

DELEGATE HANDBOOK

ALL ABOUT CxU 2023



changexunzipped.com



@changexunzipped



Changexunzipped

CONTENTS PAGE

PAGE

1	ABOUT Introduction to CxU	16	AFFILIATIONS University of Melbourne, Monash University, Deakin University
2	VALUES Accessible, Collabora- -tive, Empowering, Inclusive	17	SOCIAL NIGHT Description & location information
3	THEME Day 1 & 2 theme breakdown	18	COMMITTEE 2023 Meet the team behind NExUS 2023
8	PROGRAM Day 1 & 2 agenda	20	SPONSORS Affiliated universities & organisations
10	SPEAKERS Keynote speaker bios	21	CHECKLIST Logistics / how to prepare for the day
12	WORKSHOPS Workshop bios		
14	PANELLISTS Panellist information		

Change x Unzipped acknowledges Aboriginal and Torres Strait Islander peoples as the Traditional Custodians of Australia. We acknowledge their continued connection to land, water and community, and we pay our respects to their Elders past, present and emerging.

ABOUT CHANGE X UNZIPPED

A Victorian Global Health Initiative

Key Metrics

Our program provides supportive networking opportunities between delegates, as well as speakers through our interactive workshops and social events to further promote interdisciplinary and inter-university collaboration.



~100

delegates a part of the change each year



8

successful years of the annual conference

INTRODUCTION

Change X Unzipped (CxU) is a Victorian university student collaboration that hosts an annual two-day global health conference. The organisation originated as a way to unite the global health groups at three major Victorian Universities - [Ignite Monash](#), [Universal Health](#) at Deakin and Melbourne Medical School's [Global Health Collective](#). The event is now in its eighth year. In the past, we have proudly hosted over 100 delegates from a range of disciplines and universities across Victoria and we're planning for our conference in 2023 to be even bigger and better.

AIM

Our program aims to provide students with an inspiring line-up of speakers, workshops, panels and networking opportunities in global health; presenting attendees with tangible ways to become involved in making change. It encourages further collaboration between Victorian universities and prides itself on being an affordable, accessible and sustainable event for all.

CXU'S VALUES



ACCESSIBLE

1. **Affordable** - we aim to remove cost as a potential barrier to participation, with ticket prices capped.
2. **Local** - CxU will be held over two days, one in Melbourne and one in Geelong. Locations will be easily accessible for students from Monash, Melbourne and Deakin Universities.
3. **Open** - sessions are designed to engage students from all backgrounds; creating an inclusive milieu that fosters the values of the conference.



COLLABORATIVE

1. Between **universities** - executive committee formed of students from Deakin, Melbourne and Monash.
2. Between **delegates** - interactive workshops and social events encourage networking and collaboration between students from all 3 Victorian medical universities.
3. Across **disciplines** - with both speakers and delegates from a range of disciplines, interdisciplinary collaboration will be strongly encouraged.



EMPOWERING

1. **Engage** - through interactive sessions, delegates will share their understanding, reflect and engage with core concepts surrounding global health.
2. **Inspire** - instill passion in delegates through discussion and enquiry, driving enthusiasm for change.
3. **Act** - leave delegates with tangible opportunities to take local action toward global problems.



SUSTAINABLE

1. **Environment** - environmental sustainability is a core value of CxU, incorporated into the management, logistics and academic program of the conference.
2. **Social** - social equity is integral to CxU. We aim to engage with our local community to promote equity, inclusiveness and diversity.
3. **Economic** - build enduring relationships with partner organisations to enable the growth and the sustainability of CxU in years to come.

CONFERENCE THEME 2023

CxU NEXUS: Tackling Natural Environment, Urban & Social ecosystems for Global Health Action

EXECUTIVE SUMMARY

CxU aims to resonate with students by discussing global issues that impact human health. Through the conference, we hope to shed light on sensitive topics that will help current students become better professionals in the future. This year, our focus will be on the environmental determinants that impact human health.

The natural environment encompasses the atmosphere, land, water, oceans, and living organisms, providing essential resources for human health and well-being. It also regulates weather, vegetation, water quality, and air purity while offering cultural, recreational, and spiritual benefits to people. Human activities have negatively impacted the natural environment around us for decades, with the climate crisis as the most prominent and pressing consequence. The deterioration of the environment we live in inevitably affects our health in a number of ways (1).

