

Articulate

JUNE 2015 NEWSLETTER



twitter.com/ADSAMedia

facebook.com/AusDSA

instagram.com/ADSA2015

www.adsa.org.au

Meeting halfway

Dear ADSA students,

Goodbye semester one, 2015! Here at ADSA, we all hope everyone has had a brilliant first half of the year - and now, for the holidays!

So far, twenty-fifteen has been a success. The 2015 ADSA Committee has ticked off many of our goals for this year. Several new initiatives are being launched at Convention. These include the upcoming mental health awareness campaign, engaging in several international volunteer projects, launching the ADSA scholarships and awards program.

In this issue: Students at JCU have toiled long and hard this year to bring us the annual Dental Students' Convention hosted in Cairns, allowing Australian dental and oral health students to enjoy the sun and the sea. In rural updates on page 14, Amika talks about the Close the Gap Conference organised by the ANU Rural Medical Society, and Sarah Eliasson from UAdel reflects on her placement in Mt Gambier. Finally, hear more about 'Closing the Gap on Oral Health' from the lovely Jess Zachar of CSU, whose experiences in rural dentistry with the Royal Flying Doctor Service are truly eye-opening.

Enjoy the break - you deserve it! Then, get ready to come back to university with a fire to learn and improve. Make the most of your time during the year - don't work too hard, be sure to always make time for family, friends, and as always, look after yourself.

Stay safe and all the best,

Cheryl X. Chen

Publications Officer
Australian Dental Students Association

CONTENTS

04	president's report
06	convention 2015
08	university updates
14	rural updates
15	closing the gap

twitter.com/ADSAMedia

facebook.com/AusDSA

instagram.com/ADSA2015

www.adsa.org.au

ADVERTISING ENQUIRIES
Cherie Yam
sponsorship@adsa.org.au

PUBLICATION SUBMISSIONS AND ENQUIRIES
Cheryl X. Chen
publications@adsa.org.au

PRESIDENT'S REPORT



Hi everyone! The ADSA has had a remarkable start to the year in terms of upcoming events and activities. The ADSA has successfully embarked on administering its goals for 2015. The goals for 2015 are:

- Enhancing community-oriented outreach
- Strengthening stronger linkages with each dental school's student society
- Sustenance of policy pertaining to dental students
- Achieving educational outcomes through ADSA Student engagement
- Defining broader stakeholder participation
- Entering a global outreach pathway

In consideration of the aforementioned, the key events we have launched this year are aimed at inviting wider dental, oral health therapy and dental hygiene students to participate in ADSA related activities. Several of these new initiatives would be highlighted in the convention and mentioned on social media post convention. A snapshot of some of our events includes the upcoming mental health awareness campaign, engaging in several international volunteer projects, launching the ADSA scholarships and awards program.

In addition to the above, we attended multiple conferences and meetings with key stakeholders in the industry, and have expanded our social media presence and have strengthened university student engagement. The ADSA University Representatives have done a tremendous job this year and have helped the association achieve so many of its goals– I can't thank them enough for their hard work and commitment.

Indeed, it is a busy year planned for ADSA and I would recommend students to keep an eye out on the ADSA facebook page, Articulate newsletter, DPL newsletter and the website for upcoming opportunities. Remember, now is the time to do it! So take the opportunity and make the most of it as you never know what door of success it may open up.

I'm looking forward to seeing all at the 2015 ADSA Student Convention for a wonderful week in Cairns and hope that you follow in our theme - "Learn, Network, Inspire".

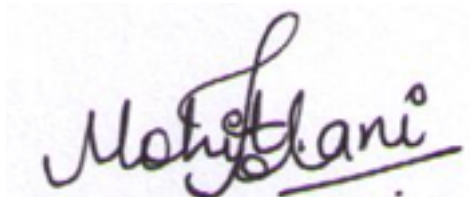
The Convention Committee have been working exceptionally hard this year to give us a stellar convention and please take the time to thank them and all of the volunteers for the astounding job they have done. The Convention Committee, led by Michelle Davidson and Hannah Treston, have really outdone themselves with an edifying convention's both social and academic itinerary. This year we have breakout/streamed seminars each mid-afternoon so that you can choose a topic you are most interested in, and we even have some hands on workshops for you to enhance your curricular experience. I hope you find the lecturers and seminars inspiring and expand your knowledge of dentistry and oral health.

