

# Clare College

## fresher's guide

2014/15



## Welcome to your fresher's guide!

All matriculated Clare students are automatically members of the UCS, and CUSU (the university-wide student union).

Each section of this guide is written by one of the 13 elected officers of the UCS. They are here to represent you and answer your questions before, during, and after fresher's week. Feel free to contact them at any point.

Get psyched for freshers!  
The UCS Executive Committee



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Thank you to Maude Gibbins and James Farr for the photographs



# President's Welcome

Massive congratulations for getting a place here at Cambridge! Clare College warmly welcomes you to be part of this wonderful place where you will have the best time of your life: making amazing friends and working with world-class professors.

My name is Terri Yoon and I am your president of Union of Clare Students (UCS). You will all become a member of UCS on matriculation. The UCS has worked hard to get the Freshers' Week organized and for it to flow smoothly so that you have an incredible week - all you need to do is enjoy! Please don't feel pressurized into attending every single event but also please don't hide away in your rooms. Also, please remember to relax as well as enjoying the week. We don't want you to be overwhelmed or burn out before the term even starts...!

Clare is a place for everyone and you will soon find out why we have the reputation of being the "friendly college." It is a vibrant community with lots of charming people, a superb bar, and a gorgeous garden. It is full of people with diverse interests, beliefs, and opinions with one thing in common: appreciation of each other - ie. we're just a bunch of lovely people wanting to give out love and help!

All Executive members of Union of Clare Students are absolutely brilliant and our ultimate aim is to ensure you have a great time here in Clare. Whilst you are all getting excited and pumped up about coming to join us, we also cannot wait to have you here ASAP! So please do not hesitate to contact me about any queries, I will be delighted to hear from you! Simply text (07770438527), e-mail (jy344@cam.ac.uk), or Facebook (Terri JuneYoung Yoon).

See you all soon!! Enjoy the rest of your summer!  
Terri xx

# Life in Cambridge



President | Terri Yoon

**Contact me for anything college related. I mean ANYTHING!**

**Email: [ucs-president@srcf.net](mailto:ucs-president@srcf.net)**

Hello everyone! I'm Terri and it is a great pleasure to be your UCS President. My job is to make sure everything within the UCS runs smoothly and to pass on the opinions of Clare students to the college staffs and councils. If you have any thoughts, suggestions or complaints on any matters of college life - no matter how trivial and bizarre they may be - I will be delighted to hear. Just simply contact me or any of my committee members: e-mail, text, facebook, twitter, knocking on doors, or even tackling us down in the middle of the street.

## **My favourite first year memory:**

Clare v Clare Swap: This happens in the first week of Lent Term - it is to re-live the freshers week. All Clare freshers go out for a meal (our year took over the whole giraffe!) and realise you still don't know half the year! I felt all new again meeting more new people and of course, it was also a good way of catching up with your friends after Christmas.

## **My biggest study tip for the year:**

Make sure you don't fall behind. As soon as you start falling behind, the amount of catch up you'll need to do will multiply so quickly.

## **My favourite fresher's week event:**

Staircase meal! This was the first time I got to be in a small group of people where I could have more intimate talks rather than 'what is your name, what course do you do.' I also got to know who I will be living with for the next year. Of course, the first bop experience after the meal was just AMAZING.

# transportation

## **Bikes**

The most loved and widely used transportation in Cambridge is cycling. There are various different places you can get good second hand bikes. Once you get a bike, register your bike with the porters in Memorial Court - where a repair kit is also available if needed. There are bike sheds almost everywhere around Cambridge and certainly in front of Memorial, Old Court and the Colony. As a cyclist, make sure you have a helmet and head/tail lights at all times - you will be stopped by the police if not. Also as a very important warning, bike thieves do exist! Make sure you LOCK UP your bikes properly. As an aside, you are not allowed through Clare Old Court with the bike; it is Fellows' privilege to do so.

## **Bus**

The most used one by Clare would be UNI4, which goes from the West Road Laboratories to Addenbrookes (Hospital) for 50p each way. Other bus services are approximately £1.60 for a single journey. Buses are rarely used since in many occasions, walking or cycling is much quicker and cheaper!

## **Walking**

Everything in Cambridge should theoretically be in walking distance. If you leave your room giving yourself enough time to walk, Cambridge is in fact a beautiful place to walk around (except when it's raining. Urg...). So if you're feeling relaxed and chilled, walking is highly recommended. Since there are lots of cyclist around please do be careful as a pedestrian and avoid collisions.

**Taxis:** Cambridge Taxi (01223 929026).

The only time I can think of that you need a taxi is to get to the train station with big luggage (or Girton college; or Homerton, if you're feeling lazy). Everything is walking/cycling distance in Cambridge. Even going out at night (pub, club, wherever) is very convenient for Clare freshers, since Memorial Court is no more than 10 minutes away from the town centre.

## **Personal Vehicle**

Clare College doesn't allow students to park their cars in the college parking lot. Therefore, having your own car is - kind of - impossible. However, you are more than welcome to have your parents picking you up or dropping you off. Once again, please be careful for the cyclists.

## health

Make your health the first on your priorities list! You're in a new environment with new friends from all over the place probably under massive stress with new workload (along with all the social fun, of course!). Without realizing, you will be very exposed to many illnesses. Do take care of yourself - eat well and sleep well.

**You will have to register with a Cambridge GP when you get here.** (It helps if you know your NHS number.) There will be time in first few weeks where you get to go and chat with the college nurse, Helen. Also, if you have any allergies - doesn't matter how minor - let Helen know.

Not only do we worry about your physical health, but also your welfare in general. It is normal to feel terrified about the new start, stressed about the workload (that can seem absolutely ridiculous), and struggle to balance academic and non-academic life. To talk about any issues, there are more than enough people you can find around the college.

My personal advice would be: anything academic, talk to your Director of Studies (DoS); anything non-academic such as balancing time between work, social life, and extra activities (sports, music, theatre etc.), go find your Tutor; anything health related, talk to Helen.

However, I understand that sometimes, you don't necessarily want things fixed; you just want a shoulder to cry on or an ear to shout your complaints to - don't forget that you have the student-led UCS welfare team (p.49), made up of absolutely incredible people, always there to help you with this and offer you biscuits and tea! (and condoms...!)

It may take time to find the right balance between work, health, and social life. Not a single one should be discriminated and singled out. Don't worry; it may feel forever, but you will slowly settle in to become a Cambridge student and find a good balance in all.

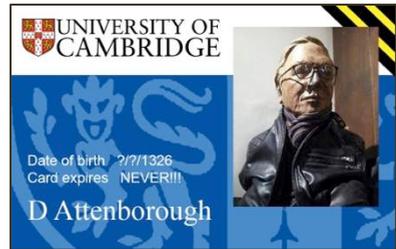
## university card

You will get given these by the porters on your arrival along with your room keys. Personally, I loved this moment because it felt like the university has officially accepted me as their student. (Yeah, as if the acceptance letter was not good enough.)

Firstly, **don't lose it!** It is a pain if you do - also you have to pay £20 extra for a new one.

There are several things this little beast does for you:

- **College Access:** it gives you access to anywhere that needs a key access in the college - e.g. X staircase in Memorial Court, Castle End in the Colony, laundry rooms, the college library (FML), the university library, music practice rooms, the bike shed, and the actual college! (side doors, back doors, everywhere! - this will be useful mostly at night)
- **General access in town:** it allows you to go through places that are restricted to tourists - the main one would be the side gate of King's chapel (next to Old Court entrance). Some of you may find going through here to be a shortcut to your lecture rooms, but King's college tends to be very strict on people walking through their college - have your card ready and they won't argue.
- **Buttery Fees:** you can pay for your meal in buttery - it is connected to your college bill. Note that you CANNOT pay with your uni card at the bar. No.
- **Library Books:** the barcodes at the back is used for borrowing books in libraries. In FML, for example, you scan the barcode on the machine and borrow out books. To get into UL, you need to scan the barcode at the door.



## college staff



### Master | Lord Grabiner

Lord Grabiner is the Head of the College – he's in charge! Just like all of you, he is also new to Clare this year.

### Dr Patricia Fara | Senior Tutor

Dr Fara is in charge of the academic and pastoral side of college. She is extremely friendly and is very good at sorting out student problems effectively. She is more than happy to see students by appointment if you wish to do so.





## **Financial Tutor | Dr. Jacqueline Tasioulas**

Dr Tasioulas is in charge of student finances such as grants, busaries, fines, and most importantly, the UCS budget!

## **Dr Tamara Follini | Dean of Students**

Dr. Follini is in charge of student discipline, so it's seldom a good sign if you are meeting her...! However, she is also very approachable, so if you would like a chat, drop her a line and she'll arrange a time for you.



## **Dean | Revd Dr Gregory Seach**

The Dean runs the Chapel and serves in a pastoral role for all students of all faiths. Greg is very approachable and friendly. Do knock on his door if you're feeling down - he will be more than happy for a chat. Sadly, he will be leaving us at the end of Michealmas Term, so make the most of him while he's here!



## **Helen James | College Nurse**

Helen will probably be one of the loveliest people you will have met! She is your college nurse who is there to support your physical and mental health. Her office is on O staircase. Her working hours are:

Monday: 08.30-12.30

Tuesday, Wednesday & Friday: 09.30-12.30

Thursday: 12.00-14.00



## **Head Porter | Jane Phelps**

Jane would be the person to go to when you want to book function rooms: Riley, gatehouse, cellars etc. Jane along with her team of porters are all excellent and friendly. They are there for your health & safety and any emergencies including medical and fire. Jane loves having students around, so I suggest you go knock on her office door on N staircase rather than email.





## **Head Gardener | Steve Elstub**

The Clare gardens - known to be the prettiest in Cambridge! - are all thanks to the gardeners. You'll see Steve and his team working around to make Clare landscape look gorgeous. Also, he is the one to contact if you want to book the gardens or the lawns for events.

## **Maureen Dawson | Housekeeping**

## **Jackie Searle | Accommodation Manager**

Jackie and Maureen will be in contact with you often about term-time and holiday accommodation. Any questions and requests about accommodation and lease - they're the ones to go to.



## **Tutorial | Lesley Lambert & Shelley Spaxman**

I'm sure you have had plenty of e-mails from them already about all the admissions information. They are the ones sitting in the Tutorial office making sure all the details of colleges are up to scratch - this includes your exam entries.



## Vice-President | Arun Malik

**Contact me for Fresher's Week, moving-in day, and CUSU matters,**

**Email: [ucs-vicepresident@srcf.net](mailto:ucs-vicepresident@srcf.net)**

Hi there! I'm Arun, your Vice President, and apart from spending about 100 hours producing this booklet (with help from the other officers with their sections) and coordinating Fresher's week it's my job to connect Clare to CUSU (the university-wide student's union) and the NUS. I work alongside Terri, and co-ordinate with the other Officers to ensure that the UCS runs smoothly and effectively. So whether you're just curious or you want to find anything specific out about Clare or the University as a whole, make me your first port of call!

### **My favourite first year memory:**

It's probably competing in 'Bumps'; the inter-collegiate rowing competition. Even though I was a novice at the time it was still an exhilarating exciting experience!



### **My biggest study tip for the year:**

Take proper notes and keep everything you produce. In Exam term every hour of work you put in over Michaelmas and Lent term will be so much more useful if you have something physical and concise to work from.

### **My favourite fresher's week event:**

The Clare Societies Fair. Although it's much smaller than the CUSU one, there is such a wide range of college societies that are a lot more close knit and accessible than uni-wide ones. Most will also offer taster sessions!

## Moving-in Day is 4<sup>th</sup> October 2014

Moving in may sound like a stressful experience, but it really isn't, and the UCS will have loads of volunteers in ridiculously bright yellow shirts to help you with the process. The best thing you can do is to ensure you arrive in good time, preferably in the morning. It's important that you arrive by 6pm, but if you are running late don't worry, just get in contact with me on the UCS phone number at # and I'll be able to help. As a first year you will be living in Memorial Court: Queens Road, Cambridge, CB3 9AJ. The college will have staff on-hand to advise you of car parking availability; as you will only be able to park onsite for a short while.