The built environment constitutes the man-made surroundings in which people reside, work, and engage in recreational activities. This includes the urban sphere with buildings, parks, and the infrastructure supporting transportation, water, and energy networks (2). Through the utilisation of land, water, and energy resources, as well as the generation of waste and emissions, the built environment interacts with the natural environment. Conversely, extreme weather events like floods, cyclones, bushfires, and heatwaves pose significant risks to both the built environment and the individuals inhabiting it (2).

In recent years, social scientists and epidemiologists have increasingly studied various social and cultural factors that influence health (3). These factors include socioeconomic status, race/ethnicity, gender roles, immigration status, poverty, social networks, and the psychosocial work environment, as well as broader societal aspects like income distribution, social cohesion, social capital, and collective efficacy (3).

The social connections we establish in our lives are not only inextricably linked with both the natural and urban environment, but also essential to take joint action for better population health.

According to the WHO, deaths associated with environmental factors account for approximately 24% of the total number of deaths globally (4). This number is expected to rise dramatically if we continue to do harm to the environment we live in. It is crucial that we take action now to tackle the detrimental effects of man-made activities and build resilience against the environmental impacts we are already experiencing.

For the 2023 CxU Global Health Conference, we are going to explore the Natural, Urban, and Social components of the Environment and their influence on human health globally. As shared problems require shared solutions, we also want to look into the role of multidisciplinary teams in resolving global health issues (5).

As health professionals, we need to be aware of the complex interactions between the natural, urban as well as social factors that influence population health. Through our conference, we hope to enlighten future health professionals about the importance of these determinants.

REFERENCES

- 1) Australian Institute of Health and Welfare. Natural environment and health [Internet]. Australian Institute of Health and Welfare. 2022. Available from: <https://www.aihw.gov.au/reports/australias-health/natural-environment-and-health>, Accessed 31 May 2023
- 2) Australian Institute of Health and Welfare. Built Environment and Health [Internet]. Australian Institute of Health and Welfare. 2020. Available from: <https://www.aihw.gov.au/reports/australias-health/built-environment-and-health>, Accessed 31 May 2023
- 3) Hernandez LM, Blazer DG. The Impact of Social and Cultural Environment on Health [Internet]. Nih.gov. National Academies Press (US); 2019. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK19924/>, Accessed 31 May 2023
- 4) World Health Organisation. Public health and environment [Internet]. World Health Organisation. Available from: <https://www.who.int/data/gho/data/themes/public-health-and-environment>, Accessed 31 May 2023
- 5) Ding Y, Pulford J, Bates I. Practical actions for fostering cross-disciplinary global health research: lessons from a narrative literature review. *BMJ Global Health*. 2020 Apr;5(4):e002293. Accessed 31 May 2023

DAY 1: UNDER THE WEATHER: NEXUS BETWEEN THE CLIMATE CRISIS AND POOR HEALTH

Day 1 will shed light on the interaction between the natural environment and human health, with a major focus on the climate crisis.

Anthropogenic climate change puts our fundamental physiological needs like air, water, food and shelter at great risk (6). It also exacerbates economic inequalities between countries and health inequities within countries, as those that have contributed the least to the climate crisis will be affected the most (7, 8). Certain populations including older individuals, children, those with chronic illnesses, rural residents, and socioeconomically disadvantaged groups are more vulnerable to the changing climate. Importantly, Aboriginal and Torres Strait Islander populations and Indigenous people around the world are expected to be disproportionately affected by climate change compared to non-Indigenous populations (1, 8). For these reasons, the climate crisis constitutes the biggest health challenge of the 21st century.

On day 1, consequences of global warming like air pollution, extreme weather events, rising sea levels, and food insecurity will be discussed and their impact on human health on the global and local scale will be explored. Moreover, the concept of One Health and the intertwined health of people, animals, and the shared environment will be introduced. In this context, delegates will learn about emerging infectious diseases, zoonosis and the risk of future pandemics.

In the spirit of the One Health approach, we will discuss the power of united collaboration, coordination and communication between communities and various social and health sectors. This includes utilising knowledge of Indigenous populations to preserve biodiversity (9) and local community health (10), team building during natural disasters caused by the climate crisis and community aid projects.

Despite the severity of this health challenge, delegates will experience a solution-oriented day and will be equipped with actionable steps they can take on a personal and professional level to mitigate the impact of the climate crisis.

