MCR President’s Welcome

Dear Freshers,

First of all, congratulations on becoming a member of Clare and welcome! My name is Will, and I’m the President of what’s called the “Middle Combination Room” (or MCR, for short). The MCR is basically just a fancy name for both the graduate community at Clare as well as the physical space that serves as our common room. It’s a unique feature of collegiate universities like Cambridge and, honestly, one of their biggest perks for graduates!

As a result, not only are you joining the second oldest college at one of the oldest and most prestigious academic institutions in the world, but you are also joining one of the most vibrant, warm and welcoming of graduate communities. The MCR itself is a beautiful room on the ground floor of Old Court, furnished with comfy sofas, armchairs and coffee tables. It serves as a common room, social space and (in the evening) a bar where we regularly host events throughout each term. There’s always tea and coffee available, a healthy supply of biscuits as well as newspapers, magazines, board games, video games, quite a lot of abandoned umbrellas and friends!

I know it can be tempting to stick to your department or lab and just treat your college membership as a formality, but you won’t regret getting involved with the MCR. I can promise you that!

Understandably, given all that 2020 has been (and promises to keep) throwing at us, you may have worries about moving to Cambridge. While no-one can know how things will look precisely as time goes on, we can tell you that we’re working very closely with college to make sure that things will be as smooth as possible for your arrival and beyond whatever the circumstances may be. Obviously, government restrictions on social gatherings will impact our event-filled freshers’ week timetable and our ability to use the MCR as a space. However, we are committed to providing an experience as close to normal as we possibly can while remaining safe and in compliance with the law. We have planned for several scenarios and we are confident that, whatever may be, we will be able to provide you with a welcome worthy of the fantastic community you are joining!

Myself and the rest of the MCR committee want to congratulate you again and we cannot wait to meet you. We’re really all quite lovely so don’t be afraid to chat with us when you see us. Until then, all the best and we shall see you come October!

Yours sincerely,

William Wood
Clare College MCR President 2020-2021
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Coronavirus Information

Understandably, the worry foremost on everyone’s minds right now is the ongoing pandemic. No doubt you will have worries about starting this year. Perhaps you are worried about complying with the law and keeping safe, that it may be harder to socialise or, if you’re travelling from abroad, that you may have to self-isolate on arrival. Whichever of these may be worrying you, we hope to reassure you that we are doing our utmost to make sure that any impact of these can be minimised.

For the latest government information and advice, please visit the government coronavirus guidance website: https://www.gov.uk/coronavirus

Social distancing and face coverings

As things currently stand in the UK, we are operating under a so-called “1 metre plus” rule. The general idea goes like this: try to stay at least 2 metres apart, but 1 metre is acceptable if you take extra mitigating steps, like wearing a mask or not facing each other. It is currently required that you wear face coverings in shops and on public transport unless you are medically exempt (see https://www.gov.uk/coronavirus for more info).

Your department may also require you to wear face coverings when in your departmental building(s). Some departments may provide you with masks for this purpose. Masks are fairly easy to come by here but you will likely want to bring something with you at least to use for your journey to Cambridge (especially if using public transport).

Make sure to regularly check the latest government advice and travel information.

Vulnerable students

If you have a medical condition that puts you at greater risk from COVID-19, then you should get in contact with the college nurses, Helen and Jo (college-nurse@clare.cam.ac.uk). This is so they can advise on the proper precautions for you to take and to provide you with continued support throughout the year. You should do this as soon as possible if you haven’t already. They are both very nice and you shouldn’t hesitate to contact them should you have any worries or issues, be they COVID-19 or otherwise well-being related.
Overseas travel and self-isolation

If you are coming from outside the UK, there will be added complications to travelling this year that you need to be aware of. The UK is currently operating under the principle that all arrivals will need to self-isolate for 14 days, unless they are travelling from an exempt country. If you believe you will have to do this, then get in touch with college to arrange for this if you haven’t already. Annie Muston (am2299@clare.cam.ac.uk) is the current college contact for all things covid-related. You may have to arrive earlier than you otherwise would as a result. Furthermore, you are currently required by law to provide the government with contact details before travelling by filling out an online form. **Make sure you do this or you could be fined!** For more and up-to-date information, you can check the border control advice page here:

https://www.gov.uk/uk-border-control

Social activities

The most notable impact of social-distancing is that on socialising. Being a member of Clare and Clare MCR presents you with a wide array of social events to attend and make friends, particularly during freshers’ week. Obviously, this is going to be somewhat impacted by social-distancing requirements. However, we don’t want you to worry as we are doing everything we can to make sure these events can go ahead albeit in an altered form. They may be held in a different (ie larger) venue, moved outdoors or, in the most extreme cases, moved online.

Normally, the following sections of this guide would serve to give you a taste of Cambridge life under more normal circumstances based on our own experiences. This time around, it is largely the same but we have added notes in *italics* at the top of each section that may be affected to let you know what might have to be limited or changed.

We have plans for a range of different scenarios that we believe will cover the vast majority of eventualities. Whatever the case, we want to make sure that our community continues to thrive and that nobody feels left out or unsafe.
Building works in Old Court

Throughout this coming academic year, several works are planned to take place in and around Old Court. Unfortunately this will have an impact on activities that would normally take place in these areas.

Gardens

Clare has three gardens: the fellows’ gardens, the scholars’ garden and the master’s garden. The first two of these would normally be open when in season with the master’s garden typically only being used to host specific events. However, the fellows’ and master’s gardens will be closed for the entirety of this coming academic year owing to building works. It’s unfortunate but we should still have access to the Scholars’ garden.

The Buttery and Formals

The north-facing side of Old Court will not be accessible for this coming academic year due to building works. Since this part of college houses both the Great Hall and the Buttery, this will cause there to be changes to how eating in college will work. The buttery will be moved into a temporary structure in the main courtyard of Old Court while formals, when they start again, will also be in a different location.

The Avenue and Punts

Access through the avenue leading into the back of Old Court will likely be unavailable or disrupted during the coming academic year. Since this is where the punts would normally be moored, they will not be available until the next punting season at least. Our diligent Admiral of the Punts is currently looking into alternative arrangements with private punt rental companies on the river to see if we can provide you with an alternative. However, whatever the case you should still be able to rent a punt from the likes of Scudamores with a student discount. The punts will go on.
On the following pages, notes in *italics* have been added at the top of each section to indicate how the topic at-hand is likely to be impacted by COVID-19. We would strongly recommend that you read these.
What actually is a college?

The college and the MCR are working hard to try and make sure as many college activities can continue throughout the year as possible. However, many activities will need to take place in altered/restricted forms and some may not be able to go ahead at all. More details regarding individual activities can be found in the relevant sections further on in this booklet. All such decisions are also continually subject to changing government advice and regulations.

The college system is one of the biggest differences between Cambridge and other Universities. Your college can be hugely beneficial if you make the most of the opportunities it offers. Think of the different colleges like the houses in Harry Potter except there are 31 of them, and the evil ones aren’t actually that evil (well, it’s debatable at least).