Upon arriving, the first thing you as a student need to do is to get settled into your room. You will need to pick up your room key and University card from the Porters Lodge. Whilst you're there it's also a good idea to find and check your pigeon hole post, a CUSU welcome pack, and important information from the college and your department. Don't worry if this all sounds a bit much, a UCS volunteer will be there to help you along the way. Trolleys will be provided to help cart your things to your room. It is also imperative that you buy a gown, which will be sold outside the library (in the centre of Memorial Court). Gowns will be around £40 (cash only) and second-hand gowns will be offered for less. Gowns come in one size, and you must have one in order to attend matriculation on Monday. It will be difficult to source a gown on Sunday, so please remember to purchase one.

Once you are settled in your room, we ask students to make their way to the Garden Room, where some sandwiches and drinks will be provided, and where you will have the chance to meet some other freshers. Tours for students will leave the Garden Room every 20-30 minutes from 1:30-4:30pm, and are very useful. We kindly ask the parents (and other siblings) not to follow their children, as they are invited to attend a buffet in Old Court (12.30-3pm) with the college Master.

At 6.45pm all your College Parents will gather outside the Garden Room to meet you for the first time, so please ensure you are present! They will take you and your siblings for a family meal in The Colony (2<sup>nd</sup>/3<sup>rd</sup> yr accommodation), and this is your first chance to ask them all the questions on life in Cambridge you have. Later on they will bring you to Cellars in Old Court for some drinks at the bar with the other freshers, and there will also be a non-alcoholic alternative.

If at any time you feel overwhelmed or uncomfortable we ask that you tell someone; the UCS Executive will be around throughout the day (also contactable on the UCS phone) and your college parents should be very helpful. Don't hibernate in your room; it's much better to get a good introduction to college!

## early arrival

### Non-UK Students and Students On Course/Audition

Accommodation can be provided for non-UK students and other early-comers from the **27th of September**, although students must contact Mrs. Maureen Dawson (md291@cam.ac.uk) to make arrangements. (During the year, students wishing to stay at Clare over vacation periods should also contact Mrs. Dawson).

While overseas shipping is possible, international students should refrain from packing things they can buy in Cambridge (linen, cutlery, coat-hangers). If you decide to send things to yourself, please send them to Memorial Court of Clare College and email the porters to let them know (porters@clare.cam.ac.uk). Importantly, international students can arrange for attic storage in Clare over breaks, so don't have to worry about shipping then.

The international rep team (Aleksandra, Aya, and Rozalie; see p.50) will be at Clare from the 24th of September to greet early arrivals. As students arrive, the team will lead tours around Clare and Cambridge, help students purchase phones and sign up to banks and GPs, and organise welcome activities. If you're planning on arriving early, whether for a course or to audition for music awards, please email any of the three reps so they can make sure to greet you!

## what to bring?

**In the holidays you have to move out fully** as Memorial Court is used by the college for conferencing. You will be able to **leave some things in a lockable trunk** you'll find in your room, and you will be able to apply for attic space, but do try not to over pack. Almost everything can also be bought in town.

Special note: The **college library is full of books** and will be able to order in any other books you need, so don't buy your entire reading list before you arrive

### You will need:

- Bedding (pillow case, duvet cover, bedsheet)
- Towels
- Raincoat/Umbrella
- Warm clothes (term ends in winter)
- Formal clothes (suits for men)

- Kitchen equipment (pots, pans, can opener, plates, bowls, cutlery, tea towel chopping board, glasses, etc.)
- Non-perishable food
- Marker pen to name possessions (useful for the communal fridges)
- Washing machine tablets (and 20p coins for the machines)
- Stationary (incl. Folders)
- Money for your gown
- A chequebook (makes it easy to pay college bills)
- Your NHS numbercard/forms (in order to register with a local GP)
- Student Loan Forms (These must be scanned by the College for you to receive your funding)
- ID (passport/driving licence) and passport photos
- List your own! : \_\_\_\_\_
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You may want:

- A laptop (considered essential by many students but the college has many computer rooms, PCs and Macs)
- Printer (college printers charge 4p B&W, 20p Colour per side)
- Daily diary/ planner (almost essential)
- Picture rail hooks and wire, board pins (blu tack is not allowed but a large notice board will be on your wall)
- Clothes horse (tumble dryers charge)
- A duvet and pillow (although provided)
- A pot plant (parents often buy these...)
- Bedside table lamp
- A bicycle (Memorial court is in a central location but some students find a bike useful) which can be purchased in town
- Posters and photos, Books / DVD's, Board games

- A television (incl. Personal TV license, although very few student do bring one as a TV is provided in the LCR)

You will find:

- Microwave, hob, kettle, toaster and a fridge. There are no ovens or freezers but your UCS president has promised to get them in for this academic year.
- Single bed, duvet, pillow, bedside table, wardrobe, chest of drawers, armchair, desk, desk lamp, shelves, trunk.



	<b>Saturday 4th</b>	<b>Sunday 5th</b>	<b>Monday 6th</b>
	<u><i>Welcome!</i></u>	<u><i>Getting Started</i></u>	<u><i>Matriculation</i></u>
9 am	<b>Arrival</b> Memorial Court	Fresher's Service (9.30)Chapel	<b>Matriculation Ceremony and Photo</b> Old Court
10 am			
11 am		<b>Introductory Talk</b> Riley Auditorium	
12 am	Buttery Lunch		
1 pm		<b>Gown Sale</b> FML	<b>Subject Picnics</b>
2 pm	<b>Refreshments &amp; Tours</b> Garden Room	Clare Societies Fair Great Hall & Buttery	
3 pm			
4 pm	<b>Parent's buffet</b> Old Ct: Great Hall	<b>Tutor Meetings</b>	
5 pm			
6 pm	Games	<b>Staircase Meal</b>	<b>Matriculation Service</b> Chapel
7 pm	<b>Family Meal</b> Meet at Garden Room		
8 pm			<b>Matriculation Dinner</b> Great Hall
9 pm	<b>Drinks and Games</b> Cellars	Literature Bop (9.30) Cellars	
10 pm			<b>Trip to Life (Kuda) Club</b>
11 pm		Trip to Fez Club	
12 pm			

	Tuesday 7th	Wednesday 8th	Thursday 9th
	<u>Settling in</u>	<u>Orientation</u>	<u>Term starts</u>
9 am	<b>Introductory Workshops</b> (9.30) Riley Auditorium	<b>Study Skills Sessions</b> Riley Auditorium  CARF Soc Punting Trips Meet at Memorial Ct	<b>Lectures</b>  <b>Subject Rep Meetings</b>
10 am			
11 am			
12 am			
1 pm	<b>CUSU Societies Fair</b> Meet at Memorial Ct	<b>CUSU Societies Fair</b> Parkers piece  <b>Cambridge Union Society Tour</b>	<div style="background-color: yellow; border: 1px solid black; padding: 5px;"> <p>Red: Compulsory Blue: Important Black: Recommended</p> </div>
2 pm			
3 pm			
4 pm			
5 pm			
6 pm	<b>Family meal</b>	<b>Themed Buttery Dinner</b>	<b>Cambridge Union Society Event</b> From Memorial Ct
7 pm			
8 pm			
9 pm	<b>Speed Dating &amp; Welfare</b> Tea&Games Cellars and Buttery	<b>QCOEF Charity Pub Quiz Night</b> Cellars	<b>Film Night</b> Riley Auditorium
10 pm			
11 pm	Trip to Cindies (Ballare) Club		
12 pm	Trip to The Footlights (ADC)		
<b>Be sure to <u>check the whiteboard</u> by the Memorial Court Plodge every day for any <u>important changes</u>.</b>			

## extra timetable information

### Sunday 5<sup>th</sup>

- The Chapel Service at 9.30am is lovely and gives you a chance to meet our reverend and Dean, Greg. It is not obligatory and you don't have to be Christian to go.
- The Introductory Talks (starting at 11am) will include a welcome from the President and all UCS members along with quick but important talks from the Nurse, the Computer Rep, and societies.
- When you come up from the Riley you'll be greeted by your Subject Reps who will take you to a subject picnic (probably in Mem) so you can meet people in your Tripos in other years and get some really useful information.
- From 3 until 6pm Clare Societies' Fair will be on in the Great Hall and Buttery (Old Court). **If you are planning to go to Tuesday's footlights show you'll need to buy a ticket here.** It won't take you 3 hours to complete it all, so we recommend maybe taking some time to familiarise yourself with the town or make that first important trip to Sainsbury's or M&S if you are so inclined.
- Your Tutor Meeting will be in the afternoon. These are **compulsory**.
- **Staircase meals** are a great way to meet the people you will be living with for the next three terms; if you're in a pinch ordering pizza is always a favourite. This needs to be organised within your own staircase.
- **Bop** doors open at 9.30! See the poster (back page) and get excited! You can start thinking of your fancy-dress now! The UCS will guide those who want to go out to Life Club towards the end of the Bop. Pay attention as you'll have to find your way back!

### Monday 6<sup>th</sup>

- In the morning there is the **compulsory** official Matriculation ceremony.
- The Senior Tutor's address (exact timings on the whiteboard) will be in the Great Hall. You will then go to the Master's Lodge (in Old Court) to sign the Matriculation Book and meet the Master, the Senior Tutor and the Proctor. Then the Matriculation photo will take place in the courtyard.
- **Buttery will then be open for lunch** and you can all try Clare's food for the first time!
- From 2 to 5pm a lot will be going on.
  - Most importantly, your **Director of Studies (DoS) meeting** will be at this time.
  - The Computer rep will be in the computer room of X staircase **from 2 to 4pm to help you set up your computer account.**

- **Gym inductions** will be on offer at the Colony, and society taster sessions will be run.
- Throughout the afternoon you can pop into the LCR for drinks and biscuits.
- At 6pm the Matriculation Service will begin in the Chapel. It is optional but almost everyone usually goes and you get to hear the famous Clare College Choir.
- At 7pm there will be drinks in Old Court before you attend Matriculation Dinner in Great Hall along with your DoS and Tutor. The Master will also give a speech.
- At 10pm a film will be put on in the Riley or the UCS Exec will take those who want to out to Fez Club.

## Tuesday 7<sup>th</sup>

- From 9.30am there will be some **compulsory introductory workshops**, including an introduction to the library, an important (and awesome) live fire demonstration, and a gender & consent workshop.
- Throughout the day we will be leading you to the **CUSU Societies' Fair**, for your chance to sign up with university-wide societies, in Kelsey Kerridge sports centre and Parker's Piece (this fair will be on during the Wednesday as well).
- From 6pm its time for your **second family meal**, where you get to cook for your parents! (or maybe ask your parents about your college grandparents!)
- At 9pm we will start Speed Dating in Cellars. Don't worry; this isn't actually a dating event but just a quick fire way of meeting more freshers. If you don't fancy it, there will also be some games going on in the buttry.
- At 10pm we will take those who want to go clubbing to Cindies from Cellars, or from 11pm we will be running a **trip to the ADC** for a show by the Footlights, leaving from the porters lodge in Old Court. **Buy tickets on Sunday.**

## Wednesday 8<sup>th</sup>

- The college is providing **Study Skills** sessions throughout the day, which is highly recommended.
- CARF society will be running **punting tours** (see whiteboard for times), giving you a cheap and fantastic chance to see Cambridge from the river. They'll also give you the opportunity to try punting yourself; find them at the Clare soc fair.
- The **CUSU Soc. Fair** will still be going on so if you didn't get to see everything you wanted you should go down again and check it out.

- Fred in second year will also be leading a few students down to the **Cambridge Union Society**, the famous debating society for a tour. Membership is for life and is usually around £170, and so if you're interested have a look around first.
- At 6.15pm the buttery will be putting on a **theme night**, with decorations and food.
- At 9pm the **QCOEF Pub Quiz** will start in Cellars. Come down as a family team or come down and form groups with people you are yet to meet!

