Welcome from the Union of Clare Students’ President

Congratulations on getting a place at Cambridge! I’m delighted to welcome you to Clare College, a truly wonderful place in which to live, study and socialise. It may feel daunting at the moment, but I have no doubt that you will find Clare not only intellectually stimulating and rewarding but also hugely enjoyable.

My name is Harry Peto and I’m YOUR President of Clare College. This means I lead a fantastic group of people (the Union of Clare Students Executive Committee) who strive to improve the lives of everyone at Clare, and have been working very hard to organise Freshers’ Week. I’m sure you will enjoy it; please try to relax and remind yourself that you don’t have to make a hundred new friends a day! We have compiled this guide to help you settle into Clare as smoothly as possible. It contains a wealth of important information about living and studying at Clare. Our fundamental aim is to emphasise that Clare is an incredible environment bursting with lovely people, and to get you excited for your time at Clare and in Cambridge!

Clare will be your home for the next few years - the place where you’ll work, eat, relax, socialise, and sleep - and it’s important for you to be aware of the extensive network of support available in helping you to make the very most of this great opportunity. A vital part of this is your “college parents”, whom you should hear from very soon. They have already been at Clare for at least a year and remember exactly what it’s like to be in your shoes. One of them will study your subject and they will cook you and your “college sibling”, another fresher, a meal on your first night as well as continue to be a source of support for however long you need it.

So while you’re waiting to arrive, do give this a read and get pumped for the time of your life! Clare is indeed a buzzing community, full of diverse individuals, each with their own attitudes, opinions and beliefs, yet tied together by a fundamental tolerance and appreciation of others. Crucially, Clare is not for any one “type” of person, and its nickname “the friendly college” is not mere propaganda. Anyway, you don’t need me to tell you this; you’ll discover it for yourself the moment you arrive!

My ultimate goal is to ensure your happiness and wellbeing. So, if you have any questions at all, or if you understandably just can’t contain your excitement any longer, please feel free to get in touch by email (hp342@cam.ac.uk), by phone (07580553393), or on Facebook :)

I very much look forward to meeting you all in a few weeks’ time!

Harry
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The Union of Clare Students

What is the UCS?
The UCS is YOU and all other matriculated Clare students. Students automatically become a member of the Union upon matriculating. The UCS, then, is the entire student body of Clare College. The UCS is run by an Executive of 12 elected Clare undergraduates, each serving a different role. We’re extremely approachable (hopefully!), so if you ever have any problems please feel free to contact us.

What does the UCS Executive do?
It is our job to actively represent and defend the interests of all the students of Clare College. We sit on most college committees, and use our elected positions to try and gain the best possible outcomes for students. Sometimes, this means preventing changes which may have detrimental effects on students, but our role is more often a positive one. Indeed, many of the facilities that Clare students enjoy are provided by the UCS - or by the college at its behest. We hold weekly meetings. If you would like to attend a meeting for any reason please contact our president, Harry Peto.
The UCS Executive Committee 2013-14

President: Harry Peto
hp342@cam.ac.uk
It is an enormous pleasure to be President of the best college there is! It’s my role to manage the UCS Executive Committee as we strive to improve the lives of Clare students. In doing this, I gauge the opinions and concerns of Clare students to relay them to college officers with whom I meet regularly) and CUSU. So if you have any problems at all, no matter how trivial or unusual, don’t hesitate for a second to get in touch with me or any other member of my committee in whichever manner you prefer, be it emailing, door-knocking or just screaming at us!

Vice-President: Kiri Koumi
kk495@cam.ac.uk
Hey everyone, I’m Kiri, your VP. I’m a 2nd year Architecture student. It’s my job to support our President and the rest of the UCS in as many ways as I can. I also have a voting position on CUSU (the uni-wide student body) committee and I represent our lovely college on a uni-wide level.

Secretary: Jenny Boddy
jb865@cam.ac.uk
Hi, my name is Jenny, I’m a law student and I am your current UCS Secretary! As Secretary I will be keeping you up to date with events going on inside and outside of college through the weekly bulletin. I am also responsible for ensuring that there are regular, well recorded, UCS Committee meetings.

Treasurer: Ollie Russell
olr22@cam.ac.uk
I’m Ollie and I’m your UCS Treasurer. I control the UCS budget, societies budget and try to put across the undergraduate view on any suggested cost rises within college. The role has also developed into helping organise UCS social events with me having to make sure all of these are financially viable. So if you run a society; want to set up a society; have a good idea for how to spend UCS money to help undergraduates or just have a view on college finances that you want put across at Finance Committee then speak to me.
Access: Clare Lewis
cl559@cam.ac.uk
Hello! My name’s Clare and I’m your Access Officer for 2013-2014. I’m a second year NatSci and I also enjoy leaving my room from time to time, contrary to popular belief. I have loads of great ideas for this year’s Access events, both within Clare and around the country, so I’m hoping I’ll be seeing loads of you all this year! Access events are really fun and rewarding schemes to get involved in, so definitely consider getting in touch for all things Access-y! (see page 34)

Services: Cleodie Swire
cs717@cam.ac.uk
I’m Cleodie, your Services Offer. It is my job to keep the LCR stocked with everything you need to get through a hard day’s work in the FML. I also organise the camp-bed renting scheme and am the person to go to if you would like to see particular changes in the Buttery or Formal Hall.

