



MCR Freshers' Guide
2026-2027

Dearly beloved freshers, **Welcome to the friendliest College in Cambridge!**

Our Middle Combination Room (MCR) is the graduate student community, the common room in the E Staircase of Old Court, and the social home for many postgraduate students. I am honoured to have been elected the President of this community.

This is an especially significant year for our College, as it is the 700th anniversary since our foundation and dedication to the Blessed Virgin Mary of the Annunciation in 1326. Lady Elizabeth de Burgh of Clare, in our statutes, seeks to 'promote education, religion, learning and research in a community of scholars'.

So much has changed - and yet the communal search for truth, goodness, and beauty remains constant at Clare. Now, it is your home. At Clare, I have met so many wonderful people, talked with almost every postgraduate student, and made so many good friends.

Although we come from all across the globe, from all walks of life, the MCR is a family - we learn from each other in Clareity talks; we dine together at Formal Hall; and we encourage one another in the pursuit of truth and beauty over a cup of tea in the MCR.

We are so hyped to welcome you to Clare during Freshers' Week (from Saturday 3rd to Sunday 11th of October). This freshers' guide has been put together by students to help you to find your way around and plan your move and explore the city. I want to congratulate you again and we cannot wait to meet you! If you have any questions please feel free to contact me or any other Committee Representative.

We're really all friendly so don't be afraid to chat when you see us around! 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.

With Clare love,

Sea Yun Pius Joung,
President of the MCR
mcr-president@clare.cam.ac.uk



[@SeaYun_Pius](https://www.instagram.com/SeaYun_Pius)
[@MCRClare](https://www.instagram.com/MCRClare)

Meet the Committee

Vice President

Nikolas Markozanis

Treasurer

Elliott Kasoar
(he/him)

Secretary

Max Hanauske



PhD in Stem Cell Biology PhD in Engineering

mcr-vicepresident@clare.cam.ac.uk

Hi everyone! I'm Nikolas, or Nik, a first-year PhD student in Stem Cell Biology working on colorectal and pancreatic cancer initiation. My role is to support the MCR President and Committee and to help fostering a supportive and inclusive environment that everyone will end up calling 'home' by the end of the year. Each term, I will organise the MCR stash drops (local slang term for merch), so keep an eye out if you'd like to order our affordable and stylish Clare apparel. Looking forward to meeting you!

mcr-treasurer@clare.cam.ac.uk

Hi everyone! I'm Elliott, a second-year, part-time PhD student in Engineering, and your Treasurer. My role is to oversee MCR accounts that fund MCR-run events & facilities, including proposing the budget in Michaelmas for the upcoming year. Ultimately, this money comes from your membership fees, so please do not hesitate to get in touch with me or other members or the committee with any ideas you have. In addition to this, I represent the MCR on the College Finance and Investment Committees, ensuring that your voices are heard.

PhD in Engineering

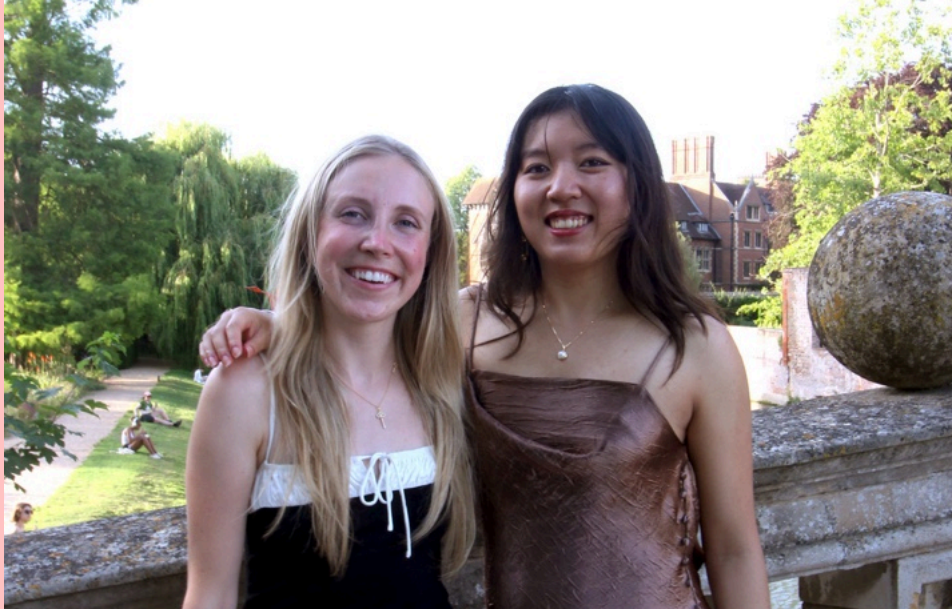
mcr-secretary@clare.cam.ac.uk

I'm Max, a PhD student in Engineering researching high-throughput characterisation and process monitoring of next-generation semiconductor materials. As your Secretary, I'll be keeping everyone up to date with MCR events, opportunities, and college news, so keep an eye on your inbox and feel free to get in touch for any comms questions you have! Outside research, I love traveling and practice Taekwondo whenever I can, so if you're interested in martial arts, come and visit me in the dojang!

Social Secretaries

Libby Eggemeier

Kyra Wu



PhD in History

PhD in Sensor Technologies & Applications

Hi, I'm Libby! I'm a history PhD student researching counterterrorism during the Troubles in Northern Ireland.

I'm excited to be one of your Social Secretaries and my main goal is to make sure you have plenty of opportunities to step away from your desk, make new friends, and recharge. From a packed Fresher's Week schedule to weekly Friday Formals and informal term-time gatherings, we can't wait to welcome you and help you feel at home in the MCR.

Have an idea for an event? Kyra and I would love to hear it!

Hi! I'm Kyra, a second-year Sensors Technology CDT student. Alongside Libby, I'll be one of your MCR Social Secretaries, bringing our community together through Freshers' Week, Friday Formals, and other events throughout the year. I'm also a Clareity co-editor with Dory. We organise Thursday Clareity Evenings, where MCR members can share their research, hobbies, or interests over free pizza, as well as the Clareity Symposium! We also hope to offer practical "how-to" sessions throughout the year. Above all, we want to celebrate what makes Clare special: you! If you have ideas for events or activities, we'd love to hear!

Bar Managers

Felix Fromentin



PhD in Earth Science

Hello! I'm Félix, I am studying for a PhD in Earth Science (looking at Engineered geothermal systems), and I am going to be one of the three wonderful bar managers. The MCR bar is a great place to meet people and have a drink, and I am excited to see all the new faces this year. So whether in the bar or out in the gardens please do come and say hi!

Tom Godfrey



PhD in Italian Studies

Hi, I'm Tom - one of your three bar managers this year! I hope you see the MCR as a welcoming space for you to come and hang out with our wonderful community. If you would be interested in working behind the bar, please don't hesitate to get in touch!

mcr-barmanager@clare.cam.ac.uk

Sheena Mali



PhD in Biotechnology

Hi everyone! I'm Sheena, a second-year PhD working in DNA nanotechnology. I'll be one of your bar managers this year and will be around to ensure bar operations run smoothly. The bar is a vibrant and open community so we warmly encourage anyone who may be interested in having a go at volunteering to please reach out. Looking forward to getting to know you all and to a fantastic year ahead!



Welfare Officers

lgbtq+

Tom Lechmere

Elina Paivinen

& Exchange Officer

Nils Lauermann



PhD in Clinical Neurosciences

My name's Tom, and I'm a 4th year PhD student in Clinical Neurosciences. I'll be Clare's LGBTQ+ Officer for the coming year, a role I've held for the previous two years. I'll be an early port of call for any welfare issues, LGBT-related or otherwise. I'll be able to offer you discreet advice, and refer you onto relevant sources of support if need be. I was also one of the bar managers for the last two years, and will often be found helping behind the bar (for old time's sake) - so do come and say hello - and best of luck for the year ahead!



PhD in History

Hello! I'm Elina, one of your Welfare Officers this year. I'm here to be a friendly and approachable point of contact, so if you need someone to help you find the right resources or you're just looking for a chat over a cup of tea, please feel free to reach out at any time. You're also warmly invited to join various Welfare events that Nils and I will be organising over the next year - we hope these can give everyone a chance to relax and to feel connected to our college community!



PhD in Comp. Sci

I'm excited for the upcoming year, which will sadly be my last at Clare. No use in lamenting; instead, I'll work hard to make it a memorable one for everyone in the MCR. As one of your welfare officers, I am always available for a chat if you're facing any issues in College or elsewhere. A college is defined by its members, and at Clare our community is made up of some of the friendliest people. Nevertheless, other colleges also have nice people, and as exchange officer I will bring you together with other colleges over formal dinners or on other occasions.