REFERENCES

- 6) World Health Organization. Climate change and health [Internet]. World Health Organization. 2021. Available from: <https://www.who.int/news-room/fact-sheets/detail/climate-change-and-health>, Accessed 31 May 2023
- 7) United Nations Environment Programme (2022). Emissions Gap Report 2022: The Closing Window — Climate crisis calls for rapid transformation of societies. Nairobi. <https://www.unep.org/emissions-gap-report-2022>, Accessed 31 May 2023
- 8) IPCC, 2022: Climate Change 2022: Impacts, Adaptation, and Vulnerability. Contribution of Working Group II to the Sixth Assessment Report of the Intergovernmental Panel on Climate Change [H.-O. Pörtner, D.C. Roberts, M. Tignor, E.S. Poloczanska, K. Mintenbeck, A. Alegría, M. Craig, S. Langsdorf, S. Lösschke, V. Möller, A. Okem, B. Rama (eds.)]. Cambridge University Press. Cambridge University Press, Cambridge, UK and New York, NY, USA, 3056 pp., doi:10.1017/9781009325844. Accessed 31 May 2023
- 9) CDC. One Health Basics [Internet]. Centers for Disease Control and Prevention. 2018. Available from: <https://www.cdc.gov/onehealth/basics/index.html>, Accessed 30 May 2023
- 10) Redvers N, Celidwen Y, Schultz C, Horn O, Githaiga C, Vera M, et al. The determinants of planetary health: an Indigenous consensus perspective. *The Lancet Planetary Health*. 2022 Feb;6(2):e156–63. Accessed 30 May 2023

DAY 2: BUILDING BRIDGES: NEXUS BETWEEN THE BUILT AND SOCIAL ECOSYSTEMS AND HEALTH

Day 2 of CxU 2023 will explore the interfaces between the built environment, technology, social constructs and population health. It will encourage delegates to step out of the medical model of health and consider the extraneous factors that are causes but could be solutions to global health issues (11). There will be a major focus on non-communicable diseases (NCDs), given that nearly 3 in 4 of global deaths are attributable to NCDs. The WHO predicts that, without action, NCDs may contribute up to 86% of global deaths by 2048 (12).

It is well acknowledged by public health experts that to appropriately address these preventable diseases, a population-based, multidisciplinary approach that tackles upstream determinants of health, is imperative (11). Change is required not only in health approaches like healthcare delivery and accessibility, but also in social constructs like the way food systems operate, or societal attitudes to health and lifestyle (13). By combining such social and health disciplines, barriers to achieving good health can be eliminated.

Therefore, delegates will learn about the upstream components of the built environment that are current contributors to ill health including the lack of universal health coverage (14), obesogenic landscapes and urbanisation (15). This will be accompanied by potential ways to make the built environment and social constructs part of the solution. In this context, we will hear from experts about the importance of integrating communities with multi-sector approaches in health, technology and sustainability to optimise population health. Finally, delegates will be provided with implementable actions that can be taken now and how anyone can be an advocate to elicit change, now and into the future.

REFERENCES

- 11) Shahzad M, Upshur R, Donnelly P, Bharmal A, Wei X, Feng P, et al. A population-based approach to integrated healthcare delivery: a scoping review of clinical care and public health collaboration. *BMC Public Health* [Internet]. 2019 Jun 7;19(1):1–15. Available from: <https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-019-7002-z>, Accessed 22 May 2023
- 12) World Health Statistics 2023 - A visual summary [Internet]. www.who.int. [cited 2023 May 31]. Available from: <https://www.who.int/data/stories/world-health-statistics-2023-a-visual-summary>, Accessed 22 May 2023
- 13) Venegas Hargous, C, Strugnell, C, Allender, S, Orellana, L, Corvalan, C, Bell, C. Double- and triple-duty actions in childhood for addressing the global syndemic of obesity, undernutrition, and climate change: A scoping review. *Obesity Reviews*. 2023; 24(4):e13555. doi:10.1111/obr.13555
- 14) Fisher M, Freeman T, Mackean T, Friel S, Baum F. Universal Health Coverage for Non-communicable Diseases and Health Equity: Lessons From Australian Primary Healthcare. *International Journal of Health Policy and Management*. 2020 Nov 23;11(5). Accessed 22 May 2023
- 15) Congdon P. Obesity and Urban Environments. *Int J Environ Res Public Health*. 2019 Feb 5;16(3):464. doi: 10.3390/ijerph16030464. PMID: 30764541; PMCID: PMC6388392.

