



MCR Graduate Welcome Guide
2024–2025

MCR PRESIDENT'S WELCOME

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 Patryk, and 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!

We are very excited to welcome you to Clare during Freshers' Week, which runs from 4th of October to 13th of October. This freshers 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](#).

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,



Patryk Adam Wesółowski
Clare College MCR President 2024-2025



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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)
- 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 – 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! To book a punt, go to <https://punts.clare.cam.ac.uk>.

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 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'.

<https://www.clare.cam.ac.uk/current-students/tutorial-office/financial-information-grants-awards-and-prizes>

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, Karaoke Machine, and smart television.





CLARE COLLEGE

No cycles, dogs, radios or picnics

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 (<https://www.clare.cam.ac.uk/current-students/tutorial-office/financial-information-grants-awards-and-prizes/academic-related-awards-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 (accomodation@clare.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 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

Buses: 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 sometimes 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 the Clare accommodation office.

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 2023-24](#)'.

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 gowns 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 <https://www.clare.cam.ac.uk/current-students/tutorial-office/financial-information-grants-awards-and-prizes>. 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.

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>.

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 4th October to 13th October 2023 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 Jas, our disabilities officer at mcr-disability@clare.cam.ac.uk, or with Patryk the MCR President at mcr-president@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 *a/ways* sunny in England.
- **Some events require you to sign up** – keep an eye out for sign-up information so you don't miss your spot!



	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
	4-Oct	5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct		
9:00			Freshers' Welcome Chapel Service 9:30am									
10:00			Welcome Talks – Gillespie Centre 10:15am Tea & Coffee 10:45am College Welcome Talks 11.30pm MCR Welcome Talks		University Freshers' Fair					Holy Communion Mass		
11:00		Library Drop-Ins		International Event				MCR Coffee + Cake	Granchester Walk		PhD Coffee Morning + Families Event	
12:00				Welcome Brunch								
13:00				1:30 Tour of College Gardens			University Freshers' Fair	1:30 Tour of College Gardens		Buttery Brunch 12:00	Mixed Football	Yoga
14:00			Pub Lunch (Cambridge Brew House)		Library Tours ~30 mins	Library Tours ~30 mins	Library Tours ~30 mins	Plant Potting				
15:00												
16:00			LGBTQ+ Picnic (MCR)		Clare College Tour	Clare College Tour	Punting	Library Tours ~30 mins				
17:00				Punting								
18:00								Matriculation		Evensong 18:00		
19:00	Pizza in the MCR											
20:00												
21:00	MCR Welcome Bar Event 9.00 pm	MCR Welcome Party	Quiz Night	Bar crawl	Craft Night / Tea in Regis	Down to Funk - Cambridge Freshers Party	Whisky Tasting		Cocktails in the MCR	MCR bar open and Band in the Latimer Room 9.30 pm	Movie Night in the MCR	Karaoke
22:00												
23:00												

Friday 4th October

Pizzas & Welcome Event – MCR from 19:00

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 19:00-21:00!

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 21:00.

Saturday 5th October

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



Pastries 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 6st 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 10:15****

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. Tea and coffee will be provided in the garden room from 10:15, with the talks starting at 10:45.

Pub Lunch – Cambridge Brew House 13:45-16:00 – sign-up required

Come along with the committee from the welcome talks for a big group MCR lunch in a local pub. We will all walkover to Brew House together after the welcome talks finish, where there will be a free food buffet. As the capacity is limited, please book your space at <https://mcr.clare.cam.ac.uk/booking>.

Clare Freshers Fair – Great Hall 11:30-14:00

If you do not want to join for the Pub Lunch, the societies and sports teams of Clare College will be available in the great hall to tell you more about each of them and give you an opportunity to sign up.

LGBTQ+ Picnic – MCR 16:00-17:00

We gently invite all MCR and UCS members to join us for a picnic in the MCR. This will be a great opportunity to grab tea/coffee, snacks, and chat with each other in a friendly atmosphere! Everyone is welcome!

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 7th 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.

College Gardens Tour - meet in MCR at 1:30

The college gardeners will take you on a tour of the beautiful college gardens to showcase some of their fascinating plants and sustainable practices. This will be repeated on Thursday for those unable to make it. As capacity is limited, please book your place at <https://mcr.clare.cam.ac.uk/booking>.

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.

Bar 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 8th October

CSU Freshers' Fair – Parkers Piece 10:00-16:00

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.

Clare College Tour – meet in MCR at 16:00 – sign-up required

Alan, one of the porters, will provide a tour of Clare College, showing you everything you might need during your time here, while also telling you about all the mysteries and legends from Clare's 700-year history. This will be repeated on Wednesday for those unable to make it. As capacity is limited, please book your place at <https://mcr.clare.cam.ac.uk/booking>.

Down to Funk, Cambridge Freshers Party - Cellars

The MCR and JCR will be collaborating to throw an enormous welcome party in the Clare Cellars. Expect very fresh house and disco from some of the best student DJs around, and an excellent

opportunity to mix with the entire Clare student body across our much-loved JCR and MCR.

Craft Night – St. Regis Common Room at 20:00

Join us for a gentle evening learning to crochet if you want a night of relaxing and chit-chat. There will be lots of tea and biscuits.

Wednesday 9th October

CSU Freshers' Fair – Parkers Piece 10:00-16:00

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.