Buildings: Robin Elliott
rare2@cam.ac.uk
I’m Robin, your buildings officer. If you’ve ever got any questions, problems or suggestions about your accommodation talk to me and I’ll see what I can do about it (which often might be more than you expect!). Other than that I’m responsible for the balloting process for undergraduates and also I sit on a few committees to represent the student view to the wider college.

Social: Rebecca Harris
rh542@cam.ac.uk
Hey everyone! I’m Rebecca, your Social Secretary here at Clare. My role involves providing us with ways to wind down and enjoy ourselves here at college - after all, we deserve it! We work hard, but we play harder. A main part of my role is organising themed Bops in college for us all to blow off steam and spend some quality time with our friends. If you have any suggestions of social events you’d like to see within college, feel free to get in touch.
Welfare Officer
Due to some unfortunate circumstances, we do not currently have a Welfare Officer. However we will have a replacement by the time you arrive and you can meet him or her along with the rest of us. The Welfare Officer is a really important member of the team who ensures the college supplies all possible support for the students’ social, mental and sexual health. This person will work alongside the college nurse and tutors, to make sure the students are happy and healthy during their time at Clare. The Welfare Officer works with the Welfare Team (page 38) to staff the Welfare Room (M11, Mem Court) which is a secure and friendly place to talk in privacy. As soon as the new Welfare Officer has been decided, we will make sure his or her details are given to anyone, so that you can contact him or her with any possible issues.

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Women’s: Anna Ritchie
alr40@cam.ac.uk
Hi, I’m Anna, a second year anthropology student. I’m currently the women’s officer which means I represent women’s issues on the UCS as well as trying to sort out any gender problems, especially those related to sexism, that undergrads might experience in college. I am also getting involved in the Welfare system this year and I’m happy to chat with about any problems, big or small.

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Academic: Aimee Hesketh
arh74@cam.ac.uk
Hello! My name’s Aimee, I’m a second year Vet Med student and I’m your Academic Affairs Officer. My main role on the UCS Exec is basically to help you make the most of your academic experience here at Clare. I’m responsible for study spaces in college and represent the student body on the Library Committee. I also co-ordinate the team of subject representatives. If you have any questions or suggestions, no matter how small, then please get in touch!

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Environmental And Ethical: Fingal Plumpton
fcp28@cam.ac.uk
Hey, I'm Fingal, your Environmental and Ethical Affairs Officer! I'm here to help you and the college be as ethical and environmentally friendly as possible, so we can have a great time here and do our bit for the future for ourselves, our planet and our children's generation! Come and talk to me if you want any advice or have any suggestions.
Key Staff

Professor Tony Badger
Master of Clare College
Professor Badger is the Head of the College and the Paul Mellon Professor of American History.

Dr. Patricia Fara
Senior Tutor
Dr Fara runs the Tutorial Office. Essentially, she is in charge of the academic and pastoral side of college. Often, should you have any problems, your Tutor or Director of Studies will be your first port of call. However, Dr Fara is always happy to see students by appointment. She is extremely friendly and highly effective at dealing with student difficulties. She is also Clare’s Director of Studies in History and Philosophy of Science (HPS).

Dr. Jackie Tasioulas
Financial Tutor
Dr Tasioulas deals with student finances, all grants, bursaries and fines. Importantly, it is Dr Tasioulas who decides the UCS’ budget. She is also one of Clare’s Director of Studies in English.

The Rev’d Dr. Gregory Seach
Dean of Clare College
The Dean runs the Chapel and serves in a pastoral role for all students, of all faiths or none. Greg is very friendly and remarkably approachable should you have any problems.
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 unless, of course, in her capacity as one of Clare’s English Director of Studies!

Helen James
College Nurse
Helen is fantastic! She can provide you with excellent support for physical or emotional problems, as well as detailed information about the wide range of further university and community medical support available. Her office hours (during full term) are:
Monday: 08.30-12.30
Tuesday, Wednesday & Friday: 09.30-12.30
Thursday: 12.00-14.00

Jane Phelps
Head Porter
Jane is our very friendly head porter who, along with her team of excellent porters, deals with a wide range of college business including medical emergencies, fire emergencies, health and safety, room booking and general pastoral support. Her office is on the ground floor of N staircase (Memorial Court) and, if free, she is always happy to deal with students.

Steve Elstub
Head Gardener
You’ll probably see Steve and his team working on Clare’s beautiful landscaping and gardens. He’s also responsible for any events which require the Gardens.
Coming to Clare

On Arrival - Saturday, 5th of October
Firstly and most importantly, relax! You will very likely be slightly nervous but the college and UCS will be there to help you get settled in as smoothly as possible. You don’t have to know everyone by midday and you will enjoy yourself much more if you take it easy. You can help yourself out by getting to Memorial Court in good time. Preferably, arrive in the morning, and it is important you are here by 6pm. If there is a problem with your travel on the day and you are struggling to make it by 6pm, don’t worry. You can text the UCS Vice President, Kiri Koumi, on 07580 139 930 and he will be there to help with your situation.