## Thursday 9<sup>th</sup>

- From 5-6pm your subject reps will be available for a short catch up after your first day of lectures. Be sure to attend if you've got any questions, its best to sort them out early!
- Fred or one of the CU (Cambridge Union) member in Clare will also be happy to guide anyone who wants to the Union for a free debate.
- From 9pm onwards there will also be a film on in the Riley

After this there will sadly be no more amazing Clareites in yellow t-shirts but the UCS Exec will be on hand to help throughout the year whenever you need us! We're only ever an e-mail away, so do keep in touch if you need anything!

## cambridge university student union (CUSU)



As a student of Clare you belong to the UCS, but as a student of the university, you are also represented by CUSU (NB this only includes undergraduates, there is a separate uni-wide graduate union). Do not confuse CUSU with the Cambridge Union Society; the latter is a debating society costing £170+. In your pigeon hole when you arrive you'll have a welcome envelope from then containing another fresher's handbook (obviously not as good as this one I'm writing right now), some local flyers and some other items.

## CUSU Card

Most importantly, in your CUSU welcome pack, you'll find your CUSU membership card that you can complete yourself. This card gives you special discounts at local shops/restaurants where you see the CUSU logo, and as it holds an NUS logo it also entitles you to some of the discounts you'd get on an NUS card, so do make sure to complete it!

# Money & Societies

## Treasurer | Ed Harding



**Contact me for money related issues and societies funding**

**Email: [ucs-treasurer@srcf.net](mailto:ucs-treasurer@srcf.net)**

Hi, I'm Ed. I'm in my second year studying maths, and I'm your UCS Treasurer. I manage the UCS accounts and societies budget, as well as sitting on the College's Finance Committee, where I represent student views. Get in touch with me if you want to set up a society, requiring funding, or you've got an idea on how the UCS can use its money to help undergrads better.

### **My favourite first year memory:**

Bops! Always a good way to unwind after a weekend of working, and I usually managed to get away with a costume made in the 5 minutes beforehand.

Punting comes a close second, and is a skill that any self-respecting Cambridge undergrad should master.



### **My biggest study tip for the year:**

Manage your time well. Your supervisor will know when you've rushed through a problem sheet between 2am and the deadline the next morning.

### **My favourite fresher's week event:**

Family meals. A great way to get to know your family, hopefully you'll keep in touch!

## budgeting and bank accounts

For many of you, this will be the first time you will have to manage your day to day expenditure. It's a good idea to have a think about this before you arrive.

Add up all the money you'll get from loans, any savings you might have, and any other sources of income. Subtract from this your fixed expenditures like rent and other charges (more on this later), and then work out how much you have left per week. Do keep track of how much you're spending, and make sure you check your bank balance and buttry bill at least a few times a term. On this note, having online banking is invaluable, and easy to set up.

Having a student bank account is also a good idea. Most banks, along with some building societies, will offer them for free. These accounts usually include large interest-free overdrafts, which are a useful buffer whilst you wait for your loan to come through. Remember that you will have to pay your overdraft back at some point, so only borrow what you can afford.

Finally, NEVER compare your spending to anyone else's. Everyone's financial situations are different, and some people are just useless at managing their money, so don't get sucked into spending more than you can afford.

## college bill

The college bill is paid at the start of each term and at the end of the academic year. It covers a variety of costs, which are explained below. The bill must be paid by the deadline clearly stated on it; otherwise you will incur late payment charges. The bill can be paid either by cheque or bank transfer.

The bill covers:

- **University and College Fees:** The portion of the fees you are required to pay for your educational costs that term. The amount will depend on your fee status (Home, EU, or International). Often your student loan company will pay the fees directly to the college, and so this section won't appear on your bill.
- **Residential Charge:** The term's rent for your room.
- **Kitchen Fixed Charge:** A charge levied by the college, which goes towards the running of the kitchens. This acts as a subsidy for meals in buttry and formal hall.

- **Meal Charges:** The money you've spent in the buttery and at formal hall. (Note that the amount you've spent can be checked online, and appears on the till whenever you use your uni card in buttery)
- **Utilities:** A fixed charge for heating, water and electricity.
- **Computer Connection:** Fixed charge for connecting to the internet in Clare.

If you have any problems paying your college bill, contact Linda Challinor in the Bursary ([lmb30](#)) as soon as you can. For example, student loans have been known to come through late, and if you are waiting for this money to pay your bill, Linda will be very understanding.

If you have any other financial difficulties you can contact Dr. Jackie Tasioulas (jt257), the Financial Tutor, who will be happy to help you in any way she can.

## financial help

There is plenty of money available from both the College and the University, and these grants are very much worth applying for if you eligible. If you need help applying, or have any questions regarding finances, you can contact your Tutor or the Financial Tutor. For more very general enquiries you can always drop me an email, and I'll do my best to help.

### Hardship Funds

These are offered to people who are **unable to meet the costs of accommodation, studying and living in Cambridge**. Need is assessed by the College using the LEA assessment as a measure of the individual's financial situation. Forms for the Hepple and Skelton funds and the Newton Trust Bursaries are distributed to freshers at the start of the year. You do not need to apply before you come.

**If you find yourself in financial difficulty** and wish to be considered for a College Hardship Grant, **ask your Tutor to write to the Financial Tutor** to support your application and fill in a form giving details of your financial situation and take it to the Financial Tutor, Jackie Tasioulas (jt257).

**Access-to-Learning Funds are available to home students who would be unable to complete their studies without extra financial resources.** They're mainly targeted at mature students, disabled students or students with children and require that applicants have taken out the maximum student loan and have taken advantage of all other grants available to them. There is also a

Rent Discount Scheme for home students entitled to the maximum student loan and who decide they want to stay in college outside term.

For more information about hardship funds, have a look at the Newton Trust website ([www.newtontrust.cam.ac.uk](http://www.newtontrust.cam.ac.uk)) and/or the money section of the Clare website (<http://www.clare.cam.ac.uk/money/>).

## bike lights & helmets

You would have to be daft to cycle in Cambridge without a helmet and, at night, without lights. **You can be fined £30+ for cycling at night without lights.** In case this is not enough of an incentive to own a helmet and lights, the **college offers each student £20 towards a helmet, and £10 towards a set of lights.** Take your receipts into the bursary, and the cost will be credited to your college bill. Note that you can only claim for one helmet and one set of lights whilst at Clare.

## societies

Clare has a huge number of societies within the college from knitting to netball, so you're sure to find something to get involved with. To find out about all the societies and sports teams Clare has to offer come along to the Clare Societies Fair during Freshers' Week. You can also find out about a wider range of societies across the university at the CUSU Freshers' Fair. All Clare societies are run by students so don't hesitate to get involved.

The UCS does its best to provide funding to any societies that require it. Societies apply for funding during the first half of Michaelmas, and the final allocation of funds is agreed upon in week 5 or 6. If you wish to set up a society which will require funding please get in touch with Ed Harding (ejh77), the UCS Treasurer, who will happily discuss this with you. A full list of societies can be found on the UCS website.

## Sports:

### Hockey

Clare Hockey is an extremely relaxed and inclusive club that welcomes anybody who is able to pick up a hockey stick. We mainly aim to play a bit of hockey and have a lot of fun - perks include the (slightly more competitive) Cuppers tournaments, boozy formals and Hockey swaps. No long term commitment is required - we usually play a match a week and (in theory) have a training session a week too. Whatever your experience level, do sign up at the Clare Soc fair or give me - women's captain - (bn250) or Alex - men's captain - [atfj2] an email if you fancy giving it a go - we'd love to hear from as many people as possible. Hockey love xx

## **Badminton**

Clare Badminton is open to anyone that wants to play some fun, casual badminton - we have a wide range of abilities and beginners are definitely welcome! We normally have social sessions on a Saturday or Sunday evening at the University Sports Centre. We also have two teams in the inter-college league, Clare I and II, so anyone who wants to play some competitive badminton can have the chance. If you have any questions, please e-mail Andy (am2234).

## **Penguins Ultimate**

Penguins Ultimate is a fun, relaxed team who play ultimate frisbee against other college teams. In ultimate you score points by passing a disc [frisbee] from one end of the pitch to the other, avoiding the opposition who try to intercept the disc - the team with the most points at the end wins. No experience required or expected! We also have university ultimate connections if you want to get more serious.



## **CARF: Clare Amateur Running and Fitness**

Founded this year, CARF aims to bring together Clare's community of runners and joggers for both athletic and social events. The University-wide Hare and Hounds can seem a little faceless and intimidating, so CARF aims to be a more local and open alternative without any sort of commitment. We will be splitting into different ability groups on runs, so whether you've never run in your life or could give Mo Farah a run for his money, come along! Contact the CARF president at [djh231@cam.ac.uk](mailto:djh231@cam.ac.uk) so we can add you to our Facebook group, which will keep you updated on times of runs and other events that we organize.

## **Women's Football**

The women's football team at Clare is open to all female members of the college. We play matches against other college teams once a week, along with occasional training sessions and team social events. As with most sports at the college level, prior experience is not required, and we welcome players of any level of ability or fitness level. Football is the most popular sport in the world for good reason: it is an intuitive, straightforward game that can be enjoyed at all levels of play. As well as simply being lots of fun, participating in college football is a great way to get some exercise, meet Clare girls in other years, and build up a healthy feeling of college rivalry.

## Varsity Ski Trip

Coming to Cambridge means that you are in for some pretty amazing experiences over the next few years, but none will be greater than Varsity Trip. Each year we take around 3000 Oxbridge students to the Alps for the ultimate snowsports holiday. This year for the ridiculously low base price of £333, you can head to Tignes, which at 2100m guarantees sublime pistes. Never skied or boarded before? Varsity Trip is the perfect place to learn, with our plethora of parties to keep you entertained in the evenings. For the opening and final night, we host festival style events which have, in the past, been graced by the likes of Rudimental and Chase & Status. Midweek, you can enjoy pool parties, comedy nights, and, of course, watch Oxford hopefully get thrashed in the Blues races!



## Rugby

Rugby at Clare consists of playing for CCK, a combined team with Corpus and Kings colleges. It's a very social and enjoyable affair open to all and a great way to meet people from other colleges. We cater to all abilities and you are encouraged to join whether you've played before or not. Playing at college level is a very small time commitment but there are opportunities to play at university level if you're interested. Any questions email me at [jdp48@cam.ac.uk](mailto:jdp48@cam.ac.uk).

Jacob Poulton,  
Clare Rugby Captain.

## Other Societies:

### CCSIF

Clare College Student Investment Fund (CCSIF) is an undergraduate society that actively invests a £36,000 portion of the college's endowment. We invest in equities, focusing mainly on FTSE350 stocks. The fund has grown steadily over time, having had a particularly strong year in 2013 in which we outperformed the FTSE by 3%. Meetings are usually held on Sunday afternoons, when we discuss our current holdings and present buy and sell pitches. We also have a short teaching point each meeting, to help those who are new to investing up the learning curve. On top of this there is a careers element to the society, last year we organised a networking dinner with asset managers Schroders. The society is open to all and anyone who finds the idea intriguing is more than welcome. If you would like to be added to the mailing list or to just find out more please email Robert Wilson at [rw458@cam.ac.uk](mailto:rw458@cam.ac.uk).

## Clare Fair Trade

We are working towards achieving Fair Trade accreditation for the college. That means not only encouraging the college to increase its range of Fair Trade products, but also raising awareness by putting on fun Fair Trade events like Fair Trade formals, Fair Trade wine tastings, Fair Trade clothes sales – anything, as long as it's imaginative and promotes the rights of workers! Please email [jo345@cam.ac.uk](mailto:jo345@cam.ac.uk) for more details and to find out how you can get involved.



## Cambridge PEN

Cambridge PEN promotes the freedom to write and the freedom to read. A branch of the worldwide writers' and human rights organisation PEN International and based here at Clare, we campaign for freedom of expression for writers, artists, bloggers and journalists, and also encourage the exchange of ideas through literature in translation. Check out our Facebook page at <https://www.facebook.com/officialcambridgeunipen> or email [jo345@cam.ac.uk](mailto:jo345@cam.ac.uk) for more details on our work and to find out how you can get involved.

