The end of the year is almost upon us, and typically it’s a time where we reflect on what we’ve achieved and what remains to be done in our various life plans. There are two employment practices with a close association to a year-long cycle.

The first is performance reviews for employees or Annual Progress Reports for candidates. I am not sure if anyone really likes the prospect of these but they are useful opportunities to reflect on what has been achieved, get feedback, be proactive about what support is needed and are the opportunity to map out a plan for the coming year with supervisors. The Annual Progress Report system will open mid-September. If you haven’t already, take a look here for the development opportunities available.

The second valuable work practice is taking a break. Taking small breaks from your research is important and having longer breaks is a great way to refresh and gain new perspectives. September is a good time to start planning annual holidays. The University closes for some of what would be working days from 25 December to 1 January. There is a very large body of literature on how taking a break from work generally has a positive influence on well-being, in the periods where the individual is anticipating and planning, on the holiday itself and while reminiscing. With this in mind, consider planning now how to make the most of the end of year break to recharge and relax.
2019 IMNIS Mentees Morning Tea

At the IMNIS Morning Tea on June 25th we welcomed our new 2019 mentees and listened to insights from our 2018 mentees about their experiences of the program so far.

We were delighted that Dr Marguerite Evans-Galea, IMNIS Executive Director and also recently awarded Member of the Order of Australia (AM), could join us and speak at the event. Dr Evans-Galea spoke of the great work that IMNIS has been involved in assisting PhD candidates engage with industry since its inception and their exciting plans for the future.

Our candidate speakers on the day included Luke Mills, FOHS and Ivan Beltran Arevalo, FSE, both current mentees of the program who spoke enthusiastically about how the program has helped them learn more about industry and prepare them for their careers.

Macquarie University has participated in IMNIS since 2017 with almost 50 PhD candidates mentored by industry leaders through the initiative so far. The IMNIS mentoring program has provided our candidates with a fantastic opportunity to engage with industry during their candidature at Macquarie.

Catherine Ennis, HDR Industry Engagement and Placements Manager
HDR Mentors Present: Communicate your Research with Confidence 2019

Pursuing HDR is a daunting task in itself, however it is also the time when you should aim to develop your transferrable skills. To help prepare for this, HDR Mentors invites you to participate in the "Communicate your Research with Confidence" event on 16 September 2019. Constructive feedback from HDR Learning Advisors and fellow research students will further allow you to develop your research presentation as a short and attractive piece suitable for a wide range of fellow researchers and prospective employers. There are 12 slots available for talks on this day, and each presentation will be 5 minutes long. Selection will be on a competitive basis.

If you are not presenting, you can listen to the presentations and feedback of other HDR students and start thinking of your presentation strategy. Plus, we are also having a panel of 3-Minute Thesis winners and experienced presenters to provide you with the tips to ace that presentation for your upcoming conference or departmental talks. For additional information, please contact hdrmentors@mq.edu.au.

MRes Year 2 Panel Discussion: Thesis Submission Challenges 2019

HDR Mentors held their yearly panel discussion forum on 16 August, for the MRes Year 2 candidates who are submitting their thesis in October 2019.

The panel discussion was chaired by Kathryn Phillips (FoA), and the panel members were: Sixin Liao (FHS), Juhi Jennifer Macwan (FBE), Mina Ghanimi (FSE) and Olivia Seeger (FSE). This event provided the opportunity for the participants to ask burning questions about their upcoming thesis submission to a panel of former MRes students from various faculties. The panellists shared their personal experiences and the challenges that they faced, offering guidance and moral support to all MRes Year 2 candidates.
HDR Mentors’ Participation in National Student Volunteers Week

Adam Johnston- HDR Mentor delivered a keynote speech on the importance of peer mentoring for HDR candidates in the “Celebrating Volunteering at MQ” networking event organised by student engagement and career and employment service Macquarie university. Adam highlighted how the HDR mentoring program helps to improve the HDR student experience by organising a range events including social, academic and wellbeing events.

Mo Haque, PhD HDR Mentors

Image top: HDR Mentors Panel members sharing their experiences on MRes Y2 thesis submission challenges discussion forum
Image bottom: Adam Johnston, PhD candidate and HDR Mentor Keynote speech National Student Volunteers Week

CSIRO ON Online: Creating Impact through Research Industry Partnerships
The CSIRO ON Experiences Manager, Emily Chang facilitated the second CSIRO ON Online Workshop on Monday 19 August. The interactive workshop introduced participants to the first two modules of the ON Online program. The remainder of the units are online and upon completion, participants will be eligible for an individual consultation with one of the ON Consultants.