Clare College Tour – meet in MCR at 16:00 – sign-up required

Alan, one of the porters, will provide a tour of Clare College, showing you everything you might need during your time here, while also telling you about all the mysteries and legends from Clare's 700-year history. As capacity is limited, please book your place at <https://mcr.clare.cam.ac.uk/booking>.

Whisky Tasting – MCR at 20:00 – sign-up 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 will need to be pre-booked, please book your place at <https://mcr.clare.cam.ac.uk/booking>. This event will cost £15 for the whiskey.

Bar open from 22:00

The MCR Bar will be open after the whisky tasting. There will be plenty of people already drunk people from the whiskey tasking, so come and join them!

Thursday 10th October

Cake + Coffee Morning - MCR at 11:00

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.

College Gardens Tour - meet in MCR at 1:30

The college gardeners will take you on a tour of the beautiful college gardens to showcase some of their fascinating plants and sustainable practices. This will be repeated on Thursday for those unable to make it. As capacity is limited, please book your place at <https://mcr.clare.cam.ac.uk/booking>.

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.

Committee Cocktails - MCR bar from 20:00

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

Friday 11th 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 – sign-up required

Partners are invited to join the MCR committee for a separate dinner in the Small Hall. Unlike the main matriculation formal, this will not be free of charge and will have to be pre-booked. Look out for an email with booking information nearer the time or get in touch with Haley (mcr-maturestudents@clare.cam.ac.uk) if you have any questions.

Post Matriculation Party – Live Music – 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 live music 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 12th October

Buttery Brunch - 12:00

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.

Plant Potting Event – meet in Scholars Garden at 14:00

Could your new room use some plants to make it feel more like home? Join us for our relaxed plant potting event in the Scholars Garden, where we will provide soil, pots and plants and you can put together your own house plant to take home with you. There will also be copious tea provided.

Mixed football - Queens' pitches at 13:00

11v11 mixed game at the shared Clare/Queens' sportsground, all levels and abilities welcome! It'll be on a grass pitch so be sure to bring football boots if you have them, or otherwise trainers.

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.

Sunday 13th October

PhD and Mature Students Coffee Morning - MCR at 11:00



We invite PhD students as well as students with partners, families, and children to join us for a relaxed coffee break in the MCR. This is a great opportunity to meet others, share experiences, and plan future mature student and family-friendly events. All are welcome to enjoy a variety of coffees and cakes (with various dietary requirements catered for).

Yoga - 13:00 (Blythe Room, Castle Court)

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!

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.

Karaoke – MCR at 20:00

Come join us at the bar to sing your favourite songs before starting your first week of university courses. The bar will be open.

EVENTS AFTER FRESHERS' WEEK

- 11/10 Matriculation
- 18/10 Green
- 25/10 Oktoberfest
- 01/11 Halloween
- 08/11 Superhall
- 15/11 Regular
- 22/11 LGBTQ+
- 29/11 Christmas
- 07/12 Christmas

These may still be subject to change.

All the formals are postgraduate (MCR) formals, and you can book places for them at <https://mcr.clare.cam.ac.uk/booking>. Booking for formals opens usually at noon on the Sunday before, watch out for emails from our social secretaries with more information.



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 are normally several options available including vegetarian and vegan options as well as salad and sandwiches. On Friday lunchtimes they serve fish and chips, and on Saturdays they have brunch instead of breakfast and lunch. It’s a great way to just grab a casual meal, catch up with friends after work or to escape your department at lunch.

FORMAL HALL

Normally, College runs what’s called “formal hall” or just “formal” every weekday 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 formals will be held in the great hall, so we also expect these to be quite popular.

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 would like to learn more about Clareity please get in touch with our Clareity president, Gaël, at 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 first year students and try to accommodate all others, however, space is limited. 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 the MCR Accommodation Officer, Stefan, 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 a porter's lodge, depending on which building you live in they might have spare keys only in some of the porter's lodges, for St. Regis you should go to the Castle Court (formerly known as the colony) lodge.
- For room allocations or to change rooms: The accommodation office (accomodation@clare.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/departmental 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, 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 Thursdays. If you fancy working behind the bar then watch out for emails from our bar managers (Tom, Nikolas, Beth) 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 arise 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, Esther Linger (Registered Mental Health Nurse) and Naomi Walker (Registered General 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://calendly.com/health-wellbeing-centre>

THE MCR

Student Welfare Officers: Clare MCR currently has four welfare officers: Megan Armstrong (Welfare), Yasmin Begum (BAME), and Tom Lechmere (LGBTQ+), who are free for a chat, in confidence, at any time if you have any questions or just feel like a chat.

- Megan Armstrong mcr-welfare@clare.cam.ac.uk
- Yasmin Begum mcr-bame@clare.cam.ac.uk
- Tom Lechmere mcr-lgbtq@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 you 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

Our college nurses can also provide advice and support for physical health 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 local services. You can book an appointment with them here: <https://calendly.com/health-wellbeing-centre>

PRESCRIPTIONS

For most prescriptions you will need to pay £9.65 per prescribed item. For example, if you are prescribed antibiotics and anti-nausea medication, you will pay £19.30. 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 Linger](#), 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/current-students/health-wellbeing-service>

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 toilet on E staircase (under 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 sexually 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, Gonorrhoea, 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>
- Free chlamydia home test kits can be ordered online from <https://www.freetest.me/>

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 Hinchingsbrooke 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 Hinchingsbrooke Hospital.

The MCR website has a comprehensive section on [sexual health](#) which can be 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.

CONSENT¹

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.²

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

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

² For more information: <https://nottssvss.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 \(Sexual Assault Referral Centre\)](#). 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!³

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!

