

# Royal Australasian College of Surgeons Trainees' Association

---

Contact :

T: +61 3 9249 1212

E: [racsta@surgeons.org](mailto:racsta@surgeons.org)



---

# When you become a RACS Trainee you automatically become a member of The Royal Australasian College of Surgeons Trainees' Association – RACSTA

RACSTA exists to represent trainees' interests within RACS and is here to improve surgical training and make your journey as enjoyable, productive and supported as possible.

The RACSTA Committee consists of elected trainee representatives from all surgical specialties and represents trainees at all levels within RACS, from State/Territory Committees and National Boards through to Council. In this capacity RACSTA Committee members are regularly asked to comment on matters affecting trainees.

## How does RACSTA support you?

### Advocacy

RACSTA strongly advocates for trainees on issues including:

- Quality of RACS' surgical training programs including curriculum design, education resources, courses and examinations
- Flexible training pathways and breaking down barriers to their access and implementation
- Trainee health and wellbeing, including safe surgical working hours and interstate portability of leave entitlements
- Action on culture change to eliminate bullying, discrimination and sexual harassment in surgical workplaces
- Equity for all trainees throughout training, from selection through to completion
- Advice for individual trainees in difficulty.

### RACSTA Survey

Since 2011, RACSTA has conducted a confidential survey at the end of each 6-month term to assess the quality of surgical education. The aggregated, de-identified data is used to support RACSTA's advocacy within RACS for better training experiences.

### Events

RACSTA convenes and participates in a number of events every year including:

- RACSTA Induction Conference for all incoming SET1 trainees
- Trainee-focused sessions and a stand at the RACS Annual Scientific Congress (ASC)
- Various external events including the Australian Indigenous Doctors' Association (AIDA) Conference.

### Scholarships, grants and awards

RACS, through the Foundation for Surgery, offers a variety of scholarships, grants and awards to Trainees. To find out how you can apply, please go to

[www.surgeons.org/scholarships](http://www.surgeons.org/scholarships)

RACSTA coordinates the annual award of the John Corboy Medal, named in honour of a former RACSTA chair and a selfless representative of trainees. This distinguished award commemorates Dr Corboy's achievements and recognises exceptional service by trainees. You can find out more at

[www.surgeons.org/JohnCorboyMedal](http://www.surgeons.org/JohnCorboyMedal)

### Communications

- RACS is on LinkedIn, Twitter, and Facebook at @RACSSurgeons
- RACSTA produces an email newsletter for Trainees three times a year to keep you informed about advocacy, events, successes and achievements
- RACS' fortnightly *Fax Mentis* email newsletter and bimonthly Surgical News magazine keeps you up to date with all matters relating to the College
- RACS 'Post Op' podcast contains extended interviews each fortnight on *Surgical News* articles, topical issues and practical advice for surgeons – available wherever you get your podcasts.

### Get involved!

RACSTA doesn't have a voice without a Committee. Join the Committee and help shape the priorities and future direction of surgical training in Australia and New Zealand! You can join the RACSTA Committee to represent:

- your region (State, Territory or New Zealand), via elections arranged by RACSTA
- your specialty, via a process organised by your Specialty Training Board.

The RACSTA Committee can also appoint (co-opt) additional members as needed to fill specific vacancies and to ensure diversity of representation. Applications for these positions may be submitted at any time by emailing the RACSTA Executive Officer via [racsta@surgeons.org](mailto:racsta@surgeons.org)

### Useful links

RACS supports flexible surgical training. Find out more at

<https://www.surgeons.org/Trainees/the-set-program/flexible-training>

There are many resources available to assist with Trainee wellbeing. Details appear in the flyer at

<https://www.surgeons.org/Trainee-wellbeing-RACSTA.pdf>

### Contact

Do you have ideas to improve RACSTA or surgical training? Let us know!

Contact RACSTA via [racsta@surgeons.org](mailto:racsta@surgeons.org) or phone +61 3 9249 1212.

<https://www.surgeons.org/Trainees/trainee-association-racsta>

<https://www.surgeons.org/Trainees/>