CSIRO ON Online was created in response to the demand for greater industry engagement by those undertaking their research (PhD, ECR and distinguished researchers) within the academy. The ON Online option provides training and guidance on how to engage with industry through understanding the different needs and drivers and by knowing how to translate the research story for greater impact - stakeholders looking at ERA, career prospects, promotion and funding independence.

There were 18 Master of Research and PhD candidates in attendance and the discussion over lunch indicated that the workshop was really helpful in shifting the thinking in relation to research impact.

The MQ Commercialisation & Innovation team is another excellent resource available to researchers, including HDR candidates.

*Sally Purcell and Catherine Ennis, HDR Professional Development, Office of HDR Training and Partnerships*

*Image above: Emily Chang, CSIRO, ON Experiences Manager facilitating ON Online workshop*

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**HDR Learning Skills – Build your Writing Skills**
Undoubtedly one of the most stressful parts of completing your HDR project is writing up your thesis. Many HDR candidates find this task is the hardest part of their project. Like all challenges the best way to tackle them is to look them in the face. That is, don’t put off writing up your research! Practice makes perfect!

One of the best ways to practice and to find the motivation to practice writing is to join a research writing group (RWG). RWGs provide a safe, supportive environment for HDR candidates where you can share, discuss and provide feedback on each other’s written work. They usually consist of a small group (5/6) of HDR candidates who meet on a biweekly basis to discuss one member’s writing draft. The draft is sent in advance of the meeting, and all the members read and make comments on it before they meet face-to-face (either in person or online). At the RWG everyone provides helpful feedback on how the draft could be strengthened and will also help identify the sticking points in the text. Even when your draft is not the focus of the meeting, by identifying and discussing the issues that others have with their writing, you will continue to develop your writing techniques.

Being a member of a writing group will improve your motivation to write, your writing confidence, and your writing skill. Furthermore, the others in the group are going through the same journey as you, and these groups are another way to connect with fellow HDR students.

Interested in joining a writing group? Email hdrlearningskills@mq.edu.au who will help connect you existing writing groups or facilitate forming a new writing group in your faculty.

Adèle Thomas, PhD, HDR Learning Advisor (Science), Office of HDR Training and Partnerships

*Image above: Engineering HDR Writing group*
Indigenous Research Excellence on Campus

To showcase Indigenous HDR research, The Forum for Indigenous Research Excellence (FIRE), the Department of Indigenous Studies and Walanga Muru hosted a week of masterclasses and capacity building workshops. The event was supported by the National Indigenous Research and Knowledges Network (NIRAKN).

From 5-9 August, students attended masterclasses with Indigenous scholars from across Australia. The first day comprised a class with Torres Strait Islander scholar Professor Martin Nakata, Pro Vice Chancellor from James Cook University. Day two was facilitated by Dr Mary Graham, a Yugambeh Kombu-Merri and Waka Waka political philosopher and Adjunct Associate Professor at University of Queensland. Day three students were provided with detailed skills to assist in writing academic bios and abstracts. This workshop was facilitated by Professor Hsu-Ming Teo and Dr Michelle Hamadache from the Department of English. The students were also provided with information and skills to navigate and utilise social media for building a scholarly profile. This session was led by Dr Stephanie Russo. Day four was a masterclass facilitated by Opaskwayak Cree scholar Dr Shawn Wilson from Southern Cross University.

The week concluded with a showcase of Indigenous research on 9 August to celebrate ‘International Day of the World’s Indigenous Peoples’. The showcase involved Indigenous Masters and PhD students presenting their work and receiving feedback from their peers and academics. The showcase is an annual event hosted by Dr Tristan Kennedy from the Department of Indigenous Studies. Learn more about the Forum for Indigenous Research Excellence (FIRE) here.

Tamika Worrell, Aboriginal Academic Engagement Coordinator – Postgraduate Students, Walanga Muru

Image above: Walanga Muru - Indigenous research excellence on campus
STEM Careers Forum – including Careers with a PhD

The Career and Employment team headed by Serene Lin-Stephens Career Consultant for Science with assistance from the Faculty Science and Engineering organised another successful STEM Careers Forum on Monday 12 August.