Upon arriving at Memorial Court, the first thing is to get settled into your room. You will need to pick up your ROOM KEY from the PORTER’S LODGE at the front of the building (and don’t forget to check your PIGEON HOLE for post while you’re in there) before going to your room. Don’t worry about where everything is. You will be met by a UCS Executive member (in a ridiculously bright yellow t-shirt) or another lovely Clare member who will personally walk you through all this until you are in your room.

Once you get settled into your room, you can make your way to the Garden Room (in Lerner Court) where there will be some sandwiches and drinks and other Freshers to meet. We ask PARENTS not to follow your children to the Garden Room, but you are invited to Old Court at for a buffet (12.30-3pm). There will be College and Cambridge TOURS for students leaving from the Garden Room at 20 minute intervals from 12:30 until 14:30. The tours are very helpful and strongly recommended.

GOWNS will be sold outside the Forbes-Mellon Library (the college library sits in the centre of Memorial Court) for £40. Second hand gowns will be offered at a cheaper price. You will need to have a gown for Matriculation on Monday Morning. It will be difficult to buy one on Sunday so please use this opportunity to buy one.

At 6pm, all your COLLEGE PARENTS will gather outside the Garden Room to meet you for the first time! They will take you and your college siblings for a Family Meal. Later on they will bring you to Cellars in Old Court for some drinks at the bar with Freshers and Clare students across the years.
If anything at all is bothering you, or you have any questions whatsoever, ask someone. The UCS Executive will be around throughout the day and your college parents will be very helpful. Don’t hibernate in your room, it’s a fun and exciting day! See you then!
What to Bring

IMPORTANT: You have to move out in the holidays when living at Memorial Court. You can leave stuff in a trunk (you’ll find one in your room) and apply for attic space but you will have to take everything back with you over the holidays so try not to overpack. The college library is full of books and there are many libraries close to Mem. Court. Do not go out and buy the whole reading list to bring.

You will NEED:
- Bedding/ Bedside lamp
- Towels
- Warm jumpers/ coat
- Raincoat/ umbrella
- Formal clothes (suits for men)
- Washing powder/ tablets
- Chopping board
- Grater
- Plates/ bowls/ cutlery etc.
- Glasses and mugs
- Pots and pans
- Tin opener
- Tea towel
- Marker pen to name possessions
- Non-perishable food
- Laptop
- Plenty of 20p coins (the washing machines will only accept these)
- NHS form
- Money for gown
- Cheque book
- Stationery
- Student loan forms
- ID (passport/driving licence)

You may WANT:
- Duvet and pillow (they are provided but you may want your own)
- Printer (the college printers charge)
- Posters and photos
- Picture-rail hooks and wire (sellotape and blue-tack are not allowed)
- Personal books and DVDs
- Dressing gown and slippers
- A bicycle (Mem. Court is in a central location but a cheap bike is so useful) and a bike lock
- Clothes horse (dryers are in college but they charge)

You will FIND:
- Basic microwave, hob, kettle and toaster in the kitchen
- Washing machines and dryers
- Bed, duvet, pillow, bedside table, wardrobe, chest of drawers, armchair, notice board, desk and desk lamp
- A college library full of books
Cambridge Slang - A Layman’s Guide

