Dear Freshers,

Massive congratulations on becoming a member of Clare, and a very warm welcome to the Clare Graduate Community, often referred to as Clare MCR! I am Jasmin—although you can call me Jas—I am the President of what’s called the “Middle Combination Room”, or more colloquially the MCR. Put simply, the MCR is a name for both the graduate community at Clare as well as our common room in the E Corridor of Old Court.

As a result, not only are you joining the second oldest college at one of the most prestigious academic institutions in the world, but you are also joining one of the most vibrant graduate communities. Clare MCR prides itself on being friendly, warm, and welcoming. I have met so many wonderful people at Clare, and they have made my experience at Cambridge a truly magical and beautiful one. I can promise you that you will not regret getting involved with the MCR community! The MCR room itself serves as a common room, social space, study area and (in the evening) a bar where regular events are hosted throughout each term. There is always a variety of tea and a coffee machine (with a milk frother), a very healthy supply of biscuits and fruit as well as newspapers, magazines, board games, video games, and friends!

With the assistance of vaccines and relaxing of COVID-19 restrictions in the United Kingdom, life now appears to be slowly returning to normal-ish. We are very hopeful that our Freshers’ week will return to its pre-pandemic glory. As an MCR, however, we are aware that COVID-19 has not disappeared, and we will be doing everything we can to create a safe, welcoming, and enjoyable environment as you settle into Cambridge life. Whatever happens I am confident you will have an amazing week! In the meantime, this guide has been put together by past and present students to help you settle your nerves, find your way around and plan your move.

The rest of the MCR committee and I want to congratulate you again and we cannot wait to meet you! If you have any questions please feel free to contact me (mcr-president@clare.cam.ac.uk) or any of the other committee representatives who are all listed at the end of the guide. We’re really all quite lovely so also don’t be afraid to chat with us when you see us!

Cambridge can seem like a scary place, where imposter syndrome can rear its ugly and unpleasant head. But I hope that Clare College can be a place where you feel central to the College community, rather than an imposter waiting to be discovered. We all belong here.

All the very best wishes,

Jasmin Bath (she/her)

Clare College MCR President 2022-2023
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Coronavirus Information

Understandably, COVID-19 is still present on everyone’s mind. Currently, the UK Government has removed all internal COVID-19 restriction as the Country attempts to learn to live with the virus safely. The government has recommended that anyone with symptoms of COVID-19, notify workplaces and educational institutions and remain/work at home until symptoms have improved. If you live in College, Clare College has asked that you inform them of the onset of potential COVID or a positive case. To do so, please go to this page: https://www.clare.cam.ac.uk/Coronavirus-2/. The National Health Service (NHS) and the UK Government have recommended that the best way to stop the spread and devastating effect of the virus, is to be vaccinated. You can find out about the UK vaccination scheme here: https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/how-to-get-a-coronavirus-vaccine/. You can be reassured that both the MCR and College shall be doing our utmost to make sure that any impact of these can be minimised. For the latest information, please visit the government’s website for coronavirus guidance: https://www.gov.uk/coronavirus

As things stand in the UK, all legal restrictions to control COVID-19 have now been lifted. You do not need to socially-distance from people and there are no more limits on the number of people that you are able to meet. The requirement to wear a face covering by law has also been lifted, however the government still recommends that people wear face coverings in crowded areas. Masks are still expected in medical settings, unless exempt. Despite the restrictions lifting, it is important to acting carefully and cautiously to keep yourself and others safe must still be stressed.

On Friday 30th September 2022 at 15:00 each MCR member will received two Lateral Flow Tests and three face masks in their Pidgeon hole. The tests and masks are to be used throughout the first two weeks of term in order to limit the spread of COVID-19 among the MCR community. There is no requirement for you to wear the masks or take the tests—they are purely there for your own safety and protection.

Overseas travel

You can find the full travel guidance see this website: https://www.gov.uk/guidance/travel-to-england-from-another-country-during-coronavirus-covid-19.
What actually is a College?

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. A college is normally divided into four groups:

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

The acronyms JCR, MCR and SCR 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* (in absence); 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!

Present your research or learn about others

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](http://talks.cam.ac.uk) – it’s useful to keep an eye out for exciting speakers!
Go punting

Punting is a great way to see the sights of Cambridge from the river. Basically, a punt is a boat that you push with a large pole. Clare owns three punts that can be rented out for free by Clare students 24/7 during punting season (April-October). 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!

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.

Go to Formal Hall

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 the 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

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 to celebrate events such as birthdays. 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 are 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 who arrange various welfare activities throughout the year. You’ll meet the welfare reps 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’.
http://www.clare.cam.ac.uk/Current-Awards-and-Grants/
Relax in the MCR

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; mindfulness colouring books, 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), Karaoke Machine and smart television.
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

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

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

You’ll most likely be able to find a group of people who share your interest in particular sports, music or other leisure activities. 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 perfect for getting back into a sport or for a friendly environment. Consider bringing equipment if it’s difficult or expensive to source. The College has a Sportsground and two indoor gyms. It also has music practice rooms and a number of other rooms available for practice or rehearsal.

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

If you’re in College accommodation your room will come with a 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. Most rooms in Clare Court contain singles beds, whereas most rooms at St Regis contain small doubles, but please contact the accommodation office if you need more information on your specific room (js426@cam.ac.uk).

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 (probably 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: https://help.uis.cam.ac.uk/service/accounts-passwords.
Getting to Cambridge

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 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 therefore all of its airports.

General train and London Underground information

In general, if you’re aiming to arrive by train via London, then you should aim 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

There are two train services you can catch from King’s cross. A “slow” one that stops at ~10 stations before Cambridge and a “fast” one that only stops at a few/ is non-stop. Normally, even if the next train to depart is a slow one, it’s quicker to wait for the next fast one.

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, which cost £10-15 depending on the time of day, at Stansted. 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, 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 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 straight at 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, though there may be queues at the booths. From King’s Cross there are slow trains (to Cambridge but stops ~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 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 2 ½ - 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 straight at 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 (only stops a 0 to 3 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 taxis 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 get to Cambridge by car and a taxi can drop you straight 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 ~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 and ID**

All students will be sent their Welcome Pack electronically from the Tutorial Office. This will contain some useful forms and information. Your student ID Card will be ready to collect from Old Court Porters’ Lodge. If you’re an international student, you’ll also need to take your passport/visa for scanning. If you’re in College accommodation you’ll need to head to your nominated Porters’ Lodge as per the email from Kaplana Jogia (Clare College Rooms Coordinator).

**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’ – you can then enter your CRSid (this will be your initials followed by some numbers, e.g., abc123) and the password you use for your @cam.ac.uk email address. This will keep you logged in for a couple of hours, so you’ll have to log in again occasionally. You’ll eventually want to set up ‘eduroam’ which logs you in automatically and keeps you logged in – once you have logged into UniOfCam, we recommend you set up eduroam by going to https://help.uis.cam.ac.uk/service/wi-fi and following the instructions to set it up on each of your devices. It’ll take some installing but it’s worth it in the long run.

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. 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 2022-23’. There are also Facebook Groups set up for your accommodation blocks, so ask around once settled in.

**Buy bedding and household items**

If you’re in College accommodation your room will come with a bed but not bedding. These sorts of things can be bought at various places around town like Primark (cheaper), Wilko, TK Maxx, Homebase, Argos, Ikea and John Lewis (nicer), but if you’re arriving late in the evening it might be useful to have a sleeping bag or ask your housemates for any spare bedding.

It’ll also be worth investing in things like a clothes-drying rack, washing basket, basic cutlery and cookery (depending on the set-up of your house - many of the College accommodation sites have accumulated a useful supply of communal items over the years). There is also a ‘Green Space’ at Clare Court, containing pre-loved items to take.

**Get a gown**

These are the archaic 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 (most expensive). Second-hand ones are often just as nice, are available from Ryder and Amies and are significantly cheaper.

**Get a phone/SIM card**

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.

**Decide if you want a bike**

Many people will get around Cambridge mostly by bike, but others are also happy to walk. Even the furthest walk across town is only 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 in the order of £100 depending on what you’re after. You can also try websites like Gumtree but be sure to carefully scope out the bike before buying. You may also want to consider insuring your bike as you park it at your own risk even if it is parked at the College.

Clare subsidises up to £20 towards a helmet and £10 towards bike lights, so keep your receipts for these and submit them to College with the form at [http://www.clare.cam.ac.uk/Student-Information/](http://www.clare.cam.ac.uk/Student-Information/). You’ll also want a lock of quality proportionate to the value of your bike, as thefts are fairly common. A strong “D” lock is a worthwhile investment on this front.

**Cash-in on student discounts**

As a UK student, you’re eligible for a 16-25 or 26-30 Railcard 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](http://www.railcard.co.uk).

It is also worth checking out the National Union of Students (NUS) discount card called 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. The digital card is free! [https://www.totum.com/pricing](https://www.totum.com/pricing).