A college is normally divided into three groups:

- the undergraduates (Junior Combination Room; JCR);
- the graduates (Middle Combination Room; MCR); and
- the professors/fellows (Senior Combination Room; SCR).

These acronyms refer to the different communities as well as actual physical rooms in Clare College’s Old Court, which doesn’t ever get confusing and is definitely a great system. Colleges can be new, old, traditional, progressive, rich, slightly less rich, in the city centre, far away and everything in between. All will have some sort of student accommodation, dining areas, common rooms and support services. Clare is known for being super old (the second oldest!), being friendly and welcoming to guests, having beautiful grounds and gardens as well as two great college bars.

A College can be as much or as little as you want it to be – the only compulsory college event is matriculation (when you’re formally welcomed into the college and University), most also attend graduation (when you’re formally awarded your degree) although this can be done in absentia; beyond that it’s up to you how much you want to get involved. Following this are just a few reasons why you might want to get involved in Clare.
Make new friends

One of the best features of colleges is that they contain students from all disciplines, countries, backgrounds and interests. Clare has an incredibly diverse community and it is an extremely valuable opportunity to be able to make friends outside of your academic groups – for many of you Clare will be your primary friend group here. It’s amazing how valuable it can be having friends who study completely different things, whether you want to take the opportunity to explain your work to someone new or avoid talking about it completely!

Live in College accommodation

Clare provides accommodation for its graduate students across a number of sites. You’ve probably already looked into this before you arrived and decided whether to go for it or not – it can be convenient and a great way to meet other students in Clare.

Present your research or learn about others

*Depending on social distancing measures, Clareity and other talks may have to take place online.*

There are always fascinating public lectures and debates happening all around Cambridge, featuring prominent scientists, politicians, athletes, and public figures— students are free to go to as many of these as they wish. Clare holds regular Clareity evenings, where graduate students present their work to the MCR community in a casual setting. A list of public talks available in Cambridge can be found at talks.cam.ac.uk – it’s useful to keep an eye out for exciting speakers!

Go to Formal Hall

*It is currently unknown when Formal Halls will start this coming academic year and in what form due to social distancing requirements and building works. You can read more about this on page 28.*

Clare’s graduate formals are always popular, and we’re lucky to have them every Friday. Friday formal includes pre-drinks in either the MCR or SCR and a three-course meal with wine, all subsidised by college. It’s a great way to relax with friends at the end of a week. There’s more info on formals under “College and Cambridge life”. After formal it’s traditional to…
Show up to the bar

Both bars will have limited capacity and/or opening hours. In extreme circumstances they may close. Booking in advance will also likely be required for at least most of the year.

We’re very fortunate to have both JCR and MCR Bars in Clare. The MCR Bar is known for its extensive whisky collection (over 100 varieties) as well as an excellent choice of beers, cider and spirits as well as many non-alcoholic options. The Bar is open every Friday (after formal) and from 20:30 on Wednesdays and Thursdays. You can also ask for it to be open any other day. It’s much cheaper than drinking in town and easy to just show up, knowing that you’ll nearly always have friends there. Fridays are especially busy, as most people will head there for a drink after Formal Hall.

Receive academic and welfare support

Clare provides both financial and pastoral support. There’s funds for textbooks, bike lights and helmets, travel grants for fieldwork and conferences as well as general hardship funds. College has two graduate tutors, one of which you will have assigned as your tutor, and the MCR has welfare officers (male, female, LGBT and BAME) who arrange various welfare activities throughout the year. You’ll meet the welfare officers and your graduate tutor during Freshers’ Week; they are here to support you with academic or welfare concerns throughout your degree. Full details of the grants available are on the Clare College website under “Current Awards and Grants”.


Go punting

Our own college punts will likely be unavailable for the remainder of 2020 due to building works, but you can still rent punts from the various punting companies on the river. The punts will hopefully return in time for the start of the 2021 punting season, in March/April 2021.

Punting is a great way to see the sights of Cambridge from the river or have fun at the end of the day. Basically, a punt is a boat that you push with a large pole. The river can be very busy during peak tourist times, so it can be just as nice to explore the backs at sunset when you have the river to yourself!
Relax in the MCR

*The maximum capacity of the MCR will be limited subject to regulations and may require booking.*

If all of this is a bit much for you, the MCR is available 24/7 as a space to use how you wish. It has free tea, coffee and biscuits; newspapers and magazines delivered daily; a book exchange, board games, Nintendo Wii (the real aim of being in the MCR is to be immortalised as a Mii on the MCR Wii) and smart television. Not to mention lovely people to chat with!

Visit Chapel

*The chapel may have a limited capacity or services may be held online (or both) depending on social distancing regulations. Related drinks receptions and meals may also be altered or cancelled. Services involving the choir may be heavily altered or cancelled.*

Clare College Chapel is in Old Court, and is a place of worship, reflection and friendship. It is a focus for the college community, where all students are always welcome. The Chapel is open every day for those seeking a time of quietness, or to pray.

There is a weekly rhythm of Chapel services during term, including Choral Evensong on Tuesdays and Thursdays at 6.15pm, and on Sundays at 6pm (followed by dinner in Hall, £5 for Clare students). Clare College Choir is world-renowned, and provides beautiful music to accompany these services.

On Sunday mornings, there’s a Holy Communion service at 9.30am, which is followed by breakfast in the Dean’s rooms (E3). There are also lots of other special services (including 10pm Compline, sung by the Choir by candlelight, three times a term), as well as discussion groups and drinks evenings that the Chapel runs - for all the details, see the Chapel Termcard, which will come into your pigeonhole during the first week of term. You can also keep up to date with Chapel life through Facebook, Instagram and Twitter.

If you’d like to get more involved in Chapel life (e.g. join the reading rota), or would like spiritual support or help finding a church to settle into, then feel free to get in touch with our Dean Mark Smith ([mss53@cam.ac.uk](mailto:mss53@cam.ac.uk)).
What to bring

Power adaptors
Most modern electrical appliances work for a range of voltages and frequencies, so you’ll just need to grab a UK adaptor.

Some appliances like hair dryers, straighteners, curlers, or old audio amplifiers might be a little unsafe here - UK main electricity is 230V at 50Hz so check if your device is compatible with that range. If not, you’d probably be best to buy a new one here.

Warm clothes
Consider this especially carefully if you are going to have to isolate as you will not be able to go clothes shopping during those two weeks!

While the temperatures don’t get as low here as in many parts of Europe and North America, the air is very wet so it often feels much colder. Weather proofs and waterproofs often come in handy, especially if you have to cycle in rain. The winters are often fairly mild but it does snow occasionally which is beautiful for the first two days then wet and mushy for a couple of weeks afterwards.

Smart clothes

Smart clothes and a gown are needed for matriculation so consider this carefully if you have to isolate.

Many of the social occasions here (like formal dinners, garden parties, and conferencing events) require relatively formal dress, so it’s always useful to have a decent suit or dress. Some of the big college dinners and parties (like May Balls) are black tie, so if you’re planning on going to those it won’t hurt to have a tux or ball gown as well – you can rent them here for around £40 or buy here from ~£100 if needed.