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.⁴

³ <https://isoc.co.uk>

⁴ <https://isoc.co.uk/life/isoc-prayer-room/>

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 Otziel 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 Sikhi. 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.

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.’⁶

⁵ <https://www.cambridgesu.co.uk/organisation/cusikhsoc/>

⁶ <https://www.cambridgesu.co.uk/organisation/7891/>

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!⁷

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 (mss53@cam.ac.uk). At the first Holy Communion service of term (8th October 2023) there will be a chance to hear more about the range of churches in Cambridge.

THE DECANI SCHOLAR

Hello, I’m Alex, and I’m the Decani Scholar at Clare. I’m from Australia, and a PhD student researching early Christian history and theology. I’m here with my wife Katie and 2 young kids; we don’t live in college housing, but if you see someone trying to keep up with a couple of little ones charging back and forth across the bridge, that’s probably me! Being Decani Scholar means that alongside my PhD, I also help the Dean (Mark Smith) with Chapel and the spiritual life of the college.



⁷ <https://www.cambridgesu.co.uk/organisation/8721/>

Chapel may seem a strange inclusion in the life of an academic institution - indeed, Cambridge feels eerily full of churches and chapels. But that's no coincidence. For centuries it was taken for granted that seeking knowledge in our academic disciplines went hand-in-hand with seeking truth in things divine. Many find that as they dedicate themselves to the life of the mind, Chapel still has something rich to add - whether that's a community of welcome, a rhythm to structure the week, a musical and aesthetic experience, a source of calm and support in the turbulence of life, a space to wrestle with deep questions or an opportunity to worship. It really is something special, and I want to invite you to experience any or all of that in the coming year.

Details about upcoming events and services can be found in the Chapel Termcard that will appear in your pidge, and there will be information in your emails and on posters around the place. Highlights to look out for include late-night "Compline" services by candlelight, and Advent services towards the end of term - and perhaps times to share wine, cheese, and conversation over a good book (details forthcoming!). Beyond the formal things, as Decani Scholar I'm also on hand just as someone for you to talk to about anything or nothing in particular; I'd love to catch up over a cuppa. For that, or any Chapel-related questions, you can reach me at adm83@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 appointed 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.”*⁸



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.



⁸ ‘Loretta Minghella OBE (1981) elected Master of Clare College, University of Cambridge,’ *Clare College Stories*, (November 2020) <https://stories.clare.cam.ac.uk/loretta-minghella/index.html>

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.



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 wellbeing 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.



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. Maciej 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.



Neil Lavender – 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.



Esther Linger and Naomi Walker - Health & Wellbeing Service

X Staircase, Lemer Court

Esther Linger (top) and Naomi Walker (bottom) are here to support you throughout your time at Clare. Esther is Clare's Head of Health & Wellbeing and a Registered Mental Health Nurse, and Naomi is a Registered General 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/current-students/health-wellbeing-service>.

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 our exchange officer (Adelaide) 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 find information regarding that here: <https://www.clare.cam.ac.uk/current-students/tutorial-office/financial-information-grants-awards-and-prizes> (at the time of writing this guide, the link to the form you are asked to fill out is

non-functional. If this is still the case when you access the form, please just send an email to tutorial@clare.cam.ac.uk instead).

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, Haley, together with previous Green Officers, has made a 'Clare Goes Green' guide which explains Clare's Eco goals, and how you can be more sustainable.

CLARE GOES GREEN'S TOP FIVE TIPS FOR SUSTAINABILITY IN COLLEGE

1. Try plant-based! Go for the vegan option in the buttry, or try that vegan formal! Reducing your consumption of animal-based food products where possible helps reduce the environmental impact of your meals immensely.
2. Keep an eye on your radiator! Feeling too hot? Or too cold? Learn to adjust the level of your radiator and, where possible, turn it off when you're heading out for a while.
3. Save energy! Bring a clothes airer to dry your clothes in your room. You'll also find yourself waiting for empty dryers a lot less often.
4. Reduce consumption! Save a bit of money by thinking twice before buying that one extra thing off of Amazon; it's often one extra thing you have to pack when moving out. And consider whether you can get what you need from the range of independent and charity shops around Cambridge.
5. Wash food packaging before recycling! Before recycling your empty tin cans or plastic food packaging, give it a rinse for just a few seconds under the sink.

ECO SCHEMES AT CLARE

- Discussions of taking ruminants off the buttry 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 the accommodation office (accomodation@clare.cam.ac.uk) – just please commit to emptying it regularly and giving it a quick clean! 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.

MORE WAYS TO MAKE A DIFFERENCE AND GET INVOLVED:

- Gardening and Clare Growers
 - **Gardening and Clare Growers:** If you would like to be involved in running Clare's allotment, please contact the Clare Growers Association (Id628@cam.ac.uk). If you are keen to set up a gardening scheme at your accommodation, please contact the current MCR Green Rep (mcr-green@clare.cam.ac.uk) or the Head Gardener, Kate Hargreaves (kh527@clare.cam.ac.uk). To

keep updated with Clare Growers you can follow their [facebook](#) or [instagram](#) pages.

- 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 cupboards in Clare Court (see picture below) as there are often plenty of pots, pans, etc ready to be re-used! Students who do not live in Clare Court and would like to use the Clare Court Cupboard will need to ask the Porter at Memorial Court for a spare key to access the Court. Alternatively, you can contact the Green Rep.