The STEM Careers Forum showcases diverse career options and pathways for STEM students at UG, PG and Higher Degree Research levels and is run over two sessions. The morning session focussed on Biology, Chemistry and Biomolecular Science, Environmental Science, Earth & Planetary Science and the afternoon session focussed on Maths, Stats, Physics, Astronomy, Engineering, Computing/IT, Information systems.

Each speaker gave a 5 min career talk covering: their STEM degree background, what they do and where they are now, how they got there and their tips/advice/opportunities for STEM students. Following the talks, students had the opportunity to meet with the speakers to ask questions and gain more detail on potential opportunities.

There were a number of speakers with PhDs and other speakers from organisations who employ PhD graduates.

Elynor Liu, PhD from Aginic suggested students attend careers events, arrange coffee meetings, follow-up and show initiative. Aginic has an Open Day on October 18th, in Waterloo NSW.

Dr Phoebe Meagher, Wildlife Conservation Officer, PhD Taronga Conservation
Society Australia said “Don’t do what you don’t love, start anywhere, find your thing and tell people in person and on social media, that practical skills, communication and interpersonal skills matter.”

Dimitri Douchin who has a PhD in Astronomy and Astrophysics has created his own enterprise, Rewildin … “Our vision is to reconnect people with nature and with themselves” Dimitri spoke about the diverse range of skills that are developed through a PhD.


The speakers were recorded. Once editing is complete then the recordings will be available on the HDR Professional Development iLearn site.

Sally Purcell, HDR Professional Skills Program Manager

Image above: Dimitri Douchin PhD, Astronomy & Astrophysics, Founder Rewildin/BookGlamping

Main 2020 Domestic Scholarship Round

The HDR team is pleased to advise the 2020 Domestic Research Training
Program Scholarship (RTP) and Domestic Macquarie University Research Excellence Scholarship (MQRES) round is now open for applications. The 2020 Domestic Research scholarships are highly competitive and are awarded to only the highest ranked candidates considering supervisory availability and capacity along with the strategic research areas of Macquarie University.

The highest ranked applicants will be reviewed by the University selection committee on 3 December 2019.

Information on the main round for Faculties and applicants can be found on the MQ website. Please also read the additional information for applicants linked within the scholarship details on the website.

Referee Reports are not mandatory for scholarships. At the same time referee reports can be extracted by faculty HDR Managers to track applicants with referee reports submitted online.

Please refer to the HDR Scholarship rating sheet.

Also available on the website are the 2020 Domestic Scholarship Conditions, which are to be read in conjunction with the Macquarie University Research Training Program Scholarship Policy.

We would like to encourage applicants to apply early. If supervisors are in contact with potential applicant(s) please inform them to submit their application as soon as possible and to take into consideration the due date for meeting the English language requirements by 31 October 2019.

Please also note that as we have recently implemented new functionalities and processes, further information will be released to you in a separate email (or through your HDR Administration Team).

Questions regarding the scholarship round can be directed to hsrchol@mq.edu.au.

Scholarships Team, Office of HDR Training & Partnerships

Image above: Photo by Toa Heftiba on Unsplash
Rise to Write and Write to Rise

At the heart of the success of a PhD candidature, among other things, is the efforts a candidate puts in prioritising writing up research. The prioritisation is reinforced by a good writing habit routinized in the candidate’s day-to-day life. At Macquarie Business School, PhD candidates' writing habits are being cultivated by a ‘Rise to Write and Write to Rise’ (RWWR) event.

Every Tuesday morning of Semester 2, enrolled candidates meet in the School’s Finance Decision Lab and write their thesis from 7.30 to 9.00am. To get down as many words as possible, the candidates prepare prior to the writing session by reading literature, developing an outline of arguments, or receiving feedback to guide rewriting. At the end of each session, the candidates reflect on what helped with their flow of writing or what slowed it down.

The RWWR event fosters the candidate’s development of some of the researcher’s critical mindsets and skillsets: prioritizing writing thesis, increasing writing outputs, and building perseverance and self-discipline to engage in regular writing practice. Through developing a habit of writing research as the first thing to do to start a day, the RWWR motivates candidates to rise in their PhD journey and academic career ahead!