ADC: The Amateur Dramatic Club is the leading university drama society. The ADC is their theatre.
Arch-n-Anth: Archaeology and Anthropology, part of the HSPS tripos subject.
ASNaC: Anglo-Saxon, Norse and Celtic. (A Cambridge Tripos subject)
Bedder: The wonderfully cheery people who come around to empty your bin daily, clean your room weekly and keep an eye on you. The word comes from when they USED TO make your bed!
Blues: The sporting elite of Cambridge who compete with other universities. Oxford University are also Blues but Cambridge is Light Blues and Oxford is Dark Blues.
Boatie: A student who’s into rowing and rowing and more rowing. Boat clubs, especially Clare’s, are generally renowned for having the most raucous formal dinners.
Bop: The name for college parties, organised by the UCS, which happen two or three times a term in Clare’s Cellars. Typified by ridiculous themes and equally ridiculous costumes!
Buttery: The college canteen, located under H staircase in Old Court.
Caius: Pronounced “Keys” is short for Gonville and Caius College (next door to Clare)
Catz: Short for St Catharine’s College.
CCR: Colony’s (where 2nd years stay) Common Room.
Cindies: One of the night clubs in Cambridge. It’s actually now called Ballare, but is still called Cindies by the student population.
Cellars: The college bar, home to bops and Clare Ents.
Clari-fornication: The gossip column in the Clare weekly satire magazine, Clari-fornication, where the raucous, promiscuous and undignified antics of Clare students are reported.
Colony: The site where most Clare 2nd years and some 3rd years live. It is located near Magdalene College.
Compsci: Computer Science. (A Cambridge Tripos subject)
CUMS: Cambridge University Music Society.
Cuppers: Intercollegiate knock out competition held for most sports played in Cambridge.
CUSU: Cambridge University Students’ Union, the uni-wide student body.
DoS: Director of Studies. Every student has a DoS who manages your academic welfare.
Easter Term: Third term/Exam term (i.e. what most people know as Summer Term.)
Emma: Short for Emmanuel College.
Ents: Short for “Entertainments.” Very popular events and parties held in the Cellars, organised by the Ents Committee and open to the whole university.
Fitz: Short for Fitzwilliam College.
FML: The Forbes Mellon Library, located in Memorial Court.
Formal: Short for Formal Hall which is a three course dinner held in the Great Hall. At Clare, Formal Hall occurs every Monday to Thursday for undergraduates. Formals are a popular way to celebrate birthdays and other special occasions. The UCS also organises numerous themed formals for, amongst other things, Burns’ Night and Halloween.
Gardies: Nickname of The Gardenia, an all-night Greek kebab shop on Rose Crescent.
Gyp Room: A student kitchen, normally shared between four and six people
HSPS: Human, Social and Political Science, a Cambridge tripos subject.
JCR: Junior Combination Room. This is a common room in Old Court, next to the bar (i.e. The Cellars). Confusingly, the term is often used for the undergraduate student body.
LCR: The Library Common Room next to the FML.
Lent Term: Second term. (i.e. what most people know as Spring Term.)
Mathmo: A Cambridge Mathematician.
Matriculation: The process of becoming a member of the college and university.
May Week: The final week of the university year after exams in Easter term. A non-stop pimms, punting, garden parties and May Balls experience.
Mem or Mem Court: Memorial Court
Michaelmas: Autumn Term
Natsci: Natural Science. (A Cambridge Tripos subject.)
Plodge: A Porters' Lodge. There is one in every part of Clare (Memorial Court, Old Court and the Colony.)
Pidge: A Pigeon Hole. Each student has one located in the Plodge closest to your room.
Porters: Porters make the world go round. When you lose your key, need to book a room, need directions in town or almost anything else, go and see the porter. There is always someone on duty to happily help you.
RAG: Raise and Give is a student run organisation which holds events and collects money for international, national and local charities.
Reporter: The publication which contains lecture lists for the year. It can be found online, in the FML, and in major bookshops in town.
Tit Hall: Short for Trinity Hall College (not to be confused with Trinity College.)
Tripos: The formal university examinations in which undergraduates are required to obtain honors in order to qualify for the degree of Bachelor of Arts. Triposes may be divided into two Parts, taken in succession as Part I and Part II. The word tripos is reputedly derived from the legend that, in the past, Cambridge students where examined aurally whilst sat on a three-legged stool.
Tutor: Responsible for your pastoral care.
UL: The University Library - located outside the back gate of Memorial Court.
Varsity: Another university paper but also the term for sports matches between
Life at Clare

Academic Life Explained

‘Full Term’ vs. ‘Term’
According to our unnecessarily complex, archaic statutes, “Full Term shall consist of three-fourths of the whole term reckoned from the first day of Full Term.” Full Term refers to the intense 8-week teaching/lecture period and is also the time during which students must be in residence (known as ‘keeping Term’). This is part of a slightly longer whole term, which is simply referred to as ‘Term.’

Director of Studies (DoS)
Your Director of Studies will deal with all matters relating to your academic studies. Though he/she may not necessarily teach you, he/she will organise your supervisions and will typically meet with you at the beginning and end of each term to discuss your progress, to review your supervision reports and to set you new targets. Your DoS will be your main source of information regarding any aspect of your course and will be the main person you should consider consulting should you have any academic problems or require advice. If you are considering changing courses, then your DoS should be one of the people with whom you speak, as well as your potential new DoS. It is not unusual to have more than one DoS during your time at Cambridge as academics change colleges/universities or go on sabbatical.

Supervisions
Oxbridge academic life is typified by supervisions. They are the main way you will be taught and are commonly considered one of the best ways to progress academically. The nature and frequency of supervisions differs greatly depending on subject. However, you will often be required to submit work prior to a supervision, which will usually last for about an hour and involve between one and four students. Typically, Sciences have more supervisions than Arts and it is likely that you will have several supervisions per week.

The supervision itself gives you an opportunity to ask questions, to clarify your understanding and to consolidate your knowledge of a particular topic. The most valuable and, indeed, rewarding aspect of supervisions is that they are interactive. So, do contribute your views however intimidating, intelligent or articulate your supervisor may appear!

Tutors
Your tutor will likely be from a different faculty to you and they are chiefly responsible for your pastoral care. You should feel free to go to them if you have any problems. In the unlikely event of having any issues or problems with your Tutor, please contact the head of the Tutorial Office, Dr Patricia Fara.
Lectures

These run throughout the 8 weeks of Full Term, beginning on the first Thursday and ending on the final Wednesday but differ greatly from subject to subject. Indeed, for some, lecture courses are compulsory whereas, for others, there is a set of ‘core lectures' that can, optionally, be supplemented by various lectures. You can find a list of all lectures in “The Cambridge Reporter”; published at the beginning of Michaelmas term and sold in Cambridge bookstores for £2. However, your faculty will likely email you a lecture timetable and should always have an updated version of the timetable on its website. Lectures usually take place in or around your faculty building. If you are unsure where your lectures are, please ask your DoS or UCS Subject Representative.

Subject Representatives

These are UCS appointed students from 2nd year and above who are available to give you advice and help with any questions you have regarding your subject.