Medical prescriptions and supplies

The UK will have similar over-the-counter products as at most major pharmacies, but dosage and brand names may be different from the rest of the world. Until you figure it out, you may want to stick with what you have.
Sports equipment and musical instruments

Some sporting and musical activities will be restricted due to social-distancing regulations.

You’ll most likely be able to find a group of people who share your interest in particular sports, music or other leisure activities. Even if you haven’t played for a while, you might end up wanting to do so during your time here. College sports generally include a wide range of people from complete beginners to those who are good but don’t want to commit the time to play seriously, so it’s the perfect time to get back into a sport or keep up with it in a friendly environment. Consider bringing equipment if it’s difficult or expensive to source.

Textbooks and notebooks

Between the University, your faculty and college libraries, you should be able to find most of the published material you’ll need. Many of them are also normally happy to order a book in for you too if they don’t have something you need. If you would like to buy a personal copy, Clare College provides book grants that you can use to do so (http://www.clare.cam.ac.uk/Current-Awards-and-Grants/), so keep an eye out. You’ll also likely receive lots of free pens and notebooks through your faculty, but if you have any preferences then bring some of your own.

Bedding

You won’t be able to go out to buy bedding if you are in isolation so make sure you bring it with you! If you’re in College accommodation your room will come with a single bed, but you’ll have to supply your own bedding. There are plenty of shops here where you can buy some, but if you have space in your luggage it might not hurt to bring your own.

UIS password

It is a good idea to collect your University Information Services (UIS) password before you arrive at Cambridge. This will let you log in to your emails (useful to do before you get here anyway), University Wi-Fi, and University computers once you’re here. Check your details here if you haven’t done so already:

http://www.ucs.cam.ac.uk/accounts/passwords
Getting to Cambridge

Public transport safety (COVID-19)

Remember to adhere to all social distancing rules on public transport. Currently, you are required by law to wear a mask or other face-covering over your mouth and nose at all times on public transport in the UK, unless you have a valid medical exemption. For the latest information regarding face coverings, please check the government coronavirus website: https://www.gov.uk/coronavirus

General air-travel information

Passport control at airports can take a very long time - sometimes upwards of an hour or two - although it’s highly variable. Be sure to allow for this! Sometimes there are special lines for students immigrating on a student visa which are much shorter, so be sure to keep an eye out for these.

If you have a choice and haven’t booked your flights yet, Stansted is the airport closest to Cambridge and the easiest way to get in and out, although Cambridge is well connected to London and all of its airports.

General train and London Underground information

In general, if you’re aiming to arrive by train via London, it is easiest to go through London King’s Cross. If you’re coming through London St Pancras International, then King’s Cross is right next door. You can simply walk out of St Pancras, cross the road and straight into King’s Cross. Similarly, if you’re coming through London Euston, King’s Cross is about a 10-minute walk down Euston Road. Otherwise, King’s Cross can be reached using the London Underground on the following lines:

- Victoria
- Piccadilly
- Northern
- Circle
- Metropolitan
- Hammersmith and City

From King’s Cross you can get one of two different services to Cambridge. One stops a lot along the way and is slow and the other has Cambridge as its first stop. Normally it’s always faster to catch the latter, even if the former departs first.
Useful websites and numbers

For up to date information on:

**Trains:**  [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

**Buses:**  [www.nationalexpress.co.uk](http://www.nationalexpress.co.uk)

**Taxis:**
- A1 Cabco Taxis  +44 (0)1223 525 555
- Panther Taxis  +44 (0)1223 715 715
- CamCab  +44 (0)1223 704 704

From Stansted Airport

**Train**

Trains run directly from Stansted to Cambridge about every half hour from 5am to 11pm, and take around half an hour. You can buy tickets at Stansted, which cost £10-15 depending on the time of day. The train station is around a half-hour walk from College or a £8-10 taxi - there’s always a line of taxis waiting at the station in a typically polite British queue.

**Bus**

Direct buses are available from Stansted to Cambridge. They take about 50 minutes and cost around £8-11. You can buy a ticket through the National Express website, from the Stansted coach station, or sometimes from the driver (subject to availability). The buses will drop you off at Parker’s Piece, a 20-minute walk to College or a £5-7 taxi. You may need to call a taxi at one of the numbers given above.

**Taxi**

A taxi from Stansted to Cambridge will be around £60, but taxis might charge for the time they wait for you at the airport. Alternatively, you could just find one at Stansted when you get out. It takes about 50 minutes to Cambridge by car and a taxi can drop you directly where you need to be.
From Heathrow Airport

Train
The best option from Heathrow is to take the London Underground to King’s Cross, then a train from there to Cambridge. It’ll cost you around £50 and take about two hours. You can buy the whole ticket from the Heathrow Tube station, or buy the two individual tickets at each station – either way you don’t need to worry about buying in advance, although there may be queues at the booths. From King’s Cross there are slow trains (to Cambridge, but stops about 10 times on the way; around an hour and a half) and fast trains (to King’s Lynn, but Cambridge is the first stop; around 50 minutes). Sometimes it’s faster to wait for the next fast train rather than getting on the first one you see.

If you’re arriving in the middle of the night you’ll have to take a bus or taxi (either to King’s Cross or all the way to Cambridge), as the Tube doesn’t run after midnight. There is also the option of the Heathrow Express to London Paddington, but this is about £55 for the whole journey and you will need to change to the bus/taxi/tube to get to Kings Cross and then train to Cambridge.

The Cambridge train station is around a half-hour walk from College or a £10 taxi - there’s always a line of taxis waiting at the station in a typically polite British queue.

Bus
Direct buses are available from Heathrow to Cambridge. They take about 2½ - 3 hours and cost around £30. You can buy a ticket through the National Express website, from the Heathrow coach station, or sometimes from the driver (subject to availability). The buses will drop you off at Parker’s Piece, where it’s a 20-minute walk to College or a £5-7 taxi. You may need to call a taxi at one of the numbers given above.

Taxi
A taxi from Heathrow to Cambridge will be around £150, but taxis might charge more for the time they wait for you at the airport. Alternatively, you could just find one at Heathrow when you get out. It takes about 2 hours to Cambridge by car and a taxi can drop you directly where you need to be.
From Gatwick Airport

**Train**
A train ticket to Cambridge from Gatwick will cost around £35, and the journey will take roughly 2 hours. There is a relatively new Brighton to Cambridge train line that goes through Gatwick airport, meaning you can get a train directly from the airport station to Cambridge. They run once every 30 minutes but because they’re new they sometimes get cancelled at short notice so make sure to check the departures board carefully! Alternatively, you can get a train from the same station into London Victoria then ride the northbound Victoria line on the London Underground to King’s Cross (called “King’s Cross St. Pancras” on the Underground). You should then walk up to King’s Cross railway station where you will be able to catch a train to Cambridge. You can normally get a “fast” train to Cambridge (limited stops before Cambridge, ~50 mins total) or a “slow” train (stops at about 10 stops before Cambridge ~90 mins total). Normally, even if the next train to depart is a slow one, it’s quicker to wait for the next fast one.