If you would like any additional information please contact Dr Frank Song, frank.song@mq.edu.au.

Dr Frank Song, HDR Academic Communication Specialist, Macquarie Business School

Image above: Photo retrieved from iStock by weerapatkiatdumrong
The Macquarie Research Code, our expectations and your responsibilities

At Macquarie University, we are deeply committed to the highest standards of research integrity. These standards underpin our reputation for research excellence, reinforce the worth of the Higher Degree Research programs which you are part of, and reflect our values as an institution.

In July, a revised Macquarie University Code for the Responsible Conduct of Research and accompanying Macquarie University Research Code Complaints, Breaches and Investigation Procedure were issued as part of our research integrity framework. The Macquarie Research Code outline principles and responsibilities that apply to everyone who conducts research or research support under the auspices of Macquarie University – including all Higher Degree Researchers.

You need to be familiar with the Macquarie Research Code, apply the principles to your research and be aware of your responsibilities.

New Australian guidelines are being progressively released on specific topics including Authorship, Management of Data, Peer Review, Publication and Dissemination of Research, and Research Supervision. Macquarie University standards will be developed or updated in line with these guides and there may be important new procedures for all Higher Degree Researchers. We will keep you informed via this newsletter.

Contact research.integrity@mq.edu.au for further information about the revised Macquarie Research Code or contact a Research Integrity Advisor if you have questions or concerns about research conduct or the Macquarie Research Code.

Dr Shannon Smith, Research Integrity Officer, Research Ethics & Integrity
IMPORTANT NOTICES

New episode - ResourcefulHDR podcast with Dr. Florence Chiew

The new episode of the ResourcefulHDR podcast features Dr. Florence Chiew. As the HDR Learning Adviser for Social Science at Macquarie University, Florence fits the description of a PhD graduate who works in an AltAc role.

Florence sees her role as a privileged one where she interacts with HDR candidates across a range of discipline areas and occupies an interesting space where she can provide mentoring, with an insider’s perspective, while being able to stand outside and observe - allowing her the capacity to help candidates build communities.

Florence said the difference she can make in her role, is to offer a balanced view and a different perspective and to see where candidate may need a push or where they may be pushing themselves too hard and need support.

Florence continues with her research

3MT

Interested in hearing what talent our MQ PhD candidates have to offer?

The 2019 Macquarie University 3MT Final will be held on Wednesday 25 September. Formal invitations to attend the MQ University Final will be issued to HDR Candidates & Staff via university emails from the Office of HDR Training & Partnerships in early September – registration to attend is essential.

For further information about the 3MT, including videos of past MQ winners, the process, eligibility and prizes, please head to this website.

The following Faculty 3MT Heats are scheduled:
Arts: Tuesday 10 September
Macquarie Business School: Wednesday 11 September
Medicine & Health Sciences: Thursday 5 September
Science & Engineering: Wednesday 19 September
( Human Sciences: Held Thursday 29 August).
and went to the UK in 2018 to University of York and was involved in key research projects. Florence spoke at conferences and was surprised to discover how her position at Macquarie was viewed as quite unusual in the UK and felt that in some ways Australia was leading the way.

Listen to Florence on the ResourcefulHDR podcast. Also available on Spotify, Google Podcasts, Apple Podcasts and other platforms.

Candidates interested in competing should check their emails for Faculty specific communication.

Good luck to all of our competitors!

2019 Sydney ResBaz at UNSW Macquarie University in partnership

Join Macquarie’s delegation of over 70 HDR students, early-to-mid career researchers and professional staff attending the 2019 Sydney ResBaz (Research Bazaar). Hosted by the University of New South Wales from 10-13 September, this year’s event will include training workshops on digital tools, a Library Support Stream, festival and networking activities plus an extra “Compute Day”.

The festival afternoons will include poster sessions and lightning talks by researchers from all over NSW, as well as presentations by Macquarie speakers.

EndNote and Mendeley Drop-In Service @The Library

In Session 2 the Library is again offering support with EndNote and Mendeley through scheduled drop-in times.

Drop-ins will be offered on Tuesdays and Thursdays between 13 August (Week 3) and 12 September (Week 7).