PROGRAM DAY 1

SATURDAY 7TH OCTOBER

DAY 1: Under The Weather - Nexus between the Climate Crisis and Poor Health

TIME	DESCRIPTION
9:00am	Delegate Sign-in
9:30am	Convenor Opening Address Acknowledgement of Country
9:45am	KEYNOTE SPEAKER 1: DR. REBECCA PATRICK 'Climate, nature and mental wellbeing: Promoting health and wellbeing in a climate impacted world'
10:30am	Sponsor Speech & Giveaway Announcement - MDA National
10:45am	Morning Tea
10:55am	KEYNOTE SPEAKER 2: DR. JUAN-PABLO (JP) VILLANUEVA-CABEZAS 'Syndemics in One Health: Food (in)Security'
11:40am	PANEL DISCUSSION 1 DR. JUSTIN MCKINLEY PROF. EUGENIE KAYAK A/PROF. ZERINA LOKMIC-TOMKINS MR SIMON RICHARDS Topic: "What multidisciplinary approaches are needed to tackle environmental change and its impact on human health?"
12:40pm	Lunch
3 ROTATIONS @ 1:20pm 2:05pm 2:50pm (5 min movement time)	WORKSHOP ROTATIONS - Room 261: Global Health Youth Connect (GHYC) - Lohita - Room 263: Doctors for the Environment Australia (DEA) - Dr. Sonia Chanchlani & Dr. Ben Dunne - Room 155: Research Presentations/Posters/Pecha Kucha + networking
3:30pm	Prize giveaway!
4:00pm	Close Day 1

PROGRAM DAY 2

SUNDAY 8TH OCTOBER

DAY 2: Building Bridges - Nexus between the built and social ecosystems and health

TIME	DESCRIPTION
9:00am	Delegate Sign-in
9:15am	Convenor Opening Address Acknowledgement of Country
9:30am	KEYNOTE SPEAKER 3: PROF. GEOFFREY BROWNE "Optimising the 'salutogenic potential' of urban planning"
10:15am	Sponsor Speech
10:20am	Morning Tea
10:55am	KEYNOTE SPEAKER 4: DR HUNG THE NGUYEN "Lifestyle Medicine, the Global Movement We Have To Have"
11:40am	PANEL DISCUSSION 2: DR. NAVODA PATHIRANA DR. PHUONG NGUYEN MR TIM BONSER Topic: "What multidisciplinary approaches are needed to tackle the rise in non-communicable disease in Australia?"
12:40pm	Lunch
3 ROTATIONS @ 1:30pm 2:15pm 3:00pm (5 min movement time)	WORKSHOP ROTATIONS - Room 261: Victorian Aboriginal Community Controlled Organisation (VACCHO) - Abe Ropitini - Room 263: Melbourne School of Population & Global Health (MSPGH) - Dr. Alice Rota-Bartelink - Room 155: Stroke Foundation - Tim Bonser
3:40pm	Prize giveaway!
4:00pm	Close Day 2

KEYNOTE SPEAKERS - DAY 1

SATURDAY 7TH OCTOBER



Dr. Juan Pablo Villanueva-Cabezas

Veterinary Epidemiologist

KEYNOTE TOPIC: ONE HEALTH

Dr JP is an **Epidemiologist** who contributes to the emerging **One Health** focus of the Peter Doherty Institute by engaging in collaborative research projects focused on emerging health issues of low- and middle-income countries.

JP coordinates the **One Health** breadth subjects at the University of Melbourne. JP holds a **Veterinary degree** and diploma in veterinary epidemiology (Universidad de Chile) and has gained expertise in Epidemiology and Mathematical Modelling through Masters and PhD studies at The University of Melbourne, and the Australian Animal Health Laboratory (CSIRO).



Dr. Rebecca Patrick

Teaching & Research Academic

KEYNOTE TOPIC: CLIMATE, NATURE & MENTAL WELLBEING

Dr Patrick is a teaching & research academic who is recognised for her expertise in **nature, environment, and health research & scholarship**. She leads multi-institution mixed methods research in climate-related mental wellbeing & health co-benefit intervention measurement & evaluation.

She has specialist research experience in qualitative, participatory & co-designed study designs. She trained in health promotion, practiced in youth & community health for 10+ years and is an accomplished interdisciplinary researcher

KEYNOTE SPEAKERS – DAY 2

SUNDAY 8TH OCTOBER



Dr. Geoffrey Browne

Post-Doctoral Research Fellow

KEYNOTE TOPIC: POPULATION HEALTH THROUGH URBAN PLANNING

Research fellow at the University of Melbourne. His PhD focussed on assessing the role of Victorian local governments in promoting **population health through strategic urban planning** to address the rise in preventable diseases and associated social determinants of health.

For the last 5 years, Dr Browne has coordinated the 'Healthy Communities' unit at the University of Melbourne, which promotes urban social and spatial planning solutions to promote the fundamental principle of population health equity and promote social determinants of health for improved health. Dr Browne has also worked as a Principal Program Officer with VicHealth, Senior Policy Analyst with McCaughey Health and Wellbeing Unit and private sustainability consultant.