Admirals of the Punts

<https://mcr.clare.cam.ac.uk/punts/>

admirals@clare.cam.ac.uk

Jona Nägerl



PhD in Applied Mathematics

Hi, I'm Jona, a third-year PhD student in Maths and this year's Punt Admiral. If you don't find me pretending to work while drinking too much coffee, I am probably on the river! So if you like to learn more the fine art of spending your days drifting on the Cam, reach out!



Simeon Hatzopoulos



PhD in Physics

I'm a third-year PhD student in Physics, with a research focus on the numerical modelling of contrails and their impact on global warming. Outside of that you can find me rowing and punting! As this year's Punt Admiral alongside Jona, I am here to manage and maintain the punts so that everyone at Clare can take them out on a scenic glide through the river colleges. Feel free to contact us if you have questions about how to take out the punt, or need a punting crash course.



Accommodation

Anna Marija Sumrova



PhD in Chemistry

mcr-accommodation@clare.cam.ac.uk

Hi! I am Anna, and I will be your Accommodation Officer this year. My job is to help make your living arrangements at Clare feel as comfortable and homely as possible. Please feel free to reach out if you have any ideas, questions or concerns about your accommodation. Outside Clare, you will probably find me ~~doing my PhD~~, watching memes. So, if you ever have trouble getting hold of me, include a meme in your email or message and it may help streamline my reply.

Computing

Celeste Cohen
(she/her)



PhD in Bioinformatics

mcr-computing@clare.cam.ac.uk

I'm Celeste and I'm a PhD student in bioinformatics studying gynaecological conditions. I'm this year's computing officer so I handle all things website and IT. I also represent the MCR at the college Computing Committee meetings. If you have any issues with the MCR website or would like to raise anything in particular to the college, let me know! I'm always around to help:)

Clareity Co-Editors



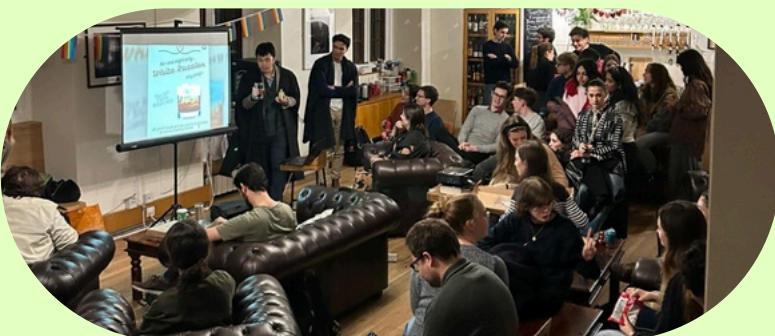
What is Clareity?

Clare is home to Clareity, a relaxed series of talks by postgrads in our lovely MCR. Fortnightly on Thursday, two speakers (one STEM, one humanities) share a short presentation on research (past or present) or another topic of interest to them. The bar is open, with a signature cocktail themed to the presentations. These events are intended to be relaxed spaces where MCR members can learn more about their friends' research and ask non-expert questions. This year we are also excited to be hosting practical sessions, geared towards sharing skills within our MCR community.

Clareity also organises a symposium, which will occur on 18 March. This all-day event brings together an exciting lineup of speakers from the MCR, organisations in Clare, and the MCRs of our Oxford sister colleges, and it is followed by a formal dinner (free for speakers). This is a great opportunity to share your work with a wider audience and meet more people in our community.

Please do not hesitate to reach out if you have any questions about Clareity or are interested in presenting this year! We would love to hear any and all ideas and to discuss the best venue for sharing them with our community.

Turn to Pg. 24 for the Termcard!



Dory Johnson
(she/her)



MPhil in the Conservation of Easel Paintings

with a special interest in historic pigment production and use

Because my field is three subjects in one, interdisciplinary thinking and collaboration are near and dear to my heart. I look forward to discussing dialogues between different subjects in the Clareity symposium (Lent term! Relaxed conference vibes! Formal dinner!) and fortnightly presentations (every other Thursday! Free pizza! Great vibes!) this term. I am also excited to explore the ways that our MCR community can share tacit—as well as academic—knowledge with each other this year through practical Clareity sessions.

See you in the MCR (Every other Thursday! No joke add it to your diary!).

Kyra Wu



I'm also social sec!
Find my bio on pg. 4

Join us!

Several new positions will be opened up for election in the Fifth Week of Michaelmas Term.

The MCR Committee is a great way to get involved with the MCR community and have a say about all things MCR, especially if you're only a one-year master's student! Being part of the Committee comes with a lot of responsibility and commitment and a few privileges.

Some of the MCR Committee privileges include early access to formal bookings and more!

Greens Officer

Responsible for Environment & Sustainability initiatives in College and representing the MCR on the College Environment Committee

Sports Officer

Responsible for coordinating different College sports events including the Sports Day with the Sister Colleges in Oxford (St Hugh's and Oriel). The Sports Officer performs Gym Inductions and also advertises sporting opportunities in close collaboration with the different College and University sports societies

First Year Officer

Interested in looking after and planning things for your fellow first years? We have one spot on our committee for a First Year officer. Being on the MCR committee is a great way to get involved in life and get to meet other people at Clare, so please consider running!

Mature Students Officer

Supports students that are slightly older in age but still youthful in spirit - often helps provide solutions to specifically mature student concerns such as settling in with a family

Cultures Officer*

Responsible for working collaboratively with international students, the library, and various cultural aspects of College life, including collaborative work with the choir, chapel, Clare Literature Society, as well as organizing cultural activities of interest for the MCR

Returning Officer & Quartermaster*

Responsible for coordinating Elections, as well as working to keep the MCR room itself in good order, especially by keeping it stocked with tea and coffee and biscuits



What to Bring



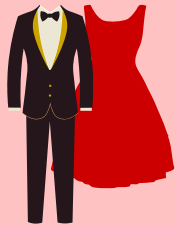
POWER ADAPTORS

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



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 for around £40 or buy them 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, MUSICAL INSTRUMENTS, & ANY HOBBIES

You'll likely find people who share your interest in particular sports, music, or other leisure activities. 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.



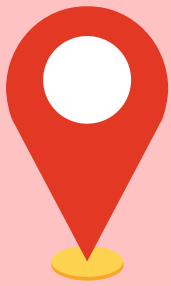
BEDDING

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 (accommodation@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>.



Travel to Cambridge

AIR

Stansted Airport is closest to Cambridge

Cambridge is well connected to London
(and therefore to all London airports)

Luton is the most inconvenient to Cam

GROUND

Train from Stansted is cheap and 30 mins

Train: £8-15; 30 mins (direct)

Taxi: ~ £60; 50 mins (direct)

Bus: £8-11; 50 mins (direct)

**From Heathrow, Bus is direct & cheap,
but you may have a long wait**

Train: ~ £50; 2 hrs

(LHR → Lond. → King's Cross → Cam)

Taxi: ~ £150-200; 2 hrs (direct)

Bus: ~ £30; 2.5-3 hrs (direct)

If you're arriving late at night, you'll have to take a bus or taxi, as the Tube doesn't run after midnight

New direct train from Gatwick to Cam!

Train: £35; 2 hrs (direct)

Taxi: ~ £150; 2 hrs (direct)

Bus: £40; 3 hrs (direct)

Top Tips:

- Download the Trainline App and get a 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
- Book a bus ticket and check the schedule on the National Express Website
- Be considerate of the environment & sustainability when travelling to Cambridge



Your first few days...



PICK UP YOUR KEYS AND ID FROM THE PORTER'S LODGE

The Tutorial Office will send you the Postgraduate Guide and Welcoming pack via email (check any emails from Yuanyuan, yz775@cam.ac.uk). This will contain some useful forms and information. Your student ID Card will be ready to collect from the 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

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. 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 using tokens.



BUY BEDDING & 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), 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!

You are required to have a gown for matriculation and graduation, and most people wear a gown for Formal Dinners in the Great Hall. It is one of our many great traditions at Cambridge. 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

A new one will cost £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). At Clare MCR, we have a gown resale scheme, so keep an eye out for emails from our Green officer, Elina (mcr-green@clare.cam.ac.uk).



CONSIDER GETTING A BIKE!

Even the furthest walk across town is only around 30-45 minutes, but it's 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 – they'll normally be in the order of £100-200. 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 at the College.

Clare subsidises up to £20 towards a helmet and up to £10 towards bike lights, so keep your receipts for these and submit them to College: <https://www.clare.cam.ac.uk/current-students/tutorial-office/financial-information-grants-awards-and-prizes>. You'll also want a strong "D" lock as bike thefts are common.