Please make sure to follow the following *Greencycle Cupboard Community Rules*:

- Please update this [spreadsheet](#) if you add or remove anything from the cupboard
- Please be mindful of what is already there. If there is a lot of a particular item, please don't add more.
- Please be thoughtful with how you use the cupboard. Don't put perishable, broken, or unclean items into the cupboard.
- Please sort your items into their designated spaces. Do not don't dump whole boxes into the cupboard, as it makes more work for someone else.



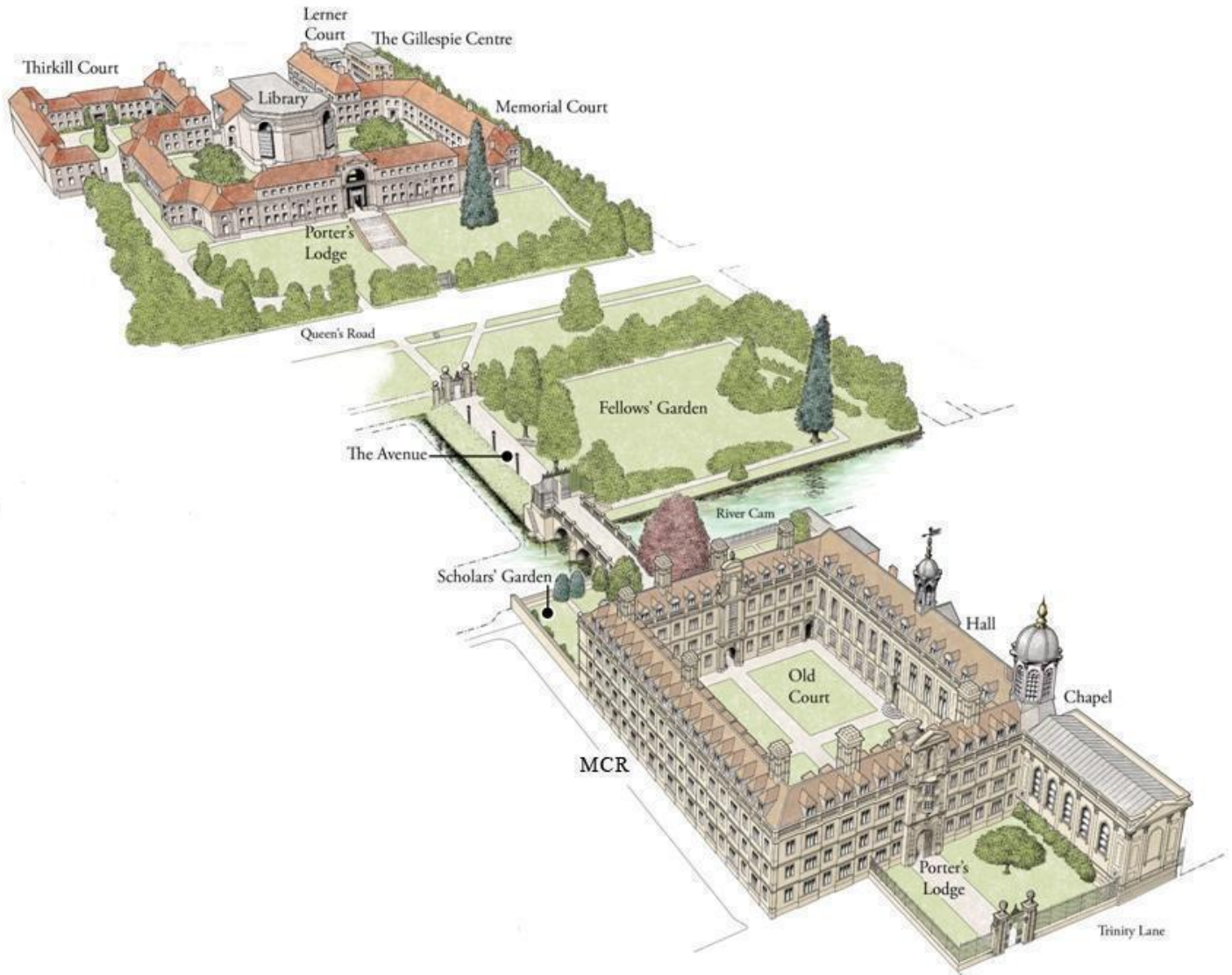
- Recycling

- When possible, please recycle paper, metals, glass, and most plastics in the recycling bins provided by College. Many Co-ops and bigger food stores around Cambridge accept soft plastics for recycling. 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 the accommodation office (accomodation@clare.cam.ac.uk)

You can find much more information in the [Clare Goes Green guide](#) online!