Architecture: Kiri Koumi - kk495@cam.ac.uk
ASNaC: Michael Frost - mgf26@cam.ac.uk
Asian & Middle Eastern Studies: Zoe Lie - zl311@cam.ac.uk
Classics: Iona Loveridge - il250@cam.ac.uk
CompSci: Ben Elliott - bge23@cam.ac.uk
Economics: Calvin Khaing - snk35@cam.ac.uk
Engineering: Jorn Emborg - jce39@cam.ac.uk
English: Georgina Collie - gec33@cam.ac.uk
Geography: Freddie Paton - fgep2@cam.ac.uk
History: Imogen Garner - ig294@cam.ac.uk
HSPS: Ollie Rusk (Arch&Anth) - opr21@cam.ac.uk and Will Thompson (Politics, Psychology and Sociology) - wjt30@cam.ac.uk
Law: Krishna Parikh - kp403@cam.ac.uk
Linguistics: Carla Bombi - cb708@cam.ac.uk
Maths: Richard Lewis - rai71@cam.ac.uk
Music: Henry Jenkinson - hj284@cam.ac.uk
Medicine: Molly Spink - ms2090@cam.ac.uk
MML: Edward Mills - etfm2@cam.ac.uk
Natural Science (Bio): Yihan Pei - yp241@cam.ac.uk
Natural Science (Phy): Ying Teng - yt300@cam.ac.uk
Philosophy: Olivia Bartlett - ob282@cam.ac.uk
Vet Medicine: Carys Redman White - cjr63@cam.ac.uk

The mandate for the subject representatives is as follows:
1) Subject Social Affairs:
   Interacting with DoSs and Fellows and encouraging organization of formals/drinks
   Fostering community within subject.
2) Academic Support for Freshers:
   Subject Picnics during Fresher's Week which are financially supported by the UCS
   Management of Fresher's Week 'Student's Guide to English/Economics/etc.”
3) Student Profiles on Clare/UCS Website for prospective applicants.
4) Safeguarding subject interests within UCS.
Forbes Mellon Library (FML)

The Forbes Mellon is Clare’s principal library and is located in the centre of Memorial Court. For many, the FML is the focal point of their working life, as it provides a wide variety of different, quiet work spaces. Additionally, it is conveniently situated next to the Library Common Room (LCR) where you can fuel yourself on tea, coffee or snacks and procrastinate to your heart’s content! You may choose to use your Faculty library more than the FML, but most first and second year students find almost everything they need in the FML. There’s also a light fiction section in the LCR, separate from the main library, where you can borrow from at any time without checking the books out.

The FML is run by two extremely helpful librarians - Anne Hughes (ach25@cam.ac.uk) and Julie Beaumont (jab40@cam.ac.uk) - and gives you access to an array of academic books, study skills books, DVDs, CDs and audio books. 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 PWFs, printers and a photocopier available as well as wireless internet throughout.

IMPORTANT: If a book, DVD or CD you want is not in stock, just fill in a recommendation form (on the website), e-mail the librarians or pop in and see them (their office is on the ground floor of the FML) with your request and they can often get it within the next working day. An eBook collection is also available which you will receive details on accessing at your library induction during Freshers’ Week. The librarians are also happy to bind dissertations and projects for you if you ask or laminate posters. Should you have any problems with the library throughout the year, or indeed any questions or ideas for improvement, please contact the UCS’ Academic Affairs Officer, Aimee Hesketh (arh74@cam.ac.uk).
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 Ashby 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.

The University Library
Extremely hard for Clare Freshers to miss, the University Library (‘UL’) is directly opposite the FML. This imposing-looking building is a copyright library, meaning it should contain one copy of every book published in the UK. Some students love it whilst others graduate without ever setting foot inside. If you never get round to using the books themselves, it may be worth remembering the UL Tea Room, which does breakfast, lunch (both hot & cold) and afternoon tea. The library is open Monday to Friday inclusive: 9am-7pm (Michaelmas and Lent Terms) and 9am-10pm (Easter Term). The UL is open 9am-5pm on Saturdays throughout the academic year but closed on Sundays.

Other Libraries
How many more libraries can there be, I hear you cry? 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. The Cambridge Union also has its own library for members to use. If you would like to consult a book in another college’s library, you can contact a Librarian to arrange this.

Buying Books
You should not need to buy very many books, CDs or computer software for your academic studies since you will have access to at least three libraries in Cambridge. If, however, you do find yourself needing to purchase some, then remember to KEEP THE RECEIPTS as there is a book grant available to all students once you have filled in the questionnaire. It can be applied for in April (see money section) and proof of purchase will be required.
Buttery
The College canteen - The Buttery - is open throughout term time and is located underneath the Great Hall in Old Court. Meals are subsidised via the Kitchen Fixed Charge (KFC) so prices are very reasonable; generally in the region of £2-£4 per meal. Buttery purchases are paid for using your university card and go straight onto your college bill.
Opening times are:
• Breakfast: 8-9am
• Lunch: 12.30-1.30pm
• Dinner: 6.15-7.15pm
• On Saturdays there is a cooked brunch (12.30-1.30pm) plus dinner
• On Sundays, only dinner is provided

Formal Hall
Formal Hall is a magical experience that binds the college together; transcending year and subject boundaries. It is a tradition that has survived from the medieval past of the college where you will be plated a three-course candlelit meal in the Great Hall. It is an amazing experience and a popular way to celebrate. Tickets are bought via UPAY (www.upay.co.uk/login.aspx), where you will have to set up an account, up to 48 hours before the Formal and charged to your college bill. Guest tickets can also be bought for non-college members for a slightly higher price. You bring your own wine, one bottle between two, and formal attire is required: suits are expected for men and smart clothes for ladies. Students often wear gowns, although this is not a requirement.