BANKING

A vast majority of the ATMs in the UK do not charge a transaction fee. You can organise your finances and make payments to other UK accounts through electronic banking.

Ask for student options and 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 easier.

In order to create a bank account, you need to set up an appointment. Queues will be long during Freshers' Week so get there early as there will be a limited number of 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> (please send an email to tutorial@clare.cam.ac.uk if the link is not working for you).

The major banks around town are Barclays, HSBC, Lloyds, NatWest, Nationwide, and Santander.



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 (which you would have since you followed my instructions above) and proof of address. Many international MPhil students just keep their foreign SIM cards in place, but depending on your deal, you can get something good at Vodafone, O2, or Giffgaff.



REGISTER WITH A GP (PRIMARY CARE MEDICAL DOCTOR)

The UK has a nationalised universal healthcare provided through the National Health Service (NHS). Appointments are free and you can use the NHS App to book appointments once you have registered with a GP. We encourage all students to register with a Cambridge GP. The closest is to the College and Clare Court is Newnham Walk Surgery [Newnham Walk Surgery](#) and the closest to St Regis is the [Red House Surgery](#). For NHS advice for students see [Getting medical care as a student - NHS](#) including vaccinations and the Disability Support Allowance. Physiotherapy is available via Dynamic health. Anyone registered with a Cambridge GP can make a [physiotherapy self-referral](#) via their website.

STUDENT DISCOUNTS

Check 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>.

There are also lots of discounts available on the **UniDays App**, which gives you discount vouchers for all sorts of things including M&S Food, Wasabi, Starbucks, Black Sheep, Deliveroo, and more!

A similar app is **Student Beans**, which is the only way to get a student discount at Honest Burger!

It never hurts to try using **your Camcard** to ask for a student discount. Lots of places in town give student discounts like this!



Fun Fact! Honest Burger (where you can get a 20% Student Discount with Student Beans used to be a pub where our alumnus Thomas Merton used to drink

Freshers' Week

Some events require you to sign up

To book MCR events, visit:

[https://mcr.clare.cam.ac.uk/
internal/events/upcoming/](https://mcr.clare.cam.ac.uk/internal/events/upcoming/)

Freshers' Week Timetable 2026

Key: Optional Events: Booking Required Optional Buttery Catering Highly recommended Mandatory All events are reserved for MCR members only except where 'Guests welcome' is included.

Time	Saturday 3-Oct	Sunday 4-Oct	Monday 5-Oct	Tuesday 6-Oct	Wednesday 7-Oct	Thursday 8-Oct	Friday 9-Oct	Saturday 10-Oct	Sunday 11-Oct
8:00			Buttery open for breakfast (08:00-09:00)	Buttery open for breakfast (08:00-09:00)	Buttery open for breakfast (08:00-09:00)	Buttery open for breakfast (08:00-09:00)	Buttery open for breakfast (08:00-09:00)		
9:00		Freshers' Welcome Chapel Service Chapel (9:30)							
10:00		Welcome Talks (Gillespie Centre in Memorial Court) Tea & coffee (10:15) College Welcome Talks (10:45) MCR Welcome Talks (11:15-11:45) 15 minute comfort break Consent Workshop (12:00-12:30)	Granchester Walk Location: Meet at MCR	University Freshers' Fair (10:00-16:00)	Campus Coffees Locations: Sidgwick Addenbrookes West Hub CMS	Library Tour - Forbes Mellon Library	Coffee Crawl Location: Meet in Clare College River Room	Botanic Gardens* *Student ID required for free entry. Meet at entrance to the Botanic Gardens	Holy Communion (Anglican) Location: Chapel
11:00					University Freshers' Fair (10:00-16:00)				PhD Coffee Morning + Families Event Location: MCR Guests welcome
12:00	Gown Sale Location: MCR (13:00-14:00)	Clare Freshers' Fair Location: Great Hall + River Room 11:30 AM to 14:00 PM	Porter's College Tour Meet by phone box outside UL (12:00-13:30)	Buttery open for lunch (12:30-13:30)	Porter's College Tour Meet by phone box outside UL (12:30-13:30)	Buttery open for lunch (12:30-13:30)	Buttery open for lunch (12:30-13:30)	Group Buttery Brunch (12:30-13:30)	
13:00					Location: Parker's Piece				
14:00	MCR Welcome Party Location: Fellow's Garden	Pub Lunch Location: Castle Inn (14:00-17:00)	Porter's College Tour Meet by phone box outside UL (14:30-16:00)	Porter's College Tour Meet by phone box outside UL (14:30-16:00)		Library Tour Forbes Mellon Library			Rowing Novice BBQ Location: Clare College Boathouse (11:00 AM, walkovers starting at 10:30)
15:00					Fitzwilliam Museum Visit Meet outside main museum entrance			Croquet Location: 7BC (St. Catherine's College MCR Invited)	
16:00	Feel free to stay, or leave when you're ready!		Trip to Jack's Gelato Meet at MCR Guests welcome	Intercollege MCR/UCR LGBTQ+ Social Location: MCR		Punting Location: Meet on Clare Bridge			Graduate Drinks with the Dean in E3
17:00							Matriculation!		
18:00	Buttery open for dinner (18:15-19:15)	Buttery open for dinner (18:15-19:15)	Buttery open for dinner (18:15-19:15)	Buttery open for dinner (18:15-19:15)	Buttery open for dinner (18:15-19:15)	Buttery open for dinner (18:15-19:15)	Meet for photo at Fellows' Garden (17:00)	Buttery open for dinner (18:15-19:15)	Evensong, followed by roast supper in Hall Location: Chapel
19:00							Matriculation book signing at Master's Lodge, Old Court (18:00) "This is mandatory"		Buttery open for dinner (18:15-19:15)
20:00				Whisky Tasting Location: MCR (20:00-21:30)		Intercollege Pub Crawl Meet at the MCR at 19:00	Drinks Reception in the SCR (19:00)		
21:00	Welcome to the MCR Bar	Friend Speed Dating + Snacks Location: MCR	The Great Cambridge Race Rubs, Puzzles, and Famous Places! Location: MCR		Quiz Night/Trivia Location: Latimer Room - scores from the MCR		Dinner in the Hall (19:30)	Bar Training + Boardgame Night Location: MCR	Movie + Popcorn (for first 20 that show up) Location: Latimer Room
22:00				MCR Bar Open (open from 21:30)			Port and Jazz in the Latimer and MCR bar (21:30)		Snacks and Chill Location: MCR
23:00									



Saturday 3 Oct.

Gown Sale

MCR, 1-2pm

Since you'll need a gown for Matriculation, Gradation, and Formal Halls, this is a really cheap way to get second hand gowns! The MCR doesn't profit at all - so it's a really good scheme!

£50 for Polyester

£80 for Wool

The scheme is very popular so get there early!

Welcome Party

Fellows' Garden, 2-5pm

Let's kick fresher's week off in style at our Welcome Garden Party in the Scholars Garden! Expect snacks, soft drinks, and a friendly atmosphere surrounded by greenery. A great way to relax, connect, and start the new term together.

Bar Welcome

MCR Bar, 8pm

It's Saturday night, so come by the MCR for an evening of music, drinks, and fun!

Sunday 4 Oct.

Freshers Welcome Service

Chapel, 9:30am

The Dean, Mark Smith, will be holding a service (not holy communion) to welcome all new students in Clare. The JCR and MCR Presidents will offer reflections on the start of the academic year. This will be followed by a free cooked breakfast.