**Bus**
There is a direct bus from Gatwick to Cambridge, which costs around £40 and takes about 4 hours. You can buy a ticket through the National Express website, from the Gatwick coach station, or sometimes from the driver (subject to availability). The buses will drop you off at Parker’s Piece, where it’s a 20-minute walk to College or a £5-7 taxi. You may need to call a taxi at one of the numbers given above.

**Taxi**
A taxi from Gatwick to Cambridge will be around £150, but might charge more for the time they wait for you at the airport. Alternatively, you could just find one at Gatwick when you get out. It takes about 2 hours to Cambridge by car and a taxi can drop you directly where you need to be.
From London

Train
You can take the train to Cambridge from King’s Cross and Liverpool Street stations. The trains leave at frequent (but fairly irregular) intervals, so if you don’t need to be here at a specific time you should be fine to just show up to the station and buy a ticket there. If you’re coming by Eurostar you’ll arrive at St. Pancras, so simply walk across the road to King’s Cross and you’re good to go. Tickets will be about £20-25 depending on the time of day.

From King’s Cross there are slow trains (to Cambridge, but stops about 10 times on the way; around an hour and a half) and fast trains (to King’s Lynn, but Cambridge is the first stop; around 50 minutes). Sometimes it’s faster to wait for the next fast train rather than getting on the first one you see. From London Liverpool Street, trains take between 60 and 90 minutes.

Bus
Buses run from the Victoria Coach Station and will take around 2.5 hours for £5 - 15. It’s advisable to buy a ticket in advance, and you can just show the driver the ticket on your phone or print it out. If you’re lucky, you can buy a ticket off the driver, but this isn’t always possible.

From Elsewhere in the UK
If you arrive or come from elsewhere in the UK, check nationalrail.co.uk (trains) and nationalexpress.co.uk (buses) to see which method is easiest for you. Sometimes it might be easier/faster to get to London and then train from there, as Cambridge is well connected to London, although avoiding London can sometimes result in a cheaper ticket. From other London Airports (Luton, London City) your best bet is likely to get to King’s Cross and catch a train from there.
Your first few days here

Here are a few things you might want to think about in your first few days here.

Pick up your keys

Regularly check your emails as the arrangements for picking up keys etc may change. Do not visit offices of college staff unless invited to do so. Please wear a face covering when in any porters’ lodge.

If you’re in College accommodation you’ll need to head to your nominated Porters’ Lodge as per the email from Madeleine Young (Clare College Accommodation Officer) to pick up your keys or keycard. Additionally, if you are an international student, college may need to see your visa and passport. If this applies to you then keep an eye out for communication from college detailing what you need to do.

Connect to Wi-Fi

Got a hankering for some good meme content? Thankfully for you there’s Wi-Fi whenever you’re near a University building in Cambridge. When you first get here, you’ll want to connect to “UniOfCam” and click “Log in with Raven”. This will let you log in with your crsID and password (the same ones you use for your @cam e-mail) and will keep you connected for a few hours before having to log in again. Eventually you will want to set-up eduroam on your devices. You can find instructions on how to do that on the uis website here: https://help.uis.cam.ac.uk/service/wi-fi. If you are in college accommodation your room might also have RJ45 (often dubbed “ethernet”) ports in the wall. You can get these activated by e-mailing the college IT helpdesk (itsupport@clare.cam.ac.uk) and then registering your device once connected. You can read more about it on the Clare website here: http://www.clare.cam.ac.uk/Getting-Connected/

Email is the primary means of communication for most things in Cambridge, so it’s convenient to have it sorted out as soon as possible. Details of how to access your emails can be found here: https://help.uis.cam.ac.uk/service/email. We also post a lot of things on our Facebook group “Clare College MCR” and have also set up a group just for you “Clare MCR Graduate Freshers 2020-2021”. There are also Facebook Groups set up for your accommodation blocks, so ask around once settled in.
Get a bank account

Banks say to only physically visit their branches under “urgent and essential business”. If you are isolating you may wish to consider a multi-currency prepaid card such as Revolut for now to let you pay for things without extra charges. You will need a mobile phone number for such services.

A UK bank account can be useful so you don’t have to keep transferring money between accounts. You’ll normally need three things:

- Your passport, as ID;
- Proof of address (we recommend using ‘Clare College, Trinity Lane, CB2 1TL’ rather than your physical address), you should have some letters from College with this;

The major banks around town are Barclays, HSBC, Lloyds and Santander. Have a chat with others around you to find out which will work best for you.

You can save some money on international transfers by using companies like Transferwise, or through banks that have deals with UK banks to lower transfer fees (e.g. Bank of America with Barclays).

Buy bedding and household items

Currently, you are required to wear a face covering at all times inside shops (unless you are medically exempt). Obviously, do not go shopping if you are currently isolating! Food boxes will be provided if you are isolating.

If you’re in College accommodation, your room will come with a bed but not bedding (unless you are isolating). These sorts of things can be bought at various places around town like Primark (cheaper), Wilko, TK Maxx, Homebase, Argos, Ikea and John Lewis (more expensive), but if you’re arriving late in the evening it might be useful to have a sleeping bag or ask your housemates to borrow some bedding. It may also be worth investing in things like a clothes drying rack, washing basket, basic cutlery, and cooking equipment. However, there is also a ‘Green-Cycle Space’ at Clare Court, containing pre-loved items available for free.
Clare green-cycle space

Special protocols will be in-place for using the green-cycle cupboard this year. **Do not use the cupboard yourself until these protocols have been announced.** Please look out for communication on this front, but in the meantime you can e-mail our green officer, David (mcr-green@clare.cam.ac.uk), if you have a desperate need for anything in there.

Over the years, Clareites come and go, but as you can imagine, lots of stuff gets left behind. The green-cycle cupboard is our answer to unnecessary waste and is available year-round to pick up something you might need or to drop off something you don’t use anymore. The current inventory includes:

- Kitchenware
- Office supplies
- Clothing and accessories
- Cleaning supplies
- Other bits and bobs!

The cupboard has two large wooden doors and is located on the left as you go in through the gate of Clare Court. It’s obscured slightly by a bush so people often miss it! Just follow the path in the image above to get to it from the main pedestrian gate.
Get a gown

You can order both new and second-hand gowns online from Ryder and Amies and have them delivered. We’d recommend getting gowns this way especially if you’re having to isolate.

These are the traditional Cambridge attire that college members wear to look all wizard-like. As fun as it is to pretend to be a floating spectre of death, the only times you’ll actually need one now in Clare are for matriculation and graduation, although they’re optional for other occasions such as formal hall – normally about a third to half the room will be wearing them. There are different types of gown depending on your “status” in the university:

- **BA Gown:** If you’re 23 or under OR have a BA from Cambridge
- **MA Gown:** If you’re 24 or over OR have an MA from Cambridge

To be honest, you’ll never be called out at Clare for having the wrong one (as long as you have the graduate one; the undergraduate one is different), but it never hurts to have the right one. A new one will set you back around £50-£150 (depending on where you get it), available from shops like Ryder and Amies on King’s Parade (cheapest), or Ede and Ravenscroft on Trumpington Street (more expensive). Second-hand ones are much cheaper and often just as nice - these are available from Ryder and Amies.