Being a formal occasion, you are also expected to behave sensibly. It is important not to shout or speak too loudly (100 people is a large number to have in one room!), and you should remain in your seat throughout the meal. As the Fellows enter and leave, you shall stand in silence as a mark of respect of the College and of the value of academic learning. A formal grace is read at the beginning and end of the meal in accordance with the wishes of our foundress, Lady Elizabeth de Clare. Provided that you stand quietly while they are being said, you don’t have to join in. Indeed, grace is said in Latin so audience participation is a little tricky! Think of the grace as a symbol of the college's ancient heritage and be grateful for belonging to an institution that has retained these ancient traditions for centuries.

Formal starts at 7:30pm (be there by 7:20pm sharp; people often gather in the bar earlier or head down to the bar afterwards, or both) and runs every day from Monday to Thursday. Whilst it is difficult to say, the average student probably attends Formal Hall roughly once a week and, perhaps, more often at the beginnings and ends of terms.
Pennying: An ancient, if slightly crass, tradition!
You may have already heard of pennying; a game widespread among the colleges and played at Formal Hall. Nobody really knows how old it is: some vaguely accredit it back to the time of Henry VIII but it is almost certainly a product of the last century. The basic premiss is that, should you get a penny into someone else’s glass, they have to drink it all in one go. Be warned however; you are only allowed one bottle of wine between two so being pennied multiple times before the first course has even finished may mean you must drink water with the remainder of your meal!
Whatever your stance on the game it is best to know the rules which differ between colleges and are very different at Oxford; a subject of much heated, if pretentious, debate!

The rules as played at Clare:
• Rule 1: A glass cannot be pennied when the owner is holding it in their hand.
• Rule 2: Pennying an empty glass means it must be filled and then downed!
• Rule 3: You cannot penny someone else if your own glass is empty.
• Rule 4: You cannot pour a glass for a friend and then penny it straight away.
• Rule 5: You cannot penny a glass which already has a penny in it: this is ‘double-pennyng’.
• Rule 6: Any mis-pennyng (breaking one of these rules, or attempting a pennyng, but missing) means you must drink your own glass.
• Rule 7: Should you want to stop playing at any time, simply explain that you don’t want to join in to those around you, or turn your glass over if you don’t want to drink at all.

Small Hall
For a more formal, extravagant dinner (popularly black tie), small hall can be booked for up to 40 people. A three-course meal here costs about £20 to £40 pounds but it all depends on the menu you choose and whether it is all-Clare or not. Usually booked out for annual societies’ dinners or birthdays - especially 21sts - it is located just opposite the Great Hall. The food is fantastic and it invariably makes for a wonderful evening.

The Gyp rooms
‘Gyp room’ is Cambridge slang for the small kitchen near your room. Perfect for making a cup of tea or a small meal, the gyp room (shared between 2 to 6 people) comprises basic kitchen equipment: a kettle, toaster, microwave, fridge, sink and two hobs. The limited facilities make large scale cooking difficult but you will be surprised at just what can come out of them at staircase meals and small parties!
Common rooms

The LCR (Memorial Court)
The LCR (Library Common Room) is situated next to the FML and has lots of comfy armchairs, a widescreen TV, tea, coffee and vending machines etc. There is also a fiction library and an email checkpoint, as well as a selection of daily newspapers. It is a lovely place to break from the library and will feel like your second home in exam term. IMPORTANT: Please keep it tidy and treat the room with respect. It is a communal space for all students of Clare to enjoy and we ask that you leave the room how you would like to find it. There are several bins for any rubbish that you may have.

The CCR (Colony)
The Colony Common Room is located in Castle End. 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!

The JCR (Old Court)
The JCR is the room next to the bar which is usually called the Cellars. It is a common room and is open in the day but is rarely used other than as an extension to the bar and where bands or DJs play at Bops or Ents. The LCR acts as the daytime common room instead.

Having Guests (Borrowing Camp beds)
You are welcome to have guests to stay for short periods whilst living in college. There are camp beds available for you to borrow for free; the most convenient for people living in Memorial Court are those stored in the Old Court Porters’ Lodge. Two heavy-duty inflatable mattresses are available on a first-come-first-served basis, along with an electric pump which is needed to inflate and deflate them. The electric pump cannot be kept overnight; it should be returned on the same day it was borrowed please to allow others to use it. To hire a camp bed you just need to go the Old Court Plodge and fill out a form. If you want one for longer than one night then you must let the Services Officer, Cleodie Swire (cs717@cam.ac.uk), know in advance. If you keep the bed for longer than one night and haven’t let her know then you will be fined (£5).
Support Staff

Porters
At Clare, the fabulous Porters make the world go round. As such, it's pretty important that you stay on the right side of them! They are always here for you (literally, as there is a Porter in Old Court and Memorial Court 24 hours a day, 365 days a year) and provide a friendly ear should you have any safety or security concerns. They are responsible, principally, for protecting the students and college buildings but also deal with a wide range of college business including medical emergencies, fire emergencies, health and safety, room booking and general pastoral support. Should you need to contact the porters, it is easiest to head to your nearest plodge. However, they can also be contacted at porters@clare.cam.ac.uk.