Welcome Talks

Gillespie Centre, 10:15am

This event will introduce you to key College staff, the MCR Committee and important things you'll need to know about College. Please note that this will include a sexual consent talk. 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

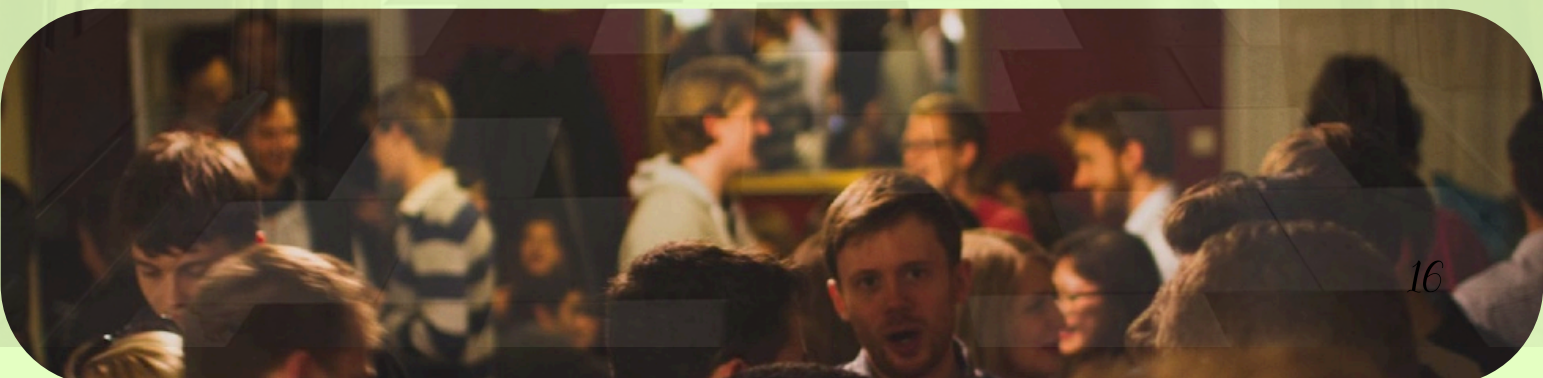
Castle Inn, 2pm-5pm

Come along with the committee from the welcome talks for a big MCR lunch at a local pub - Castle Inn - where there will be a free food buffet. As capacity is limited, book your place: <https://mcr.clare.cam.ac.uk/booking>.

Friend Speed Dating

MCR, 8pm

Come along for 8 quick rounds of friendly "speed dating" to meet and be-friend your whole cohort! There will be snacks! You've probably already answered "Where are you from?" and "What are you studying?" 400 times this week, so we're going to try to avoid those...



Monday, 5 Oct.

Grantchester Walk **Meet @MCR, 9am**

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 Garden!

College Tour **Meet @ULPhoneBox, Noon & 2:30pm**

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>.

Jack's Gelato **Meet @MCR, 4pm**

Got a sweet tooth? We're heading to Jack's Gelato, one of Cambridge's most beloved spots for ice cream. Try a new flavour and enjoy a chilled afternoon.

The Great Cambridge Race **Meet @MCR, 8pm**

Race through Cambridge with challenges along the way that will test your teamwork and knowledge of Cambridge trivia alike! We've put little clues across Cambridge and you'll have to find your way to the destination...

Tuesday, 6 Oct.

Campus Coffees **10am** **Sidwick, Addenbrookes, West Hub, CMS**

Grab a coffee, take a break, and meet fellow Clare students at your own campus! Campus Coffee is a relaxed, friendly way to connect with people who will be studying at the same site as you. We will have group chats for each campus so you can meet up with people on the same campus throughout the year ahead!

LGB TQ+ Social

Join us for a picnic in the MCR, jointly run with the JCR, with other college communities coming along too. This will be a great opportunity to enjoy tea/coffee, snacks, meet people from other colleges and chat with each other in a friendly atmosphere! Everyone is welcome!

Whisky Tasting **MCR, 8pm-9.30pm**

Book your place:

<https://mcr.clare.cam.ac.uk/booking>



Wednesday, 7 Oct.

Library Tour Forbes Mellon Library, 10am

The library team will give you a tour of the Forbes Mellon Library. You'll get to know the layout of the building, learn how to borrow and return books, and discover the study spaces available to you. The tour is a great way to get familiar with the library's resources and services so you'll feel confident using them throughout the year.

Fitwilliam Museum Visit Meet outside the main museum entrance, 3pm

Check out the cool historical exhibitions in the main Cambridge museum!

Quiz & Trivia Night Latimer Room (Next to MCR), 8pm

Put your trivia skills to the test at our Clare quiz night, this year with a twist! Expect a variety of rounds (from general knowledge to the delightfully obscure), plenty of prizes, and of course, lots of laughs. Free entry, just bring yourself and your brainpower! The bar is open afterwards!

Thursday, 8 Oct.

Coffee Crawl 9am Meet in the Clare River Room Cafe

Travel through the local Cambridge cafes and sample some of the best coffee in town! We figure you'll all be addicted to coffee by the end of your degree, and we just want to give you a head start!

Punting Clare Bridge at 4pm

Join us for a punting session down the Cam. 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.

Inter-Collegiate Pub Crawl Meet in the MCR, 8pm

A night of drinks, laughs, and connections! Our Inter-College Pub Crawl is the perfect way to explore different college pubs while meeting new people from across the university. Come for the drinks, stay for the company!



Friday 9 Oct. (Matriculation Day)

Botanic Gardens

Meet at the entrance to the Botanical Gardens (1 Brookside, CB2 1JE), 10am

Take a break from the bustle and enjoy the beauty of the Botanic Garden with us! Stroll through colourful flower displays, discover exotic plants, and soak up the peaceful atmosphere. Whether you're a plant enthusiast or just love a good walk, it's a lovely way to spend time with new friends.

Matriculation Ceremony & Formal Dinner

Old Court, 5pm

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!

Partner's Dinner

7pm

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 Sea Yun (mcr-maturestudents@clare.cam.ac.uk) if you have any questions.

Post-Matriculation Party (Live Music)

MCR & Latimer Room,
9:30pm

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 committee will be sure to lead you out for a night on the town.



Saturday, 10 Oct.

Group Buttery Brunch Buttery, 12:30pm-1:30pm

At Clare, we're a forward-looking college that also values tradition. And one of the best traditions in College is Saturday Brunch...

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

Croquet

2pm (Location TBC)

Lawn games and good vibes! Come to Croquet for a relaxed, fun afternoon with fellow students and friends!

Boardgame Night MCR at 8pm

Mix, mingle, and play! Join our Board Game Evening for a laid-back night with a variety of board games. Bring your strategy skills, sense of humor, and get ready for a fun night with friends.



Sunday, 11 Oct.

PhD & Families Coffee MCR, 11am-1pm

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 snacks (with various dietary requirements catered for).

Rowing Novice BBQ Clare College Boathouse at 11am, Walk over together from 10:30am

Curious about rowing? Come along to the free taster session and give it a try! No experience is needed and current rowers will guide you through the basics on land and on the water. Rowing at Clare is free, so if you enjoy the taster, you'll have the opportunity to spend term time learning the sport, training with the Boat Club, and being part of one of Cambridge's most iconic traditions.

Drinks with the Dean E3 (above MCR), 5pm

The Dean (Rev'd Dr Mark Smith) cordially invites all graduate students to drinks in his office before Evensong

Choral Evensong Chapel at 6pm

the beautiful service of Choral Evensong in Chapel at 6pm, sung by the internationally renowned Clare College Choir and with a thoughtful sermon. Drinks and a Sunday Roast dinner in the Great Hall afterwards

University-wide & Student Union (SU) events

Cambridge University Sports Fair

University Sports Centre, 12-5pm, Monday

Whether you are looking to achieve a Blue in your sport and compete for Cambridge, or try something new, there's an opportunity for you. Become part of the Give it a Go community, represent your College or join over 4000 students and become a member of a sport club, which range from football to fencing, karate to korfbal and trampoline to triathlon, and in over half of the clubs you can join as a beginner.

Top Tip: If you join the University Gym, the College will subsidize around half of your membership cost and reimburse you in Easter Term!

Cambridge SU Freshers' Fair

Parker's Piece, 10am-4pm, Tuesday & Wednesday

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.

NOT SURE WHAT TO DO?

We've got some ideas for you!

Here is how to spend the downtime during Freshers' Week... and beyond!

DO YOU NEED TO BUY ESSENTIALS?

- HOMEWARE**
Dunelm, Argos, TKMax, John Lewis
- FOOD**
Aldi, Lidl, Tesco, Sainsbury's, Co-op
- BIKE ACCESSORIES**
Decathlon
- SECONDHAND BIKES**
O.W.L. bikes, CAM cycles
- GOWNS**
Ryder & Amies, Ede and Ravenscroft, or second-hand Clare gown sale!
- FORMAL WEAR**
See what you can find in charity shops. There's lots in a row on Burleigh St!
- Stationary**
Ryman, Typo, (big supermarkets like Tesco)

DO YOU LIKE NATURE?

- Walk/cycle along the river to Milton country park
- Walk/cycle to Grantchester
- See the cows on Midsummer common! (before they go home for winter!)
- Visit the Botanic Gardens (it's free for students!)
- Sit by the river in Scholar's garden (say hi to the ducks!)
- Have a picnic on Jesus Green

ARE YOU HUNGRY OR THIRSTY?

- Coffee:**
Bould Brothers, Pages, COFEIN, Tatties, Kiosk on the Green, Bean Theory, Abantu
- Knoops (best hot choc!)**
- Brunch/Lunch:**
The locker, Hot numbers, Stir, Kings Dough, Bridges
- Dinners:**
Aromi, The Punter (also a nice pub), The Engineers House, Dishoom, Ittou Noodle bar
- PUB**
The Pickerel, The Maypole, The Granta, Cambridge Blue, The Anchor, Fort St George, The Eagle, The Free Press, The Architect

DO YOU LIKE MUSEUMS?