See the Drop-in timetable.
on such topics as Artificial Intelligence in Healthcare, Data Visualisation Using Tableau and P-Words In Science (Publication Bias, P-hacking and Pre-registration).

Hurry, visit the ResBaz website now to grab the few remaining tickets. If you have any questions about Macquarie’s participation at ResBaz, please send an email to resbaz@mq.edu.au.

Venture Café

- 58 Waterloo Road
- Macquarie Park
- Every Thursday from 3:00 - 8:00PM

Program: Thursday 5 September

DEMO TABLES: MACQUARIE UNIVERSITY ALUMNI INNOVATORS!
3:00pm – 8:00pm

Stop by the bar to learn more about some of these exciting innovations from Macquarie University alumni!

WORKSHOP: HOW TO LEVERAGE THE POWER OF COLLABORATIVE MARKETING
4:45pm - 5:30pm

On Accelerate applications are open

ON Accelerate is a structured full-time accelerator for research teams to validate and develop high potential innovative new ventures. We work with you to shorten your path to impact, by focusing on your business model, market validation, capital raising and storytelling.

All IP remains the property of the team or their sponsoring institute, and all participants are required to sign non-disclosure agreements for IP protection.

Program participation involves a three month commitment, with 18 days of face-to-face workshops in different locations around the country, and the rest working on your project at your
Join Jess Ruhfus, Founder & CEO of Collabosaurus for a fun workshop on how to tap into the world of collaborative marketing to make your brand and campaigns thrive! Jess will share tips-and-tricks including:

- How to use creative collaborations as a means to grow & engage your community
- How to harness the power of your customers to create authentic and meaningful brand impact
- How to align with like-minded collaborators that fit your business and audience objectives

**NURTURING AND TAPPING-INTO YOUR COMMUNITY’S HUMAN CAPITAL.**

6:00pm – 6:45pm

Our inspiring panel led by David Wilkinson, Deputy Vice-Chancellor - Engagement, Macquarie University, will explore how we can supercharge our available human capital in both online- and offline contexts to leverage the amazing people, programs, resources at our fingertips to drive innovation and economic prosperity.

Applications close: 20 September 2019
Selection Bootcamp: Late November
Program Start: 17 February
Program End: 20 May

**Eligibility**

To be eligible for ON Accelerate, your team must include at least one researcher from a publicly funded institute. This includes Australian universities.

Masters and PhD students are invited to apply.

Your team must have between 2-5 people, with a minimum of one researcher. We recommend you include a diverse skill set in your team such as business development, marketing, etc.

**Rewards and awards**

Each team successful in gaining a spot in ON Accelerate is provided with a $15,000 operation expenditure budget to assist them with participation in the program.

We also offer two awards to high performing individuals in partnership with the Stanford Australia Foundation (SAF). These are awarded at the Demo event.

An additional performance bonus of up to $10,000 is available for high performing teams during ON Accelerate.
All workshops can be found on the MyRDC.

### Humanities Research Writing Basics

**Tuesdays, 3 September to 8 October, 9-11am**

6 week writing course for first and second year PhD candidates. This course introduces students to the basic skills required for writing in the humanities. It covers some key components of thesis writing (e.g. developing a research question, preparing a literature review) and offers practical advice about how to develop a sustainable and reflexive writing practice. [Register here](#)

### Mindfulness Meditation Sessions Throughout September

**Mondays 12-1pm, 9 and 16 September**
**Monday 2-3pm, 23 September**

These free drop-in sessions are for anyone interested in learning to meditate or practicing regularly with a group. We will explore a number of practices including sitting meditation, moving meditation, body scanning and mantra meditation. [Register here](#)

### Thesis formatting (for Mac) – HDR/MRes Candidates Only

**Wednesday 4 September 2019, 9.15am – 4pm**

Formatting long documents with Microsoft Word can sometimes be challenging. This course will give you the right tools to handle large, multi-page documents, such as your thesis. [Register here](#)

### HDR Professional Skills: Wellbeing - Resilience & Motivation

**Tuesday 10 September 2019, 10am-12pm**

You will explore how to see and respond to challenges as ways to grow, personally and professionally. You will also build on skills to deal with situations the make you feel vulnerable and improve your ability to recover from setbacks. You will build on ways to improve motivation, through better planning, motivational hacks and using 'bad' habits more productively. [Register here](#)
**NVivo for PC - Level Two - HDR/MRes Candidates Only**