Get a phone/SIM card

*If you are needing to isolate upon arrival, you may want to arrange this before your arrival.*

If you have an unlocked phone, then you can just buy a SIM card for a UK network, otherwise you can look into buying a new phone or entering a contract deal, though you’ll need a UK debit card and proof of address. Places like Carphone Warehouse in Lion’s Yard Shopping Centre can talk you through the different companies and options, and help you work out which will be best for you.

Decide if you want a bike

*Do make sure to sanitise any bike you purchase!*

Many people get around Cambridge mostly by bike, but others are happy walking. Even the furthest walk across town only takes around 30 minutes, though it is lovely when this becomes a 10-minute bike ride. There are bike shops all over town where you can find second-hand or new bikes, as you wish – they’ll normally be on the order of £100
depending on what you’re after. You can also try websites like Gumtree, but be sure to make sure the bike works before you buy!

Clare offers subsidies of up to £20 towards a helmet and £10 towards bike lights, so keep your receipts for these and submit them to College using the form here: http://www.clare.cam.ac.uk/Student-Information/. A strong “D” lock is strongly recommended, as bike thefts are very common in Cambridge.

**Register with a doctor**

Doctors’ surgeries are generally not letting people walk-in without appointments due to COVID-19. Even if you find one that does, under no circumstances should you enter if you have covid-like symptoms. You may find it a better idea to sign-up for a GP by phone or online instead, if possible.

Doctors, or General Practitioners (GPs), are your first point of contact for basic healthcare. Check-ups are free for most people. Information on the GPs in Cambridge can be found at www.clare.cam.ac.uk/Health-and-Welfare/. Many Clare students register at Newnham Walk Surgery, which is close to Clare Court.

**Cash in on student discounts**

As a UK student, you’re eligible for a 16-25 Railcard (even if you’re over 25) which gives you 1/3 off all train fares, and can even be paired with an Oyster Card for discounts on the London Underground. It costs £30 for one year or £70 for three years, but if you’re planning on travelling to London and its airports, or seeing parts of the UK, then they pay themselves off very quickly. Check them out at www.railcard.co.uk.

It is also worth checking out the National Union of Students (NUS)-recommend discount card (TOTUM), which gets you a discount at all sorts of shops throughout the country including the Co-Op supermarkets next to Clare Court, Amazon and National Express buses. It costs about £12 per year so have a look at the discounts it gives to see if it’s worth it for you: https://www.totum.com/.

Your Cambridge student card is also a valuable asset. It will get you free entry into lots of places around town, like other colleges (if they’re charging tourists for access), and the botanic gardens. Many shops and restaurants offer discounts if you show your card, so be sure to look out for student discounts when shopping (it never hurts to ask at the till).
Enjoy Freshers’ Week!

Perhaps one of the most important: come and enjoy the events we have lined up for you during freshers’ week. It’s a great opportunity to meet your fellow college graduates, get to know us on the committee, generally make friends, and discover what college life is all about. We have an exciting week lined-up for you this year, regardless of the situation we find ourselves in come October.

Freshers’ Week runs from 2nd to 11th October 2020 and is our way of welcoming you all to Clare College. The timetable will be sent to you separately closer to the time, but here are some important points to remember:

- This year it will be particularly important to be considerate and respect each others’ space. **We will be forced to eject people from events if social distancing is not respected.**

- You will be assigned into one of two groups before freshers’ week. Depending on which group you’re in, you will have different events on each day. This is to prevent overcrowding and reduce the risk of spreading coronavirus.

- **The Welcome Talks and Matriculation are compulsory.** Keep an eye out for communication regarding which venue you are in for these as it will be different for different people. Beyond these, we encourage you to attend as many other events as possible to meet other students and learn your way around College.

- All events will require you to sign-up in advance for the purpose of COVID track and trace as well as keeping a handle on numbers. However, **some events have limited spaces** so don’t forget to sign-up early!

- Some events may not be suitable for those with limited mobility. If this might apply to you then please get in touch with our welfare officers and we will make every effort to help (mcr-welfare@clare.cam.ac.uk).

- Some events are weather dependent, so if it’s looking dodgy make sure to keep an eye on your emails! It should be fine though, it’s **always** sunny in England*.

* It’s not
College and Cambridge life

Eating in the Buttery

Special arrangements will be in place this year for eating in the buttery including a limited capacity, different opening times and/or specific time-slots for different groups of college members. The buttery will also be in a temporary structure in Old Court due to renovation works.

In the morning, at lunch and in the evening, the “buttery” (the college canteen) is open and serves cooked meals for about £3 to £5. There’s normally several options available including vegetarian and vegan options as well as a salad bar and sandwiches. On Friday lunchtimes they serve fish and chips which always proves to be very popular (for good reason!). It’s a great way to just grab a casual meal, catch up with friends after work or to escape your department at lunch.

Formal Hall

College is working hard for formals to happen this coming academic year after being suspended last year due to coronavirus. Building works will also mean they will take place elsewhere in college and not in the great hall which will be undergoing renovations. It is unknown when this will happen yet.

Normally, college runs “Formal Hall” or just “formal” as we call it every weekday during term time. This is a ticketed event where you come dressed up in formal clothes (with gown if you want) and are served a three course meal in the great hall, all at a pretty heavily discounted price. Formals on Fridays are reserved for MCR members and their guests and are normally one of the cornerstones of MCR social life.

Academic discourse

Clareity may have to take place online and/or without food/drink depending on regulations.

In the MCR we hold three “Clareity” evenings each term, as well as a full-day symposium in Lent term, where students give short presentations about their research in an informal setting with pizza and wine. It's a great way to learn something new, hear about the types
of research your friends are doing, and even practice presenting your own work! Together with the Clare Research Associates (SCR members) we also organise a set of after dinner talks each term accompanied by cheese, wine and desserts. We also work with the undergraduates to present informal “Dilettante” talks on a subject unrelated to your research. If you are unable to make it to the talks then you can also check out research of Clare Students on the Clareity board outside the MCR!

**Sports and societies**

*It’s currently unclear what form the freshers’ fair will take and societal/sporting gatherings and activities will likely be limited throughout the year.*

Clare has all sorts of different societies. For social sports players, College teams are a good option as they’re generally competitive without being intensive, and completely welcoming to people wishing to try something new. For serious sports, you may want to consider going for the University team – find the team’s website and get in touch to find out when they’re holding trials. For an idea of what other societies are on offer, check out the Clare Freshers’ Fair, the CUSU (University-wide) Freshers’ Fair or keep an eye on your emails for the first few weeks.
Accommodation

Clare aims to provide accommodation for all of its Graduate Students, especially first years. If you have any issues with your accommodation it may be useful to get in touch with the following people:

- For general enquiries or if you’re unsure who to get in touch with: Danny Parle (MCR Accommodation Officer, mcr-accommodation@clare.cam.ac.uk)
- For technical issues (e.g. leaky tap, faulty equipment etc.): submit a maintenance request at maintenance.clare.cam.ac.uk
- For lost keys or to get your spare key: go to the Memorial Court Porters’ Lodge
- For room allocations or to change rooms: Madeleine Young (mry27@cam.ac.uk)

Your accommodation block will normally have its own Facebook group, so ask your flatmates or get in touch with Danny to be added.