I would also like to thank all of our sponsors. Without their generous support we would not be able to make convention as remarkable as it is. We have a tradeshow on Saturday where delegates have the opportunity to ask sponsors questions about their product or service, and we highly recommend you check them out – these are the people who will be helping you out once you graduate! We

would particularly like to thank our partners – the RACDS and the ADA, who have supported the ADSA throughout this year and their advice and assistance has been invaluable.

Try and make the most of the week – attend everything, say hi to as many people as you can and most importantly, have fun!

Yours sincerely,

A handwritten signature in dark ink, reading 'Mohit Tolani', with a horizontal line underneath.

Mohit Tolani

President

Australian Dental Students Association

**FOR FURTHER INFORMATION
AND TO KEEP UP WITH WHAT'S
HAPPENING,
FOLLOW US ON**

twitter.com/ADSAMedia

facebook.com/AusDSA

instagram.com/ADSA2015

www.adsa.org.au

CAIRNS CONVENTION

2015

The long-awaited ADSA Convention 2015, hosted by James Cook University in the beautiful paradise that is Cairns, is here at last!

Here is a quick message from our 2015 Convention Co-Convenors, Michelle and Hannah:

As many of you know, the annual ADSA Convention has become renowned for outstanding academic line-ups, hands-on workshop and most important parties like no other; and Convention 2015 will be no different. We have worked night and day to ensure you all go home with an experience you will remember forever.

Our JCU Convention team has pulled all the strings to bring you ADSA exclusives including Tjapukai By Night and a trip to Fitzroy Island where you can snorkel amongst the Great Barrier Reef.

Your social calendar escalates pretty quickly this week with parties including Rubik's Cube, Rumble in the Jungle, RECESS (Back 2 School) and Black and White Cocktail. Yes, dress up is mandatory. And if you are still keen to after-party, you are all entitled to an ADSA Convention 2015 free entry VIP pass to The Woolshed Cairns for the entire week.

Don't stay up too late though; the academic line-up is the perfect combination of local, national and international talent. We cannot wait to get our hands-on in the Implant Workshop (Wednesday afternoon) and for the first time in ADSA Convention history we will explore The Use of Botox and Dermal Fillers within the Dental Sector (Friday afternoon).

For many of you this may be your first trip to Cairns but for JCU students, this topical paradise is our home. Although Cairns is renowned for it's tourist attractions, we hope you see another side of Cairns: the talent and ingenuity of the local dental profession.

Enjoy the week, enjoy the warmth and most importantly have fun!

See you on the dance floor,

Michelle Davidson & Hannah Treston.

ADSA Cairns Convention 2015 Co-Convenors



CAIRNS CONVENTION 2015



**JULY
7 - 12**

James Cook University
Cairns



facebook.com/AusDSA



follow us @ADSAMedia

www.adsa.org.au



WHAT'S BEEN GOING ON

SEMESTER 1



University of Adelaide

Aleisha Bassett

The AUDSS has once again hit the ground running this year to help all students settle into university life. The AUDSS encouraged new friendships within first year cohorts and the years above through the Freshers Welcome BBQ complete with slushies, a fairy floss machine and a jumping castle, Freshers Basement Party and Dental Camp. For the first year, Dental Camp hosted a new academic line up including wax carving, alginates and tooth ID which complimented the traditional social events nicely.

New Group and Individual Learning lectures aimed at BDS and BOH year 1-3 have been helping students with their studies this semester. Similarly, AAPDP lectures aimed to extend the skills of knowledge of students in the later years of training have also proved very popular. The most recent hands on basic suturing workshop with the Adelaide University Surgical Society was filled to capacity within minutes of registration opening and further workshops are currently being organised.

Community Aid recently ran a successful second-hand book sale/ Movie night where students got to see *Insurgent* at a subsidised price.

Sponsorships are as we speak running an exclusive Abs and Butt exercise class and VIP shopping night at Lorna Jane for 40 lucky BOH and BDS students.

Finally, the AUDSS is excited to announce the appointment of Professor Lindsay Richards as the new Dean and Head of the School of Dentistry and wish him all the best in his new role.

The academic year is now in full swing! A myriad of events have been hosted by dental schools all around Australia, keeping students busy with an impressive social schedule to accompany their return to studies. Keep reading to see what each university has been up to!