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 will provide a 10-15% discount if you show your card, so be sure to check out which places you can use it in. (It never hurts to mention it 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 all around and discover what college life is all about. We have an exciting week lined-up for you this year, regardless of what situation we find ourselves in come October.
Freshers’ Week

- Freshers’ Week runs from 30th September to 9th October 2022 and is our way of welcoming you all into Clare College. Freshers’ Week has all sorts of events to cater for a wide range of people and to help you meet and get to know the friends you’ll have throughout the year. You should receive the schedule in your welcome pack, but the following pages give some more details on what the events will involve. **The MCR Welcome Talks, College Welcome Talks and Matriculation are the only events we would strongly strongly recommend you attend.** Beyond these, we encourage you to attend as many other events as possible to meet other students and learn your way around College.

- Partners and family are welcome and encouraged to join us for the vast majority of College events throughout the year – feel free to ask if you’re unsure. There are also events specifically designed for families during Freshers’ week which we will mark appropriately in the timetable, so keep an eye out for those!

- Most locations in College have ramp access upon request, though some events such as the pub crawl, and Cambridge Historical Tour may not be suitable for those with limited mobility. If you’re unsure, get in touch with Ellie, our disabilities officer `mcr-disability@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.

- **Some events require you to sign up** – keep an eye out for online sign-up sheets so you don’t miss your spot!
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<td>LGBTQ+ Event: MCR Bar + Glitterbomb</td>
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<td>Bar crawl</td>
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**17:00 Matriculation**

- Casino Night in the Latimer Room and MCR Bar Open
- Bar Managers' Night
- Movie Night in the MCR
Friday 30th September

Pizzas & Welcome Event – MCR from 18:00

Don’t worry about hunting around town for food on your first day here, we’ll provide pizza and some snacks in the MCR from 18:00-20:00!

Come by for free food and to meet other new students in a casual setting before Freshers’ Week enters full swing. The MCR Bar will be open for the first time from 20:00.

Saturday 1st October

Welcome Brunch – Clare Court and St Regis from 11:00

Brunch will be provided for students at Clare Court and St. Regis where you can meet other students at your site. Students at other sites or not in College accommodation are welcome to come along and join at either of the sites.

MCR Welcome Party – MCR from 20:00

It’s Saturday night, so come by the MCR for an evening of music, drinks, and fun times with all of your new friends!

Sunday 2nd October

The Freshers Welcome Service – Chapel at 09:30

Clare’s Dean, Mark Smith, will be holding a chapel service aimed at welcoming new students in Clare. All are welcome. This will be followed by a free cooked breakfast.

**Welcome Talks – Garden Room in Memorial Court at 10:45**

This event will introduce you to key College staff, the MCR Committee and important things you’ll need to know about College. Look out for an email from Yuanyuan with further information.

Pub Lunch – Cambridge Brew House 13:00-15:00

Come along with the committee from the welcome talks for a big group MCR lunch in a local pub.

Clare Freshers Fair- 15:00-17:00

The societies and sports teams of Clare College will be available to tell you more about each of them and give you an opportunity to sign up. There are all sorts available and no commitment to sign up for things so we encourage you to go nuts here

Cambridge + Clare College Tour – meet in MCR at 17:00

Alan, one of the porters, will provide a tour of Clare College and Cambridge showing you the rooms that will be useful during your time here including the library and computer rooms. This will be repeated at 5pm on Tuesday for those unable to make it.

Quiz Night – MCR at 20:00

Test your wits against the friends you’ve spent the past few days scoping out and join the annual Clare pub quiz handwritten by your very own MCR committee. There’s no need to form your own team, we’ll sort you out on the night. Free entry, a variety of rounds, and all sorts of prizes available!

Monday 3rd October

Punting – meet in MCR at 14:00

The punting masters of Clare College will show you the ways of the punts. It’s much easier than it looks so don’t be afraid to give it a go or just come along for the ride. Join us for a punting session down the Cam.
**Pub Crawl – meet at Clare MCR at 20:00**

Cambridge is excellent for pubs, and we want to show you around town. We will be working our way through some of our favourite pubs in Cambridge. Come along to experience an essential part of British culture. Pubs will serve either alcoholic or non-alcoholic drinks and all are very welcome!

**Tuesday 4th October**

**CSU Freshers’ Fair – Kelsey Kerridge 12:00**

The societies and teams of Cambridge University hold their annual fair where you can sign up for all sorts of University-wide societies and teams.

**College Tour (repeat) – meet in MCR at 17:00**

Alan, one of the porters, will provide a tour of Clare College showing you the rooms that will be useful during your time here including the library and computer rooms.

**LGBTQ+ Event – Meet at MCR @ 19:00**

Tuesday is LGBTQ+ night in Cambridge! From 7pm we will be meeting up for a quiet dinner (place tbc). At 9pm we will join the JCR students and head out for drinks together. And we will end the night at Glitterbomb (Vinyl) – Cambridge’s gay night. Everyone is welcome and please feel free to join for the whole night, after bake off, or sections of the night as you prefer.

**Bake Off – Latimer Room at 20:00**

Bake Off has become somewhat of a tradition in Clare! Join us in the Latimer Room for the screening of the Bake-Off show as well as some home baked goods from current students.

**Wednesday 5th October**

**International Event – MCR 11:00-12:00**

Join some of our members of the MCR committee from finer shores to ask anything you like about settling into the UK. There will be tea/coffee and biscuits in the MCR.

**CSU Freshers’ Fair – Kelsey Kerridge at 12:00**

The societies and teams of Cambridge University hold their annual fair where you can sign up for all sorts of University-wide societies and teams.

**Whisky Tasting – MCR at 20:00 – £12 per person; registration required**

Come and join us for an evening of whisky tasting, all welcome whether you’re already an avid whisky fan or your choice of whisky is a little bit risky. Our experts will guide you through Scotland with an excellent range of single malts, introducing you to the different types and how best to enjoy them! This event is always popular and needs to be booked on this form!

**Bar open from 20:00**

The MCR Bar will be open as usual for those that do not get a place on the whisky tasting. Who knows, maybe the bartenders will be knowledgeable and can tell you everything you need to know anyway!

**Thursday 6th October**

**Cake + Coffee Morning - MCR at 11:00 (repeat at 16:00)**

Join us for a relaxed coffee break in the MCR. There will be a range of coffees and cakes to try. Take this opportunity to have a chill catch up in the middle of a busy week.
**Arts Night - 19:00-21:00 Old Court**

Come along and enjoy live music, poetry readings, and other great performances, all performed by Clare students!

**Committee Cocktails - MCR bar from 21:00**

Join our MCR committee in the bar as they shake you up some of their personal favourite cocktails.

**Post Grad Club Night at Lola Lo – 23:00**

After cocktails we have tickets for the iconic Cambridge club Lola Lo for a Post Graduate Freshers’ night!

**Friday 7th October**

**Grantchester Walk - meet in MCR at 11:00**

We will be taking a scenic stroll from the centre of town, through the meadows and along the river, to the lovely little village of Grantchester. It takes about an hour each way, with a pit stop in the middle at the Orchard tea rooms!

**Matriculation Ceremony & Formal – Old Court at 17:00**

This is the highlight of the week, when you’re officially welcomed into Clare College – we won’t give away the details of the 700-year-old ceremony, but make sure you are on time and dressed appropriately (see the emails) as the class photo will be taken here. Matriculation is for Clare members only. Afterwards, your first formal at Clare will be your matriculation formal! You should already be in College and dressed suitably so just enjoy yourself!

**Partners Dinner – 19:00**

Partners are invited to join for the matriculation dinner in the Garden Room of the Gillespie Centre. We’ll need numbers ahead of time, so look out for the booking form we will be sending round nearer the time and get in touch with Emma (mcr-maturestudents@clare.cam.ac.uk) if you have any questions.

**Post Matriculation Party - Casino Night – MCR and Latimer Room from 21:30**

Experience a regular Friday by migrating from Great Hall to the MCR for your drink of choice, topped with a Casino Night being held simultaneously in the Latimer Room opposite the MCR. Filter between the two for a night with your new Matriculation Class. The night won’t end when the Porters kick us out, your social secretaries will be sure to lead you out for a night on the town.

**Saturday 8th October**

**Buttery Brunch - 12:30**

Join us in the Clare buttery for a mid morning brunch. Brunch is served at the same time in the buttery each Saturday throughout the term.

**MCR Welcome Talks – Riley Auditorium in Memorial Court at 13:45**

This event will introduce you to key College staff, the MCR Committee and important things you’ll need to know about College.

**Punting – meet in MCR at 16:00**

The punting masters of Clare College will show you the ways of the punts. It’s much easier than it looks so don’t be afraid to give it a go or just come along for the ride. Join us for a punting session down the Cam.

**Bar managers night – MCR at 20:00**

Come join us at the bar to sample the Bar Managers favourite drinks from cider to wine, cocktails to soft drinks!

**Sunday 9th October**

**Chapel Service (Holy Communion) – Clare College Chapel 10:00**
Holy Communion service in the chapel, followed by free breakfast.

**PhD Coffee Morning - MCR at 11:30**

Join us for a relaxed coffee break in the MCR. There will be a range of coffees and cakes to try.

**Yoga - 13:00 (Location TBD)**

After a hectic week, join us for some relaxing Yoga! This will be a great space to recharge and meet other members of the MCR!