Bedders
The bedders are the staff employed to empty bins and to clean kitchens, bathrooms and bedrooms. They are not employed to tidy kitchens, bathrooms or bedrooms or to make beds, and will be rightly irritated if you assume otherwise. Tidying is your job, and if you don't do that, then it makes it harder for the bedders to do their job effectively. The bedders are also a fantastic source of pastoral support. Many students form excellent relationships with their staircase bedder. Indeed, should you have any problems, they can often be a caring ear. It's also worth remembering that if you don't want to be disturbed by your bedder in the morning, you can leave your bin outside your door. However, if it's cleaning day, your bedder will come in regardless, so make sure you're dressed!

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!
General Housekeeping Information

The College Buildings
Clare College is split across three main sites:
• Memorial Court on Queens Road (housing all the 1st years, a few 2nd and 3rd years, the library and some of the college administration, including Housekeeping and the Head Porter).
  • Old Court (where we eat, some 3rd years live and where the full ‘administrative wing’ of the college hides along with the Chapel and Master’s House).
  • The Colony on Chesterton Road (the main housing for 2nd and 3rd years).

Check out the maps on the back pages for more details or to familiarise yourself with the college. We also have spectacular gardens between Memorial and Old Courts. REMEMBER: You can use the grass in Memorial Court, The Colony and the Fellows’ Gardens to socialise but not as shortucts as you are walking around college, but the hallowed grass in Old Court is ‘sacred’!

Maintenance
See page 20 for more information about these wonderful people. If there is something that you have a major problem with, then it’s probably best to contact Robin Elliott, the UCS Buildings Officer (rare2@cam.ac.uk).

Getting into College Late at Night
The front gates of Memorial and Old Courts are closed at midnight, so you have to get into the college by a different route. You can see these routes on your arrival day tours - but in case you miss out: there’s a gate next to the chapel at the front of Old Court, a gate opposite the UL at the back of Ashby Court, and a gate at the end of the driveway leading to Lerner Court. You need to have your university card with you to open the doors and gates, so don’t go out without it! If you lose your card, or forget it somehow, you can use the phones by the doors to call a porter. Also, please try to come in quietly, so as not to disturb people who might be asleep and close the gates behind you.

Keys
Copying of keys is forbidden and disciplinary action will be taken against anyone in breach of this rule. Although the Porters keep duplicate room keys/cards for use in emergencies, the loss of a key often requires a new lock to be installed. A charge of £20 is therefore made if a key is lost, or if it is not handed into the plodge when the room is vacated at the end of terms.
Laundry Facilities
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. 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; 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 - Other Incidents
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.
Life In Cambridge

Transport

Bikes

Cycling is by far the easiest and most popular mode of transport in Cambridge. We recommend that, should you bring a bike, you also bring a good-quality lock, set of working lights and a helmet. Bikes can be stored in the newly erected card-access bike sheds at the front of Memorial Court or at Colony or in the open bike racks at the front of Old Court. Bikes should be registered at the Memorial Court Porters’ Lodge where a bike repair kit is also available. Bikes are useful for all students but are considered essential for some scientists who often have consecutive lectures at far apart locations. REMEMBER only Fellows of the Clare are allowed to cycle through Old Court.

Buses

Stagecoach run several buses around Cambridge. For instance, the UN14 goes out to the West Road Laboratories and on towards Addenbrookes, for just 50p each way. Other buses are approximately £1.60 for a single journey. However, in general, you will find that buses are used very little and that, in most instances, your feet or pedals will get you to your destination quicker - and for free!

Motor Vehicles

Owing to traffic problems in Cambridge, the University and Colleges are under an obligation to the city authorities to restrict the use of motor vehicles by students. Consequently, it is a University offence for a student to keep, hire or drive a motor vehicle in Cambridge during Term without permission.

University Card & Proximity Access Cards

All students, Fellows and staff are issued with a University Card; uniquely identifiable by its number. This card is the responsibility of the cardholder and will be needed to access secure areas of the College. In the event of loss or damage, the cardholder must go to http://www.clare.cam.ac.uk/UNIVERSITY-CARDS/ to remove the access rights and order a replacement. A charge of £20 will be made by the University Card Office for this service, which will be added to the cardholder’s college bill. During the time that a new card is being produced, a temporary proximity access card may be borrowed from the Porters’ Lodge and may be kept for up to 2 weeks if you need a uni card to access your room (such as X staircase rooms in Memorial Court). Should this period be exceeded, a fine of £10 may be applied for every week, or part of, that elapses thereafter.
Places of Worship

Buddhism
The CU Buddhist Society's website is www.buddhistsociety.org.uk. 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) and our own Clare Christian Union (http://cu.clare.cam.ac.uk/).

Hinduism
The University Hindu Society website is www.cuhcs.org.uk. There is an Indian Cultural Association located at 84 Crowland Way and 70 Bishops Road.