- Interested in classical history?**
Visit the Museum of Classical Archeology.
- Interested in art and art history?**
Visit Kettle's Yard and the Fitzwilliam Museum
- Interested in science?**
Visit the Whipple Museum of the History of Science, and Sedgwick Museum of Earth Sciences, Zoology Museum, Polar Museum
- Interested in art and culture?**
Visit the ADC, Museum of Archeology and Anthropology, Cambridge junction, The Heong Gallery (Downing College)
- Exploring outside Cambridge?**
Visit Ely Cathedral
- For the Women's Art Collection,**
visit Murray Edward's College

DO YOU LIKE SPORT?

- YOGA**
Clare yoga, Satyam Yoga (does a deal when you first join!)
- Clare College Rowing**
(it's free!)
- Cambridge Park Run**
(5km)
- Jesus green lido**
(open all year round! Try the winter challenge!)
- Parkside Leisure Centre**
- Climbing**
Kelsey Kerridge or Rainbow Rocket
- Cycle routes**
To St Ives, Ely, Grantchester

DO YOU WANT TO EXPERIENCE SOMETHING UNIQUE TO CAMBRIDGE TODAY?

- Eat a Jack's gelato**
- Go punting**
- Try a Fitzbillies Bun**
- Visit the house at Kettle's Yard or check out the David Parr House**

Social Secs' Settling In Guide!

SCAN HERE FOR OUR MAP!

A guide to settling into and discovering Cambridge made by the former MCR Social Secretaries (Zoe & Letty). You can click [here](#) to access the map.

For your Calendar...

Friday, 16 Oct. **Welcome Home Formal**

Tuesday, 20 Oct. **Oktoberfest Formal**

Friday, 23 Oct. **Masquerade Formal**

Friday, 30 Oct. **Halloween Formal**

Friday, 6 Nov. **Superhall:
A Night Around the World**

Tuesday, 10 Nov. **700th Anniversary Formal with
Oriel College, Oxford (Ballotted)**

Friday, 13 Nov. **Pride Formal**

Tuesday, 17 Nov. **Myths & Legends**

Friday, 20 Nov. **Time Traveller's Formal**

Friday, 27 Nov. **Christmas Formal**

Monday 7 Dec. **Christmas Formal**

What is Formal Hall?

- Every weekday during term time, the College serves a 3-course meal in the Great Hall at a discounted price
- Come dressed in formal clothes (with gowns encouraged)
- MCR Formals are a ticketed event (book on the MCR page, 2pm Sunday before!)
- Friday formals are reserved just for MCR members and are one of the cornerstones of MCR social life, followed by a social at the MCR bar. We've also managed to secure some Tuesdays this term as MCR Formals!

Formal Hall Etiquette

Formals begin at 7:30pm with pre-drinks at 7pm (unless otherwise specified). Please head into the Hall by 7:20pm and be seated by 7:30pm latest.

When the gong sounds you should stand and remain quiet while the Grace is read and while fellows at the high table process in. Tuck in your chair so they can get behind you. Once that is finished you can sit and carry on talking to people around you.

Generally, you should remain seated for the entirety of the dinner. If you need to leave briefly, for example to use the bathroom, you should do so discretely and officially you should "inform the supervisor of your absence as a matter of courtesy". In particular, you should not leave the room in groups or be stood around talking to people sitting in other parts of the hall during dinner as this is disruptive to the hall staff.

Mobile phones should not be used during dinner and any shouting/screaming/singing during dinner should be avoided.

At the end of dinner, if a fellow is present, a gong will sound and you should again stand and hear another brief Grace, and remain standing while the High table leaves the hall. Once this has happened you can be a bit more informal, take photos and sing happy birthday etc. Once you're finished eating and taking photos, we'd really appreciate it if you could make your way over to the MCR so the hall staff can head home at a reasonable time.

Informal dining

Buttery:

Weekdays-Breakfast (8am-9am); Lunch (12:30pm-1:30pm); Dinner (6pm-7:15pm)

Weekends - Saturday Brunch (12:30pm-1:30pm); Dinner (6pm-7pm);

No Sunday lunch; No weekend breakfast

In the morning, at lunch and in the evening, the "buttery" (the college canteen or restaurant) is open and serves cooked meals for about £4 to £6. 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.

River Room Cafe:

Weekdays in Termtime- 9am-6pm

Weekdays out of Term- 9am-3pm

The River Room cafe is our very own College cafe serving coffees, pastries, cookies, sandwiches! Lots of people come in the morning to study over a cup of capuccino or after lunch. Many people also get a light lunch if they miss the buttery lunch times because of lectures or listening to a lunchtime organ recital in the chapel, for example.

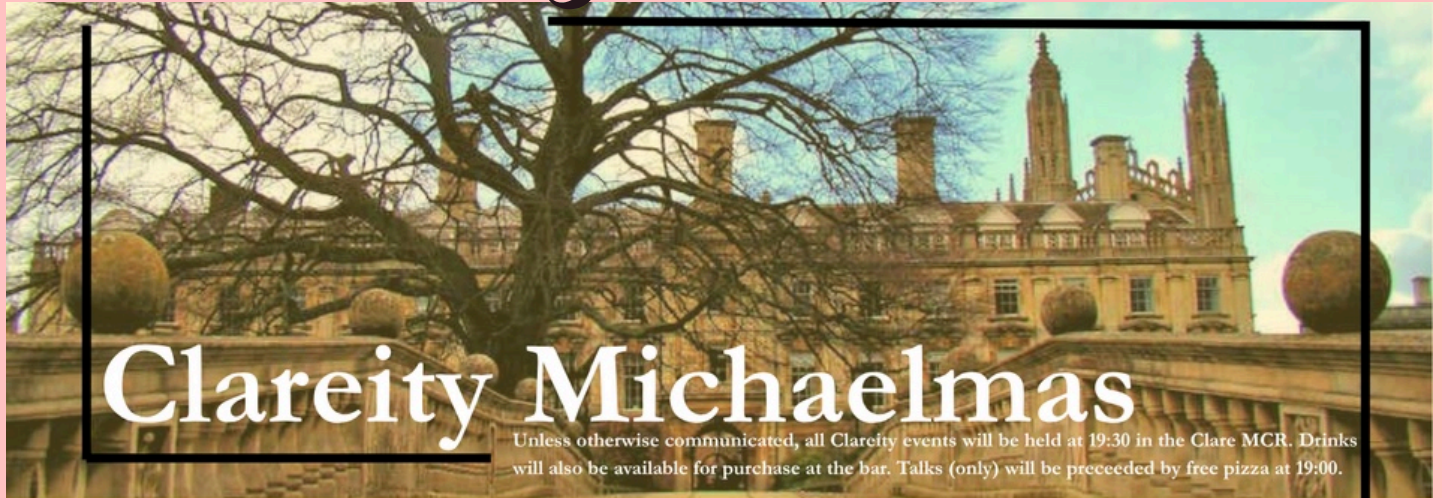
College Bar: Every Day in Term from 6pm

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.

Billing

As a Clare student, when you pay for something in the College in person (e.g. in the buttery or River Cafe using your student card), or book onto a formal at Clare this is automatically added to your College bill. College will bill you for this at the conclusion of each term as well as the annual MCR fee of £45. Queries relating to this bill should be directed to studentbilling@clare.cam.ac.uk or the College finance office. Activities run by the MCR committee (e.g. swaps to other colleges) are booked through our website and are automatically charged to a different bill called the MCR bill. The MCR treasurer will collect payments of this bill at the conclusion of each term. Queries relating to this bill should be directed to them at mcr-treasurer@clare.cam.ac.uk. We understand that financing your time in Cambridge can create a lot of stress, so if you have any questions, please do reach out to the financial tutor, Prof. Juan Block jb2002@cam.ac.uk. In the buttery or River Cafe, card payments are also acceptable (especially if you have forgotten your student card) but do remember to say that you are an MCR member to get the member price (guests pay more!).