Dr. Thế Hùng Nguyễn

General Practitioner

KEYNOTE TOPIC: URBAN, RURAL & INDIGENOUS HEALTH

With a long-term commitment to Aboriginal and Torres Strait Islander Health and Multicultural Health, he has worked extensively as a GP and Medical and **Cultural Educator in urban, rural and remote Aboriginal community health services throughout the Northern Territory and Victoria.**

He currently works as a GP at Bunurong Health Service, Dandenong, Victoria - an Aboriginal Community Controlled Health Service where he is the GP Lead and GP Supervisor. Hung is a board director for Health Education Australia Limited; he is the President of Australasian Society of Lifestyle Medicine; Chair of Therapeutic Guidelines Limited; Chair of VACCHO GP Expert Advisory Group; Council member AMA Victoria; and Advisory Committee member for the Australasian Institute of Clinical Governance and the AMC IMG Advisory Group. Through his appointments, he is concerned with positive patient journeys through the healthcare system and patient engagement in the quality improvement process in health care.



GLOBAL HEALTH YOUTH CONNECT - LOHITA

Global Health Youth Connect is a youth-led non-profit organisation that aims to educate youth on global health challenges and empower them to grow as global citizens and leaders.

The workshop will present real estate development in suburban residential areas leading to congested housing, increasing temperatures and less greenery in neighbourhoods, all of which ultimately contribute to global warming.



DEA - DR. SONIA CHANCHANI & DR. BEN DUNNE

Dr Sonia Chanchani is the Senior Fellow of Sustainability, Climate and Health in the Melbourne Medical School, DEA board member and medical education committee leader.

Dr Ben Dunne is Co-Convenor for the Doctors for the Environment Australia Sustainable Healthcare Special Interest Group and a Thoracic Surgeon at the Royal Melbourne Hospital. He is a member of the Royal Australasian College of Surgeons Environmental Sustainability in Surgical Practice Working Party, and is the Chair of the University of Melbourne Environmentally Sustainable Surgery Network.

This workshop covers Sustainable Healthcare Quality Improvement, Leadership in Action, and how clinicians can get involved and lead change projects in organisations.



STUDENT PRESENTATIONS

Pavan Shet on the systematic review of patient characteristics, including demographics, microbes involved, sources of infection, complications, severity scores, comorbidities, and treatment factors that may contribute to increased risk of mortality.

Lalu Faris on the indigenous knowledge of Sasak Tribe in Indonesia in preserving the forest and its biodiversity, and the challenges Sasak Tribe faced, including challenges in integrating their knowledge in climate change policy and action plans.

Bronte Alston on One Health, All Healthy, a student-led action project affiliated with the Wattle Fellowship, an interdisciplinary program for emerging leaders in global sustainability at The University of Melbourne.

Presentation on a global review of bovine tuberculosis knowledge attitude and practice by 2 of Dr JP's UniMelb students.



VACCHO - ABE ROPITINI

Abe Ropitini is a proud Māori man of Ngāti Kahungunu and Ngāti Maniapoto iwi, with ancestral links to Palawa Country, Tasmania. He has a background in medical anthropology and international development and has managed projects across health, disability and aged care, digital transformation, and Aboriginal Social and Emotional Wellbeing.



STROKE FOUNDATION - TIM BONSER

Mr Tim Bonser is a clinical specialist with AtriCure - an implantable cardiac devices company. He has worked in the medical devices industry for the last 8 years including previously with Medtronic. Prior to this, Mr Bonser trained and worked as a Paramedic with Ambulance Victoria and has been a lecturer in Paramedicine. Mr Bonser also volunteers his time with the Stroke Foundation, as a Lived experience speaker, to raise awareness of stroke prevention and provide support to patients who are adapting to life post stroke.



MSPGH - DR. ALICE ROTA-BARTELINK

With expertise in the fields of ageing, dementia, homelessness, mental disorders, vision loss and substance abuse, Alice is an allied health professional with substantial research and project lead experience. Working as a tertiary educator, Alice shares her knowledge with learners representing diverse backgrounds, experience levels, and skill sets in both direct face-to-face or online education.