Charles Sturt University

Neil Sengupta

2015 at Charles Sturt University has got off to a fantastic start with the welcoming of First Year students and a new Head of School! Professor Boyen Huang has joined the CSU School of Dentistry and Health Sciences from JCU, and will focus on increasing the research capacity of the school, while also promoting the intake of regional, rural and indigenous students. We are all excited to have him.

For the Orange Student Dental Association (OSDA), the first major event for the year was the Wine Mixer & BBQ, which was well attended and gave an opportunity for many new members to mingle with students from other year groups. This was closely followed by the OSDA Commencement Ball at Wentworth Golf Club, Orange. It was a night to remember as the boys looked sharp in their suits and the girls elegant in their dresses. While the event was an opportunity to let our hair down, the OSDA also held a successful charity fundraiser to help raise money for the Royal Flying Doctor's Service!

We now look forward to the forthcoming OSDA Bar Night and also, gearing up for the arrival of Sydney University in May, as CSU prepares to host the 2015 Roland Bryant Cup! Will CSU make it six wins in a row? Or can Sydney University finally win the cup for the very first time? We will soon find out!





Central Queensland University

Liza Pretorius

We are almost half-way through semester 1 at CQUniversity, and it has been an exciting time for all three year groups. The first years embarked on their new career path at O-week where they were introduced to the finer intricacies of navigating around Moodle. The week ended with a Luau where everyone had an opportunity to let their hair down before the serious business of mastering the basic human sciences commenced the following week.

The second years got their hands dirty in the simulation laboratory, where they were introduced to clock positions, prophies, high speeds, slow speeds, Graceys, sickle scalers, WHO probes, impression materials, rubber dams... the list goes on. We were all 'drilled' into maintaining an ergonomic posture and fulcrums at all times. After practising on manikins, we had the opportunity to unleash our freshly attained skills on one another in clinic - an exhilarating, yet terrifying experience!

The third years spent their time treating Queensland Health patients at the Phase I clinic, and today also welcomed the first private patients in our brand new Phase II Private Health Clinic. When not at the CQUniversity clinics, they work at School Dental Clinics, and they also had the opportunity to assist at the Rockhampton Base Hospital during dental procedures under general anaesthetic.

With the help of our dedicated lecturers and tutors, we are all working towards achieving our goals. Overall, it has been a challenging, but extremely satisfying experience!

Curtin University

Lucy Davis

There has been a lot of interesting events happening at Curtin University which have all been ever popular. February welcomed new and returning students to Curtin during O-week. The five days were jam-packed, filled with fun and great events including our annual RecFest. Students chilled to live music while enjoying a good sausage sizzle, slushies and tonnes of free giveaways. RecFest provides so many great activities including orb balls, African drumming, ultimate frisbee and group fitness classes. Everybody had a fantastic time! Moving on, March seen Curtin host Perth's Color Me Rad event which involved thousands run, jog and walk the five kilometre course around Bentley. Everybody begins with a clean white T-shirt but as each participant progresses through the sections of the course they are attacked with every colour under the sun. The day was a huge success raising thousands for The Multiple Sclerosis Society of Western Australia. Well done to all those that took part in this awesome event. The students of Oral Health Therapy have settled back into uni life after a well deserved Christmas break. We all know the year is going to be so busy filled with a lot of hard work, assignments, exams and challenges but it all means getting closer to graduating! So here's to an awesome fun-filled and successful 2015!





Griffith University

Jessica Sun

Griffith University has welcomed in the start of the 2015 academic and social year with a bang. 1st years have been brimming with excitement as they take the first steps into their dental careers commencing with the Griffith University Annual First Year Dinner to welcome the new cohort and help them meet their fellow classmates. The GUDSA 10th Annual Meet and Greet in March soon followed and provided further opportunities for the dental students to meet and mingle with the other years and was a great success. Following this, we held several interactive workshops for the 1st years. Starting off was "Surviving Dental School 101", an opportunity for the 1st years to gain more insight into preparing for their future years as dental students whilst the Wax carving practice exam gave them the chance to perfect their carving abilities in preparation for their mid-semester exam.

Griffith dental students are also looking forward to the host of ADSA events lined up for the year, including the upcoming Dental Aid Project (an initiative made in conjunction with the National Dental Foundation to increase oral health awareness in under-developed regions) as well as the much anticipated 2015 ADSA Convention held at James Cook University, Cairns. Overall it's been an exciting and jam-packed semester for Griffith University dental students and despite our busy study schedules, we look forward to more of our upcoming events including our annual DPL Beach Volleyball tournament and GUDSA Boat cruise.