Friday 6 September 2019, 9.15am – 4pm

This is an advance course to develop further skills in coding and running enquiries using NVivo 12. It is assumed that you already know the basic functions of NVivo (e.g. project, coding, memo, queries). The course aims to give you practical NVivo skills that can be applied directly to your research project. [Register here](#)

**HDR Professional Skills: Career Development: Identity, Agency & Purpose**

Tuesday 24 September 2019, 2pm-4pm

This workshop will focus on Identity, Agency & Purpose in relation to ongoing career development. [Register here](#)

**Scientific Writing for Publication Workshop Series: Data & Results – PhD or MRes Y2**

Tuesday 24 September 2019, 10am – 5pm

This workshop on the Results Section of the research article forms part of a series of workshops that focuses on key topics and skills for writing science research articles. For additional information and to register, [click here](#).

**Thesis Formatting Workshop (for PC)- HDR/MRes Candidates**

Monday 23 September 2019, 9.15am – 4pm

Formatting long documents with Microsoft Word can sometimes be challenging. This course will give you the right tools to handle large, multi-page documents, such as your thesis. [Register here](#)

**HDR Dynamic Duos**
Shivani Sachdev, PhD candidate, FMHS

How did you come to know each other?
I first met Dr. Brad Walsh at Beyond academia seminar series at MQ where he was a guest speaker. I knew Brad virtually via LinkedIn, but I had never met him before that. The more I heard Brad talk about his career and the path he travelled to get where he is, the more curious I got about the career options in the industrial sector. In 2018, I participated in the IMNIS Med-Tech/Pharma program and was paired with Brad.

What have you gained through your collaboration?
Throughout my one year in the IMNIS program, I learnt to come out of my comfort zone and put myself out there to great opportunities and that’s a big deal for me. I realised that once I let go of my inhibitions there was sea of opportunities waiting for me. I was blown away by Brad’s willingness to offer guidance and insight into industry, and advice on developing a resume and tips to ace the interview has been invaluable. Brad really understands first-hand what employers in the medical cannabis industries are seeking and helped me to shift the focus in my resume to highlight

Brad Walsh, CEO, Minomic International Ltd

How did you come to know each other?
I first met Shivani at a MQ seminar I was invited to speak at in 2018. I was asked to share my career path and how it had evolved across the years as a way of showing early stage researchers some of the possibilities of where their training might take them. Perhaps they hadn’t thought about going into industry or perhaps they had but could not see a pathway to achieving this. I remember speaking to Shivani briefly at the end of the talk and she struck me as someone who was thoughtful and open to considering life in the world of biotechnology.

What have you gained through your collaboration?
The great thing that I’ve gained through this year of mentoring is something that Shivani actually said at the end. She said she was seriously considering an opportunity to go into industry and this has now become an equal pathway to an academic one. That open-mindedness and her willingness to learn some of the key skills needed in the biotechnology industry has really been encouraging for me as I also learn more about how to mentor people looking into
my strengths and skills in relation to the needs of the employer. He has given me the ability to have a more wholesome picture of industrial perspective and ways that businesses capture value.

From this relationship, what do you think you will take with you into your professional/research future? The continuously changing scientific landscape makes it difficult to define a single path towards a successful academic career. Through Brad’s mentorship, I have learnt that I need to keep an open mind, expand my horizons, and think out of the box and think big. I’m also hoping to offer a similar experience to someone in future and Brad has given me a great example to follow.

From this relationship, what do you think you will take with you into your professional/research future? What I’ll take with me is a deeper desire to build the next generation of scientists who come into biotechnology companies with a grounding in the essentials. It is something that I really wish had been there when I was beginning my career. It makes me want to redouble my efforts to make the mentoring experience one that is highly valuable and helps the very smart, capable people that make up the life science ecosystem to decide where they would like to take their career.

We are always keen to receive contributions to the HDR Dynamic Duos section of this newsletter. The people featured might be… HDR candidate & supervisor, HDR Mentor & HDR Mentee, HDR Candidate and Industry placement supervisor.

If this is of interest to you, please head to our website for further information on how to contribute.

Remember to listen to the ResourcefulHDR podcast and if you are interested in being a guest please email sally.purcell@mq.edu.au

YOU to the power of us

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