PANELLISTS - DAY 1

SATURDAY 7TH OCTOBER

A/PROF ZERINA LOKMIC-TOMKINS



She is the theme lead for Digital Health, Climate Change, and Sustainable Healthcare at Monash University. Through the utilisation of digital health and health informatics, she seeks to establish a robust evidence base regarding the impact of climate change on health. With a background that spans informatics, nursing, endothelial cell biology, and education, she brings extensive experience to her work. Zerina's research explores how digital health can enhance climate change adaptation and build resilience in communities, with a specific focus on global maternal and child health. Her passion lies in **advancing healthcare sustainability and striving for a fairer, healthier future for all.**

PROF EUGENIE KAYAK

Has been working as a consultant anaesthetist at Austin and Alfred Health for more than a decade. She has been part of Doctors for the Environment Australia and the Australian Medical Association. Hereby, Professor Kayak is aiming to raise awareness and **mitigate the environmental impact of the medical profession and her own specialty in particular.** Her work has resulted in numerous publications, reports, guidelines, and position papers. Recently appointed Enterprise Professor by the University of Melbourne, she seeks to implement sustainable healthcare into research, teaching and engagement in the Melbourne Medical School.



MR SIMON RICHARDS



His technical work and research in fragile states, conflict-affected and post conflict environments has focused on **supporting peace processes** and programming in the areas of conflict management, stabilisation and peacebuilding, through programme design, implementation and evaluation, as well as providing technical, policy and strategic advice to stakeholders including national and local governments, civil society organisations, contractors, and the corporate sector including the extractive industries. He has published numerous reports, papers and articles on the praxis and policy implications of peacebuilding and conflict management (including the prevention of violent extremism).

DR JUSTIN MCKINLEY

An economist with a background in agricultural, development, and environmental economics, and is using this background to develop and pursue his interest in the area of **One Health Economics.** Justin has conducted research in low- and middle-income countries across the globe. He has worked on research projects in Ghana, India, Bangladesh, Cambodia, Myanmar, Laos, Vietnam, Timor-Leste, and the Philippines, covering topics including climate-smart agriculture, climate change adaptation and mitigation, deforestation, crop insurance, technology adoption, disease preparedness, livestock health and production, and agricultural production decisions.



PANELLISTS - DAY 2

SUNDAY 8TH OCTOBER

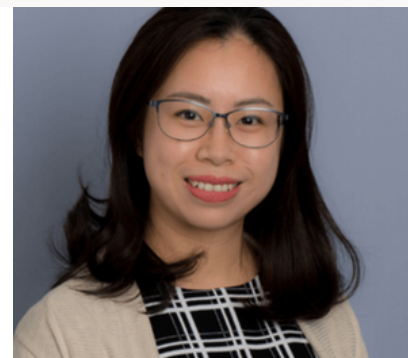
DR NAVODA LIYANA PATHIRANA



A research fellow from Deakin University with interests in the **sustainability of food systems and food policy as well as agriculture and nutrition**. She pairs this interest with her expertise in public health and data analysis via multiple platforms; to analyse food sustainability models and derive DATA-DRIVEN policy solutions to the agriculture and food sectors. Her current research with Deakin University- Global Centre for Preventive Health and Nutrition, Institute for Health Transformation involves the development of an artificial intelligence system to monitor the exposure of youths to harmful digital food marketing.

DR PHUONG NGUYEN

Dr Nguyen is a Research Fellow at Deakin Health Economics and a member of the Australian Prevention Partnership Centre. Her research focuses on **economic evaluation and resource allocation analysis of preventative health interventions against determinants of chronic disease, including sedentary lifestyle, obesity and alcohol use**. Her collaborative work includes CAPHIA award for the ACE Obesity Policy study. Dr Nguyen also has expertise in multi-disciplinary aspects of non-communicable disease, and the co-benefits of preventive interventions.



MR TIM BONSER



Mr Tim Bonser is a clinical specialist with AtriCure - a cardiac surgical devices company. He has worked in the implantable medical devices industry for the last 10 years, the majority of this time with Medtronic in cardiac pacing and transcatheter heart valve replacement. Prior to this, Mr Bonser trained and worked for a decade as an Intensive Care Paramedic with Ambulance Victoria/HSE Ireland and has been a lecturer in Paramedicine. Mr Bonser also volunteers his time with the Stroke Foundation, as a Lived experience speaker, to **raise awareness of stroke prevention and provide support to patients who are adapting to life post stroke**.