**Mature Student and Family Event – Scholars Garden 16:00**

A chance for students with partners, families, and children to meet. It will also be a chance to organise future family events. All welcome! If you would like to come along please contact Emma by email (mcr-maturestudents@clare.cam.ac.uk).

**Grad drinks with the Dean followed by Evensong – E3 and Chapel 17:00-19:00**

A chance to enjoy a drink in 3 and meet the Dean followed by the beautiful service of Choral Evensong in Chapel at 6pm, sung by the internationally renowned Clare College Choir, and drinks and dinner afterwards for those who’d like to stay.

**Welfare movie night – MCR at 20:00**

After a busy week come and wind down in the MCR and watch a film. The last Freshers’ event for you will be a movie night hosted by your Welfare Officers. There will be snacks and drinks!
Events After Freshers’ Week

- 22nd October formal
- 28th October Halloween formal
- 5th November Bonfire and fireworks night
- 18th November Superhall formal
- 24th November Bridgemas
- 1st and 2nd December Christmas formal

NB: These may be subject to change.
College and Cambridge life

Eating in the Buttery

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 salad 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. This year, due to renovation works in Old Court, the buttery will be in a temporary structure in Old Court and may have a reduced seating capacity.

Formal Hall

Normally, College runs what’s called “formal hall” or just “formal” every week-day during term time. This is a ticketed event where you come dressed up in formal clothes (with a 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 just for MCR members and are normally one of the cornerstones of MCR social life. The renovation works in Old Court also mean the great hall will be unavailable, so when they start they will be hosted in another part of college.

Academic discourse

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! If you could like to learn more about Clareity please get in touch with our Clareity co-presidents, Sam and Ross at mcr-clareity@clare.cam.ac.uk.
**Sports and societies**

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 newbies 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 there are, check out the Clare Freshers’ Fair, the CUSU (University-wide) Freshers’ Fair or keep an eye on your emails for the first few weeks.

The Clare Sports Ground at Bentley Road has great grass pitches as well as two tennis courts that are available to our students. Additionally, Clare students have access to the Kings College Squash courts at West Road for free, you just need to be inducted to be able to booth them. There is also some sports equipment available through the MCR, and of course the gym at Castle Court (which also requires an induction).
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: MCR Accommodation Officer, Sammie, 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: Kaplana Jogia (kj370@cam.ac.uk)

Clare Forbes Mellon Library (FML)

The Forbes Mellon Library (FML) is in the centre of Memorial Court, close to the University Library. www.clare.cam.ac.uk/Libraries/

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 wide-screen TV, a light fiction collection, vending machine, tea & coffee making facilities and regular “tea and cake breaks” provided by the library staff.

The FML staff are offering informal tours of the Forbes Mellon Library for new graduate students during the week beginning 10th October. A member of Library staff will lead small group tours at various times during the week. There will be booking slots available for these tours on the FML Moodle site, and these booking slots will open during Freshers Week.

In addition to the College Library you will have access to your faculty/departamental library, and to the University Library. Cambridge Libraries gateway is a good place to start to find out more. Individual libraries offer induction tours 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 for Master’s 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 during your time in Cambridge. The content on CamGuides has been created by Cambridge University Libraries as part of the Cambridge Information Literacy Network.

If you have any library related issues please contact our Library Officer, Tim, mcr-library@clare.cam.ac.uk
College Bars

At Clare we’re one of few colleges to not just have one bar for all members, but also a second bar just for MCR members, in the MCR itself. The Undergraduate college bar, widely known as “The Cellars,” is one of the most popular college bars in Cambridge, housed in an iconic crypt of Clare’s Old Court. It is typically staffed 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 it’s not an MCR bar opening day.

Not only are both bars regarded for their atmosphere and exceptionally low prices, the MCR Bar contains what is regarded as the finest whisky selection across the entire university. The result of a generous alumni donation, we have over 100 different Scottish and internationally-imported whiskies available at a heavily subsidised price for MCR members and their guests.

Our bar is completely student-run, caters to all including non-alcoholics and is far cheaper than anything you will find in town. The MCR bar normally opens 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 (Matthew and Grant) 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.
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.

The college has a duty and many years of experience concerning issues facing postgraduate students. This mainly occurs through the tutorial system; tutors, who are academics and fellows of the college, help with welfare issues which rise and put plans in place to prevent their occurrence.

College Welfare Contacts

Graduate Tutors
Graduate tutors are often your first point of call for welfare issues. They will be able to direct you to the relevant resource to help support you through whatever issue you may have.

- Surnames A-L: Maciej Dunajski m.dunajski@damtp.cam.ac.uk
- Surnames M-Z: Elizabeth Foyster eaf21@cam.ac.uk

Senior Tutor
Senior tutors have wide-ranging responsibilities within the College. They have overall responsibility for student welfare provision within College, particularly with urgent and serious welfare issues.

- Jacqueline Tasioulas jt257@cam.ac.uk

College Dean
The College dean plays a broader role in college welfare, and happy to chat with students about any welfare issue they might need a little support with.

- Dean Mark Smith mss53@cam.ac.uk

College Nurses
The College Nurses, Helen James (Registered General Nurse and Counsellor) and Esther Manning (Registered Mental Health Nurse), are available all year round for health advice and guidance. They’re experienced Registered Nurses who have undertaken additional nursing and counselling qualifications, enabling them to support students with both their mental and physical health. They offer assessment, support and advice for mental health concerns, disability and health advice, minor illnesses and injuries, or more general support for all manner of worries and personal or emotional issues. If more specialised help or treatment is required, they will refer or signpost you in the right direction whether via your GP, the University Counselling
Service or other local services. Any information shared with the service is treated in strict medical confidence. Wellbeing and physical health appointments throughout the day bookable 24hrs in advance. You can book an appointment via this link: https://www.clare.cam.ac.uk/Online-Booking-System-College-Nurses/

The MCR

Student Welfare Officers: Clare MCR currently has four welfare officers: Tim Moy (welfare), Jojo Benn (welfare), Ekim Luo (BAME), Sammie Mason (welfare) and Owen Taylor (LGBTQ+), who are free for a chat, in confidence, at any time if you have any questions or just feel like a chat.

- Tim Moy mcr-welfare@clare.cam.ac.uk
- Jojo Benn mcr-welfare@clare.cam.ac.uk
- Sammie Mason mcr-welfare@clare.cam.ac.uk
- Ekim Luo mcr-bame@clare.cam.ac.uk
- Owen Taylor mcr-lgbtq@clare.cam.ac.uk
- For disability related issues and questions contact Ellie, our disabilities officer, mcr-disability@clare.cam.ac.uk
- For general welfare enquiries you can also contact mcr-welfare-all@clare.cam.ac.uk

Physical Health

Primary Care/Family Doctor/GP

It is imperative that in the first few days of your time here in Cambridge, that your register with a primary care doctors’ surgery. Primary Care doctors, what we call General Practitioners or GPs in the UK, are often your first point of call for most physical health issues. They will be able to prescribe one-off medication, repeat prescriptions and send referrals for specialist treatment. The NHS has created this handy guide for students navigating the Cambridge NHS (National Health Service). Information on the GPs in Cambridge can be found at www.clare.cam.ac.uk/Health-and-Welfare/

Health and Wellbeing Centre

Helen James, one of our college nurses, can also provide advice and support for physical health issues. If more specialised help or treatment is required, she will refer or signpost you in the right direction whether via your GP or other local services. You can book an appointment with Helen here: https://www.clare.cam.ac.uk/Online-Booking-System-College-Nurses/

Prescriptions

For most prescriptions you will need to pay £9.80 per prescribed item. For example, if you are prescribed anti-biotics and anti-nausea medication, you will pay £19.60. If you take regularly prescribed medication it may be cheaper to buy a Prepayment Certificate.

Dental Treatment

You will need to pay for dental treatments as well as for any associated medical prescription to be collected from a pharmacy; dental problems are not only a pain in the mouth but also in the pocket. Students wishing
to register as an NHS dental patient locally can find out which practices in the city are accepting NHS patients using the NHS search facility (http://www.nhs.uk/ServiceSearch/Dentist/LocationSearch/3).

If you need emergency dental treatment you can contact 111 and they will provide you with options on how to get treated ASAP.

**Opticians**

Appointments to check your eyesight will also incur a charge. Eyesight tests usually cost about £25, plus extra for any glasses/contact lenses. The nearest opticians to Clare are Specsavers and Vision Express.

**Emergency**

If you require urgent emergency medical assistance and are unable to travel to the hospital, either contact the Porters’ Lodge, if you are living in College accommodation, and/or dial 999 free from any phone and ask for the ambulance service. In some university buildings you need to dial 1999 (1 for an outside line).

**Mental Health**

Many people have difficult periods of time at Cambridge, for a variety of complex reasons. It is normal, and quite common for people to seek mental health advice, particularly in the aftermath of the COVID-19 pandemic.

**Your GP and the NHS**

If you are facing a difficult period, your GP should be able to offer you advice and options on how to improve your mental health. They will be able to tell you the services available in the local area, and in the NHS. For some mental health services, you need to speak to your GP. This is called a GP referral. Your GP can also talk about medication and therapy.