James Cook University

Daniel Frank

Exciting things have been happening at JCU! By now, the students have adjusted to their new routines. 1st year dental students are settled and are studying hard. The 2nd year cohort just finished a 5-week placement in local primary schools, addressing oral health care and educating students on diet and brushing techniques. The 3rd year cohort was introduced to treating patients for the first time this year. The 4th years have just arrived back from mid-semester break, and have been upgraded to treating 2 patients per session, being a welcoming challenge for all. We haven't forgotten about the 5th years, who are busy enjoying their 5th year placements across Australia.

JCU has been busy planning the best event of the year, ADSA Convention! The event is occurring on July 7 – 12, 2015, and you have plenty to be excited about. Inspiring and stimulating speakers have been organized, as well as social events that will leave you sleepless. The committee is also busy planning the day activities such as a full-day reef trip to the spectacular Fitzroy Island, and an ADSA exclusive show at Australia's well-known Tjapukai Indigenous Cultural Park. This convention is like no other with a minimum winter temperature of 17° – who would want to miss that! Looking forward to seeing everyone in July!



La Trobe University

Varun Chopra

It's been a great start to the year, with a new batch of first year Dentistry and Oral health students enthusiastic and ready to go. We saw a great turn out at the O-week barbecue with the vast majority of first years in attendance while the second and third years prepared the food. As well as a few fourth years that dropped by straight from clinic. The bowling/ pizza night was a great success with the first years, with a few showing some great potential. The dental camp, like always, was amazing, all walls were broken down and a real sense of camaraderie formed between all those in attendance. The camp consisted of many activities, including archery, canoeing, rock climbing, a rope course and the classic surprise 'initiation' process, with the first years facing off against the second and third years in an old western showdown.

The second year dentistry are having a blast preparing for the start of clinic next year, while the third years are starting to see their first patients in clinic and really getting an idea for what awaits them after graduation. Same goes for the second year oral health who had an early start to the year in preparation for clinic; the third years are on the home stretch with this being their last semester. For the second half of this semester we look forward to the annual BOHDS ball which will bring all the forth and fifth years back from placement, from all around Victoria.

All in all, it has been a great start to what seems like the best year yet!



University of Melbourne

Velanni Martins

The Melbourne Dental Students' Society (MDSS) really hit the ground running at the start of this new academic year!

The incoming freshmen were welcomed with free-flowing drinks and more pizza than they could handle at the Annual Pub Crawl. As tradition at the Melbourne Dental School goes they paraded down the city streets donning clinical gowns, masks and wide-eyes! It was a night filled with buzzing conversations, roaring laughter, competitive boat races and poorly coordinated dancing.

The orientation fun and games continued at Dental Camp! The first years were whisked away on Valentine's Day for a weekend getaway to Mount Martha. Sun, sand and clear waters made for a perfect, relaxing afternoon at the beach. But, the real party was back at camp! MDSS hosted a 'Back to School' themed night with open-bar, top 40 and "customized" school uniforms.

The annual Trivia Night was a nice change of pace with a great turnout from DDS, BOH as well as Postgraduate students. Students showed off their obscure knowledge on everything from Renaissance art and international cuisine to sports, and Hollywood gossip. Second-year BOH students outshined the other teams and snagged first place!

It's been a great start to 2015 but more is yet to come!



University of Newcastle

Warrick Edwards

It has been a very exciting start to the year for us with the opening of our brand new Simulation clinic. The state of the art facility contains the latest technology, which allows students to have a more modernised learning experience. The Simulation clinic is equipped with a fully interactive multimedia learning system that ensures students are receiving the full learning potential.

We have now introduced the Bachelor of Oral Health program to be dual qualifications and is now the BOHT. Many students have converted over to the new course allowing them to have greater knowledge upon graduating.

The Oral Health society has a fun filled few months ahead, with a superhero themed boat cruise to happen in the coming weeks and lots more fun activities allowing all students to come together and mingle.

Over the coming months the university will be announcing for the first time, the candidate that has been awarded the NSW Aboriginal Allied Health Cadetship.



University of Queensland

Cheryl X. Chen

UQ Dental School has been bustling with activity since the very beginning of 2015. We have officially made the move into our new Oral Health Centre in Herston, and students, staff and patients have all been enjoying the brand new facilities.