## QCOEF

Queen's and Clare Overseas Education Fund is an open committee of students and fellows from Queens and Clare Colleges. We raise and allocate funds for education-related projects in developing countries, specifying that we do not pay wages in the UK and require charities to provide detailed breakdowns to show where the money we raise goes. For example in December 2014, we donated £1565 to Afrinspire to buy materials to build roofs over two classrooms in a school in South Sudan. This funding immediately benefitted 225 children this year and will benefit many more in the future as the school is now able to hold lessons regardless of the weather conditions. We organise really fun charity events such as the NOT-TO-BE-MISSED pub quiz during freshers week and a freshers picnic on the 18th October which will provide a fab opportunity to celebrate surviving your first two weeks at Cambridge as well as a chance to meet freshers from Queens! We look forward to meeting you all during freshers week! Please check out our website (<https://www.facebook.com/QCOEF>) for more information and email me ([kd369@cam.ac.uk](mailto:kd369@cam.ac.uk)) if you want to get involved, looking forward to hearing from you!



### **Clare Politics**

Clare Politics is a non-partisan student-run society based at Clare College and our goal is to bring the leading figures from the world of politics and current affairs to Clare to discuss the issues of the day. Last year our speakers ranged from Jo Johnson to George Galloway, with topics covering everything from membership of the EU to the Syrian conflict. Events are held on most weeks and each talk is followed by a lengthy Q&A session, offering a really unique opportunity to converse with some amazing people in a relaxed and intimate setting. So come along, learn something new, and get the chance to argue with some politicians!"

### **Clare Christian Union**

We're a group of Christians from all kinds of backgrounds who are united in our desire and commitment to give everybody in Clare the chance to respond to Jesus' claims. We meet on Wednesday evenings and Friday mornings to read the Bible and pray together. We'll be hosting free breakfasts in the gatehouse during Freshers' Week between 08:00 and 09:30 and would love to meet you. If you'd like to get involved, then you're very welcome to our pre-term weekend away from 29th September until the 1st of October. Check out <http://cu.clare.cam.ac.uk> for more details.

**And many many more... Come see for yourself at the Clare Societies Fair!**

# Your Student Union



## Secretary | Katie Harrison

**Contact me for UCS information, bulk mailing and events advertising**

**Email: [ucs-secretary@srcf.net](mailto:ucs-secretary@srcf.net)**

Hi everyone, I'm Katie, a first year Historian. As secretary I'll be and sorting out some of the administrative aspects of the UCS as well as running the weekly Bulletin so if you have anything you would like to be advertised in the Bulletin just email it to me!

### **My favourite first year memory:**

Dressing up and dancing to '50s music at the '50s bop!

### **My biggest study tip for the year:**

Don't leave all the suggested reading until the last minute and don't ignore it completely because the more you read in advance the less overwhelming your first essay or piece of work will be.

### **My favourite fresher's week event:**

On the first day the relaxed atmosphere of the welcome event in the Garden Room made it a lot easier to get to know people in the year.

## What is the UCS?

The Union of Clare Students (UCS) includes all the undergraduate students at Clare College. The interests of these students are looked after by the UCS Executive, who sit on college committees and liaise with college staff. Our role is to defend the interests of Clare students so if you have any problems don't hesitate to ask any of the members of the Executive Committee for help! Each member of the Executive



Committee is in charge of a different area and all members are incredibly approachable. The UCS Exec also holds weekly meetings to discuss student and college issues so if you would like to sit in on a meeting or have something raised please contact our President Terri Yoon (see p.5).

## Is the UCS Important?

Yes! The UCS has a great deal of power to negotiate with college staff through their presence on the committees to make sure students get the best possible university experience possible. So if you have any problem, no matter how small, don't be afraid to get in touch!

<http://www.ucs.clare.cam.ac.uk/>

The UCS also has a website with information on what the UCS Exec do including minutes from UCS meeting and information on upcoming events, as well as photos from past events. There are also lots of useful links on the website to help you get settled in your first week of term. There is also a **UCS Facebook page** (search Union of Clare Students – UCS) and **twitter account (@Clare\_UCS)** for all your social networking needs!

## Emailing to the year/ undergraduates etc

If necessary it is possible to email the Clare undergraduate body, the Clare female undergraduate body, or each year specifically via the following e-mail addresses.

- Clare students matriculating 2013: [clare-su-ugs-13@lists.cam.ac.uk](mailto:clare-su-ugs-13@lists.cam.ac.uk) (To email any other year just replace 13 with two digit number representing year (12, 09 etc))
- All current Clare undergraduates: [clare-su-ugscurrent@lists.cam.ac.uk](mailto:clare-su-ugscurrent@lists.cam.ac.uk)
- All Female Clare undergraduates: [clare-su-ugswomen@lists.cam.ac.uk](mailto:clare-su-ugswomen@lists.cam.ac.uk)

Please note that these mailing lists are moderated so please only use them for appropriate messages.



## Academic Affairs | Daniel Hurt

**Contact me for the library, study spaces, supervisions and anything academically related**

**Email: [ucs-academic@srcf.net](mailto:ucs-academic@srcf.net)**

I am a 2<sup>nd</sup> year pre-clinical medical student, hailing from the northern reaches of Greater Manchester. In my spare time I enjoy long-distance running, squash, violin and sleeping (when time permits). If there is anything at all you feel would improve the experience of studying at Clare, or if you are having any academic-related problems, do please drop me an email!

### **My favourite first year memory:**

Getting college engaged by having a Viking battle re-enactment with more than 30 people, followed by drinking mead, and then even more mead at the UCS marriage formal in Easter term!



### **My biggest study tip for the year:**

Remember that, in the grand scheme of things, exams are really not as important as people might make you think. Make sure you keep a sense of perspective and good work-life balance, especially during exam term.

### **My favourite fresher's week event:**

Speed dating - it was a great chance to break the ice with people I hadn't yet spoken to, and to have a good laugh.

## full term vs term

You're likely to hear the terms 'full term' and 'term' bandied about a fair bit, so it's worth being clear on what they mean. **Full term** refers to the 8 weeks of teaching when students have to remain in residence, whilst **term** includes the few days either side of full term. For example, most of fresher's week is during term but outside of full term. There are three terms, Michaelmas, Lent and Easter (exam) term.

## director of studies (DoS)

Your Director of Studies can be considered the 'central hub' of your studies at Clare. He or she is responsible for organising your supervisions, and may play some direct part in teaching you depending on your subject. Typically you will meet with your DoS at the beginning and end of every term to discuss your progress, congratulate you on what's gone well, and guide you in any areas of weakness. Your DoS is also your first port of call if you are considering changing subject for whatever reason, and is a good person to talk to if you are having problems with supervisors.

## supervisions

Chances are that supervisions are one of the things that attracted you to apply to Cambridge, and rightly so! The format of supervision varies somewhat between subjects, but they are usually between 1-4 students (potentially including those from other colleges) and your supervisor, and last around an hour. In science subjects supervisions tend to be focused on consolidating lecture material, whilst in art subjects may be based more around discussion of essays that you have written or are tasked to write. Most supervisors are academics who are experts in their field, but don't let that put you off! You will find the experience of discussing a topic you find fascinating with such an expert both helpful to your understanding, and rewarding in and of itself. The best way to make the most of the supervision system at Cambridge is to get stuck in and enjoy it!

## tutors

Your tutor forms an important part of the excellent pastoral team at Clare, and they will probably be from a different faculty to your own subject. You should be able to go to your tutors to discuss any problems, and they are great at pointing you in the direction of people that can help should it be beyond their own capacity to. If you encounter any difficulties that are interrupting your studies (physically, mentally or financially), or any that mean you may have to leave Cambridge for a short period of time you must let your tutor know who can sort out the necessary arrangements.

## lectures

Lectures will likely form the bulk of your course, especially in the sciences. For some lecture courses all the lectures are considered compulsory whereas, for others, there is a set of 'core lectures' that can be supplemented by various optional lectures. Everyone treats lectures differently; from the keen scribblers at the front to those napping at the back, but it's always worth bringing along a pen and paper so you can take those all important notes.

## libraries & books

### **Forbes Mellon Library (FML)**



Despite its unfortunate acronym, the Forbes Mellon Library is one of the most attractive libraries in the university, and is Clare's principal library. You should be able to find most books needed for your course within its walls, in addition to a selection of light fiction, CDs, DVDs and audiobooks, all of which can be borrowed completely free of charge. There is plenty of well-lit sitting space for study, and the library takes a social (but quiet) atmosphere that is pleasant to work in. Attached to the FML is the library common room (LCR) which is regularly restocked with free tea, coffee, and other snacks courtesy of the UCS.

The FML is run by a small team of very friendly librarians who you will meet early on. You can recommend any books, DVDs or CDs that the library doesn't stock, either in person, by email, or via the recommendation form found on the Clare College website and in the library. You need your University Card to access the building, which is open from 7am-12am during the first two terms and until 2am in Easter (exam) term. In addition to holding thousands of books relevant to your studies, there are also computers (PCs and Macs), printers and a photocopier available, as well as wireless internet throughout.

### **Lipstein and Turpin Law Reading Rooms**

These reading rooms are available exclusively to Law and Land Economy students and are located on J staircase in Memorial Court. They are open 24 hours, though both are reference libraries, so books cannot be taken out. There are also computers, printing facilities and wireless internet for laptops.



## **University Library (UL)**

As you enter Cambridge for the first time as a student, you will probably see the University Library (UL) long before Clare College itself. Its monolithic appearance is deceptive of its beautiful interior, and is open to all university students Monday to Friday inclusive: 9am–7pm (Michaelmas and Lent) and 9am–10pm (Easter Term). It is also open

9am–5pm on Saturdays throughout the academic year but closed on Sundays. The UL is a copyright library, meaning that it should contain at least one copy of every book ever published in the UK; in other words, if you are looking for a book that isn't stocked by the FML, chances are that you will find it here.

## **Other Libraries**

The university as a whole contains more than 100 libraries, including college libraries, faculty libraries and central libraries (such as the UL). It is worth noting that though each student has access to their own Faculty library, many libraries have exchange agreements with each other (e.g. MML students may use the English Faculty Library), which can be useful for Arts students. To register at a different library simply ask the faculty librarian. If you would like to consult a book in another college's library, you can contact a Librarian to arrange this.

## **Buying Books (or rather, why you shouldn't)**

You should not need to buy many books, if any, given how well stocked the libraries are. It is recommended that, if you do buy a book, you buy second-hand where possible, and that you keep any receipts, given that all students can apply for a book grant at the end of the year.

## **Printing Charges in FML**

Printing in the FML costs 4p per side for black and white, and 14p per side for colour printing. To print you will need to top up your account online using your debit/credit card. Instructions can be found on the notice boards in the library computer rooms.

## **Internet connections**

Every room has a wired internet connection, cables for which can be obtained from the I.T. Office. Wireless internet is also available everywhere in college (though the

signal strength varies). In order to use either, a yearly cost applies which is roughly £35. This is an opt-out charge; if you don't want an internet connection let the Bursary know within the first week, otherwise it will be assumed and added to your College Bill. Use is monitored, and illegal downloading is obviously forbidden. Also peer-to-peer is not allowed on the college network due to the heavy traffic it generates. Note that there is a £46 fine and an eight week ban for people in breach of file sharing laws.

### **Computer rooms**

There are several computer rooms in Clare. Two in the FML, one in X staircase and two in K staircase as well as in the Hepple Room (Old Court) and the Colony. All the computer rooms have internet access and printers. Printing can be paid for by a top up system. You can also use these printers to print to from your own computer wirelessly and the same charging system applies.

## subject representatives

The subject reps are appointed by the UCS from 2<sup>nd</sup> year and above, and represent their subject in the college. This includes organising subject social events, safeguarding subject interests, and providing academic support; if you have a subject-specific query or concern that can't be answered by your academic parent, your subject rep is the best place to go!