You can also access the NHS psychological therapies (IAPT) without a GP referral (you can self-refer). They offer talking therapies which can be helpful for anxiety and depression.

**Health and Wellbeing Centre**

If you feel like you need someone to talk to, please contact Esther Manning, our Mental Health nurse, who will be able to support you, and recommend next steps. If more specialised help or treatment is required, she will refer or signpost you in the right direction whether via your GP, the University Counselling Service, or other local services.

**University Counselling Service (UCS)**

The University Counselling Service offers brief counselling, with the majority of students seen for an average of four sessions or fewer. As well as individual counselling, they provide Cognitive Behavioural Therapy (CBT), and access to guided self-help, where appropriate. Brief counselling and CBT both involve an active, collaborative process, with sessions or follow-ups scheduled at weekly, fortnightly or longer intervals. This therapeutic approach can be effective for help with a wide range of personal, developmental and academic-related problems.
In some cases they are able to offer some longer-term support, often, this is through participating in a therapeutic group.

The Service also offers a variety of topic-specific workshops throughout the year, as well as short-term and longer-term CBT and counselling groups. You can find out more about their groups and workshops at this link.

**Emergency**

If you feel like you’re in a crisis and need to speak to someone urgently, call 111 and select option 2. A mental health professional is available 24/7 to talk and assess your needs. Alternatively, Samaritans offer a listening service available at any time of day or night (Tel: 116 123).

**Disabilities**

**Disability Resource Centre (DRC)**

If you have a disability, the DRC is one of your first points of call. The DRC offers a confidential and accessible service for all disabled students supporting access to their teaching and learning during their time at Cambridge. The DRC helps to put reasonable adjustments in place for students with disabilities to make academic life easier.

All students who disclose a disability on application will be emailed by the DRC between March and July, asking for more information. Engaging with the DRC before you arrive will make for an easier transition into student life. If you have an offer but haven’t disclosed on application, you can disclose at any time by emailing

**Accessibility**

To explore accessibility options in Cambridge visit AccessAble. AccessAble is a guide created to enhance the existing provision of information on Accessibility and the University estate for students, staff and the general public.

If you have any accessibility requirements around college email visit this page. For any specific questions, worries or issues about College Buildings please email Deborah Hoy, the Estates Manager, (dsh39@cam.ac.uk). For any specific questions, worries or issues about College Accommodation please email Jackie Searle, the Accommodation Manager, (accommodationmanager@clare.cam.ac.uk).

**Health and Wellbeing Centre**

The College Nurses can offer support and advice for those seeking information and advice on disability-related issues. You can book an appointment with them here: https://www.clare.cam.ac.uk/Online-Booking-System-College-Nurses/
The Crane’s Fund

The Crane’s Fund provides financial assistance to any student of the University who needs treatment for physical or mental illness and who can demonstrate financial need. In all cases, treatment should not be conveniently or readily obtainable under the NHS.

Although Crane’s does not fund assessments Specific Learning Difficulties (dyslexia/dyspraxia), they will fund diagnostic assessment for autism and ADHD will be supported.

To access this fund, you will either need to speak to the College Nurses, your Graduate Tutor or the Financial Tutor.

**N.B** If you suspect that you may have a disability/SpLD, and would like to receive diagnostic assessment, please speak to the College Nurses as they can advise you on how to proceed whether through the NHS, College or the University.

Sexual Health

Contraception

Free sexual health supplies are available in the MCR welfare box. The home of the welfare box is in the MCR and can be access 24/7. Pregnancy tests can be collected from the MCR welfare box or the Cambridge Student Union. Free contraception and STI screening are available at:

The emergency contraceptive pill can be brought from boots for £25 or can be free with consultation. The NHS has more information about emergency contraception: Emergency contraception (morning after pill, IUD).

Sexually Transmitted Infections

If you are sexual active – even if you use long-acting contraception or have a low/no risk of pregnancy – you should consider using a condom/femidoms. Condoms/femidoms will help prevent STIs that spread through bodily fluids such as HPV, HSV, trichomoniasis, HIV, Chlamydia, Gonorrhea, and Hepatitis B.

It is also important to remember that not all STIs spread through bodily fluid, some spread via body-to-body contact. These include: Human Papillomavirus (HPV), Herpes Simplex Virus (HSV), trichomoniasis, Human immunodeficiency Virus (HIV), Syphilis, and molluscum contagiosum. Therefore, even if you are not having penetrative sex, it is important to get tested regularly.

Moreover, not all STIs have symptoms, e.g. chlamydia. It is important to get tested regularly, especially if you are sexually active with new partners and having unprotected sex (incl. unprotected oral sex).

- Visit a local sexual health clinic: Lime Tree Clinic (315 Mill Rd) www.icash.nhs.uk/where-to-go/lime-tree-clinic-cambridge
- Free HIV mail tests (discreet, free and quick!): https://www.test.hiv/
- HIV tests and support from DHIVERSE (Gwydir St, Cambridge) http://www.dhiverse.org.uk
Abortion

Medical Abortion: Abortion Pills by Post

The British Pregnancy Advisory Service allow for a safe and legal way to end a pregnancy at an early gestation without needed to attend a clinic. You can contact BPAS on 03457 30 40 30 to book a telephone consultation and full medical assessment with a trained nurse or midwife who will assess your suitability for treatment. Most women are eligible for NHS funded treatment.

Surgical Abortion

Peterborough City Hospital and Hinchingbrooke Hospital offer medical and surgical treatments to women unable to continue with a pregnancy. You can self-refer, 7 days a week, to Peterborough by contacting them on 01733 673758. Your GP or iCaSH clinic is able to refer you for treatment at Hinchingbrooke Hospital.

The MCR website has a comprehensive section on sexual health which can consulted at any time, and the College Nurses are also available to discuss any issues related to sexual health.

Healthy Relationships (TW: Sexual Assault, Harassment, Bullying and Consent)

Starting a new academic year means that you will make new connections and friendships. You will have the opportunity to meet so many new and wonderful people. You will form new relationships with those both in Clare and the wider Cambridge community.

Clare MCR is committed to being an inclusive and safe community for all. We would like to take the opportunity to reinforce the importance of creating this environment for all in our community.

Bullying and Harassment

Clare College MCR is committed to providing a safe environment in which all members feel safe and able to contribute without fear for their personal security or wellbeing. A safe environment free of harassment or threat is fundamental to the life of our community. Sexual assault, harassment and misconduct will not be tolerated.

The College Website contains a number of important documents outlining official policies and guidance:

- Disciplinary Code
- Respect and Dignity Policy
- Policy on Personal Relationships
- Guidance and Procedures for students reporting misconduct committed by other students
- Student Complaints – Code of Practice
If you are made to feel uncomfortable by any MCR member, please reach out for help from the committee (particularly the Welfare Officers). You can also submit a complaint following either the university or college procedures. The ‘report + support’ and section of the MCR website explains the variety of reporting procedures at the University and College, and the pros and cons of each, as well as support available to you if you are ever a survivor of any sexual harassment or sexual misconduct.

**Consent**

At your time at Clare, you may engage in sexual relationships either with new or already established partners. Even if you believe that you have a good knowledge of consent, it is important that you review this section. Conversations about consent are important, as they are context-specific and can be complex at times. Below are some key ideas which all must understand before engaging in sexual activity.

Consent is **active and willing participation** in sexual activity. It means that all parties had the **freedom and capacity** to make the choice.

Consent means **enthusiastic participation** in sexual activity. Consent cannot be assumed – whether you’re in a relationship, if you’ve been kissing, or no matter who has paid for the date. Checking for consent needs to be an **ongoing** process, and is the responsibility of all partners. An absence of a “no” doesn’t mean “yes”. If you’re not sure, it’s always best to ask. It is also important to remember that everyone has **different boundaries** around sexual consent: some people may not want to have penetrative sex, some people may be unable to move into different positions because of physical disabilities and some people’s culture or religion may make them unwilling or unable to engage in certain sexual encounters.

Furthermore, consent is given for a certain type of sexual activity, such as vaginal sex or anal sex with a condom. Once the condom is removed, without the other person’s consent or knowledge, then that consent is no longer valid and it is rape.

Check that these six buzz words are included in your understanding of consent:

- **Informed** – all individuals agreeing to act
- **Mutual** – clear understanding of all individuals about what is being asked for and consented to
- **Given** – freely and actively
- **Communicated** – in words and or actions that are mutually understandable
- **Retractable** – one sexual act does not mean all sexual acts
- **Willing** – agreement does not count as consent if someone is forced

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1 This information is taken from the Cambridge Student Union and the Consent Coalition

2 For more information: [https://nottssyss.org.uk/consent-coalition/campaigns/removing-a-condom/](https://nottssyss.org.uk/consent-coalition/campaigns/removing-a-condom/)
Resources and Support

- **Loud and Clear** is a campaign aiming to combat the cultures which enable sexual misconduct across the University, and to reform the procedures which inhibit accountability. They created a comprehensive guide to help all understand and answer question to help all understand and answers to any question you might have about the causes and cultures of sexual misconduct, what to do if you experience sexual misconduct, how to support a friend who has experienced sexual misconduct, and the commonly held misconceptions about sexual misconduct. While a few parts of the guide are specific to Clare College, the vast majority of the guide should be applicable across the university.