This year, UQDSA has been flat out organising a jam-packed social itinerary for UQ dentistry and oral health students. Welcoming twenty-five in with a bang, our Meet and Greet was a success - it was great to see so many new and familiar faces hitting it off! Joining hands with new neighbours the UQ Public Health Students Association in a burrito barbeque and bake sale event, UQ dental students contributed many delicious goodies to help raise funds for the victims of Cyclone Pam in Vanuatu. Additionally, the Loupes Tradeshow was a packed event, seeing many students get their very first taste of loupes. Last but not least, our much awaited annual dental boat cruise was a blast. With Toy-Box Boat Cruise tickets selling out in a flash, the full house on board coasted along the Brisbane river in style, partying it out as their favourite toys.

With the end of semester one fast approaching, UQ dentistry and oral health students look forward to a relaxing break and a chance to let out our hair down at the July ADSA Convention in Cairns!





University of Sydney

Darian Karunaikumar

2015 has gone off to a flying start at Sydney. We've already had several events to help usher in students into their first couple of months back into uni.

First years had an awesome time getting to know each other and upper years at the SUDA Welcome Drinks, and at First Year Camp. Hats off to the second year organisers for another successful, sold out camp! Our annual cruise, this year being space themed aboard the Starship Denterprise, was as always, one of the most fun-filled nights of the year with students from all four years of dentistry and all three years of oral health having a great time as we voyaged around the spectacular views of Darling Harbour.

On the academic side of things, first years are being acquainted with the art of drilling, second years are getting their first experience with real patients, and third and fourth years are busy treating patients at both Westmead Centre for Oral Health & Sydney Dental Hospitals.

Sporting events dominate the calendar for the near future, with Quad Faculty Rugby and Soccer against the Medical, Veterinary & Pharmacy students, as well as the Roland Bryant Cup (RBC) against Charles Sturt University.



University of Western Australia

Spencer Li

The School of Dentistry welcomed Professor Camile Farah as the new Head of School and Director of the Oral Health Centre of Western Australia. Professor Farah completed his dental qualification at UWA, and subsequently completed a PhD in Oral Pathology & Immunology, and his specialist training in Oral Medicine & Oral Pathology at the University of Queensland, with sub-speciality training in Oral Oncology. With strong research interests and his fresh thinking, we look forward to a new period under Professor Farah's leadership.

The University Dental Students' Society have already begun the year's events with the fresher welcome: Prime&Bond at The Claremont Hotel. With a steady supply of \$5 shots and great music on the dance floor, there was an enthusiastic showing. The UDSS cake stalls have also begun, with the first sale of baked goods being completely sold out within an hour! The new UDSS shirts and caps were also for sale.

The recent UDSS Sports Day was a rousing success as well, with healthy competition over basketball, volleyball and indoor soccer.

With a new footy tipping competition, a running club, the newly redesigned UDSS website, as well as the upcoming Cancer Council Relay for Life, it's looking like it'll be a great year for students at UWA!

RURAL UPDATES

From March 21-22, students from all over Australia came together to help Close the Gap.

By Amika Bober, ADSA Rural Officer

CLOSE THE GAP CONFERENCE

(March 21-22, 2015)

The annual Close the Gap Conference, organized by the ANU Rural Medical Society, was held recently in March to promote National Close the Gap Day (19th March). Over the weekend more than 120 health students from all health degrees such as medicine, dentistry, paramedics, nursing attended to learn more about Aboriginal and Torres Strait Islander health and inequality. The aim of the conference was to increase awareness and to bring health students together from different universities and professions. Final year dentistry student Jessica Zachar from Charles Sturt University attended the event on behalf of the Australian Dental Students Association.

The two day conference included lectures and workshops from leaders in Indigenous health, including Kylie Stothers (a Social Worker from the NT), Faye McMillan (a Pharmacist from Wagga and current Chairperson of Indigenous Allied Health Australia), Dr Buddhi Lokuge (a Public Health Doctor who is co-founder EveryVoice-Counts and Dr Kali Hayward (a GP from Adelaide and

Vice President of Australian Indigenous Doctors Association. The workshops discussed how to address cultural differences and recognising your own personal values, and how that might impact on someone else's values.