<b>AMES</b>	Alice Downham	ard58
<b>Architecture</b>	Tom Lowe	tpl28
<b>ASNAC</b>	Hannah Everett	hse23
<b>Bio Nat. Sciences</b>	Melanie Abegglen	mla47
<b>Chemical engineering</b>	Hannah Templeman	ht324
<b>Classics</b>	Lydia Price	lp425
<b>Computer science</b>	Alex Rakowski	agr37
<b>Economics</b>	Nattasja Kusuma	tnk23
	Jacqueline Warren	jfw43
<b>Engineering</b>	Louis Tate	lt381
<b>English</b>	Maddy Airlie	mla48
<b>Geography</b>	Charlotte Daffern	cjd66
<b>History</b>	Katie Harrison	kh539
<b>HSPS</b>	Ola Trzeciak	at671
	Helena Spector	hcas2
<b>Land Economy</b>	Arun Malik	am2233
<b>Law</b>	Anna O'Brien	ao360
<b>Linguistics</b>	Imogen Traynor	ieg25



**Maths (with physics)**  
**Medicine**  
**MML**  
**Music**  
**PBS**  
**Philosophy**  
**Phys Nat. Sciences**  
**Veterinary**

Mike Wang  
Isabella Lindsley  
Harriet Cannell  
Sarah Assaf  
Henry Woodward  
Bethany Nelson  
Philip Leung  
Emma Simpson

sw664  
ial25  
hc382  
sa713  
hgw27  
bn250  
pkcl2  
ers51



## Buildings | Helena Casement

**Contact me for college buildings, facilities and room balloting**

**Email: [ucs-buildings@srcf.net](mailto:ucs-buildings@srcf.net)**

Hey, I'm Helena a first year Land Economist and I'm your buildings officer! I'm here to help with balloting and will be doing tours and Q&A sessions around that time. I also sit on the estates committee who oversee building projects and approve spending requests for maintenance/gardening in Clare so let me know if you have any issues or ideas relating to these.

### **My favourite first year memories:**

The time we took out a punt and somehow managed to capsize it...(not recommended!) Also the varsity ski trip was so fun!

### **My biggest study tip for the year :**

Try and truly understand concepts and read around them rather than just memorising.

### **My favourite fresher's week event:**

Matriculation! It was exciting dressing up in my gown for the first time and everyone looking very Hogwarts!

## accomodation

In first year you will all be living Memorial court within different staircases (unless you are here on the MIT exchange programme). Some of you will have en suite rooms, whilst others may have lounges or even both - whatever your room is like hopefully you will feel at home here! Second years and some third years live at another college site on Chesterton Road, called the Colony.

### **Porters**

Here to help in many ways such as to keep you safe, aid fire evacuations, sign for packages, provide spare keys and help you replace lost id cards, answer queries and most importantly be a friendly face for a chat as you pass through college!

### **Bedders**

These lovely ladies (and men!) will clean our gyp rooms and bathrooms daily (unless you have an en suite), collect your rubbish on week days every day and clean your room once a week. Then name 'bedder' comes from the time in which these staff USED to make your bed for you. We are very lucky to have this service so please try to keep areas tidy especially on cleaning days to make their lives much easier! If something that was supposed to be cleaned has been missed by a bedder report it to housekeeping in O staircase ASAP.

### **Maintenance**

The Maintenance team are incredible! They have been known to respond to the most trivial of requests within minutes. Anything that is wrong in your room, staircase or in college can be reported to them from the blowing out of a lightbulb to an ant infestation. Maintenance request forms can be found at <http://www.clare.cam.ac.uk/Maintenance/> - but beware, they might just turn up immediately, so you may want to get changed out of your pyjamas before filling one in!

### **Balloting**

This is not something you should worry about just yet. It is the system used to sort out your accommodation for your second year and beyond. This process is carried out in Lent term. Everyone will receive an individual ballot number which is then reversed the following year. (E.g first choice in second year means last choice in third year). Before knowing your individual number, you may apply for rooms together in the same corridor/house as a group. The group average is taken and preferences are assigned according to ranks. Alternatively, you may decide to ballot individually instead. Question and answer sessions will be provided around this time for you. Tours of second year rooms will also be given.

## **Getting into college at night**

The safest way to make your way back to Memorial court is via Old court and across Queen's road. Main gates lock at 12pm. For Old court there is an alleyway you can use your Uni card to enter through. This is a big black metal door located on the right about 30m before approaching Old court main gates. This alleyway will lead you into Old court past the chapel. You will need your Uni card again as you enter onto the bridge walkway and also as you approach the backs and Queens's road. Make sure you use the pedestrian crossing lights here as cars can approach from out of nowhere - especially when you may be drunk and paying little attention. The traffic lights were only installed after a student was killed by a car on the Queens Road some years ago. Finally enter Memorial court via the side gates to X staircase using your Uni card as the main central gate, like Old court, will be locked. Mission accomplished! These paths will be pointed out on the tours when you first arrive, so be sure to attend!

## **Laundry**

Laundry facilities (washing machines, tumble dryers and ironing facilities) are available in Memorial Court, at The Colony, and in Old Court, for which you will need to bring your own washing powder. The washing machines cost £1.40, for which exact change is needed (10p and below is not accepted). Dryers cost 20p per 10 minutes.

## **Fire Safety**

Fire is probably the biggest single danger in multiple-occupancy buildings. Failure to observe fire regulations and procedures can have potentially catastrophic consequences. As far as is reasonable, all steps have been taken by the college to prevent or minimise the risk of fire. This does not mean, of course, that a fire will never break out. The College provides systems to deal with this eventuality which are tested regularly. These tests include: fire evacuation drills (which provide some interesting early morning gossip entertainment during fresher's week); regular inspections/ tests of means of escape; maintenance of fire warning systems and emergency lighting. A detailed and comprehensive fire risk assessment has been carried out for all accommodation and communal areas, which is reviewed regularly. You are responsible for the safety of all electrical appliances which may be connected to a college socket. You are permitted to bring in hairdryers, hair tongs/ straighteners, iPods and any other music playing equipment or electric instruments, chargers, laptop devices, printers and scanners. You may use a multiplug device to run your electrical items and this should be a 4-way extension device with a cable no longer than 2 metres. Cables, connectors, and plugs must be visually checked regularly for signs of wear or poor connection. The college carries out annual checks on all electrical items in your room. You will be informed of the

date that your portable electrical appliances will be checked. On the day of the checks, we ask that you ensure ease of access to all electrical items in your accommodation. **Important:** You are politely reminded that you are not permitted to bring any of your own gas or electric cooking equipment into college. If you have any of these items in your room, you will be required to put them securely into our stores at college and to take them home at the end of the term.

## Charges

- A charge will be levied for incidents including:
  - Holding an unauthorised staircase or room party.
  - Failing to remove blu-tack after Senior Housekeeper's written warning
  - Any damage to fabric, furnishings etc. of college rooms
  - Failing to remove candles from room after Senior Housekeeper's written warning.
  - Persistently having guests overnight without permission (charged per night).
  - An hourly charge, dependent upon the type of cleaning required, will be levied when shared areas and function rooms have been left in an unacceptable state

**Important:** The Head Porter or Senior Housekeeper will inform the Dean of Students if a student persists in creating a disturbance after being issued a warning.

## common rooms & bars



### Junior Common Room (JCR) AKA "Cellars"

The primary common room is the JCR located in Old Court in the atmospheric crypt below the chapel, and is also known as cellars. On days where events (e.g. events/bops) aren't being held it is rarely used other than as an extension to the bar. During the day the room is opened and you are welcome to use the space to relax or work. Although the LCR acts as the popular daytime common room instead.



### **Library Common Room (LCR)**

You will probably use the LCR the most during the day. It is located next to the Library in Memorial Court. Here you will find a TV, comfy sofas, a vending machine, newspapers and a kitchenette with tea/coffee/hot chocolate and milk all provided by the UCS. In exam term the librarians provide free cake breaks for us which is great! This is an ideal place for library breaks and relaxing with friends.

### **Colony Common Room (CCR)**

The CCR is located in Castle End in Colony. It too has recently been refurbished. It is used extensively by second and third years, but as it is in the Colony, you may not see that much of it at the beginning of your time in Clare.

### **The Hepple Room (Old Court)**

Buried away in D staircase in the corner of Old Court is the Hepple Room. It has comfy sofas, an email checkpoint and daily newspapers. It is wonderful for relaxing in!

## Services | Maude Gibbins

**Contact me for buttery, formals, guest beds and LCR refreshments**

**Email: [ucs-services@srcf.net](mailto:ucs-services@srcf.net)**

Hello! I am Maude, a second year NatSci. As Services Officer, my responsibilities include liaising with the catering staff, running the camp-bed scheme, and of course providing tea and coffee in the LCR. If you have any questions, comments, suggestions or complaints about any services please let me know and I'll do what I can to help.

### **My favourite first year memory:**

I hosted a traditional American Thanksgiving Dinner in my room with the help of several friends. We used three gyp rooms to cook and borrowed all the tables and chairs in my staircase and ended up serving a three-course sit-down meal to 14 people.

### **My biggest study tip of the year:**

Try to keep brief summary notes about what you are learning. Over the year you will cover a lot of different topics and it will make preparing for the final exams easier if you have a concise overview of the main ideas you need to review.

### **My favourite freshers' week event:**

I really enjoyed the first family meal. We had ours combined with another family in a big group and hearing all the second years reminisce about their time at Cambridge made me really excited for the year to come.

## buttery

The college buttery in Old Court is where everyday meals are served. Students pay a kitchen fixed charge each term to cover the basic costs of running the kitchens and providing food, allowing the cost of meals to be kept to about the actual price of the ingredients – usually about £2-5 depending on the options chosen.

We have one of the best catering departments in the university, and the food at buttery tends to be well-liked and there are plenty of options. The college aims to cater for a variety of dietary requirements, with vegetarian and vegan options available. Dishes that contain allergens are clearly marked so they can be avoided if necessary. There is also a well-stocked drinks and snacks area which is open at all mealtimes and includes a variety of drinks including milk, fruit juices, and soda, and snacks such as popcorn, crisps, brownies, yoghurt, etc. During the warmer months ice cream bars are also sold.

The meals served are as follows:

- **Breakfast: Monday-Friday, 8-9am**
  - Full English, including eggs, sausages (meat and vegetarian), bacon, toast, baked beans, and tomatoes. A range of cereals, fruits, and yoghurts.
- **Lunch: Monday-Friday, 12:30-1:30pm**
  - Salad bar, cooked meat and vegetarian mains, sides, hot soup, and ready-made sandwiches are available in buttery.
  - The Great Hall is open during lunchtime to provide additional seating. There are salad bar options, quick meals such as baked potatoes, and desserts available upstairs.
- **Dinner: Monday-Saturday, 6:15-7:15pm**
  - Meat and vegetarian main course options (at least one of each, usually several), side dishes, salad bar, dessert.
- **Brunch: Saturday only, 12:30-1:30pm**
  - Normal breakfast options, plus hash browns, pain au chocolat, and cake. This is many people's favourite meal: it tends to be very busy and a it's good time to catch up with friends. It is also when the weekly Clare newsletter, Clareification, is distributed.

Follow [@clare\\_buttery](#) on Twitter for daily menu updates!



## Formal hall

Formal Hall is one of the defining experiences of life at Cambridge. It is a three-course formal dinner set in the college's Great Hall – think white tablecloths, candlelight, stained-glass windows, exquisitely plated food, and an evening of lively conversation. The dress code is black tie and although wearing gowns is not required, almost everybody does.

Formal Hall is open to undergraduates every Monday to Thursday during term time. The cost is £7.10 for Clare students, and booking is done online through Upay ([www.upay.co.uk](http://www.upay.co.uk)); instructions will be emailed at the start of term). Some nights fill up fast, so if you're planning to go with friends you'll probably want to book a week or more in advance to ensure everyone gets a place.

Guests should arrive by 7:20pm on the evening to allow time for seating before the meal begins at 7:30. Seating takes place as people arrive, so if you don't arrive early you might not be able to sit with your group. If you are late you may not be allowed to enter at all.