- **Sexual Health and Assault Advisor (SAHA)** - The SAHA is a specialist advisor who provides emotional and practical support to anyone who has been raped, sexually assaulted, or harassed, recently or in the past. We can support you whether this happened at University or not, and can help you to access other available support services. The SAHA can support you to explore your options for reporting what has happened and can support you through this process if you do choose to go ahead. The SAHA service is not counselling or therapy, but can offer you focused, short term, emotional support to look at managing the impact of what has happened. You do not have to report your experience to access support from the SAHA.

- **SARC (Sexual Assault Referral Center)** - Office: 01480 425003. Out of Hours Helpline: 0800 193 5434. If you are in danger – Dial 999

- **Cambridge Rape Crisis Centre (CRCC) Helpline 01223 245888**

- **The University Counselling Service** provides offers counselling for Cambridge Students— University Counselling Service

- **The Terrence Higgins Trust** provides information and support about HIV. They are working to end HIV cases in the UK by 2030.

- **The Kite Trust**: Support and information for young people around gender and sexuality.

- **Samaritans** - Samaritans are available 365 days a year 24 hours a day. Tel: 116 123 Samaritans

- **Papyrus** - Suicide prevention advice open 9am - midnight every day 0800 068 4141

- **MIND** Advice and support for those experiencing mental health issues

- **Nightline Peer** support run by students at Cambridge University and Anglia Ruskin.

- **FRANK**: Honest information about drugs Tel: 0300 123 6000 (24 hour helpline). Also has text and email support. Please see the website for more information.

A full list of support can be found on the MCR website under [College and University Support](#) and [external support](#).
Religion and Spirituality

Clare welcomes anyone, regardless of religious affiliation. Listed below are a few places within and near college that may be of interest.

Christianity

The University has a number of societies and institutions for those who follow the Christian faith.

- Christian Union
- Cambridge Student Christian Movement
- Christian Graduate Community
- CU Catholic Chaplaincy
- Cambridge University Christian Fellowship
- Nearest Catholic Church: Our Lady of the Assumption and the English Martyrs
- Nearest Pentecostal Church: King’s Church
- Nearest Reformed Church: Downing Place United Reformed Church
- Nearest Baptist Church: St. Andrew’s Street Baptist Church

Clare College Chapel is a place of worship and reflection for all members of the college community. The Chapel is open every day for those seeking a time of quietness, or to pray. For more information see Clare College Chapel in this booklet.

Islamic Society of Cambridge

ISOC was created to serve the social, spiritual and academic needs of Muslim students, and, most importantly, to foster feelings of brotherhood and sisterhood amongst each other. The result is a vibrant and inclusive society which is based on our mutual beliefs and strengthened by our friendship. Absolutely everyone is welcome, whether you’re Muslim, interested in Islam or simply looking for a friendly face!

The Islamic Society has their own prayer room. According to ISoc: ‘The Prayer Room’ is aptly called the ‘heart of ISoc’ and is our main meeting place. We’re extremely lucky to have 24/7 exclusive access to the room by university card. The upshot of this is that whether you’re looking to pray, read the Quran, study, drink one of our many varieties of tea or simply socialize you can do so round the clock.

Naturally, a core function of the Prayer Room is to hold daily congregational prayers, for both brothers and sisters. You’ll find a timetable for this on your ‘week ahead’ email, so make sure you read it!

3 https://isoc.co.uk
There are two toilets and a small separate ablutions area which can be used for wudu and also a fully-fledged kitchen to cater for your culinary needs. The room is also separated by a screen to mark out the brothers and sisters area – so it’s open to anyone and everyone at any time.

In order to gain access by university card to the Prayer Room, you need to scan your university card against the card reader a few times and then once somebody has let you into the Prayer Room, write your name, crsid and the time you scanned your card on the whiteboard provided.¹⁴

There are two Mosques in the City of Cambridge: AbuBakr Mosque, and the Cambridge Central Mosque. Visit their website for more information.

Jewish Society

Cambridge University Jewish Society (CUJS) is the home of Judaism for students in Cambridge. As one of the largest societies in Cambridge, we provide an open and welcoming space to all Jewish students, regardless of your affiliation, background or level of religious observance.

Rabbi Elazar and Alissa Symon are the Jewish Chaplains for Cambridge and East Anglia Universities. They are both originally from Jerusalem and have been living in the UK since 2018.

Elazar is a young Rabbi, trying desperately to stay connected to the world, despite spending the last decade with his head stuck in a Gemara. He enjoys football and cooking. Before coming to Cambridge, Elazar taught Talmud in Otniel Yeshiva and non-religious groups in Jerusalem, while pursuing a BA in Philosophy.

Alissa is a caffeine addict who loves learning about Jewish Sociology and arguing about politics. Last year she completed her MPhil in the University of Cambridge and is now working on her DPhil on Jewish political networks in “The other place”.

In the city of Cambridge there are two Jewish congregations, the Cambridge Traditional Jewish Congregation and Beth Shalom Reform Synagogue, you can find more details on their websites.

Cambridge University Sikh Society

The Cambridge University Sikh Society aims to bring together Sikhs across the whole University, and to teach people about Sikhism. They ‘run events covering religious, social and educational areas to ensure that everyone can get the most out of the Society. Arguably, the most important thing that [they] do is create a network of Sikhs, comprising of students from both Cambridge and Anglia Ruskin Universities, and our alumni, with whom [they] maintain very close links.”⁵

The city of Cambridge has one Gurdwara, the Cambridge Gurdwara. You can find more details about their services and events on their website.

⁴ https://isoc.co.uk/life/isoc-prayer-room/
⁵ https://www.cambridgesu.co.uk/organisation/cusikhsoc/
Cambridge University Buddhist Society

‘Cambridge University Buddhist Society, the second oldest Buddhist society in Britain and the first run by students, has provided Cambridge’s diverse community with an opportunity to meet Buddhist thought and philosophy since its founding in 1955. The society has evolved according to the changing interests of its members and anyone interested in Buddhism is encouraged to join and influence the society’s activities. At present, the CUBS main activities are the weekly discussion circles, and various talks by members of the Buddhist community: scholars, meditation teachers, writers, and Buddhist monks and nuns. The society also provides information on local activities such as meditation classes and groups, talks and retreats.’

Cambridge University Hindu Cultural Society

‘Namaste! We are Cambridge University Hindu Cultural Society, one of the largest faith societies at Cambridge University. Established in 1992, we provide a community for all students to practice Hinduism and learn more about our religion.

We also have a number of social events throughout the year to foster a sense of community and companionship, as well as a multitude of talks, classes and SEWA initiatives to further celebrate and educate about our religion.

For more information, take a look at our website as well as our Facebook page to keep up to date with our latest posts and events!’

Clare College Chapel

Visit Chapel

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). Clare College Choir is world-renowned, and provides beautiful music to accompany these services.

On Sunday mornings, there’s a service of Holy Communion at 10am, 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, 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

6 https://www.cambridgesu.co.uk/organisation/7891/
7 https://www.cambridgesu.co.uk/organisation/8721/
(mss53@cam.ac.uk). At the first Holy Communion service of term (9th October 2022) there will be a chance to hear more about the range of churches in Cambridge.

**The Decani Scholar**

I’m Hannah, a second-year PhD student in New Testament Theology. I’ve been around Clare since coming up as an undergrad in 2015 - and this year, I am also the Decani Scholar. This means that I help Mark Smith, our Dean, with the life and work of Clare Chapel.

Chapel is one of the greatest joys I’ve known whilst at Clare. Its community has been one of deep friendship and support, through all the ups and downs that can come our way. The beauty and welcome of the worship has often provided an oasis of calm amidst busy terms, and I love that people with different backgrounds and experiences can all come together and make this Chapel a home. As the new year begins, I want to extend that as an invitation to you.

You can see what’s happening this term on the Chapel Termcard, which you will receive in your pidge. There will also be posters around College to keep you in the know! Particular highlights are: Compline, our late-night candlelit choral service which happens twice a term; the Advent services coming up towards the end of term; and our Tuesday night reading group. Over wine and cheese, each Tuesday evening, students from Clare gather to enjoy a book together: this term it’ll be Madeline L’Engle’s ‘A Wrinkle in Time’ (100% can recommend for some gentle, Narnia-type storytelling!).

Finally, as Decani Scholar, I’m available to students for a chat and catch up, and can be contacted on hrf24@cam.ac.uk
Who’s Who and What’s What

Clare College Staff

Loretta Minghella – Master of Clare College

Loretta Minghella, a lawyer by training, has had exciting and fulfilling careers in financial regulation, Christian Aid, and the First Church Estates Commission, before being appoint as the Master of Clare College in October 2021. Loretta, upon being appointed as master that: “I fell in love with Clare the first time I crossed the bridge in 1980, a state-school girl with big dreams and small hopes. Three years at Clare gave me a great group of friends, the education, and the confidence to take many challenges over what has been a really varied career. It is an enormous privilege to be returning as Clare’s first woman Master to lead this special community of students, alumni, staff and Fellows. Together, we will ensure Clare continues to provide an exceptional environment for teaching, learning and research and offers, to every one of its members, the warmest of welcomes.”