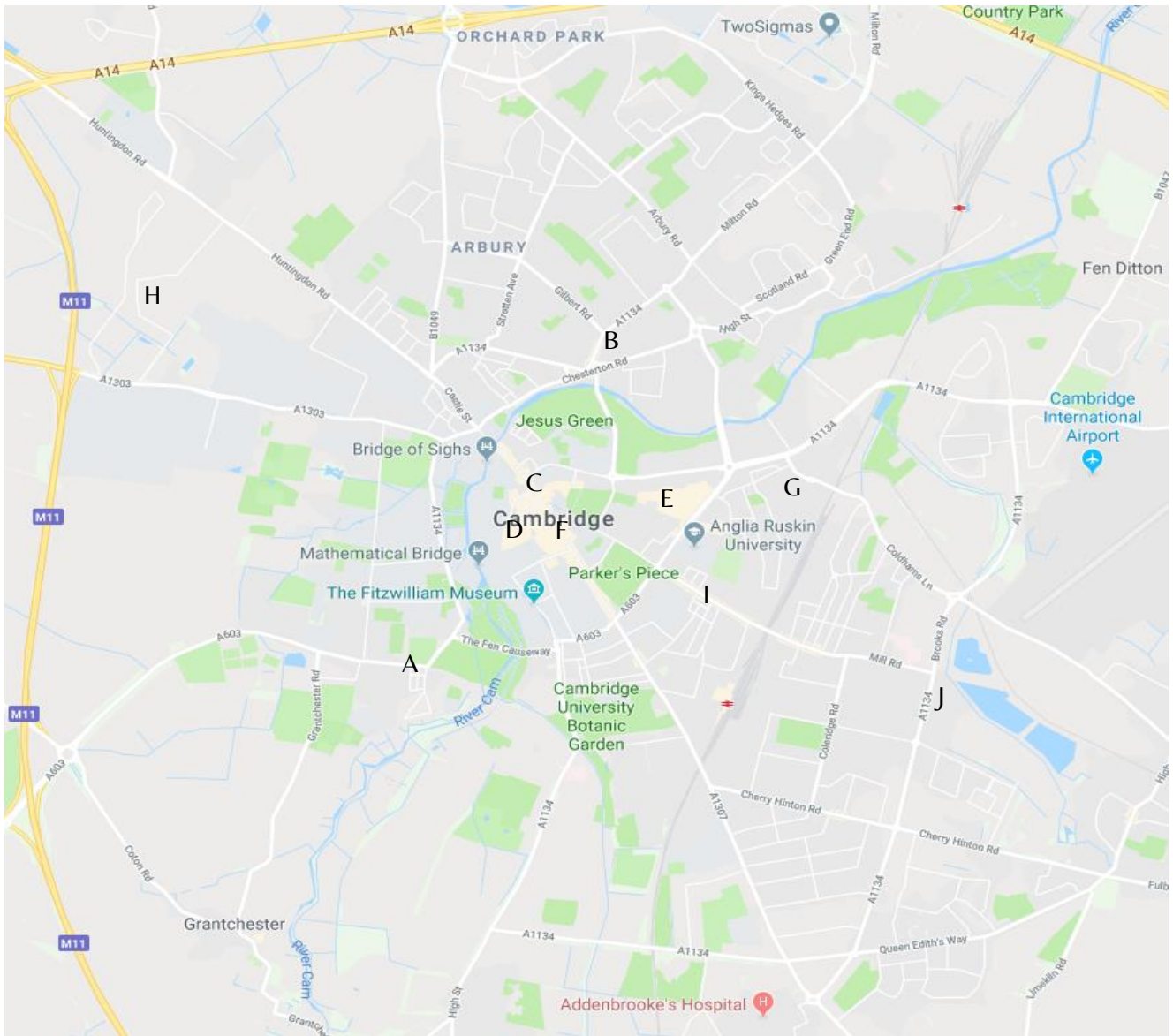
CITY AND COLLEGE MAPS

CLARE COLLEGE – OLD COURT AND MEMORIAL COURT



© 2009, Clare College, Cambridge.
Drawn by Jeremy Bays, www.art-work-shop.co.uk

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

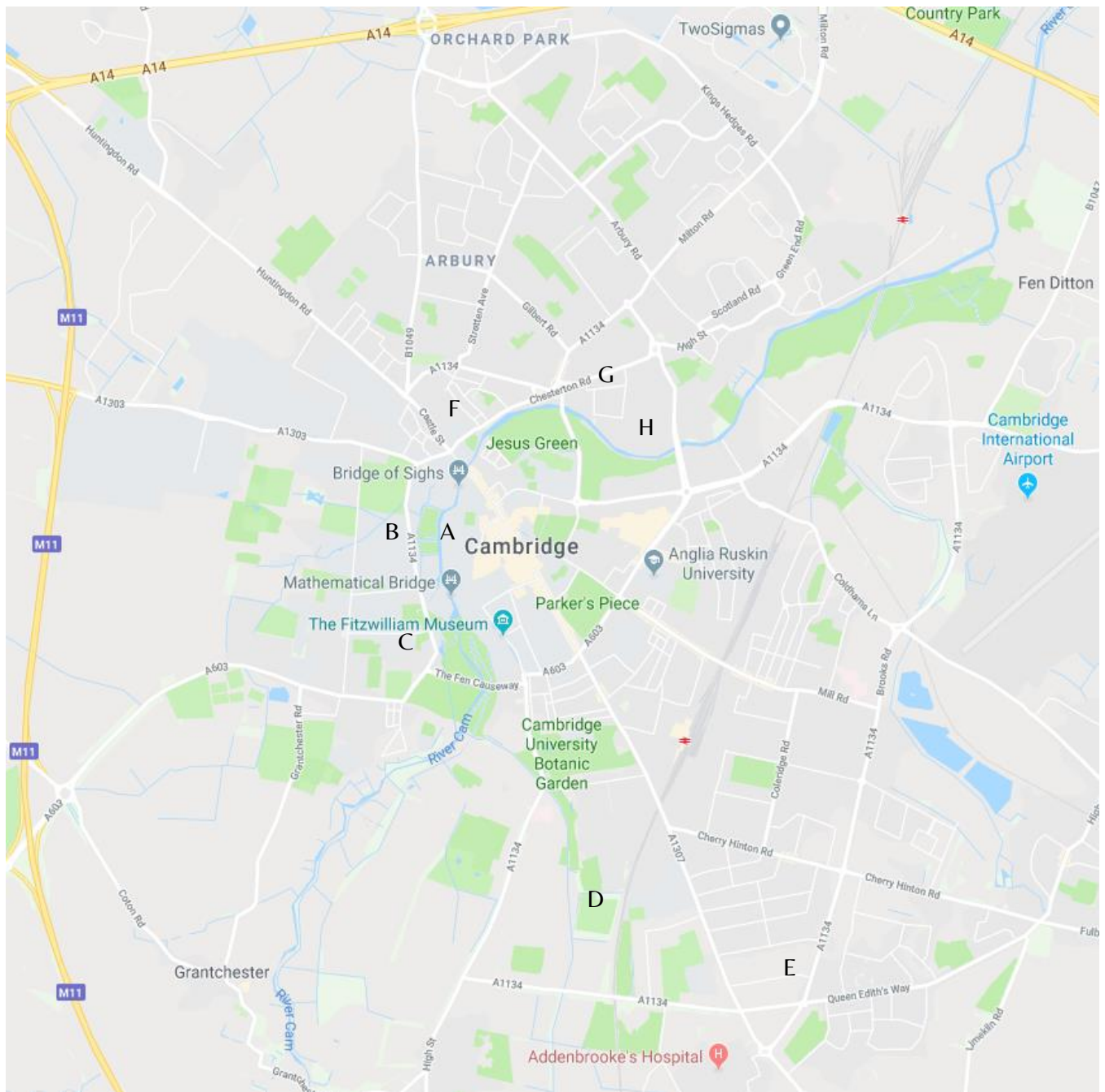
I: Mill Road; a bustling street full of shops and restaurants of all cultures! Here you can find Chinese supermarkets (Ocean and Cho Mee), a Korean supermarket (Seoul Plaza) and a range of Halal shops (e.g. Al Amin). There's a number of fresh fruit and veg shops, such as Arunja. There are also many different 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 Boathouse