Clareity Termcard



15 Oct	"Computer Science is not rocket science" Nils Lauermann (<i>Computer Science</i>)	"An Inconclusive Examination of a Rachel Ruysch Still Life" Dory Johnson (<i>Painting Conservation</i>)
22 Oct	Punting in Cambridge: History & How To <i>Practical instruction in punting, preceded by a short talk on its history in Cambridge.</i> Jona Nagerl & Simeon Hatzopoulos (<i>Admirals of the Punt</i>)	
29 Oct	"Quantum computing: to be or and not to be" Chiara Leadbeater (<i>Chemistry</i>)	"History of Clare" Alan Lloyd (<i>Clare Porter</i>)
5 Nov	Bonfire Night: History and Fireworks A brief discussion of bonfire night's origins, followed by a short walk to see the fireworks in Midsummer Common.	
12 Nov	"The Physics of Memory" Jona Nagerl (<i>Applied Mathematics</i>)	"Doing Nothing Well: A Short History of Leisure" Tom Godfrey (<i>Italian Studies</i>)
19 Nov	Historic and Musical Origins of Salsa & How To <i>Practical instruction in the Cuban salsa style, preceded by a talk on its history & musical origins.</i> Mateo Tonatiuh Rodríguez Cervantes (<i>Physics</i>)	
26 Nov	MCR SPECIAL  Sign-up form for interested speakers will be circulated in October!	
3 Dec	"Chemistry and Painting in Victorian Britain" Keerthana Chari (<i>Archaeological Science</i>)	"Nuclear climates – the history of nuclear energy and the environment 1950 - present" Elina Paivinen (<i>History</i>)
10 Dec	Documentary Viewing: <i>Life on Earth</i> with David Attenborough	

Chapel & MCR Cultural Events

First Sunday Evensong,

with sermon by Rev'd Alex McDonald, PhD
Student & Decani Scholar at Clare
'The Word Makes a Home'
(followed by Sunday Roast)

**Sunday, 11 Oct. 6pm
(Chapel)**

Chapel Conversations (Cheese & Wine)

**Tuesdays, 13 Oct. 27 Oct, 10 Nov.
9pm (Dean's Office)**

Choral Compline

**Wednesdays 21 Oct & 18 Nov, 10pm
(Chapel)**

Joint Evensong with Clare Hall

**Thursday 22 Oct, 6.15pm
(Chapel)**

Dean's Port Social

**Thursday 5 Nov, 9pm
(Dean's Office)**

Guided Tour of Westminster Abbey

by Rev'd Dr Jamie Hawkey
(Canon & Chaplain to HM the King)

**Saturday 7 Nov, 3:30pm (booking
required on the MCR Website)**

College Service of Remembrance

(followed by roast lunch in Hall)

Sunday 8 Nov, 10.45am

Joint Clare-Oriel 700th Anniversary Evensong & Formal Dinner

**Tuesday, 10 November, 6:15pm
(dinner is balloted on MCR Website)**

Advent Carol Services

**Thu 26 Nov and Sun 29 Nov, 6pm
(Ticketed - look out for email)**

Walk to Ely

Easter Term (Date TBC)

Walk to Walsingham

Easter Term (Date TBC)

Health & Welfare

Welfare Contacts in College

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: Prof. Maciej Dunajski md327@cam.ac.uk
- Surnames M-Z: Dr 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.

- Prof. Juan Block jb2002@cam.ac.uk / seniortutor@clare.cam.ac.uk

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 Rev'd Dr Mark Smith mss53@cam.ac.uk

Health & Wellbeing Centre (X Staircase, Lerner Court)

The Health & Wellbeing centre is run by [Leila Rees](#) & [Naomi Walker](#). They are here to support you throughout your time at Clare. They offer assessment, support, & advice for mental health concerns, disability & health advice, minor illnesses & 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 whether via your GP, or other available services.

- Consultations are strictly by pre-booked appointment at <https://calendly.com/health-wellbeing-centre>
- For more information, please go to: <https://www.clare.cam.ac.uk/current-students/health-wellbeing-service>
- Head of Health and Wellbeing, Dr Leila Rees lsr36@cam.ac.uk
- College Nurse, Naomi Walker collegenurse@clare.cam.ac.uk

Disabilities & Accessibility

- The University [Accessibility and Disability Resource Centre](#) provides support for students with all types of disabilities, and works with the colleges to ensure they have the necessary support
- To explore accessibility options in Cambridge visit [AccessAble](#), a guide created to enhance the provision of information on Accessibility for students, staff, and the general public.
- If you have any accessibility requirements around college visit [this page](#).
- For any specific questions, worries or issues about College Buildings please email Estates Manager (dsh39@cam.ac.uk) Accommodation Manager (accommodationmanager@clare.cam.ac.uk), or the MCR Interim Disabilities Officer, Sea Yun Joung (mcr-disability@clare.cam.ac.uk).

General Health Information

Primary Care (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/

Prescriptions

For most prescriptions you will need to pay £9.90 per prescribed item. For example, if you are prescribed anti-biotics and anti-nausea medication, you will pay £19.80. 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>).

In more urgent cases, the Dental Access Centre can be contracted on 0300 555 666 or see [Urgent Dental Care - Dental HealthCare \(dentalhealthcareoe.nhs.uk\)](#)

Alternatively, you can contact [Get help for your symptoms - NHS 111](#) for advice

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).

Drugs & Alcohol

[Drinkaware](#) is an independent charity working to reduce alcohol misuse and harm in the UK. Helping people make better choices about alcohol.

[Frank \(Free, confidential drugs advice\)](#) helps you find out everything you might want to know about drugs. For friendly, confidential drugs advice, Talk to Frank. Call 0300 123 66000 24 hrs a day, 365 days a year or text 82111 Email [via website](#)

Meningitis

Meningitis is the inflammation of the membranes that surround and protect the brain and spinal cord. It can affect people of any age, but students aged 15-24 are particularly at risk. We encourage you to familiarise yourself with the signs and symptoms of meningitis.

Early signs and symptoms of meningitis include:

- Fever, cold hands and feet
- Headache
- Vomiting
- Muscle pain
- Drowsiness and confusion
- Stiff neck
- Dislike of bright lights
- A rash or blotchy skin that does not fade under pressure

If you suspect that you or anyone you know may have meningitis, please seek urgent medical attention. For more information go to: <https://www.meningitisnow>

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.

Mental Health

The University Counselling Service (UCS) 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](#).

Sexual Health

Integrated Contraception & Sexual Health (iCaSH) provide a variety of sexual health services, including contraception, STI testing and treatment, and genito-urinary medicine (GUM). All iCaSH services are by self-referral. The service is free and confidential. iCaSH also offer free STI/HIV home testing kits.

Sexwise provides information about contraception, STIs, unplanned pregnancies, sexual wellbeing, and local clinics.

Free condoms, lubrication and dental dams are available from the Health & Wellbeing Service's meeting room - X3, Lerner Court. Sexual health supplies are also available to collect from the Welfare Pigeonholes (stocked by UCS Welfare Officers) located in each of the Porter's Lodges or via the MCR Welfare Officers.

Pregnancy tests can be requested through the MCR Welfare Officers or via Students' Unions' Advice Service - these will be delivered to your pigeonhole. Alternatively, you can book an appointment via the Health & Wellbeing Service who will support you with this.

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

Consent

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

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

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

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

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

Bullying & Harrassment

Harassment and Violence Support Service (HVSS)

The Harassment and Violence Support Service (HVSS) provides confidential, practical and emotional support to students who have been:

- subjected to sexual harassment or violence, and/or domestic abuse, or
- impacted by religious or racial discrimination or violence

We can support you whether these experiences happened at university or elsewhere, recently or in the past. You do not need to report them to the police or the University to access support.

The HVSS is not a crisis service. If you have experienced a recent incident and need immediate support, visit their crisis support and information page..

Resouces for 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. 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. 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

Chapel

Visit our College Chapel

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.

Clare College Chapel is in Old Court and offers a place for worship, reflection, friendship, and quiet prayer, welcoming all students. Services follow the (Anglican) Church of England books, apart from one Roman Catholic Mass each academic year. Termly services include Choral Evensong on Tuesdays, Thursdays, and Sundays, and Holy Communion on Sunday mornings, with breakfast afterwards. The Chapel also hosts special services such as candlelit Compline, discussion groups, and drinks evenings. See the Chapel Termcard, [Facebook](#), or [Instagram](#) for details. At the first Holy Communion service of term (11th October) there will be a chance to hear more about the range of churches in Cambridge.

For involvement, spiritual support, or help finding a church, contact the Dean, Rev'd Dr Mark Smith (mss53@cam.ac.uk).

Decani Scholar

Alex Macdonald is the Decani Scholar, helping the Dean with the chapel and the spiritual life of the college, while studying for a PhD in Divinity (working on early Christian history). He is Australian, and lives in Chesterton with his wife Katie and their three young children; you might often see him working in the River Room. If you'd like to talk about the chapel or anything spiritual, you can contact him at adm83@cam.ac.uk.