Jessica emphasized, "The two day event was a way of acknowledging that there is still inequality and that we need to do something about it as well as how you can help Indigenous people by becoming a leader and encouraging your peers to be the same. I encourage those who are interested in Indigenous health or don't feel they don't know much about this area to attend workshops such as these during your degree as well as in your professional career."



A RURAL PLACEMENT REFLECTION

by Sarah Eliassen

I am a 5th Year Bachelor of Dental Surgery student currently on rural placement in Mt Gambier with four classmates. So far, we are really enjoying our time here and have gained a lot of useful experience for our future careers. The staff and tutors at the clinic are incredibly helpful and we have been exposed to a lot of complex cases. Mount Gambier was only fluoridated recently in 2010 and, unfortunately, recreational drugs and poor diet also contribute to the poor oral health in this region. Additionally, the waitlist for dental treatment has been as long as 3 years, so emergency appointments place an extra strain on the services. It has been invaluable to spend time in a different workplace setting with more independence developing treatment plans and complet-



ing full courses of care. We have also had the opportunity to do a bit of sightseeing around the Limestone Coast and even crossed the border into Victoria to visit Nelson, Portland and Cape Bridgewater. A tip to anyone coming to Mt Gambier on placement in the future - go to She's Apples for your fresh fruit and veg!

CLOSING THE GAP ON ORAL HEALTH

By Jess Zachar
Charles Sturt University

Jessica Zachar, a final-year Dentistry student at Charles Sturt University, has her career hopes on going rural and assisting in closing the gap in oral health services. Below, hear about her four-week clinical rotation in Dubbo with the Royal Flying Doctor Service (RFDS) TOOTH (The Outback Oral Treatment and Health) Program.

In my experience with the Royal Flying Doctor Service (RFDS) TOOTH (The Outback Oral Treatment and Health) Program I was able to witness its value for people in rural and remote communities. My four-week clinical rotation in Dubbo saw me providing dental services to the Dubbo community at the CSU Dental and Oral Health Clinic and also flying in and out to remote communities from the RFDS Dubbo Base.

Before starting my degree, I was unaware of the poor dental standards in Outback Australia, but after witnessing it myself, I was inspired to strive towards closing the gap in oral health for rural Australia. That month in Dubbo was an unforgettable experience.

A highlight was the opportunity to fly to Collarenebri and Bourke with RFDS dentist Dr Callum Addison. My first day with the RFDS started with boarding the plane at 7:30am for a one-hour flight to Collarenebri, a town of approximately 400 people. Even with the heat, nothing could take away the excitement of the breathtaking views and sitting in the cockpit next to the pilot.

Flying in and out means that the RFDS has to take portable equipment, including a tool-box with all necessary dental instruments and mobile radiographic equipment. I could see that treating patients with the limitations of what we could carry was definitely a great challenge and a memorable one. It was also amazing to see what a difference having a dentist available made for the people of Collarenebri, who previously did not generally have access to one.

My second day with the RFDS took her to Bourke to provide treatment to patients at the Bourke Aboriginal Health Service. I was so lucky to work with Dr Addison, who has a wealth of knowledge about dentistry in remote locations.

If there was one thing I could take from this whole experience, it is that there is still a gap between oral health education and people's attitude towards the importance

of oral health and how it impacts your overall wellbeing. If we could emphasise that 'healthy mouths makes healthy lives' to people in these areas which have restricted access to these much needed services, this would be a big step.

It was not all work. My weekends were spent exploring Dubbo's well-known West Plains Taronga Zoo and participating in the popular Meerkat experience. Even as a Queenslander, I was not prepared for the heatwave while I was there. With temperatures usually in the low to mid 40s, so I spent lots of time swimming and being surrounded by kangaroos which were also trying to get their share of the cool water.

I strongly encourage dentistry students to take on a placement in remote Australia as it will open your eyes to the challenges we still face in these areas to this day. Next year, I have placement rotations in regional and rural areas including Brewarrina, Wagga Wagga, Bathurst and port Macquarie. As a student at a regional university campus, I have had the opportunity to be exposed to positive rural experiences throughout my whole degree. I feel that this rural focus will provide me with the foundation and skills to be the best dentist I can be for Outback Australia.

Jess received the National Rural Health Leadership Award in 2013 for her commitment and dedication in closing the gap and raising awareness of rural health issues in oral health. Well done!



www.adsa.org.au

twitter.com/ADSAMedia

facebook.com/AusDSA

instagram.com/ADSA2015