MEET THE MCR COMMITTEE

PRESIDENT, INTERNATIONAL STUDENT OFFICER

Patryk Adam Wesółowski

(mcr-president@clare.cam.ac.uk, mcr-international@clare.cam.ac.uk)

Hi everyone! I'm Patryk, a third-year PhD student in Chemistry, and your MCR President for the 2024-2025 academic year. My role is to represent you to the College and ensure that our MCR is a welcoming and vibrant space for everyone.

Having served as Bar Manager, LGBTQ+ Officer, and International Student Officer last year, I've had the chance to get to know many of you and to see firsthand what makes our community special. This year, as President, I'm focused on continuing that work – making sure your voices are heard, organizing events that bring us together, and helping to create a supportive environment where everyone feels at home.

Whether you have a question, need support, or just want to chat, I'm here for you. You'll often find me in the MCR, especially during our Friday socials, so don't hesitate to come and say hello. Let's make this year a great one, full of fun, collaboration, and community spirit!



VICE PRESIDENT

Chiara Leadbeater (mcr-vicepresident@clare.cam.ac.uk)

Hello! I'm Chiara (she/her), a fourth-year PhD student in Chemistry and the MCR Vice President for this year. My role involves supporting other committee members and advocating for the MCR's interests, both in college committees and at the Cambridge University Student Union (CUSU) council. If there's a motion you'd like to bring forward, please don't hesitate to let me know! I also handle the MCR stash and am here to support students with any concerns. Whether you have a question or just want to chat, feel free to reach out or send me an email—I'm always here to help connect students with the college!



SECRETARY

Shamsher S. Bhangal (mcr-secretary@clare.cam.ac.uk)

My name is Shamsher. I am a History PhD at Clare, looking at modern Germany, and am the secretary to the MCR. I author the weekly MCR bulletin — *The Clare Times* — which normally comes out 11:00am on Sundays during term time. Most of what you'll need to know for the coming week, academic and otherwise, will be there.

It is one of our main communication mechanisms in the MCR — do keep an eye out for it.



TREASURER

Tim Moy (mcr-treasurer@clare.cam.ac.uk)

As treasurer, it is my job to oversee financing of our activities through the MCR accounts. You should have a say where your membership fee goes, so you should feel free suggest to the committee how the MCR allocates its budget. If what you have in mind is to the benefit of all members, there is a good chance we can support it. This is especially pertinent as we think about refurbishing the MCR as work begins on the southern wing of Clare. In addition, I represent the MCR on the colleges finance and investment committees.



SOCIAL SECRETARIES (mcr-socsec@clare.cam.ac.uk)

Capucine Mamak

Hello and welcome to Clare! I'm Capucine (she / her), a PhD student working on solar energy! I'm super excited to be one of your social secs this year and already have lots of fun plans in the works... If you have any other ideas for socials this year, then let me know and I'll be happy to see what I can do to make them happen!

One of the main tasks as social sec is organising the weekly MCR formals - a true highlight of the week! Come along on Fridays as these are a great way to see everyone and celebrate the start of the weekend. The MCR bar is normally buzzing with people afterwards and a fun place to have a catch-up or a dance.

Feel free to send me a message with any ideas you have or any questions!

Looking forward to seeing you all in the MCR very soon! :)



Ellie Williams

Hey everyone!

