, cafes, pubs and restaurants.

The National Marine Aquarium – The UK's largest aquarium with over 70 sharks from 10 different species.

The Gin Distillery - The oldest working gin distillery in England is situated in the heart of the historic port city of Plymouth in the Barbican. Tours run: Monday - Saturday 10.30 - 4.30; Sunday 11.30 - 3.30.

Plymouth Pavilions – Plymouth’s home for music and comedy. This past year, it's been host to shows from Lee Evans, 30 Seconds to Mars and Leona Lewis.

The Theatre Royal – Be sure to keep up to date with what's showing here when you're all settled in. Upcoming touring shows include Elf, Wicked and Shrek the Musical!

The Royal William Yard – A collection of Plymouth’s finest restaurants, accessible by land or sea! A real must see.

And that’s just around the City Centre...

About the University

Portland Square (PSQ): This will be your new home! This is the location where the majority of first year plenaries, EBL (enquiry based learning) and SDLE sessions are held.

You can find the locality office on the second floor – a great place to go if you have any course related questions. It is also the place where internal mail is collected or if you require any forms etc. such as authorised absence.

SDLE (Simulated Dental Learning Experience): Located in Portland Square, this is where you'll get to learn and practice all your dental skills on the Phantom Heads!

You'll start in here in your first week of term!

John Bull Building: In Tamar Science Park around the corner from Derriford Hospital.

You will have to travel here on the free bus service a few times during your induction week and you will also carry out your medical emergency training here, at the Clinical Skills Resource Centre.

The bus service runs from Plymouth (North Hill) outside Portland Square to the Hospital where you'll find John Bull just around the corner. Just flash your student UNI ID and enjoy the ride!
Joining Dentsoc

Membership

Peninsula Dentsoc is a non-profit making society so all money generated comes right back to you.

For only £12 per year membership guarantees you discount tickets to most of our events throughout the year; including Fresher’s Fortnight, the Christmas Party and the highly anticipated Spring Ball.

It entitles you to exclusive discounts on all our merchandise and this year we will also be including subsidised travel to the BDSA sports day!

Further information including details on how to join will be given to you during induction week.

Hoodies

Exclusive Dentsoc hoodies will be available throughout the year and you will also be able to personalise them by adding your name!

The preliminary design is dark navy in colour and can be viewed on our website under merchandise.

See you all in September!