Professor Jacqueline Tasioulas – Senior Tutor

Jackie is responsible for the academic and pastoral activities of the College. Whilst the Postgraduate Tutors are the first port of call for concerns, they work closely with Jackie and will consult her when needed. Jackie can be contacted by emailing seniortutor@clare.cam.ac.uk.

Mark Smith – Dean of Clare

Mark Smith is the Dean of Clare. He’s responsible for the life of the Chapel, as well as having a broader pastoral role for the whole College community. He is also a Tutor, and the Director of Studies in Theology. He is available to speak to all postgraduate students, of any faith or none, for confidential welfare support, and he can be contacted at mss53@cam.ac.uk.

Professor Fred Parker – Financial Tutor

In bygone times Fred Parker studied for his PhD at Clare and is now a Fellow in English and the college’s Financial Tutor. As such, he works with the MCR committee on the funding of facilities and events for graduates. He also oversees reimbursement for research expenses and has a role in arranging financial support for students who run into hardship due to unforeseeable circumstances - although graduates who believe they may be in such a situation should always consult their Tutor in the first place.

Professor Maciej Dunajski – Graduate Tutor

Maciej Dunajski is a Graduate Tutor for all post-graduate students whose surnames fall into the first half of the alphabet. He has been one of the mathematics Fellows at Clare for the last twenty years and is also a University Professor in Mathematical Physics. He can be contacted about any welfare, financial or personal concerns. His email address is md327@cam.ac.uk.
Dr. Elizabeth Foyster – Graduate Tutor

Elizabeth Foyster is a Graduate Tutor for all students whose surnames fall into the second half of the alphabet. She is a History Fellow who has been working at Clare for the last twenty years. She studied as an undergraduate and graduate at Durham University, and originally came to Clare as a postdoctoral fellow. She remembers being a newcomer to Cambridge and to Clare College and will do her best to help graduates navigate their way through their studies. Becoming Graduate Tutor for the first time in 2021, she’s been hugely impressed by the breadth and depth of research conducted by Clare’s graduates. As Graduate Tutor, she can be the first person to contact about any welfare, financial or personal concerns, and she will then direct you to the best support within the College or University. Her email is eaf21@cam.ac.uk. She works part-time for Clare, and lives in London with her family.

Brenan Morgan – Head Porter

As the Head Porter I’m responsible for the Porters lodges, health and safety, fire safety and security at Clare College, if you have any concerns about these matters don’t hesitate to contact me. At Clare we have 3 porters lodges, Old Court, Memorial Court and Castle Court that are staffed 24 hours a day all year round with the exception of Christmas. The duty porter will be able to help you with most things including spare keys, room bookings, medical emergencies, and general pastoral care.
Helen James and Esther Manning - Health & Wellbeing Service

X Staircase, Lerner Court

Helen James (left) and Esther Manning (right) are here to support you throughout your time at Clare. Helen, is Clare’s Head of Health & Wellbeing, and a Registered General Nurse and Counsellor and Esther is a Registered Mental Health Nurse.

They offer assessment, support and advice for mental health concerns, disability and health advice, minor illnesses and injuries, or more general support for all manner of worries and personal or emotional issues. If more specialised help or treatment is required, they will refer or signpost you in the right direction whether via your GP, or other available services.

Consultations are strictly by pre-booked appointment which are bookable online at: https://calendly.com/health-wellbeing-centre. Appointments are released 24 hours in advance to help ensure availability, apart from appointments for an Initial assessment for mental health support/counselling which are released 72 hours in advance.

For more information please go to: https://www.clare.cam.ac.uk/Health-Wellbeing-Centre/
Catherine Reid – Librarian, Forbes Mellon Library

car40@cam.ac.uk, library@clare.cam.ac.uk (library team), 01223 333202

Catherine leads the Library & Archives Team, and is based in the College Library Office.

Contact Catherine by email or phone, drop into the Library, or arrange a time for an online chat via Teams. Catherine gives introductory talks about Cambridge libraries to postgraduate Freshers, and is available to support you with any enquiries about using libraries and using print or electronic library resources for study and research. Let Catherine know if you would like help with literature searching, referencing or reference management.

Julie Hope – Deputy Librarian, Forbes Mellon Library

jab40@cam.ac.uk, library@clare.cam.ac.uk (library team), 01223 330785

Julie is the Deputy Librarian for the College Library, and is based in the College Library Office.

Contact Julie by email or phone or drop into the Library with any questions about finding and borrowing print books from the FML or other Cambridge libraries, using electronic resources, or finding a study space to suit you. Let Julie know if you would like a tour of the University Library.
Cambridge lingo

Cambridge has pretty much developed its own language over the years. You’ll hear a lot of strange words in your first few days here, so here’s the 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-il-miss”.

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

*Pants*: ‘Pants’ means undies 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.

*Swaps*: going on an organised exchange to another college’s Formal Hall. Ask Ekim about them! Can also refer to the dinners of multiple sports teams or societies.
International Students

Being an international student at Cambridge comes with unique challenges, opportunities, annoyances, and excitement. Cambridge is an incredibly diverse and international community, despite its rather quaint and traditional appearance. We are sure that you will no doubt find your way very quickly, but if you do have any questions, please do not hesitate to contact us at MCR-International@clare.cam.ac.uk.

International Student Team and iCSU

The University’s International Student Team not only provides support with your visa applications, but also collects important information for all International students (EU and Non EU). For general and helpful information on being an international student at Cambridge please visit the international students section on the Cambridge Website.

Every student at the University of Cambridge is automatically a member of the Cambridge Student Union (CSU). CSU International (iCSU) is a branch of CSU and helps all international students at Cambridge. They aim to serve as a hub for all things international happening in Cambridge, whilst looking out for the needs of international students. They also produce a fresher’s booklet every year!

Visa

The MCR is not qualified to advise on individual visa issues; contact the Tutorial Office at Clare. Visa issues can be complicated so make sure you understand your visa responsibilities, and reach out for help if you have any concerns or questions.

Banking

Soon after arrival, you’ll need to set up a bank account in the UK for local transactions. This will be a current account, with a card for withdrawals at cashpoints (ATMs). A vast majority of the ATMs in the UK do not charge a transaction fee. You’ll be able to organise your finances and make payments to other UK accounts through electronic banking.

Check what options banks have for international students (often, none), or students in general. Try to find a current account with no fees, or that will let you make withdrawals and transfers without charge from a bank in your home country. Bank of America and Barclay’s have helpful connections which make transactions between the two easier.

In order to create a bank account, you need to set up an appointment. Lines will be long during Freshers Week so try to get there early (~30 min before it opens) to set up the appointment as there will be a limited number of appointment spots per day.

To set up a bank account you will 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;
- A letter from College providing evidence that you’re a student – you can get this at http://www.clare.cam.ac.uk/New-Bank-Account-Letter-Graduate/

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

Health

International students are required to pay the Immigration Health Surcharge Reimbursement before arriving in the United Kingdom. This payment will entitle you to access the NHS in the UK at no additional cost. This includes primary care doctors (General Practitioner or GP), Healthcare Centre and/or any hospital treatment.

Students from the European Union and Switzerland may be eligible for a full or partial refund of the Immigration Health Surcharge if you have a valid European Health Insurance Card (EHIC).
Clare Goes Green

Clare MCR is committed to making Clare as Green/sustainable as possible. To help with this goal our Green Officer, Izzy, has made a ‘Clare Goes Green’ guide which explains Clare’s Eco goals, and how you can be more sustainable.

Eco Schemes at Clare

- Discussions of taking ruminants off the buttery menu could help us make a substantial step forward in reducing our carbon footprint in Clare and you can help to push this agenda by opting to avoid these food options. If you want to go further opt for the veggie or vegan options (if Clare went completely vegan we could bring this up to saving a staggering 332 tCO2/yr which equates to 13.4% of our annual CO2 emissions).
- Improving our food waste handling by using food waste bins can have a big impact on Clare’s carbon emissions. Due to difficulties with students not cleaning out their bins properly in previous years, they are no longer a mainstay in kitchens, but YOU can request a food waste bin from Jackie Searle (js426@clare.cam.ac.uk) – just please commit to emptying it regularly and giving it a quick clean (you can make a rota for your kitchen to share this responsibility and then no one has to do it too often if you’re averse)! Further, if we can perfect our waste management through composting and more recycling we can bump our carbon savings up to 139 tCO2/yr (5.6%)! We’re currently working on trying to get food waste bins as a mainstay with a trial in Clare Court – contact MCR Green Officer mcr-green@clare.cam.ac.uk if you’re interested in helping!
- If college reduce our heating during the holidays, we can reduce Clare’s carbon emissions by 1.5%. HOWEVER, if we all commit to lowering our thermostats even by a 1 or 2 degrees, we can push this further. In Winter try popping on some fluffy socks and another jumper before reaching to turn the thermostat up each time.