I'm Ellie and I'm a 3rd year PhD student in bioinformatics/computational biology. Along with Capucine, I'm one of the Clare MCR social secs this year which means we'll be putting together an exciting schedule of events from freshers week right through to next summer. As well as the weekly formals and bar nights that Capucine mentioned, we're keen to organise individual events that suit everyone's interests, whether that's theatre evenings, craft nights, day trips around the area or barbecues in the garden. We're always happy to hear what you'd like to see organised and any ideas for how the MCR can be the most fun and welcoming place possible so do get in touch if you'd like to chat!

See you around college soon!



BAR MANAGERS (mcr-barmanager@clare.cam.ac.uk)

Tom Lechmere

Also LGBTQ+ Welfare Officer

(mcr-welfare@clare.cam.ac.uk, mcr-lgbt@clare.cam.ac.uk)

Hi and welcome,

My name's Tom and I'm a second-year PhD student in clinical neurosciences.

I'll be one of your three esteemed bar managers for the coming year, meaning you'll very often see me in the MCR serving drinks and interacting with as many people as possible. We'll also be responsible for organising shifts for anyone who'd like to volunteer for bar work later in the year - so do say hello!

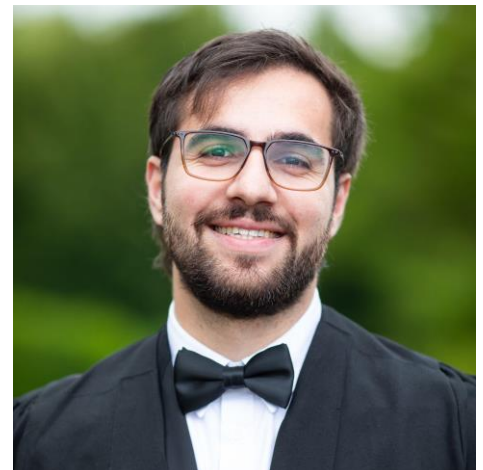
I will also be this year's LGBTQ+ Welfare Officer, meaning I'll be a port of call for any social issues you may experience (LGBTQ-related or otherwise). I'll be able to offer discrete advice and refer any concerns onto the appropriate people if need be.

Looking forward to meeting everyone and for the year ahead.



Nikolas Markozanis

Hi everyone and welcome to Clare! I am Nikolas and I am an MRes+PhD student in Stem Cell Biology. This year I will be the Bar Manager of our MCR Bar, alongside Beth and Tom. As one of your managers, I will make sure to keep the prices down, keep the vibes up and maintain Clare Bar's reputation as one of the best, inclusive and fun College Bars to be on a Thursday and Friday evening. I am looking forward to meeting all of you and chat over a drink or beverage. See you soon !



Bethan White

I'm Bethan (she/her), a second year PhD student in cancer genetic epidemiology, and I'll be one of your bar managers this year. Our job is to keep the MCR bar running smoothly, and to ensure that it remains a welcoming and vibrant hub for our community. Please do get in contact if you'd be interested in working on the bar!



WELFARE OFFICER

Megan Armstrong (mcr-welfare@clare.cam.ac.uk)

Hi everyone! Welcome to Clare! I'm Megan (she/her) and I am the welfare officer on the MCR committee this year. My role involves organising fun welfare events throughout the year to help distract from the stresses of postgrad life such as movie nights, coffee mornings and arts and crafts nights. I'm also able to help point you in the right direction of where to get mental health and wellbeing support throughout the college as well as being around for a cup of tea and a chat myself. I look forward to meeting you all and hope I can make sure you find Clare College to be the welcoming community I know it to be 😊



WELFARE (BAME)

Yasmin Begum (mcr-bame@clare.cam.ac.uk)

Hey Clare! I am a final year PhD student focusing on economics education. I am looking forward to being your BME officer again. Last year, I hosted a few BME events throughout the academic including an inter-collegiate BME formal, welfare coffee and cake and a lovely painting workshop. If you have any ideas for BME socials or if you have any enquiries/issues, please feel free to get in touch, I look forward to meeting you at our MCR freshers events :)



MATURE STUDENTS' OFFICER

Tara MacMahon (mcr-maturestudents@clare.cam.ac.uk)

Hey, hey! I'm Tara (she/her), a third year PhD in Education student whose ongoing research focuses on rape culture prevention education and masculinity in crisis. As this year's Mature Student Officer, I'm here to represent and support those who fall under our 'mature' category at the MCR. This includes anyone pursuing a PhD, those who are a bit older than the average student (25+), those with families, or those living in private accommodation. My goal as your Mature Student Officer is to create a welcoming space where we can connect, share stories about our youth and the 'good ol' days', and foster a supportive community that celebrates our unique experiences. If you have any questions or concerns throughout the year, please don't hesitate to reach out. I look forward to meeting y'all soon!



EXCHANGE OFFICER

Elisa Earle (mcr-exchanges@clare.cam.ac.uk)

Hi everyone! My name is Elisa (she/her) and I'm a 5th year vet student. As your exchange officer, I'm responsible for organising formal swaps with other colleges so you can get a taste for what formals outside of Clare are like. Please let me know if there are any colleges you'd particularly like to swap with, and I'll try my best to make it happen!



SPORTS OFFICER

Justin Tan (mcr-sports@clare.cam.ac.uk)

Hello, my name is Justin - a PhD student studying the geometry of strange spaces. I also like to study the geometry of the real world through sport - an excellent way to decompress from the rigors of postgraduate work. Clare is blessed with an abundance of friendly teams at all levels in the popular intercollegiate sporting competitions - feel free to get in touch anytime with questions about how to join or general questions about sport facilities either at Clare or the wider University.