A brand new block of graduate accommodation, St Regis, will be opening part-way through the academic year which will provide the graduate community with a large quantity of modern high quality rooms. The current estimate for it being ready is at the end of January 2021. We’ve even got a pretty picture of what it will look like:
Clare Forbes Mellon Library (FML)

We are not planning to have any in-person tours of the FML due to social distancing requirements. This means that the tours led by the MCR library officer in freshers’ week will not be possible. We are hoping to provide a video introduction to the college library.

The Forbes Mellon Library (FML) is in the centre of Memorial Court, close to the University Library. All members of Clare College are very welcome to use the FML as a place to study, to borrow books or other resources and to use its services. The books in the FML are primarily for undergraduate courses, but there is also some more specialised material, particularly for taught MPhils. The Library Common Room is in the FML building and offers a light fiction collection and vending machine.

College Library staff will provide an introduction to the College Library and to the Cambridge libraries network as one of the welcome talks provided by College.

The members of the College Library Team are:

**Catherine Reid** (car40@cam.ac.uk) is the Librarian - Tel: 01223 333202

**Julie Hope** (jab40@cam.ac.uk) is the Deputy Librarian - Tel: 01223 330785

**Claire Butlin** (cb731@cam.ac.uk) is the Library Assistant - Tel: 01223 330785

If you would like to email the Library Team, the email address is library@clare.cam.ac.uk.

The Library Team office is located on the ground floor of the Library. They are happy to help you to locate the resources you need for your studies, in print or electronic format. If you have suggestions to improve the Library, please contact the MCR Library Officer, Leland Stange. Leland is a member of the College Library Committee and can pass on feedback to the Library Team.

In addition to the College Library you will have access to your faculty/departmental library, and to the University Library. The Cambridge Libraries Gateway is a good place to start to find out more. Individual libraries offer induction talks and it is a good idea to sign up for these!
If you are starting a taught MPhil course then you may find CamGuides very helpful. CamGuides is a free online resource for all Master’s students with a taught element, designed as an introduction to some of the academic, digital and research practices that you will engage in. The content on CamGuides has been created by Cambridge University Libraries as part of the Cambridge Information Literacy Network.

**College Welfare**

Cambridge is an exciting and fascinating place; however, we all struggle at times, whether it’s due to workload, moving to a new place, personal issues, or all of the above. Clare provides all sorts of welfare support and you’re encouraged to use it as much as possible. In particular, “Imposter Syndrome” is the feeling that you don’t belong here but everyone else does and it hits everyone. Take it from us – if you’re reading this then you’ve already shown that you belong here and there are many people here to make sure you feel that you belong. Here are just a few of the resources available:

- **Student Welfare Officers**: Clare MCR currently has three welfare officers: Aliya Ali, Ross McGinn and Ellie Dunstone, who are free for a chat, in confidence, at any time if you have any questions or just feel like a chat.
- **Regular welfare events**: Clare MCR hosts regular (free!) welfare events like Yoga, tea and cake, film nights, and group outings, so make the most of these to help you relax here.
- **Health and Wellbeing Centre**: Helen James (Full time during term) & Jo Scoones (Part time during term) are experienced Registered General Nurses who can assist with a wide range of health and wellbeing needs. This includes assessment, support and advice for students experiencing minor illnesses and injuries, mental health issues or more general support for all manner of worries and personal or emotional issues. If more specialised help or treatment is required, the College Nurses can help refer you or point you in the right direction whether via your GP, the University Counselling Service or other local service. Any information shared with the College Nurses is treated in strict medical confidence. Further information, including an online booking system can be found here: [www.vle.cam.ac.uk/course/view.php?id=98322](http://www.vle.cam.ac.uk/course/view.php?id=98322).
- Graduate Tutors: All graduate students are allocated a Graduate Tutor who will be available to talk with you about any academic concerns you have relating to yourself, your supervisor or your course.
- The Dean, Mark Smith, is available as a point of confidential support, help and encouragement for Clare students of all faiths and none. His room is E3 (Old Court), and you can contact him on mss53@cam.ac.uk.

**College Bars**

*Both bars will have limited capacity and/or opening hours. In extreme circumstances they may close. Booking in advance will also likely be required for at least most of the year.*

Clare is one of few Colleges to not just have one bar for all members, but also a second bar just for MCR members. Our bar, situated in the MCR itself, is completely student-run, caters to all and is far cheaper than anything you will find in town. The MCR bar is normally open every Friday after formal hall and from 20:30 on Wednesdays and Thursdays. If you fancy working behind the bar then watch out for emails from our bar managers (Tom and Pat) or send them an email if you’re super keen (mcr-barmanager@clare.cam.ac.uk). The bar also opens on other days for various events. If you’d like the bar to be open on a certain date then get in touch with the bar managers.

The other college bar, in the cellars, is the main college bar. It is typically staffed and used by undergraduates, but is run by college. It’s normally open every day in term time from 18:00 and can be a nice place to catch up with some friends if the MCR bar is closed.
Cambridge lingo

Cambridge has developed its own language over the years. You’ll hear a lot of strange words in your first few days here, so here’s a cheat sheet.

Blue: a person who ‘is a blue’ or who ‘has a blue’ is somebody who has played in a sport for Cambridge vs. Oxford.

Buttery: This is the canteen area in college where you can eat for a reasonable price.

Cambridge Blue: the strange green colour that Cambridge sports teams wear.

Darbar: The Darwin College bar, potentially the second-best College bar in all of Cambridge. You’ll need to go with a Darwin member though.

FML: The Forbes Mellon Library, Clare’s aptly-named College library. Well, it might also mean something else too.

May Ball: the annual-black tie College party regarded as one of the highlights of the social calendar.

May Week: the period of ~10 days after exams in June when many Colleges hold their annual balls and parties. Easy, no?

Michaelmas, Lent, Easter: The three teaching terms at Cambridge. If you have taught classes, they’ll be broken into these three 8-week chunks running October to December, January to March and April to June respectively. Also, it’s pronounced “mick-ul-muss’.

Oxbridge: used to refer to both Cambridge and Oxford Universities.

Pants: ‘Pants’ means underwear in the UK; a regular culprit in hilarious misunderstandings. Jeans etc. come under ‘trousers’.

Plodge: short for Porters’ Lodge; the house for the friendly people who sit at the front of each college to help you with any issues, and where you will get your post.

Squash: an event designed to provide an introduction to a society or club.

Swaps: going on an organised exchange to another college’s Formal Hall. Ask Sammie about them! Can also refer to the dinners of multiple sports teams or societies
City and College Maps

Clare College – Old Court and Memorial Court
General shopping map
A: The Co-Op Supermarket; small-sized supermarket handy for students at Clare Court

B: The Co-Op Supermarket; medium-sized supermarket handy for students on Chesterton road.