Once everybody has been seated and the meal is ready to begin, all stand while the fellows enter and take their places at the high table. One of the fellows will ring the gong and recite a grace in Latin. This is a tradition that reflects the religious origins and extensive history of our college, and everybody, regardless of personal religious beliefs, can appreciate it for these reasons.

After the grace, all take their seats and the meal begins. Bread and butter are available (the bread plate is to your left), and a starter is brought in first. Etiquette requires that you begin eating only once everybody immediately adjacent to you has been served (you do not need to wait for the whole table; that could take a while!). Once the course is finished, the waiters will clear the plates, and then bring in the main course, followed by dessert, and finally tea and coffee. There is also a benediction towards the end the meal just before the fellows leave; similar to the grace all must stand in silence when the gong is struck.

During the meal, you are required stay in your seat and behave in a manner fitting to the formal nature of the event. If you would like to drink wine, you must bring it yourself and there is a limit of one bottle of wine between two people, so don't forget to arrange this with a friend ahead of time. Despite these requirements, formal is also supposed to be fun and activities such as pennyng are typical (see below). It is generally accepted that after the fellows leave, things become a bit more lax and students may move around, take group photos, sing happy birthday,

etc.. You should not forget, however, that the fellows generally retire to the room by the balcony in the Great Hall and they can still hear everything that goes on after they leave.

### small hall

Small Hall is a more formal, more expensive, and, well, smaller version of Formal Hall. The Hall, located immediately to your left as you enter Old Court heading to buttery, seats up to 40 people. Unlike Formal Hall, which is booked individually, the entire Small Hall is booked out by a single group. The menu is chosen ahead of time in discussion with the catering department, and the price reflects what is served. The typical cost is £20 to £40 per head – a lot more expensive than Formal – but it is well worth it: the food is invariably amazing and it makes for a wonderful evening. Generally, students tend to book out Small Hall for very special events such as 21<sup>st</sup> birthdays. Many societies and academic departments also organise meals there, often subsidising the cost, so chances are you'll be able to go at least once or twice during your first year.

### gyp rooms

'Gyp room' is the term in the Cambridge vernacular used to refer to small kitchens that are available for student use. These are located in the same staircases as student rooms, and each one is shared between about 3-8 students, so bring a marker pen to name your milk! All are equipped with at least one fridge, a toaster, a microwave, hobs, a kettle, and a sink, as well as cupboard space to store food and cooking equipment. Although gyp rooms tend to be small and not as well equipped as your typical home kitchen, it is possible to cook almost any food with a little ingenuity and patience.

Some people choose to cook almost all of their meals in their gyp room; others cook rarely if at all. Cost-wise, the price of a typical meal at buttery is about the same as that of buying ingredients yourself, so it is entirely a matter of personal preference whether you go fully self-catered, fully catered, or anywhere between the two.

### camp beds

There are foam mattresses available to borrow for guests staying overnight in your room. These can be signed out from the porters' lodge and must be returned the following morning. They are available on a first-come, first-served basis so the earlier in the day you go the more likely you are to get one. If you would like to borrow a camp bed for more than one night, you will need to first obtain permission from me. Otherwise, if you keep the camp bed for longer than one night a £5 fee will be incurred.



## Female Welfare | Simi Agunbiade

**Contact me for any welfare issues, or just a chat and cup of tea!**

**Email: [ucs-femalewelfare@srcf.net](mailto:ucs-femalewelfare@srcf.net)**

Hello! I am Simi, a 3<sup>rd</sup> year medic and your female welfare and equal opportunities officer! Together with Johnny, our role is to make sure that members of the college are aware of the wealth of support that is out there for them. From mental and sexual health advice to general welfare and wellbeing - anything to keep people smiling! It may not always be the welfare team that you want to talk to but hopefully we can point you in the right direction!

### **My favourite first year memory:**

BOPS! Such a great opportunity for college to get together, take a break from work and catch up with friends. Various punting trips have also left me with great memories of my time here so far.

### **My biggest study tip for the year:**

As well as taking a break, use the Christmas holidays to cover the most difficult parts of the course. You'll be grateful come exam term!

### **My favourite fresher's week event:**

Family meals great chance to make some friends and meeting everyone in cellars afterwards is a definite plus! Try organising your own ones after freshers!





## Male Welfare | Johnny Tam

**Contact me for any welfare issues, no matter who you are!**

**Email: [ucs-malewelfare@srcf.net](mailto:ucs-malewelfare@srcf.net)**

My name is Johnny. I'm a second year preclinical medic, kilt wearer, and the male welfare and equal opportunities officer. I work with Simi and the rest of the welfare team to provide the college's student-led welfare support system. Additionally I focus on specific health and welfare issues that men in the college may face. If you have any questions, concerns (personal or otherwise) or suggestions about UCS welfare provision, please contact us!

### **My favourite first year memory:**

Clare Ents on Fridays is a definite highlight. There's great music, friends to chill with, and sometimes amusing pun-based shots. It's something awesome to look forward to at the end of the tedious drudge of the Cambridge week!



### **My biggest study tip for the year :**

Your university career is a marathon, not a sprint. Pace yourself well at the start by hitting the ground running at the start of Michaelmas and work your way through the year. The whole thing is a balance between work and play; you may hit into problems if you get it really wrong. But most importantly (before I run out of clichés), enjoy it!

### **My favourite fresher's week event:**

The CUSU societies fair was awesome. I was bowled over by just how many things go on in the university. Everyone was really friendly and passionate about their hobbies. I almost signed up to every society that I glanced at and now my inbox is crammed by spam!

## getting help

Life at Cambridge is busy and rewarding, but sometimes it can become a bit overwhelming. If you are having a tough time with **work, relationships, money, physical or mental health etc.**, there are many people you can **seek help** from here.

### Tutors

All Cambridge students are allocated a Tutor. Your Tutor is a friendly member of the college fellowship. They **provide confidential help** with problems that may or may not be work-related, and recommend experts you can turn to for professional advice. Your **Tutor oversees your welfare** and can **represent you in certain dealings with the university** (such as academic considerations due to illness and subject changes).

You will meet with your Tutor during Fresher's Week. Depending on your Tutor you may meet briefly once a term to catch up, but please feel free to ask to see your Tutor if ever you have any problems. You can also ask to see any of the other 8 undergraduate Tutors if you wish. They are always happy to help!

Visit [www.clare.cam.ac.uk/The-Tutors/](http://www.clare.cam.ac.uk/The-Tutors/) for more details.

### The College Nurse

Mrs Helen James ([college-nurse@clare.cam.ac.uk](mailto:college-nurse@clare.cam.ac.uk)) is the college nurse, your **first port of call should you feel unwell**. She can provide treatment for minor injuries and illness, as well as offer excellent advice on personal and emotional aspects of student life. Her office (O5 Memorial Court) is open for a few hours Monday-Friday (see p.9) and **has free condoms and leaflets in the waiting room that you can collect confidentially**. You can also meet with her for pregnancy testing. You will have a meeting with her during Fresher's Week to discuss any of your health arrangements and advice on local GP registration.

**IMPORTANT:** If you feel unwell outside of the nurse's office opening hours please seek help from the porter's lodge.

### The Dean

The College Dean takes part in the running of the College Chapel, and has pastoral oversight for all members of the college - of all faith or none. You can speak to him in complete confidence about any matter, perhaps over one of his splendid offerings of tea. Feel free to email him at [dean@clare.cam.ac.uk](mailto:dean@clare.cam.ac.uk)

## UCS welfare



Find us on Facebook!

<https://www.facebook.com/clarecollegewelfare>

We are the student-led welfare support offered by the UCS. The two welfare officers lead the welfare team, a group of friendly, approachable undergraduates who are there to support you in all aspects of welfare.

### **Welfare Room**

There will be a weekly welfare timetable of drop in sessions held in welfare room. There will be a friendly member of the welfare team there to deal with any problems you are facing within college, to listen to you, or even just to have a friendly chat. There is always tea and biscuits; they make everything better!

### **Welfare Events**

There will be welfare events going on throughout the year, giving you a chance to get to know the team. They are also a great opportunity to get the college together. From picnics to pub quizzes to formals, we aim to maintain Clare's well-deserved reputation as 'the friendly college' and to keep its students as happy as possible.

### the welfare team

Led by the two UCS welfare officers, the welfare team is a diverse group of people who are all very friendly and always willing to help. Please feel free to contact any of them if you wish to speak to them.

### **Women's Officer | Madee Higson**



Hi, I'm Madee (mh742), a second year studying HSPS and your Women's Officer. Connected to the Welfare Team, I am here to help deal with any gender and sexism related issues or just to chat about any concerns you have. I will be running a Feminist Discussion group (all genders welcome) and co-ordinate with the University-wide women's community to keep Clare in the loop with events. Feel free to drop me an email any time!



## Oliver Terrett | **LGBT+ Rep**

Hello! I'm Oliver (omt27), your LGBT rep this year. I'm here specifically to deal with any gender and sexuality issues you have, no matter how insignificant you feel they are. Feel free to contact me by email, phone or in person (I live in H staircase above the Buttery) if you ever need to have a confidential chat or access contraception. I'll also be in the Welfare Room in Memorial Court for a weekly slot. Socially, you can look forward to the Fresher's LGBT+ event, plenty of swaps over the coming year, a great opportunity to socialise with other colleges, and Clare's first LGBT Bop! CUSU LGBT has a very enthusiastic committee this year so there should be plenty of uni-wide organised events too, including ones without alcohol. Don't forget to sign up to the CUSU LGBT Parenting Scheme to have a couple of older students help you settle in.

## International Reps

As this year's international representatives, we will be working as a team to facilitate the cultural and administrative transition to the UK for international students, as well as to care for any early-comers. We're more than happy to answer questions about settling down in Cambridge from any students, and look forward to welcoming you in October!

- ak866 - Aya Kawawa-Beaudan
- rr450 - Rozalie Ryclova
- at671 - Aleksandra Trzeciak



## The Welfare Assistants (Welfairies)

- ob282 - Livvy Bartlett
- ieg25 - Imogen Grumley-Traynor
- tr360 - Thurkka Rajeswaran
- nr382 - Nina Rauch
- as3278 - Ankita Sahni
- rs707 - Rhea Sood
- ms2090 - Molly Spink

## welfare cookie-fairy



The welfare cookie fairy forms an integral part of the welfare team and delivers cookies to those in need of cheering up for big or small reasons. By emailing the cookie fairy on the welfare address ([ucs-welfare@srcf.ucam.org](mailto:ucs-welfare@srcf.ucam.org)) with a friend's name and place of accommodation, a free cookie will appear in that friend's pigeonhole. For more information, please add "**Clare Welfare Cookie-Fairy**" as a friend on Facebook.

## condoms

**Free condoms** are available to all **Clare students** and can be accessed in a number of confidential ways:

- **The College nurse:** A box is kept in Helen's waiting room. Outside working hours you can get a key for the room from The Memorial Court Porters Lodge.
- **The Welfare Officers** will be keeping the Welfare pigeon hole in Mem Court well stocked. It is located on the immediate far right when you enter the plodge. You can contact us by emailing [ucs-welfare@srcf.ucam.org](mailto:ucs-welfare@srcf.ucam.org) if there are none left in that pigeon hole or if you would like the Welfare Officers to put some specifically in your pigeon hole. You can also befriend "**Clare Welfare CondomMan**" on facebook and make requests via messaging him (he's also married to cookie-fairy).
- CUSU: If you want large numbers of condoms you can buy them (heavily subsidised) from CUSU.

## pregnancy & chlamydia tests

Free pregnancy tests and chlamydia tests are supplied by the UCS Welfare Team. These can be obtained by either emailing a member of the welfare team (who will put an envelope in your pigeon hole), or by leaving an enveloped note in Simi's pigeon hole in Memorial Court should you wish to remain anonymous (she will leave one in the same pigeon hole for you to collect later). Helen (the college nurse) also has pregnancy tests so you can visit her during her clinic hours.

## university counselling service

The university runs a great, free **counselling service to all students**. Life at Cambridge can get stressful and its great to have support so that you can achieve



your best while you are here. Many students find the counselling service useful for talking through problems with someone from outside of college.