Ways to make a difference and get involved:

- Gardening and Clare Growers
  - Recently an allotment site at The Colony, a site for undergraduate accommodation off Chesterton Lane, has been developed. If you would like to be involved in running the allotment, please contact the Clare Growers Association, who meet on Sunday’s at 1pm (ld628@cam.ac.uk). If you are keen to set up a gardening scheme at your accommodation, please contact the current MCR Green Rep (ig397@cam.ac.uk) or the Head Gardener, Kate Hargreaves (kh527@clare.cam.uk). To keep updated with Clare Growers you can follow their facebook or instagram pages here: https://www.facebook.com/groups/1079601436102773 https://www.instagram.com/claregrowers/
- Green Cycle
  - The MCR has a space for new and old students to recycle items. It can be tempting to buy everything new for the year but do check out the greencycle cupboard (wood-fronted doors to the left of the gates as you enter Clare Court) as there are often plenty of pots, pans, etc
ready to be re-used. Similarly, at the end of the year, if you are returning home and no longer need household items, which are in good condition, please leave them in the cupboard for the following cohort. Please keep the cupboard tidy and please do not use it as a dumping ground for things that no longer work or that should be thrown out. To help avoid the build-up of endless clutter we’re in the process of setting up a group where people can post what they’ll leave in the cupboard, to help build awareness for what’s in there and what people may need! Students who do not live in Clare Court will need to ask the Porter at Memorial Court for a spare key to access the Court. Alternatively, you can contact the Green Rep.

- Recycling
  - It should always be possible to recycle paper, metals, glass and most plastics in provided recycling bins; look out also for the new crisp packet recycling bins. Many of the CO-OPs and bigger food stores around Cambridge. If you see the need for a recycling bin anywhere in college, please email the MCR Green Officer (mcr-green@clare.cam.ac.uk) or Jackie Searle (js426@clare.cam.ac.uk)

You can find more information in the Clare Goes Green guide made by the amazing Izzy!
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 for various knick knacks.
F: Lion’s Yard (Grand Arcade); shopping centre in the centre of town useful for things like phone 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

I: Mill Road; a bustling street full of shops and restaurants of all cultures! Here you can find Chinese supermarkets (Ocean and Cho Mee), a Korean supermarket (Seoul Plaza) and a range of Halal shops (e.g. Al Amin). There’s a number of fresh fruit and veg shops, such as Arunja. There’s also many different charity shops for those looking to grab themselves a vintage bargain!

J: 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.
E: Queen Edith’s and Netherfield House
F: Castle Court; Undergrad housing.
G: Clare St Regis
H: Clare Boathous
Meet the MCR Committee

President – Jasmin Bath (mcr-president@clare.cam.ac.uk)

Hi, I am Jas (She/Her). I am a third-year PhD student in American History and your MCR President for the 2022-2023 academic year. My main role is to represent you to the College. I oversee MCR committee activities and act as our liaison with College. I am here to help in any way I can. Never hesitate to send me an email or grab me for a chat (I am drinking coffee in the MCR most mornings haha). I am so excited to meet you all in October! Please reach out if there’s anything this guide fails to answer and/or any questions you might have.

Clare Love, Jas

Vice President – Tom Else (mcr-vicepresident@clare.cam.ac.uk)

Hi everyone, I’m Tom (he/him) and I am your MCR vice president for next year. I’m just about to start the fourth and final year of my PhD in the Cancer Research UK Cambridge Institute. My role is to support Jas and the rest of the committee, and to represent the views of the MCR in various college committees. I will also be organising some MCR stash towards the end of Michaelmas term, so keep an eye out for that. I’m also here to help you, so if you have any questions or concerns before you start, or any issues throughout the year, don’t hesitate to drop me an email and I’ll try and help as much as possible. Can’t wait to meet you all!
Secretary and Computing Officer - Bjarne Begh (mcr-secretary@clare.cam.ac.uk) (mcr-computing@clare.ac.uk)

Hi I’m Bjarne, a third year PhD student in theoretical physics, and as the Secretary and Computing officer I am responsible for making sure that the MCR Committee is as transparent as possible, and all MCR members are aware of everything going on within the MCR, be it events, news from college or important discussions regarding the future of the MCR. I am also responsible for the MCR website. If you have any inquiries, questions or problems you would like the committee to take care of, or anything you would like us to advertise for you, please just send me an email.

Treasurer – Constantin Waquet (mcr-treasurer@clare.cam.ac.uk)

Hello, I am Constantin. I am a Ph.D. student in chemistry and the treasurer for the MCR. As treasurer I am responsible for budgeting the MCR's finances and making sure that our spending stays on track. I will do this by updating the yearly budget for the annual general budget meeting and monitoring the spending from the various parts of the MCR. Payments the MCR makes for things have to be approved by me before they can be made and I am also the source of reimbursements for MCR related expenses. Please contact me on my email about anything you think I might be able to help you with. Feel free to also pull me for a chat if you would like to chat about stuff. I can also direct you to the right people in college about financial issues if that is helpful.
Social Secretaries ([mcr-socsec@clare.cam.ac.uk](mailto:mcr-socsec@clare.cam.ac.uk))

**Alyssa Crabb**

Hi! I’m Alyssa, a third year PhD student in Biochemistry and one of your Social Secretaries for this year. I will be organising your Freshers’ Week and formals on Friday throughout the year. We’re looking forward to welcoming you at Clare and giving you the best start to your time at Cambridge. We’ll be running some other fun social events but feel free to let us know if there are any particular events you want on. Feel free to email me or drop me a message if you have any questions!

**Arsham Nejad Kourki**

Let me write a pretty standard “about me”:

I am currently doing a PhD at the Department of History and Philosophy of Science working on the evolution of complex organisation in biological and sociocultural systems, which is my primary academic interest. I have a mixed training in biology and philosophy, with some expertise on early animal evolution.

Why am I this year’s social secretary? Mainly because I often find myself socialising with as many people as are around, inviting people to events, and sometimes running events myself. I also like doing a bit of paperwork (better learn to enjoy it before it piles up when I eventually enter the “real world”!)

When I’m not doing a combination of theoretical science and philosophy, I tend to be cooking, playing piano, drawing, playing RPGs, going climbing, or doing some yoga (not really exceptionally good at any of them).

Finally, I would like to point out that doing all the social secretary work cannot—and indeed should not—be a one (or even two) person job, so hit me (or Alyssa) up with your wonderful and fun social event ideas (which I’m sure will be better than mine). Let’s make Clare life as fun, inclusive, and memorable as all episodes of life should properly be!
Bar Managers (mcr-barmanager@clare.cam.ac.uk)

Matthew Feitelberg

Hello you beautiful people. I am Matthew and I will be one of your gorgeous bar managers for the next year. Over the next year Grant and I will do our best to keep the bar filled with cheap drinks, medium quality liquor, and good vibes. If you have any questions about how the bar works, want to request specific drinks, or maybe want to work for the bar, feel free to pop me an email.

Grant de Jong

Hello! I'm Grant. Alongside Mathew, I have been graced with the most holy of tasks: managing the MCR bar. As Mathew aptly put it, when it comes to cheap drinks, medium quality liquor, and good vibes, we've got you sorted. Please reach out if you have any requests or (even better) if you'd like to join us.

Welfare Officer and Library Officer - Tim Moy (mcr-welfare@clare.cam.ac.uk) (mcr-library@clare.cam.ac.uk)

G’day. I’m Tim (he/him), a mathematics PhD student from down under. More than anything else you’ll probably see me using the coffee machine in the MCR. I will be your library officer for this year. This means I can raise any concerns you have regarding the library, study spaces, or academic affairs with the college committee. In addition, I’m also one of the general welfare officers. The welfare team is always available for chats in confidence. I’m especially keen to see the MCR welcome our international students, as (as I have experienced) studying abroad can be a big adjustment to make. I hope to see you all in fresher’s week and beyond!
Welfare Officer – Jojo Benn (mcr-welfare@clare.cam.ac.uk)

Hi, I’m JoJo (somehow derived from Jonathan) and am one of this years general welfare officers for the MCR. I’m a fourth year PhD student in Clinical Neuroscience and so have been around for long enough to see what a brilliant, but at times stressful place Cambridge can be. As a member of the welfare team I’ll be around to discuss, signpost and help with any issues that might arise over your time at Clare so please feel free to reach out at any time.

Owen Taylor – Welfare (LGBTQ+) (mcr-lgbt@clare.cam.ac.uk)

Hello fellow queers, questioning individuals, and allies (talk Valentina). I’m Owen (he/him) and I will be your LGBTQ+ officer for Clare MCR over the next year. By day, I’m a second year PhD student in cardiovascular epidemiology (well, sometimes). By night, you’ll see me dancing round the MCR…when I’m not rowing at 5am.

As welfare officer for the LGBTQ+ community I will always be around to listen and chat with anyone who might have anything they wish to discuss. I will act as a point of contact and help direct people to other support options available at college, the university and around Cambridge.