QUARTERMASTER

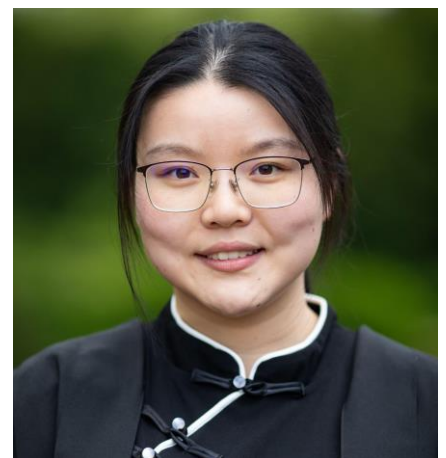
Xinran Mao (mcr-quartermaster@clare.cam.ac.uk)

Hello everyone! 🍪🍵

I'm Xinran, a second-year Plant Sciences PhD student here at Clare. This year, I'm taking on one of the tastiest roles in the MCR committee as Quartermaster! I'm in charge of keeping the free tea, coffee and biscuits stocked in the MCR.

Got a biscuit you love or a special request for milk? Let me know! And if you ever have any questions, concerns, or just want to chat about life at Clare, please feel free to reach out — we can even bond over a cup of tea and a biscuit!

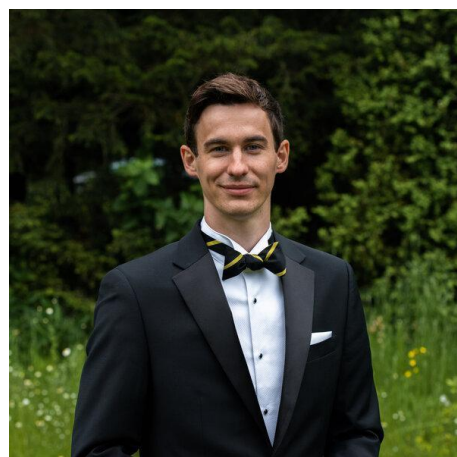
Looking forward to keeping everyone fuelled and happy this year! 😊



ACCOMMODATION OFFICER

Stefan Schöpf (mcr-accomodation@cam.ac.uk)

Hi, my name is Stefan (he/him)! I am a third-year Engineering PhD student doing research in machine unlearning and LLM agents. I'll be the accommodation officer this year and am happy to hear from you regarding any (accommodation) ideas to improve life at Clare. Feel free to reach out anytime!



GREEN OFFICER

Haley Perkins (mcr-green@clare.cam.ac.uk)

Hello! I'm Haley (she/her), a third year PhD student focusing on Philosophy of Education and Environmental Education. As your Green Officer, I'll be involved in sustainability, garden, and other green matters across Clare including waste reduction, carbon neutrality plans for college, the Clare Goes Green student society, and a new Clare Gardens education project. The MCR also has a gown resale scheme where we buy back gowns from students finishing their studies to sell on to new students, so if you're looking for a gown to buy or sell, do contact me! For tips on how to be more sustainable during your time in college, or to learn about what Clare is already doing to lower our environmental impact, you can check out the Green tab on our MCR website. If at any time you have ideas for how we can push the MCR community and college more widely towards more sustainability, I'm all ears!



LIBRARY OFFICER

Claire Saint-Amour (mcr-library@clare.cam.ac.uk)

Hi! I'm Claire (she/her), and I'm very excited to be serving as your Library Officer this coming year! My job is to serve as a liaison between the MCR and the Forbes Mellon Library and I can help with any questions and concerns about library stock, programming, and resources. Outside of the MCR, I'm pursuing a PhD in Classics with a focus on imperial Greek rhetoric.



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)

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)

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!

Disabilities Officer – You? (mcr-welfare@clare.cam.ac.uk)

Part of our Welfare Team, the disabilities officer is the first point of contact for students who have any disability related queries or issues. They can point students in the right direction for where to go to get support, helping them through the navigation of the somewhat rather confusing College/Department/University set up.

Admiral of the Punts – You? (mcr-admiral@clare.cam.ac.uk)

Do you enjoy punting and want to help with organising Punts at Clare? The Admiral of the punts looks after the College punts in collaboration with the JCR. Normal tasks include making sure the punts are in good conditions, managing online bookings and punts availability, and dealing with other special requests (e.g., weddings, garden parties, may ball). Punts are usually available from April to November, meaning that the Admiral is busy only in this time of the year, while still being part of the committee for the other months. Everyone loves our punts, and you will feel rewarded and satisfied by helping students and fellows enjoying punting at Clare. 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!

Clareity President – You? (clareity@clare.cam.ac.uk)

Do you have a passion for academic research and enjoy bringing people together? The Clareity President is responsible for organizing a series of talks throughout the year in the MCR, where members (as well as some fellows, alumni, and others) present their research. You'll also take the lead in organizing the annual Clareity symposium (normally in March), which highlights the research work done by MCR members in the college. This is an excellent opportunity to discover what your fellow MCR members are up to when not at the bar, as well as to celebrate each other's work and accomplishments.

Computing Officer – You? (mcr-computing@clare.cam.ac.uk)

Are you fluent with computers and interested in maintaining our online presence? Join our Committee as the new Computing Officer! You'll be responsible for managing our website, ensuring it stays up-to-date, and keeping our members informed about events, resources, and news. It's a vital role that supports the entire MCR community by making sure everyone has easy access to the information they need.

Welcome to Clare!



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