Affiliated Universities



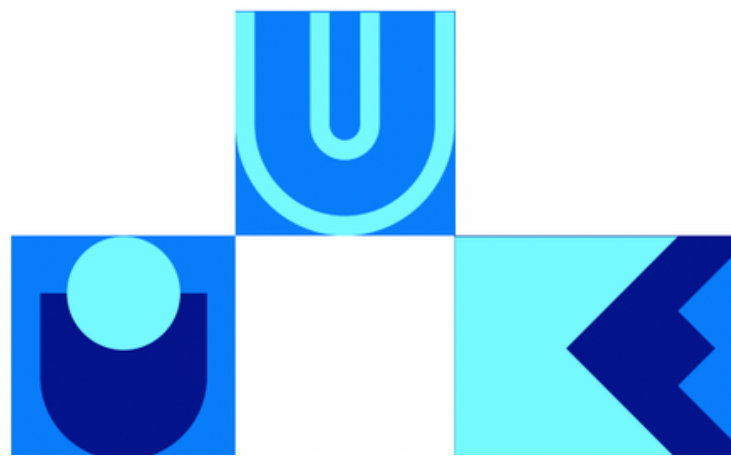
As one of Australia's leading tertiary education providers, Deakin offers a personalised experience enhanced by world-class programs and innovative digital engagement. Deakin University is a progressive and open-minded university, with a reputation for being innovative and visionary, forging new paths both locally and globally. It has the highest ranking of student satisfaction of universities in Victoria.



The University of Melbourne is a global leader in higher education and is Australia's leading university. The vision of the University of Melbourne is to equip students with a future-facing education, enriched by global perspectives and embedded in a collaborative research culture. The University is dedicated to the principles of fairness, equality and excellence. It serves society by engaging with communities and ensuring education and research are inspired from the outset by need and for the benefit of society, while remaining committed to allowing academic freedom to flourish.



Monash University is a global university with a presence on three continents. Monash University is committed to the highest quality in teaching, learning, research, and a wide range of professional and community activities. The university believes in the value of free and rational inquiry, and in the pursuit of knowledge as a key to understanding and improvement of the human condition.



SOCIAL NIGHT

GAMES & NETWORKING

 **OXFORD SCHOLAR HOTEL**

Join us after the end of day 1 conference program for a fun games night at the **Oxford Scholar Hotel**. We will be heading to the location together after the conference.

This is the perfect opportunity for you to make friends, connections, de-stress and chat with fellow delegates!

Enjoy everything from free food, drinks, and snacks. Game winners will be awarded some **amazing prizes** ranging from fun gift vouchers from our sponsors, and fun, useful keepsakes. Check our Instagram for the prizes!

Some would say that it's the best part of the conference - but don't tell the academics team...

Location:

427 Swanston St, Melbourne VIC 3000

Date & Time:

After 4PM Saturday, October 7th after day 1 of our conference



CxU Committee 2023

CONVENORS



Kevin Wang
Deakin Co-Convenor



Bilan Ismail
Melbourne Co-Convenor

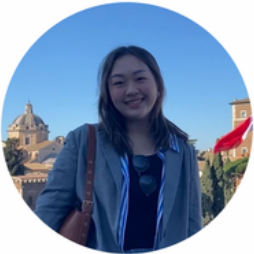


Fatima Mozaffari
Monash Co-Convenor



Shamsu Zuha
Monash Co-Convenor

LOGISTICS TEAM



Khryza Co
Socials Officer



Elim Tai
Logistics Officer



Seiji (Chris) Ueda
Logistics Officer



Sambavi Arulanathan
Logistics Officer

MARKETING TEAM



Anusha Hassan
Marketing & Communications
Officer



Emma Yan
Marketing & Communications
Officer

CxU Committee 2023

ACADEMICS TEAM



Gaju Anand
Academics Officer



Leonie Breull-Wierschem
Academics Officer



Aanvi Batavia
Academics Officer



Mint Chatnapa Yodkitudomying
Academics Officer

FINANCE TEAM



Ann Guo
Treasurer



Lily Li
Sponsorships Officer



Sri Chodapuneedi
Sponsorships Officer

SPONSORS

FINANCIAL SPONSORS

Support, protection and guidance are integral while you're learning, and to your career success.



MDA

At MDA National, we understand the challenges you may face throughout your studies and in your career ahead, because we have long invested in Australia's emerging doctors. We proactively support more than 80% of the country's medical students* with complimentary professional indemnity, education and career support, our Ambassador Program, and regular events and networking opportunities.

IN-KIND SPONSORS



SUSTAINABLE SCRUBS

Australia's most eco-friendly mens and womens healthcare uniforms that are 100% recycled.



KENHUB

One single, seamlessly integrated online platform that brings together multiple effective learning tools.



BODY BUDDIES

Body Buddies was founded with the intention to educate young kids about the importance of health through organ plushies.



THE GLUE KIT

The Glue Kit is your go to source for DIY phone case kit customisation, with personalised kits to make your dream phone case a reality!