I will also plan fun activities including queer bar nights, LGBTQ+ formal swaps with other colleges, and film nights. I look forward to getting to know you over the upcoming year🏳️‍🌈🏳️‍⚧️
Ellie Dunstone – Welfare (Disabilities) (mcr-disability@clare.cam.ac.uk)

Hi there!

I’m Ellie, and I’m a ???th year PhD student (I’m near the end, i promise...) in cancer genomics. Get in touch with any queries you have about disability, illness or neurodiversity-related things in college or the wider university, including dealing with the DRC or applying to the college or university for adjustments, support or funding. Really happy to have a chat with anyone whenever, about disability-related things or otherwise - just get in touch!

Ellie x

Mature Students’ Officer – Emma Gleave (mcr-maturestudents@clare.cam.ac.uk)

Hi everyone,

My name is Emma Gleave (ejg78), and I am the Mature Students’ Officer. Mature students are generally defined as students who have taken some time out between their undergraduate studies and matriculating at Cambridge and who are older than average.

I fit into this category as I am a retired solicitor who established my own legal firm and built it up to be one of the largest personal injury firms in the country. I am now studying in the History Faculty as a part-time second-year PhD student and am a keen rower for Clare.

Older students at Clare sometimes face different challenges from those facing younger students. I plan to create a Newsletter, organise regular social get-togethers, including a dinner and establish a mentoring scheme whereby new mature students would be mentored by a second-year plus postgraduate student. I also want to set up a social media platform such as Slack so that we can better communicate with each other.

Please email me on ejg78 and I will add you to the email distribution list for slightly older post grad Clare students. I need your email address to make this work!!
BAME welfare and Exchange Officer – Ekim Luo (mcr-exchanges@clare.cam.ac.uk) (mcr-bame@clare.cam.ac.uk).

Hi! I’m a PhD student in psychology. I organize formal swaps with other colleges. I’m also the BME officer, so if you have any BME-related inquiries or issues, please do reach out.

Admiral of the Punts – Glynn Maynard and Aliya Ali (mcr-admiral@clare.cam.ac.uk)

Hello everyone!

We are really excited to meet you all when you join us in Michaelmas. I’m Aliya (on the left) and I’m a third year PhD student. I read 8th and 9th century Arabic texts from a historical lens and work on the rise of Islam in the 7th century. I’m Glynn (on the right) and I’m a fourth year PhD student researching demon iconography in early 1st millennium BCE Iraq. We are the Admirals of the Punts, the bonny caretakers of Punty McPuntface, Clare de Lune and MCArk. We’re very serious about keeping our punts the sexiest MCR punts out on the Cam by ensuring they are safe and secure for your use. You’ll receive an email from us when you have your accounts set up with instructions on how to book and a list of rules and regulations.

Sports Officer – Hanna Bjone (mcr-sports@clare.cam.ac.uk)

Hello! I’m Hanna, this years sports officer and a second year PhD student in Pathology. Having rowed before coming to Cambridge, I joined Clare Boat Club in Michaelmas and have really loved taking part in Clare sports this year! As sports officer I will sort out sports equipment for the MCR and do gym inductions. Feel free to contact me about anything sports related and I will do my best to help.
Sam Hodder

Hi Everyone! My name is Sam (she/her) and welcome to Clare! I am entering the third year of my PhD in Biochemistry. One of the things that I love most about Clare is that you get to meet such amazing people that all research completely different areas. That is why I’m very exited to be coordinating Clareity this year (with Ross), which is a series of informal evening talks where MCR members present their latest research to the grad community – with pizza and wine of course. We will also have a college-wide symposium in March (more information to follow). If you are interested in presenting do not hesitate to email me. Hope to see you in our first Clareity Evening soon after the Freshers’ Week!

Ross McGinn

Hi everyone! I’m Ross, a fourth year PhD student in Biophysics and one half of your Clareity team this year. Sam and I are responsible for organising a series of talks throughout the year where MCR members (along with some fellows, alumni, and others) get a chance to informally present their work to the MCR community. We will also organise the Clareity Symposium (normally in March), which allows us to highlight the huge range of interesting research work done by members of the MCR. Both the regular talks and the symposium are a great opportunity to find out what everyone actually does all day, as well as a chance to celebrate each other’s work and achievements.

Quartermaster – Jack Kincaid (jwrk2@mcr.clare.cam.ac.uk)

Hello everyone! My name is Jack and I’ll be serving as your Quartermaster! Tasked with making sure the MCR is equipped with an assortment of biscuits, cakes, teas, and milks, my job is to keep our stomachs full and hearts happy. I’m from Saint Louis, Missouri in the US, and studied Nutritional Biochemistry and Metabolism at Case Western Reserve University. At Cambridge, I’m reading in Clinical Biochemistry, where I leverage molecular genetics and whole animal physiology approaches to investigate the genetic mechanisms underlying obesity and type 2 diabetes. Outside of academics, I’m an avid tennis player!
Accommodation Officer  *(mcr-accomodation@cam.ac.uk)*

Hey Everyone! I’m Sammie (she/her) and I’m your MCR Accommodation’s Officer. I’m starting the third year of my PhD in Haematology. My main role is to represent student’s views and interested to the College regarding Accommodation. I’m here to help you resolve any accommodation issues. Please always feel free to drop me an email or grab me for a chat, I’m very friendly I promise!

Green Officer – Izzy Greenhalugh  *(mcr-green@clare.cam.ac.uk)*

Hello everyone and welcome to Clare! I’m Izzy and I am the Green Officer at Clare (alongside going into the 2nd year of my PhD examining early infant neurodevelopment). I am involved in environmental and green matters across Clare including waste reduction / sharing schemes & recycling, access to more eco-friendly living plans and products, and further carbon neutrality plans in college. I am always open to further suggestions for how we can improve our carbon footprint and sustainability and if you have any suggestions or questions please don’t hesitate to get in touch! We have several empty roles on the committee for this coming year.
Join us?

Being part of the committee is a great way to get involved with the MCR, particularly if you’re only a one year Master’s student! Elections for the below positions will be held early in Michaelmas.

**First Year Officer – You?** ([mcr-1styear@clare.cam.ac.uk](mailto:mcr-1styear@clare.cam.ac.uk))

Interested in looking after and planning things for your fellow first years? We have two spots on our committee for First Year officers. Being on the MCR committee is a great way to get involved in life at Clare, so please consider running! Elections will be held early in Michaelmas Term!

**Welfare Officer- You?** ([mcr-welfare@clare.cam.ac.uk](mailto:mcr-welfare@clare.cam.ac.uk))

The role of the welfare officers is to ensure the MCR is an inclusive and welcoming environment. They look after the well-being of MCR students, providing the first point of contact for people struggling or just wanting a confidential chat. It is therefore important for the welfare officers to be visible and identifiable in the community. They work closely with the college nurse and sit in the broader Welfare committee meeting every term. Besides these broad specifications, the role is extremely flexible. It is up to the people in office to interpret it as they feel it is best for the MCR. Being on the MCR committee is a great way to get involved in life at Clare, so please consider running! Elections will be held early in Michaelmas Term!

**International Student’s Officer - You?** ([mcr-international@clare.cam.ac.uk](mailto:mcr-international@clare.cam.ac.uk))

The International Student’s Officer is part of the welfare team, and helps with issue that might arise from being an international student. They are the first point of contact for people with questions about visa, the national health system, UK life and other questions! Being on the MCR committee is a great way to get involved in life at Clare, so please consider running! Elections will be held early in Michaelmas Term!
Welcome to Clare!
Photo Credits

Cover Page: View of Clare from the Avenue—Lucia Arce Cubas

President’s Welcome: MCR President on Clare College, Bridge—Selena Lee

Page 5: The Clare College. Bridge, MCR during Eurovision and Christmas Formal—Aliya Ali, Clare College Instagram, Clare College MCR Instagram

Page 6: The Clare College flag flies high over the College’s front gates—Ran Huo

Page 9: A collage of photos taken of Clare College—Photos by Ran Huo, collage by Jonty Townson

Page 14: Clare College Great Hall set up for Graduate Formal Dinner at Christmas—Ran Huo

Page 17: Clare College Boat House—Clare College Instagram

Page 18: Old court in the sun, as seen through the Porters Lodge archway—Ran Huo

Page 23: Old Court in Autumn; Christmas Formal—Joslyn Felicijan, Clare College MCR Instagram

Page 26: Clare College Students in the Snow—Clare College Instagram

Page 28: Clare College W1 Boat 2013—David Point

Page 39: Clare College M2 2022—Owen Taylor

Page 40: The fireworks from Trinity College’s May Ball—Ran Huo

Page 30: Students drinking at the MCR bar—Navin Ramakrishna

Page 52: Rainbow in the sky over Clare College and Kings College—Clare College Instagram

Back Page: Students stargaze from within Clare College’s Old Court—Olly McMillan

Headshots and Committee Photo—Tobia Nava

University of Cambridge Freshers’ Events

Come to a relaxed and informal Freshers’ Event this summer, to help you prepare for university and make new friends before you arrive. Hear from current and former students about living and studying at Cambridge. Bring your questions and leave with information and advice from those who know what you’re going through. These optional events are hosted by alumni and take place around the world in August and September.

www.cam.ac.uk/freshers