For more information, take a look at [www.counselling.cam.ac.uk/studentcouns](http://www.counselling.cam.ac.uk/studentcouns). You may also find some of the self-help leaflets useful found at [www.counselling.cam.ac.uk/selfhelp](http://www.counselling.cam.ac.uk/selfhelp), also available in the nurse's waiting room..

## safety

Although Cambridge is generally a safe place to be, each year a number of students are robbed or assaulted. To try and prevent these unpleasant issues arising, it is really important that you attend the Introductory Talks and Workshops during Freshers' Week.

Some general safety tips include:

- **Always lock your room.** Last year, a laptop was stolen from a room in Old Court during a Clare Ents night. You will hear it many times and it's true: treat your room as if it were your house, and your door is your front door.
- **Always lock up your bike** effectively – cycle thefts are extremely common.
- When going out in the evening, try to find people to walk with on the way home.
- Whether you're male or female, don't be afraid to carry a personal attack alarm. These are pocket sized (often on a key ring), and can be easily purchased from either the UCS Welfare Officers or the UCS Women's Officer.
- On a night out, it's a very good idea to **keep £10 aside as emergency taxi money** in the event that you have a bit too much to drink and/or lose track of your friends.
- If you are ever lost or feel unsafe, unwell or scared in town, the best thing to do is **head for the nearest Porter's lodge at any college**. Explain that you are a Clare student and your situation. The porters will arrange for a taxi to come and pick you up to drop you off back at Clare safely and securely.
- If you ever need to make an emergency trip to Addenbrooks (the hospital) and do not have enough to pay for a taxi speak to the porters who can (depending on the situation) make the necessary arrangements.



## Access | Emma McLean

**Contact me for access events opportunities**

**Email: [ucs-access@srcf.net](mailto:ucs-access@srcf.net)**

Hello, I'm Emma. I'm a second year pre-clinical medical student and in my spare time like to do archery and play squash with friends. I'm here to help with showing how brilliant our college is to those aspiring to get here. If you want to know more about access in college or want to get involved then please drop me an email.

### **My favourite first year memory:**

James Bond formal! Everyone got to dress up and go to the formal followed by a casino bop. Some of the boys managed to make over £700,000! Just shame it wasn't real money.



### **My biggest study tip for the year:**

Make sure you also have fun in term and make good use of your holidays to understand the material and make your own notes. It will help you later!

### **My favourite fresher's week event:**

The staircase meals. Our staircase decided just to order loads of pizza (15 in total!) and all sat in our landing together before donning out costumes for the bop.



Clare is very active in hosting access events within college for primary school students to sixth formers. The aim of these events is to inspire those from non-traditional backgrounds to apply to Clare and the best way to do this is through involvement with current students. Throughout the year you will hear from the school liaison officers, Rebecca Blaylock and Stephanie Baughen ([schools@clare.cam.ac.uk](mailto:schools@clare.cam.ac.uk)), and the UCS access officer, Emma McLean, about the various opportunities to get involved with access events in college. Each college is assigned areas within the UK to focus their access events. Clare is partnered with Coventry and Warwickshire as well as the London boroughs of Tower Hamlets and Hackney. Students from these areas in particular visit the college regularly and students are always needed to give tours of the college and to share their experiences.

Clare also hosts **two** events in the year which are **student run**:

### **CUSU Shadowing Scheme**

At the beginning of Lent term students from all over the country come to Cambridge to 'shadow' a current student. The scheme is run university-wide with Clare hosting several sixth form students. Students from any year can get involved and you can have a 'shadow' staying at a separate college. This is an opportunity to introduce someone to the marvels of Cambridge during term time including taking them to lectures, supervisions and **a free formal is also hosted for the shadows and often their student host too**. Applications normally open about halfway through Michaelmas term!

### **Access Bus**

In the Easter holidays, a group of undergraduates travel to Coventry and Warwickshire to visit as two to three schools each day to give presentations about applying to Oxbridge. Even if you do not want to commit to an access bus there are resources available to encourage students to go into their own schools to give presentations through the CUSU scheme; Target schools.



£ & £ | Jamie Osborn

**Contact me for environmental and ethical issues concerning the college and the university**

**Email: [ucs-e&e@srcf.net](mailto:ucs-e&e@srcf.net)**

Hello, I'm Jamie, your Ethical & Environmental Affairs Officer. My job is to make sure college does its bit to treat the world fairly and sustainably. We want to preserve this wonderful place for ourselves and the future! I'm here to help you be involved in the college's ethical life, so please do contact me with any questions or suggestions.

### **My favourite first year memory:**

I can't single out a specific moment in first year as my best memory (it's all been so good!) but I would say getting involved - in societies, in college life generally, and most of all in the UCS - has really made it for me.



### **My biggest study tip for the year:**

Talk to other people on your course. Not only is it fun and interesting, it can give you new ideas and help you sort out any problems. Clare students are always happy to help!

### **My favourite fresher's week event:**

The subject picnic - sitting in the sun outside Mem Court meeting the people who would become my best friends for the first time.

Clare is the friendly college, and we also try to be friendly to our planet! Clare students are generally a pretty ethically-aware bunch, but here are some easy tips and info on how to be as environmentally-friendly as possible while in college and in Cambridge.

## ethical food and shopping

- Look out for free range, organic and Fair Trade products, and buy local where possible. It doesn't have to be expensive; quite a lot of Sainsbury's basics products are Fair Trade, and the market in the town centre is an easy place to get local, seasonal produce.
- Try to reduce meat and dairy consumption. Meat and dairy account for nearly 20% of greenhouse gas emissions, and cutting down will not only help save the environment, it will also be cheaper and healthier for you. The buttery offers a good range of veggie options. And vegetables are tasty; be sure to come to Green Formals to experience just how exciting veggie food can be!
- Avoid non-sustainable fish, especially tuna and cod: a lot of tuna is caught in ways that unnecessarily kills dolphins and many other seas-creatures
- Always remember to take a bag with you when going shopping. You can get a Bag for Life from most supermarkets really cheaply, and it will last. Carrier bags are also available from the old court porters' lodge, so please do pick one up when shopping.
- When shopping for clothes or books, have a look in the charity shops. There's a really good Amnesty bookshop and an Oxfam shop selling everything on Mill Road, and loads of other charity shops round the town. (And you'll find some amazing bargains!)
- Cambridge is a great place for quirky independent shopping, from Arjuna Wholefoods on Mill Road to the vintage clothes fair in the town hall. Check out <http://www.cambridgehub.org/ethical-guide> for full details.

## energy & water

- Simple things: remember to turn off your lights, turn appliances and chargers off at the plug socket, don't leave the fridge door open. Turn off your electricals, don't leave them on standby. Any energy you waste will only put your bills up!
- Cook efficiently: put a lid on your pan, don't overfill the kettle, use the water while it's still hot rather than boiling it twice. It will all save you time. Also, if

you turn off the hob a few minutes before the food's done, it will still keep cooking.

- Shorter, cooler showers save you time and are refreshing!
- Put on a jumper instead of turning up the heating. And don't have heating on full blast with your window open: there's no point in heating the sky.
- Washing in full loads and leaving clothes to air-dry is more efficient and cheaper. Also, when washing, try using eco-friendly detergents like Ecover or Bio-D.

## recycling

Recycling at Clare could not be easier. There is a comingled recycling bin in every staircase in Memorial Court, where you can put all your recycling. The bins in your rooms are not for recycling, nor are the bins in the gym rooms.

## staircase energy saving competition

With all these green tips in mind, it ought to be easy to do your bit for the environment (and mostly it's common sense). But if you need more incentives, there will be an exciting termly competition to see which staircase is the greenest in the college. How much you save on electricity and heating will be taken into account, and how well you keep up with recycling, all with a positive focus. It will be a great way to bond with your staircase (teamwork!) and **there will be prizes** for the winning staircase. So get saving!

### **Meet "The Recyclables":**

- Foil
- Tins
- Aerosols
- Plastic bottles
- Cartons
- Paper
- Glass
- Cardboard

With the "multi-comingled" system, all of those are disposed of in one nifty bin.

### **You CANNOT recycle the following:**

- Spreadable butter pots
- Plastic soup pots
- Meat packaging
- Drink straws
- Contact solution bottles
- Plastic egg boxes
- Carrier bags
- Crisp packets

## campaigns

Clare is already pretty good ethically (you've picked the right college!) but there are always ways to improve. If you want to really make a difference, you can join the campaigns currently running in college:

- **Fair Trade:** We are working on getting Fair Trade accreditation for Clare. As well as increasing the range of Fair Trade products used in college, this also involves putting on fun Fair Trade events like formals, wine tastings, football matches, to raise awareness.
- **Living Wage:** Clare pays the Living Wage ([livingwage.org.uk/](http://livingwage.org.uk/)) to all permanent and contracted staff, but there are still some summer catering staff paid below the living wage. To become an accredited LW employer, we have to pay *all* staff the LW.
- **Ethical Investments:** Clare has an £80m endowment fund, and a lot of that money is going into what some may say unethical companies ([positiveinvestment.wordpress.com](http://positiveinvestment.wordpress.com) for more info). This is students' money, and we should have a say in what it is funding, so we're trying to encourage the college to ensure it doesn't invest in "big bad companies".

**Please email Jamie if you would like any more info or have any questions on campaigns**

Charity is also incredibly prevalent in student life at Clare, with many societies and events put on. There will be many charitable opportunities in the upcoming year. For the first time at Clare, we hope to get together a charity committee (freshers and older years) working together to promote and organise charity events within college. It would be fantastic to see as many freshers involved as possible. Nina Rauch is your charities rep ([nr382@cam.ac.uk](mailto:nr382@cam.ac.uk)), so please do contact her with any questions.

## volunteering

There are lots of opportunities for really rewarding volunteer projects in Cambridge. Volunteering is a great way to do something different and worthwhile with your time (and it looks good on your CV). Check out <http://www.cambridgehub.org/> or <http://www.cambridgesca.org.uk/> for ideas and listings. Within college, you can always help out with access events.

## places of worship

The Chapel is a nice place to go and find some peace and space, and is always open to people of any religion or none.



### **Buddhism**

The CU Buddhist Society's website is <http://buddha.soc.srcf.net/index.php> The Cambridge City Buddhist Society is on 32 Greens Road and the Cambridge Buddhist Centre is on 38 Newmarket Road.

### **Christianity**

Cambridge has one of the highest numbers of churches per square mile in Britain; as such, there are churches to suit many branches of Christianity. In College, we have the beautiful Chapel, which has daily services. There is a university-wide Cambridge University Christian Union ([www.ciccu.org.uk](http://www.ciccu.org.uk)) and our own Clare Christian Union

### **Hinduism**

The University Hindu Society website is [www.cuhcs.org.uk](http://www.cuhcs.org.uk). There is an Indian Cultural Association located at 84 Crowland Way and 70 Bishops Road.

### **Islam**

St Columba's Church Hall on Downing St is where most students congregate for Friday prayers. There is a mosque on Mill Road called Abu Bakr Jamia Mosque. For every day prayers there is a prayer room on Sidgwick Site behind the Criminology Dept, where most other events like Dhikr, Tajweed etc. are also typically held. For more information, please email Sheharyar Hasan at [sh772@cam.ac.uk](mailto:sh772@cam.ac.uk)



## Judaism

Beth Shalom Reform Synagogue is located for the moment in the Rank Room, Wesley House, Jesus Lane CB5 8BJ (see [beth-shalom.org.uk](http://beth-shalom.org.uk)). Cambridge Traditional Congregation and Cambridge University Jewish Society [www.cujjs.org](http://www.cujjs.org) are located at 3 Thompson's Lane. Furthermore, Egalitarian Friday night services to which all are welcome are held by Egalmin every week in Clare (contact Shulamit at [sm2034@cam.ac.uk](mailto:sm2034@cam.ac.uk) for more details). There is a friendly and welcoming Chabad House near the Colony on Thompson's Lane (<http://www.cuchabad.org/>).