HARD ROCK CLIMBING

Melbourne's ultimate climbing experience, they have over 100 indoor rock climbing routes.



VEGIE TRIBE

A conscious pay-by-weight and all you can eat vegan eatery with Australia's largest variety of plant-based delicacies rotating daily.



LIDO CINEMAS

A sleek artiplex showing new release mainstream and art house films and retrospectives.



KAYA HEALTH CLUBS

Kaya Health Clubs offers a range of restorative therapeutic options to complement a range of holistic health and fitness options.



OFFICEWORKS

Australia's leading store for office supplies, stationery, office furniture and technology.



MGA

Representative body for all graduate and research coursework students at Monash University.



CORE PLUS

Core Plus combines the best yoga, pilates and functional movements in inspiring and innovative group fitness classes.

VENUE PARTNERS



UNIVERSITY OF MELBOURNE

Logistics

ADDRESS:

Kathleen Fitzpatrick Theatre - Arts West Building at the University Of Melbourne

[Arts West, UniMelb. Address: 148, Royal Parade, Parkville VIC 3052]

DELEGATES SHOULD ARRIVE BY 9:00AM

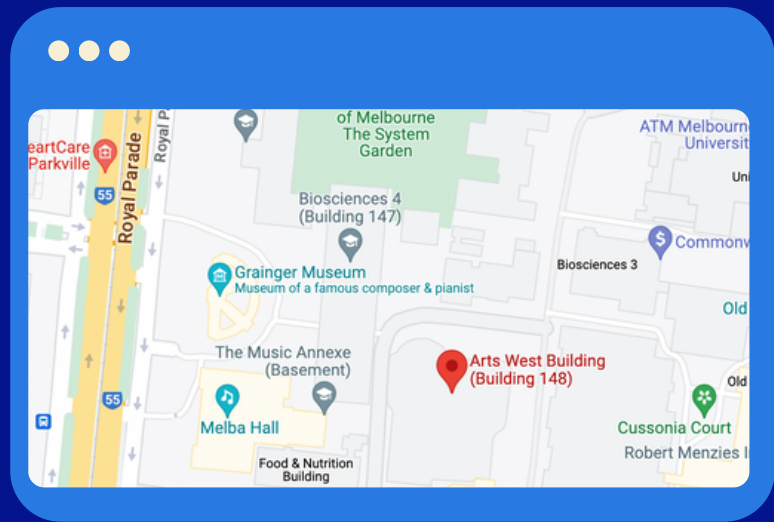
HOW TO GET THERE

Take Route 19 tram to Stop 11, then walk for 2 minutes.

OR

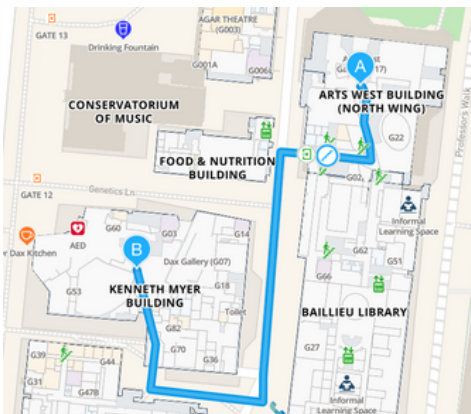
Take any Swanston Street tram to Stop 1 - Melbourne University, then through the campus.

OR Take Route 505 or 546 buses to University of Melbourne/ Royal Parade stop, then walk for 2 minutes.



PARKING & DISABILITY ACCESS

- Royal Parade Car Park underneath Kenneth Myer Building (\$25/all day; 2 minutes walk). Disabled parking available.



- Roadside Car Park: some parking available on the side of Royal Parade (\$2.20/hour between 7.30-12.30).



EMERGENCY CONTACT

BILAN - [REDACTED]

LOGISTICS

ON THE DAY

DRESS CODE: Smart Casual



Personal belongings (MYKI, ID)



Laptop or devices for workshops



Water bottle



Good Vibes

You will get a **certificate** for the days that you attend.

Lunch and **morning tea** will be provided, with **refreshments** throughout the day.

You will also be receiving a **delegate bag** with all necessary items and goodies!

FINAL DETAILS

If you have any urgent enquiries on the day, contact Bilan at [REDACTED]. Conversely, feel free to speak to any member on the CXU team on the days if any queries arise.



www.changexunzipped.com



changexunzipped@gmail.com



[@changexunzipped](https://www.facebook.com/changexunzipped)



[@changexunzipped](https://www.instagram.com/changexunzipped)



[change-x-unzipped](https://www.linkedin.com/company/change-x-unzipped)