Caption: Our MCR President, Sea Yun, showing Mar Awa III, Patriarch of the Assyrian Church of the East the Syriac Manuscripts at the Cambridge UL

Christianity

The Catholic Church

Fisher House is the Roman Catholic Chaplaincy to the University of Cambridge and was founded after Catholic emancipation by Pope Leo XIII. Fr Paul Keane (pjk1001@cam.ac.uk), despite his affiliation to Peterhouse, is happy to welcome all members of the University to the incredible facilities that Fisher House has to offer:

- Sunday Mass at 9:30am (Latin), 11am (Sung), and 5:30pm
- Weekday Masses at 1:10pm
- Apologia every Tuesday evening at 7pm in the Fisher Room for a (free) warm home-cooked dinner followed by a talk and compline
- The Thomistic Institute (lectures and reading groups) every Wednesday at 7:15pm (please contact your MCR President who also runs this group on syj21@cam.ac.uk)
- A library open 9am-10pm in termtime (probably the prettiest in Cambridge)

Other Catholic Churches in Cambridge include:

- St Laurence's is the closest to St Regis graduate accommodation and has Mass on Sundays (Anticipated Saturday 19:30 (Polish), 8am, 9:30am, 11:15am (Sung))
- Our Lady and the English Martyrs (OLEM), which has Mass on weekdays (8am, 12:15pm) and Sundays (8.00am, 9.30am, 11.00am, 1:00 pm (Polish), 4.30pm & 6.30pm (Latin))
- St Edmund's College Chapel is the only Cambridge College chapel that is a Catholic Church and holds Mass at 10:30am on Sunday
- Blackfriars the Dominican house in Caambridge and has Sunday Mass (8:15am, 9:15am (Dominican Rite - Latin), 11am, 6pm)

Orthodox Churches

- St Ephraim's is the Russian Orthodox Church in Cambridge and celebrates Vespers (Saturday at 5pm) Divine Liturgy or Typika on Sundays, both beginning with the Hours and starting at 07 30 or 08 00, respectively
- St Athanasius's is the Greek Orthodox Church in Cambridge and celebrates Matins and Divine Liturgy on Sundays at 8:30am

Protestant Churches

- Christian Union
- Cambridge Student Christian Movement
- Christian Graduate Community
- Cambridge University Christian Fellowship
- Nearest Pentecostal Church: King's Church
- Nearest Reformed Church: Downing Place United Reformed Church
- Nearest Baptist Church: St. Andrew's Street Baptist Church



Other Faith Traditions

Islamic Society

- 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!
- 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.
- 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.

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

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.

Hindu Society

Cambridge University Hindu Cultural Society, one of the largest faith societies at Cambridge University, established in 1992

Clare goes green

Clare MCR is committed to making Clare as Green/sustainable as possible. Elina Paivinen is the Interim Green Officer (mcr-green@clare.cam.ac.uk), but run for this position in the Michaelmas 5th week By-Election!

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

1. Try plant-based! Go for the vegan option in the buttery, 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.

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 (ld628@cam.ac.uk) or the Head Gardener, Kate Hargreaves (kh527@clare.cam.ac.uk).
 -
- 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).

Cambridge Glossary

Advisor: A member of your faculty who has been assigned in case of pastoral need in the faculty or concern with your supervisor. Your advisor would normally conduct your First Year Review

Blue: Someone who has represented Cambridge against Oxford in a recognised sport at the highest level of university competition. You can say someone “is a Blue” or “has a Blue.” There are also Half-Blues and Full Blues.

Bumps: A form of rowing race unique to Cambridge and Oxford, in which boats start one behind another and attempt to catch (“bump”) the boat ahead.

Buttery: The College canteen, where students can buy meals and other food, generally at a reasonable price.

Cambridge Blue: The distinctive pale greenish-blue colour traditionally associated with Cambridge University sports teams.

Cellars: A College bar, traditionally located in the basement of a College. Clare Cellars is a common place for students to socialise.

Clareity: Clare’s programme of interdisciplinary academic and social events, bringing members of the College community together across subjects and levels of study. (see Pg. 9 and 24)

College: Cambridge is made up of individual Colleges as well as the University itself. Your College provides accommodation, meals, social life, pastoral support, teaching, and many other services. Clare is your College; Cambridge is your University.

Court: An enclosed area within a College, usually surrounded by College buildings. At Clare, for example, Old Court and Memorial Court are distinct spaces. Court is broadly equivalent to “quad” in Oxford.

College family: An undergraduate custom set up by the JCR as an informal system in which older students are paired with new students as “parents” or “siblings” to help them settle into College life. You’ll see some Oxbridge graduates talking about them sometimes

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

Dean: The (Anglican) Chaplain of the College, Rev'd Dr Mark Smith (see pg. 31)

Dean of Students: A College Fellow responsible for student welfare and discipline. The Dean may become involved in serious pastoral, behavioural, or disciplinary matters. This is Prof. Jocelyn Wyburd

Decani Scholar: The PhD Student who assists in chapel services (Rev'd Alex McDonald, See pg. 31)

Easter: The third Cambridge term, normally running from April to June.

FML: Our aptly named College library, actually short for Forbes Mellon Library.

Fellow: A member of the College's academic community. Fellows teach, supervise, conduct research, participate in College governance, and often have other College responsibilities.

Formal: Short for Formal Hall. If someone asks "Are you coming to Formal?", they usually mean that evening's formal College dinner. A formal College dinner, usually involving a set menu and particular conventions of dress and behaviour. At some Colleges, gowns are worn.

Gown: The distinctive black academic garment worn by Cambridge students at certain College events and University occasions, particularly Formal Hall and ceremonies.

Head Porter: Porter 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 Brennan, bem30@clare.cam.ac.uk. 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 day. The duty porter will be able to help you with most things including spare keys, medical emergencies, College rooms bookings, and general pastoral care.

High Table: The table at which Fellows and other senior members of a College traditionally dine during Formal Hall. At Clare, postgraduates can dine on high table once per year

JCR: Junior Combination Room. The undergraduate student body and its elected committee. The JCR represents undergraduates and organises events, societies, welfare initiatives, and other activities.

Lent: The second Cambridge term, normally running from January to March.

Lent Bumps: The Cambridge intercollegiate rowing races held during the Lent term.

Matriculation: The ceremony and process by which you formally become a member of the University and your College.

May Ball: A major College party traditionally held at the end of the academic year. Despite the name, many May Balls take place in June. They typically feature formal dress, food, drinks, music, entertainment, and activities throughout the night.

May Bumps: The major Cambridge intercollegiate rowing races held towards the end of the academic year.

May Week: The period after Cambridge examinations when Colleges hold their May Balls and other celebrations. Despite its name, it usually lasts considerably longer than a week and takes place in June.

Michaelmas: The first Cambridge term, normally running from October to December.

MCR: Middle Combination Room. The postgraduate student body and its elected committee. It represents postgraduate students and organises social, academic, welfare, and community events.

MCR President: The elected postgraduate student representative who chairs the MCR committee and represents postgraduate students within the College. Your MCR President for the 2026-7 academic year is Sea Yun Joung (syj21@cam.ac.uk)

Pidge: Short for **Pigeon Hall**. Small letterboxes for each student - for postgraduates these are in the Old Court Plodge

Plodge: Short for **Porters' Lodge**. The College's front desk, staffed by Porters who can help with a wide range of practical issues. It is also generally where students collect their post.

Punting: Travelling along Cambridge's rivers in a flat-bottomed boat called a punt, propelled by pushing a long pole against the riverbed. A quintessential Cambridge activity – and considerably harder than it looks.

Porter: A member of staff who works at the Porters' Lodge. Porters deal with security, post, keys, access, emergencies, lost property, and a surprising number of other problems.

SCR: Senior Combination Room. The community of Fellows and other senior members of a College. It can also refer to the room or dining area used by them.

Senate House: The University's ceremonial building in the centre of Cambridge. Graduation ceremonies are held there, and it is one of the most recognisable buildings in Cambridge.

Senior Tutor: The senior College officer responsible for overseeing students' academic and pastoral welfare. The Senior Tutor works with Tutors, students, and other College officers on matters affecting student life. See pg. 26.

Sister College: Every Cambridge College has a sister College in Oxford. Because Clare is special, we get two - Oriel and St Hugh's! Students may visit one another's Colleges, attend events together, or participate in exchanges. We will have one such exchange when Oriel comes on the 10th of November for the 700th anniversary joint evensong!

Stash: Clothing or other merchandise bearing the name, crest, colours, or branding of your College, University, society, or sports team.

Supervision: A small-group undergraduate teaching session, normally involving a supervisor and one to four students. Students are usually expected to have completed preparatory work beforehand.