C: Sainsbury’s; medium-large supermarket in the centre of town; useful for food runs when you’re already out and about

D: Marks and Spencer; medium-large supermarket in the centre of town; slightly pricier than Sainsbury’s but nicer.

E: The Grafton Shopping Centre; a large shopping centre containing all sorts of shops.

F: Lion’s Yard (Grand Arcade); shopping centre in the centre of town useful for things like phone companies (Carphone Warehouse as well as many individual companies), Sports Direct (cheap sports gear/clothes) and John Lewis (nice clothes, home accessories).

G: Cambridge Retail Park; collection of huge shops, including massive supermarkets (ASDA, Marks and Spencer) as well as shops for home supplies (TK Maxx, Homebase, Argos).

H: Sainsbury’s; the new supermarket to serve Eddington, convenient for Swirles Court.

I: Sainsbury’s; large superstore selling food, clothes, household goods and some electricals. The closest big supermarket to Queen Edith’s and Addenbrookes.

If you don’t have a car, it can work out fairly cheap to have food delivered to your house – most of the major supermarkets have home delivery options and, if you’re flexible with the time of delivery it can cost just £1, which could work out cheaper than doing lots of small grocery runs.
Clare College sites

A: Old Court
B: Memorial Court
C: Clare Court
D: Clare College Sports Grounds; football pitches, grass tennis courts and a gym. Accessed from Bentley Road, off Trumpington Street.
E: Queen Edith’s House
F: The Colony; Undergrad housing.
G: 108 Chesterton Road + St Regis
H: 69 Chesterton Road
I: 190 Chesterton Road
J: Clare Boathouse
K: Netherfield House
Meet the MCR Committee

The MCR Committee consists of graduates who have been elected by the MCR to make sure that you get the best out of your time at Clare. We’re always up for a chat of any sort, so feel free to get in touch with any of us about queries.

President - William Wood
mcr-president@clare.cam.ac.uk

Hello there! I’m Will and I’m your MCR President this year. You might remember me from places such as the first page of this booklet. I’m a fourth year PhD Physicist although this will be my fifth year in Clare overall. My main role as President is to represent your interests to college and to help resolve issues that you may have in that capacity. My other focus is leading the MCR committee to make sure the MCR continues to be the fun-filled, loving and inclusive community that I have always known it to be. Come and chat when you get the chance!

Vice President - Sam Hodder
mcr-vicepresident@clare.cam.ac.uk

Hi Everyone, I’m Sam and I’m your MCR Vice President. I am entering the first year of my PhD in Cancer Biology but have been at Clare for two years now. As Vice President, my main job is to represent the MCR at the inter-collegiate and university wide level at the Cambridge Student Union. I am really keen to make sure the MCR is as warm and friendly as possible and a welcoming place for everyone studying at Clare. Please don’t hesitate to get in touch with me, or any of the other committee members, if we can do anything to help you have a better time here at Clare. Looking forward to meeting you all!
Hello! My name is Henri, and I am the MCR treasurer. I am a third-year PhD student at the Department of Land Economy. I will be looking after the MCR finances this year as I have done for the last year. My work mainly takes place behind the scenes, but is essential for ensuring that we can enjoy formals, swaps, ceilidhs, and other fun activities. I also interact with the college on financial matters. In addition, I help set out the college’s investment strategy through my participation in the investment committee.

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Hello and welcome to Clare! My name is Tom, and I am the MCR secretary, aka (mostly) organised Tom. Apart from my duties as your secretary, I pride myself being a second-year PhD student at the Faculty of History and you will most likely meet me wandering around college with a stack of books under my arms while talking - well what a surprise - about history and all things past. However, leaving the past aside, my work as secretary for the most part consists in ensuring a proper communication between the MCR’s committee and you, its members. If ever in doubt about whom you should contact in the committee (in case you ever feel the need, we all are a good company), just drop me an email and we will get you the answers you want.
Hi everyone, I’m Tom, one of the two social secretaries this year. I am just about to start the second year of my PhD at the CRUK Cambridge Institute. Mine, and Jojo’s jobs are to organise social events throughout the year, in particular Freshers Week, and formals on a Friday. We have worked hard to come up with plans for Freshers Week, to give you the best possible start to your time here. Hopefully, we will also be able to organise weekly formals at some stage in the year, which are a great way to meet people and enjoy yourself at the end of the week. I can’t wait to see you all, and if you have any suggestions or questions about Freshers Week or the social side of the MCR, please feel free to drop me an email!

Hey everyone and welcome to Clare! I’m JoJo (Somehow derived from Jonathan) and am going into the second year of my PhD in Neuroscience. I’m one of your MCR social secretaries alongside Tom, meaning we’ll be putting together the best possible freshers week to welcome you all into the Clare MCR community. We’ll also be (coronavirus permitting) organising the MCR formal meals which normally happen every Friday in term time and are the perfect way to unwind and catch up with everyone after a long week! Looking forward to meeting you all in freshers and give us a shout if there are any particular events you’d like to see put on through the year!
Bar Manager - Tom Edinburgh (aka Mathmo Tom)
mcr-barmanager@clare.cam.ac.uk

Hi, I’m Tom. I’m a PhD student in Maths, working with clinical data from intensive care. Pat wrote his bio first so I’ll try not to copy what he’s said about how objectively brilliant the bar is. This is in all likelihood going to be a strange year behind the bar but we’ll be trying our best to make sure everything runs as smoothly and safely as possible. Please get in touch if you’ve got any bar-related questions/jokes/concerns/suggestions and see you soon!

Bar Manager - Pat Taylor
mcr-barmanager@clare.cam.ac.uk

Hi everyone, I’m Pat, one of the two MCR bar managers along with Tom. My day job is doing a PhD in metallurgy. The MCR bar is the social hub of the college, with a great atmosphere and cheap drinks to boot (£2.50 for a beer/double shot with mixer). We particularly pride ourselves on our vast collection of over a hundred whiskeys. And of course we stock a selection of non-alcoholic drinks too. Now obviously the bar will not be quite so lively as usual whilst the pandemic is still raging, but this term we will be opening according to the current regulations for bars/pubs so long as the government keeps allowing us to. I look forward to seeing you propping up the bar this October!
Hello! My name is Aliya and I’m your Female and BME welfare officer. I work alongside Ross to cover all things welfare related. When I’m not busy organising yoga classes for our MCR community, I work on my PhD in Arab and Islamic Studies. I really enjoyed my first year at Clare, I made many friends and learnt new and exciting things. I am excited to welcome you with the same enthusiasm (if not more) as last year (Covid permitting). If you have any questions, please get in touch!