## Sikhism

There is now a Gurdwara in Cambridge at 150 Arbury Road. See their website, <http://www.cambridgegurdwara.org/>, for more details. The CU Sikh society website is at <https://cuss.soc.srcf.net/>, and put on Diwali events and formals as well as Gudwara trips.

# Social Life



Social Secretary | Claudia Barclay

**Contact me for UCS social events such as bops and special formals**

**Email: [ucs-social@srcf.net](mailto:ucs-social@srcf.net)**

Hi, I'm Claudia your Social Secretary. I'm a NatSci and unlike many are led to believe do occasionally socialise outside of the FML. My job is to organise themed bops and other events to give everyone the opportunity to have a well deserved break. Feel free to email me with any suggestions or thoughts!

### **My favourite first year memory:**

May Week, there's nothing like the feeling of freedom after the intensity of exam term and Clare May Ball was probably one the best nights of my life; you can't beat S Club 3, 'real' dinosaurs and all your friends in one place.

### **My biggest study tip for the year:**

Work throughout the year and over the holidays, which seems grim I know, but it will make exam term that little bit less stressful.

### **My favourite fresher's week event:**

The first bop! I'm not just saying that because its my job, the first bop is great because it gives you a chance to meet most people in college and no one can feel that stupid when you're all dressed in weird outfits.



## bops

Part of the UCS' job is to organise three themed bops per term that take place in Cellars and Buttery. Each bop will have a theme and definitely requires dressing up, so bringing stuff from home is always a good idea. Bops are great for whole college socialising with themed shots bar, live music and often deals for club entry after. For Michaelmas the three Bop themes will be Literary, Halloween & Christmas – so get planning costumes!



Clare Ents is the social centre of the college. It's Cambridge's biggest student event with a reputation for alternative music and a great track record for finding acts before they make it big, Bombay Bicycle Club and Tinie Tempah to name just a couple. Because of this and our location in the college bar 'Cellars' we're known as the Underground Sound. You'll soon discover the great-value, student-run bar but it gets even better with Ents on a Friday night when there's also a specialised shots bar. Plus being Clare Students you get cheaper entry and queue jump over all other colleges. It's organised and run by second years and staffed by freshers so look out for us at the Freshers fair where you can sign up as a worker which comes with perks like free entry for the term. Check out the website for more information and updates on our acts each week or we're on Facebook and Twitter. See you all in October!

<http://clare-ents.com>

<https://www.facebook.com/ClareEnts>

## college bars



### Cellars

Located next to the JCR, the bar, as in most colleges, is a centre of college social life. However Cellars, unlike most other college bars, is also a social centre for those outside of Clare. What makes Cellars a cut above the rest is not only its atmospheric setting in the crypts under the chapel

but the fact it is student run; this means there is a relaxed feel and the drinks are cheap. Along with Ents and Bops, Cellars hosts a number of other nights such as quizzes, jazz, comedy and the always entertaining November activities such as the pie and pint contest. Cellars is the perfect place for a relaxing night, pre-drinking for a night out or just a game of pool. Since Cellars is student-run there is the opportunity to work the bar. Working the bar is really rewarding and you actually get paid, which is always a bonus. Cellars is normally open 18.30-23.30 daily, serving a variety of drinks and sweets/crisps. It only accepts cash.

### **MCR Bar**

The “Middle (or graduate) Common Room” is usually not open to undergraduates, you’ll need to be invited by some graduates; although on some occasions the MCR opens its doors to all: such as nights when Clare is on University Challenge for a screening! The Clare MCR is famed for having one of the widest whiskey collections of any bar in Cambridge.

### formal swaps

Formals are one of the things that make Cambridge stand out from other universities and formal swaps allow you to sample the culinary delights of other colleges and see if John’s food lives up to reputation. It’s surprisingly easy to organise a formal swap, either you can get together a group of friends and use any contacts at other colleges or use the Cambridge Formal Marketplace on Facebook.

### room parties

Room parties are for up to 25 people and can be arranged by getting in touch with the Head Porter, Jane Phelps ([headporter@clare.cam.ac.uk](mailto:headporter@clare.cam.ac.uk)). Room parties are great for nights when Cindies is just that little bit too far or your student loan is stretching a bit thin.

### staircase parties

Much like room parties but on a larger scale with up to 60 people. Again you’ll need to get in touch with Jane Phelps and make sure the noise is down by 12 to ensure there are no fines. Staircase parties are a great way to celebrate special occasions such as birthdays or just the end of term. **NB:** You may be charged for an unauthorised staircase or room party.

## the gatehouse

The Gatehouse is found in Ashby Court, just by the gates near the UL. It's a great place to hold parties with up to 60 people as it has a dance floor complete with disco lights and a kitchen. Gatehouse parties need to be organised with Jane Phelps in advance and can go on all night as long as its spotless by 10am the next morning.

## The riley auditorium

Located underneath X staircase, the Riley Auditorium has 150 seats and can be booked out by e-maling the college porters. The Riley can be used to screen films and even play video games. The porters just need to know timings and no food or drink is permitted.

## clubbing

Cambridge has four main clubs, each of which has an associated night or nights of the week. On most nights of the week one of the four clubs will be pretty packed with students apart from Saturday when it's full of 'townies' (the non-student population). In Cellars you buy club tickets which can give queue jump and remove some of the hassle. Cambridge bouncers are not the most consistent so will not always accept student ID meaning it is always useful to bring standard ID as well. All of the clubs are near the centre meaning only a short walk back home to Memorial Court.

- **CINDIES:** Currently called Ballare but still known as Cindies, despite not having been named that for years. Cindies is well known for its incredibly cheesy music (the Circle Of Life is a favourite) and the fact that most songs are only played for around 30 seconds and is probably the most well known club in Cambridge. Cindies nights are Tuesdays and Wednesdays.
- **LIFE:** Like Cindies Life isn't actually called that and is instead Kuda but due to stubbornness will never be known as that. Life is big on a Sunday and don't be put off by the carpets, which nobody understands.
- **LOLA LO:** Cambridge's very own tropical themed club Lola Lo is big on a Thursday and can best the other clubs with the fact it has multiple dance floors and a proper smoking/outdoors area, not just one of those pens outside.
- **FEZ :** Fez is a good alternative to the cheesy nights at other clubs with more alternative music. Fez is open on Mondays & Fridays and also runs an alternate night on Sunday with CREEM DJs, the opposite of Sunday Life.

## other things to do in cambridge

If clubbing isn't your thing or the Cambridge term is getting to you there are other less intense things to do. Around college there are always on, whether it's procrastinating by watching TV in the LCR or society events such as the Union or Clare Politics. One of the great things about Cambridge is the wide range of societies meaning that there's never a boring moment if you know where to look.

College life can get pretty intense and Cambridge is one of the most beautiful cities in the world meaning it's great to go into town occasionally and there are plenty of things to do:

- **Castle Mound** is right next to Colony and one of the only hills for miles. It has an amazing view and is a great place to have a picnic or fly a kite.
- **Grantchester** is a pleasant half hour walk from the centre and is a great place to relax or swim in the Cam which is slightly less grim than that in the centre.
- **Kettle's Yard**, also by Colony, is an art gallery and lovely house on display. It's a great place to take in culture and you can even bring your own books to read.
- **The Botanic Garden**, on Trumpington Road, is world renowned and an amazing place for a bit of escapism.
- If retail therapy is just what you need then just out town by Parker's Piece is the **Grafton Centre** with plenty of shops and a **Vue Cinema**.



# CLARE ENTS

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## THE UNDERGROUND SOUND

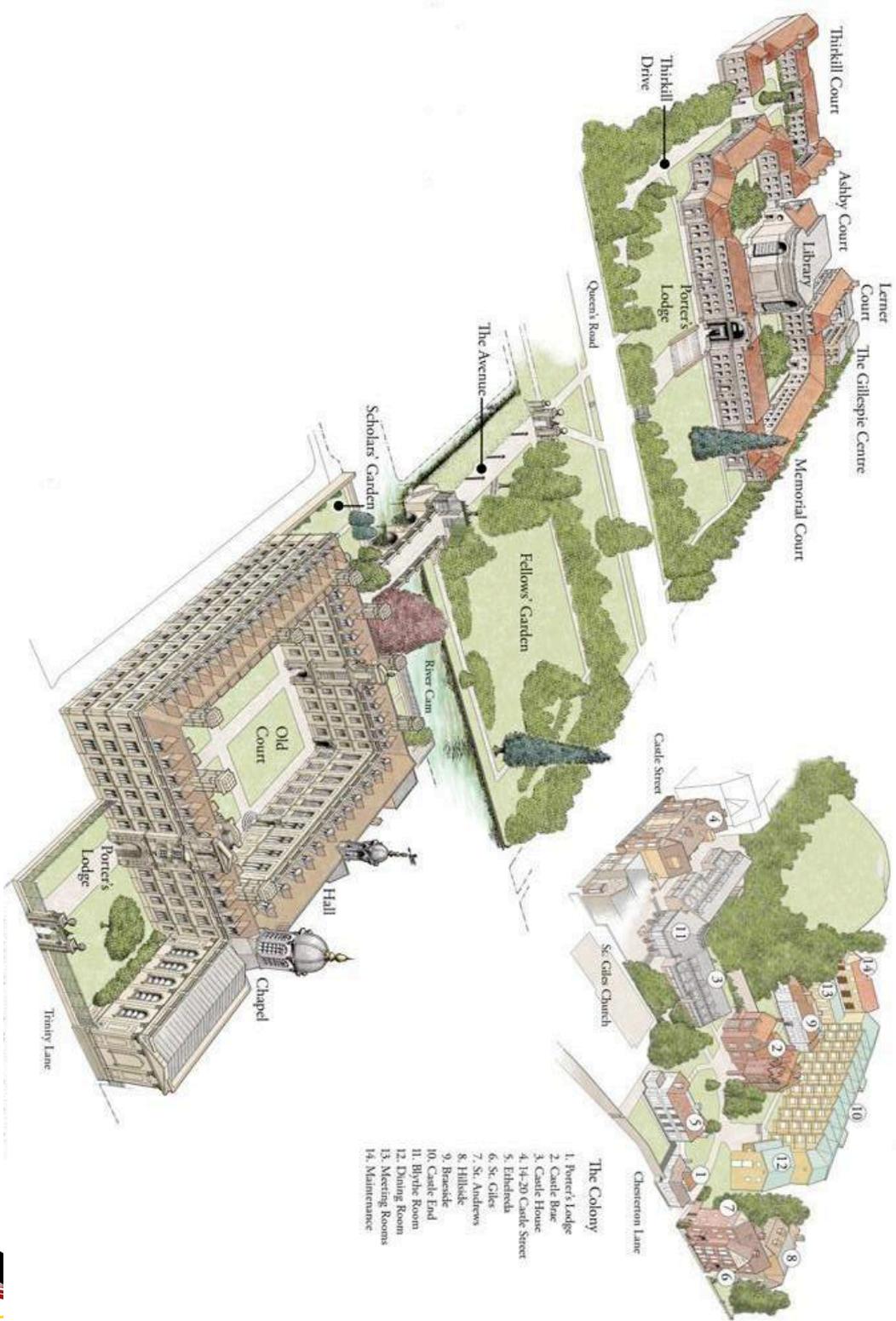
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Live music & DJs every week

Previous acts include:

- Bombay Bicycle Club - Prides - Chase & Status -
- Tinie Tempah - Loick Essien - The Correspondents -

9:30pm every Friday of full term at Clare Old Court Cellars  
[facebook.com/clareents](https://facebook.com/clareents) - [clare-ents.com](https://clare-ents.com) - @ClareEnts



**The Colony**

1. Porter's Lodge
2. Cade Row
3. Cade House
4. 14-20 Cade Street
5. Ethelreda
6. St. Giles
7. St. Andrews
8. Hillside
9. Barwick
10. Cade End
11. Blythe Room
12. Dining Room
13. Meeting Rooms
14. Maintenance



C L A R E



B O P S

# *Literature*

FRESHER'S WEEK

CLARE CELLARS  
5<sup>TH</sup> OCTOBER 2014  
21:30