Supervisor: A member of your Faculty with whom you work closely for the duration of your studies with expertise in your project.

The Other Place: Cambridge's traditional nickname for Oxford University, usually used jokingly in the context of the Cambridge-Oxford rivalry.

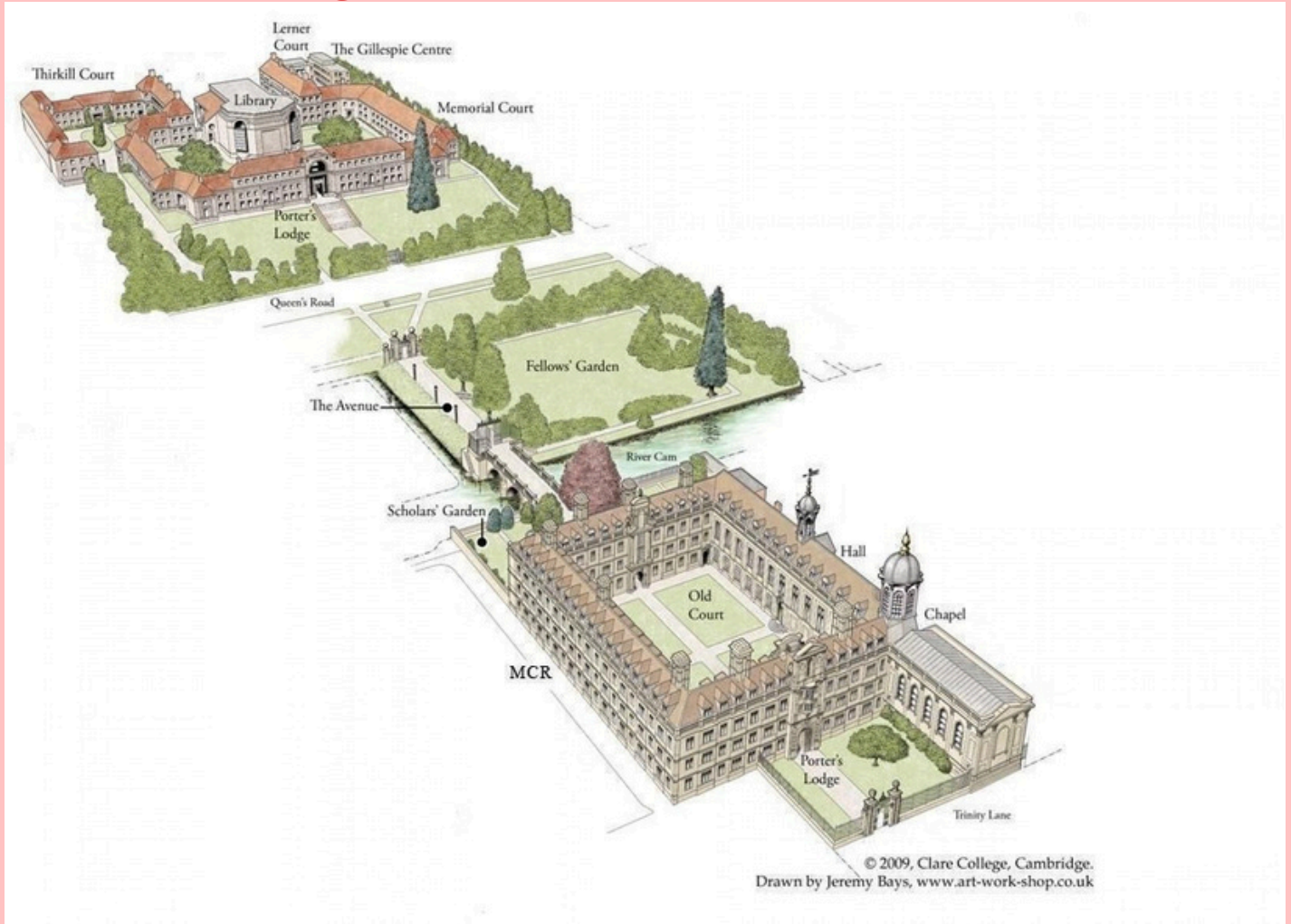
Tutor: A College Fellow or staff member responsible for aspects of your academic and/or pastoral welfare. Your Tutor is generally a point of contact for problems that go beyond your immediate academic work. (See pg. 26)

University: The University of Cambridge itself, as distinct from your College. The University administers degrees, examinations, departments, lectures, libraries, and many other things, while your College provides your immediate academic and social community.

Varsity: A competition between Cambridge and Oxford. The term is used for many Cambridge-Oxford sporting competitions.

City & College Maps

Clare College - Old Court and Memorial Court



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.

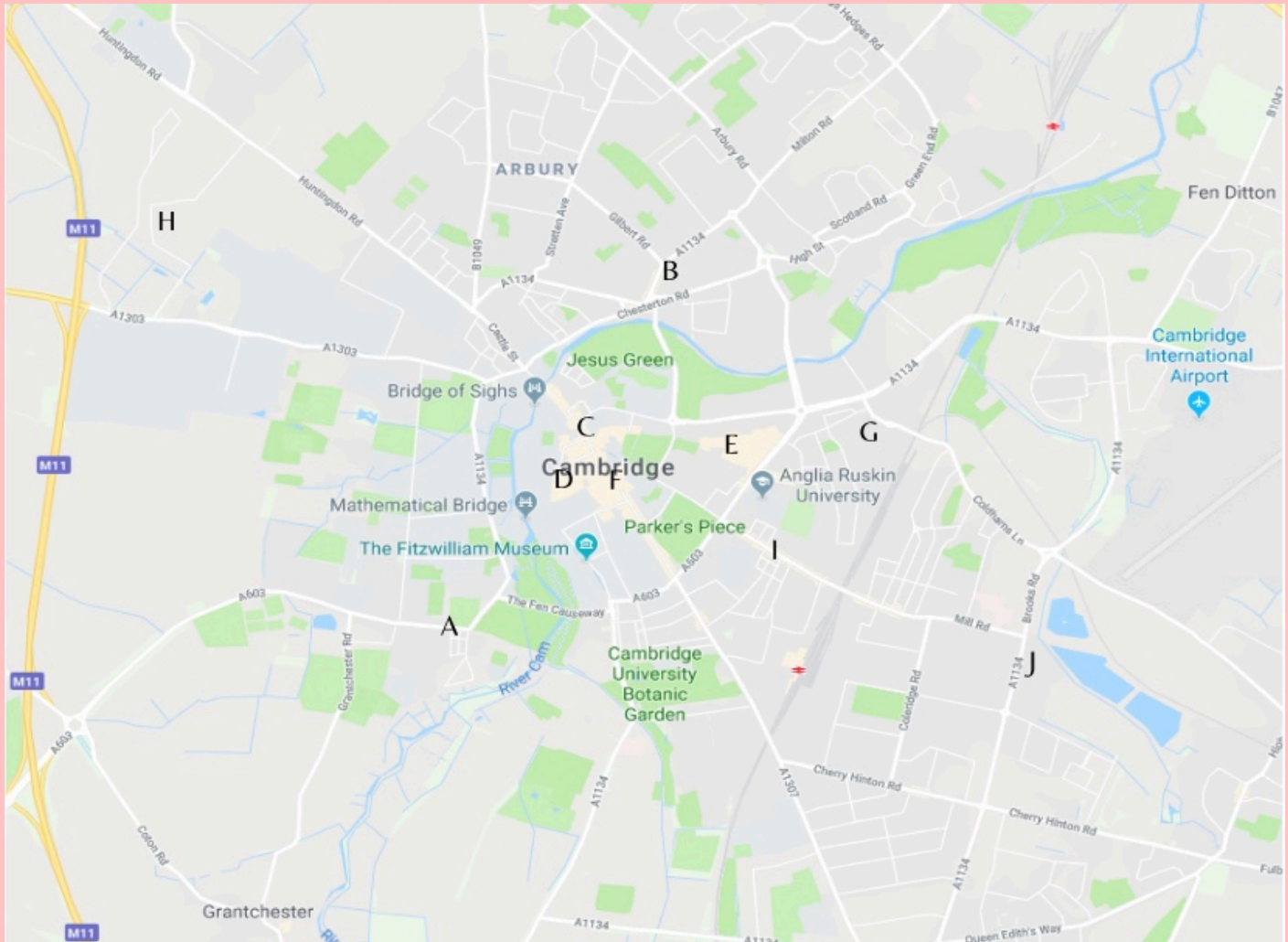
E: Queen Edith's and Netherfield House

F: Castle Court; Undergrad housing.

G: Clare St Regis

H: Clare Boathouse

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 newest 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.