Hello everyone, welcome to Clare! I’m Ross, a second year Biophysics PhD student and I will be your male welfare officer this year. The welfare team are here to help you settle into Cambridge life and support you through Freshers’ Week and the rest of the year. We liaise with the College nurses and University staff on all things welfare, so are always available to offer advice and support. I hope to be a friendly face around college so please feel free to approach me in the bar (hopefully) or anywhere else you see me and introduce yourself. Please don’t hesitate to get in touch if you have any questions before then. I can’t wait to meet you all!
Hi everyone! I’m Ellie and I am the MCR LGBT+ rep! I am a third year PhD student working in computational cancer genomics at the Sanger Institute! My role is to work with the other MCR welfare reps and the JCR LGBT+ rep to make sure the college is an inclusive and fun place for our LGBT+ members. I’ll be organising socials throughout the year, so watch this space! So far plans include a freshers’ week social with the Clare JCR, meet-ups with other colleges, and a trip to Cambridge Pride! I am also available at any time for confidential advice and support on LGBT+ related or any other issues, or just a chat! Welcome to Clare :)

Hello! My name’s David and I’m the Green Officer at Clare (on the side I do a PhD in French). Following convention, green is understood by the committee, and its humble delegate, in a broad sense. I am a go-to for matters relating to college greenery -- gardens, grass, etc. -- as well as environmental matters: waste reduction and recycling, carbon neutrality (decarbonizing the investment portfolio and reducing carbon consumption in college buildings), travel (pandemic permitting, look out for bike workshops, and contact me if you have any bike or pedestrian queries), sustainable living in Cambridge, and the MCR’s own micro-circular economy: the Greencycle space at Clare Court, where previously loved household items await patiently a new home. For more info on these or any other green things, don’t hesitate to get in touch!
Hey everyone, I’m Sammie, a first year PhD student at the Cambridge Stem Cell Institute with a research interest in heart regeneration. I’m super excited to meet you all in freshers week and to welcome you to Clare!! As your exchange (swaps) officer this year I will be arranging opportunities for us to go and experience formal dinner at other colleges. Swaps are a great way to go and visit some of the 30 other colleges and see what they have to offer. I’m particularly excited to be taking on this role as I love eating food, and I hope to be joined by lots of you at a swap soon!

Hi everyone, welcome to Clare! I’m PJ and I’ll be your MCR Sports Officer this year, here to answer any of your sport-related questions. All MCR members have access to our lovely sports ground near Bentley Road, the squash courts, and the Clare Colony Gym. This year I’m also Men’s Captain of a certain oar-driven watercraft club that I won’t promote in my official Sports Officer capacity, so I’ll just leave it at that. In my spare time I do a PhD in History. Looking forward to meeting you all!
Hi everyone and welcome to Clare! I’m Danny, a 3rd year PhD in biological chemistry and the MCR accommodation officer. My role is to represent the MCR in accommodation and estates related matters. So, if you have any concerns or queries about accommodation before you arrive, or if there’s anything you need help with throughout the year, just let me know. See you all soon!

Greetings from the river. I’m Will (“Will Two”, not to be confused with the decidedly more presidential “Will One”), holder of the most flamboyant title on the MCR committee and a final year medical student with an unusual penchant for broken bones. Clare normally has a fleet of three punts, available 24/7 from April to November, but these are sadly out of commission for the remainder of 2020 due to building works currently involving our dock...leaving me somewhat unemployed. Come April 2021 though, it’ll be my job to organise punt bookings and maintenance. Until then, I’m probably just going to spend my time annoying all of you freshers by trying to get as many of you as possible to try out rowing with Clare Boat Club. Take care; see you all on the river soon! (Please don’t fall in, I might have to fill out paperwork…!)
Hi and welcome to Clare! My name is Calum and I am in my third year of a PhD in Maths. I’m in charge of Clareity this year, a series of informal evening talks with wine and pizza where MCR members (grad students and junior research fellows) share their research with the rest of the community. We will also have a day-long symposium later in the year. I hope to see you all at our first Clareity evening, which happens soon after freshers’ week!

Hello! I’m Glynn, the MCR Quartermaster, better known as the resident Cookie Fairy. I make sure the MCR bar (‘Rona willing) is stocked with all the fingers, rings, and creams your heart desires. When I’m not blessing the MCR biscuit tins with the most elite confections Sains has to offer, I’m working on my PhD in Archaeology. My research looks at intersections of image-making, geopolitics, and the social construction of health in the Neo-Assyrian period of 1st millennium BCE Iraq. Oh, and for the caffeine-dependent, I ensure the bar has tea and coffee selections hailing from the furthest corners of the known world--at least, according to M&S. If you have a particular predilection or secret yearning for a type of biscuit/tea, let me know and I’ll make it happen.
Hello and welcome to Clare! My name is Daphne and I’m in my first year of the PhD in Classics. As Mature Students Officer, I’m the representative for MCR members who are older than average and/or have families. In addition to organizing get-togethers (coronavirus permitting), please feel free to use me as a contact point within Clare for any queries or concerns prior to arrival, during freshers week, or during the rest of the year. Looking forward to meeting you all very soon!

Library Officer - Leland Stange

mcr-library@clare.cam.ac.uk

Hello everyone! I’m Leland and will be doing an MPhil in Classics. As the bookshelf on my head may attest, I love libraries and will be representing the MCR on the library committee meetings this year. Feel free to come to me with any questions about academic affairs and study spaces, and be on the lookout for small events regarding Clare’s splendid rare book and manuscript collection. Also do make use of the free book exchange opposite the bar in the MCR -- anyone can take and leave books as they please (I’ll be sure to routinely sanitize covers). Safe travels, and looking forward to chats with you all soon!
Hi and welcome to Clare! I am Max your computing officer, which means I keep the Clare website up to date and make sure committee members can communicate with you/log in to their accounts. That’s about it, as events booking has been moved on to the UPAY system, which is where you will be booking formals and events. I’m a second year PhD student at the PDN Department where I focus on marmoset and human stem cell models of primate development.

Once again, on behalf of the 2020-2021 MCR Committee...

*Welcome to Clare!*
Photo Credits

Clare College back gate with Clare bridge in the foreground - Ran Huo
The Clare College front gate, viewed looking towards Clare Chapel – Ran Huo
The Clare College flag flies high over the College’s front gates – Ran Huo
Collage of photos taken of Clare College – Photos by Ran Huo, collage by Jonty Townson
Clare College Great Hall set up for Graduate Formal Dinner at Christmas – Ran Huo
A punting guide leads a tour down the River Cam; seen from the Clare College Gardens – Olly McMillan
Party goers at Clare’s annual May Ball steal a glimpse of the fireworks from Trinity College’s May Ball with the fellow’s gardens in the foreground – Ran Huo
The back of Old Court, view from the fellow’s gardens at dawn – Ran Huo
Charlotte Garcia presents her research at the 2019 Clareity research symposium – Sam Fabian
Students socialise in the Clare MCR – Ran Huo
A family of swans take a break from attacking innocent students to go for a paddle past the Clare College Boathouse on the River Cam – Olly McMillan
The view towards Clare College bridge, from Old Court, at dusk – Andres Fautsch
Students stargaze from within Clare College’s Old Court – Olly McMillan
Huge thanks to Navin Ramakrishna for putting up with us for long enough to get some nice photos.