Islam
The University Islamic society’s website is www.isoc.co.uk. There is a prayer room on the Sidgwick Lecture Site and Jumuat prayers are held at Queen’s College. There will be guided trips to local Halal restaurants and butchers on the first Sunday after you arrive.

Judaism
Beth Shalom Reform Synagogue is located at 86 Union Lane. Cambridge Traditional Congregation and Cambridge University Jewish Society are located at 2 Thompson’s Lane. Cambridge University Progressive Jewish Group is located at 1 Merton Street. There is also a friendly and welcoming Chabad House near the Colony on Thompson’s Lane. CUJS website is www.cujs.org and The Cambridge University Chabad website is http://www.cuchabad.org/ There will be a guided trip to local Kosher amenities on the first Sunday after you arrive.

Sikhism
Unfortunately, there is no Gurdwara in Cambridge, but Divan is held on the last Sunday of each month from 3pm to 5pm in the Arbury Community Centre, Campkin Road, CB4 2LD (01223 232529). See their website, www.cusikhsoc.org.uk for more details.
<table>
<thead>
<tr>
<th>Time</th>
<th>Saturday, 5th</th>
<th>Sunday, 6th</th>
<th>Monday, 7th</th>
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<tbody>
<tr>
<td>9am</td>
<td><strong>Welcome!</strong></td>
<td><strong>Getting Started</strong></td>
<td><strong>Matriculation Day</strong></td>
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<tr>
<td>10am</td>
<td><strong>Arriving!</strong> Memorial Court</td>
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<td>Matriculation</td>
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<tr>
<td>11am</td>
<td><strong>Introductory Talks Part 1</strong> Riley Auditorium</td>
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<tr>
<td>12am</td>
<td><strong>Sandwiches and Drinks</strong> Garden Room</td>
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<td><strong>Buttery Lunch</strong></td>
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<td>1pm</td>
<td><strong>Gown Sale</strong> Ashby Court</td>
<td><strong>Subject Picnics</strong></td>
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<tr>
<td>2pm</td>
<td><strong>Tours</strong> From Garden Room</td>
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<td><strong>DoS Meetings</strong></td>
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<tr>
<td>3pm</td>
<td><strong>Clare Societies Fair</strong> Great Hall, Buttery</td>
<td><strong>Societies Taster Sessions</strong></td>
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<td>4pm</td>
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<td><strong>Tutor Meetings</strong></td>
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<td>5pm</td>
<td><strong>Family Meal</strong> Meet in Garden Room</td>
<td><strong>Staircase Meal</strong></td>
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<td>6pm</td>
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<td><strong>Matriculation Service</strong> Chapel</td>
<td><strong>Matriculation Dinner</strong> Great Hall</td>
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<td>7pm</td>
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<td><strong>Matriculation Dinner</strong> Great Hall</td>
<td><strong>Film Night</strong> Riley Auditorium</td>
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<td>8pm</td>
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<td><strong>Disney Bop!</strong></td>
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<tr>
<td>9pm</td>
<td><strong>Drinks and Relaxing Cellars</strong></td>
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<td><strong>UCS Trip to Life Club</strong></td>
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<tr>
<td>10pm</td>
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<td><strong>UCS Trip to Life Club</strong></td>
<td><strong>UCS Trip to Fez Club</strong></td>
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<td></td>
<td>Settling In</td>
<td>Orientation</td>
<td>Term Starts</td>
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<tr>
<td>9am</td>
<td>Introductory Talks Part 2 Riley Auditorium (9.45)</td>
<td>Study Skills</td>
<td>Lectures</td>
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<td>10am</td>
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<td>Study Skills</td>
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<td>3pm</td>
<td>UCS Trip to CUSU Societies Fair Walking from Mem Court</td>
<td>Welfare Walk to Grantchester</td>
<td>Lectures</td>
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<td>6pm</td>
<td>Staircase Meal</td>
<td>Family Meal Cook for your parents!</td>
<td>UCS Trip to the Union</td>
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<td>8pm</td>
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<tr>
<td>9pm</td>
<td>Speed Dating Cellars</td>
<td>QCOEF Quiz Cellars</td>
<td>Games and Relaxing Cellars</td>
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<tr>
<td>10pm</td>
<td>Film Night Riley Auditorium</td>
<td>Film Night Riley Auditorium</td>
<td>Red - A Must</td>
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<td>11pm</td>
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<td>Blue - Really Important</td>
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<tr>
<td>12pm</td>
<td>UCS Trip to Cindies Club</td>
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<td>Black - Highly Recommended!</td>
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Extra Timetable Information
Here is some information that doesn’t quite fit into the timetable on the previous pages. During Freshers’ Week the UCS will be constantly writing all the information for the day on a big whiteboard outside the Memorial Court Porter’s Lodge. You should keep your eye on this as times may slightly change and you don’t want to be waiting in Great Hall at 9am for 45 minutes like the Freshers did last year.

Saturday, 5th October
- See page 9.

Sunday, 6th
- The Chapel Service at 9.30am is lovely. You don’t have to be a Christian to go but of course it is not obligatory.
- The Introductory Talks will include a welcome from the President and all UCS members along with quick but important talks from the Nurse, the Computer Rep, QCOEF (the charity Clare shares with Queen’s College) and the Clare Ents team.
- When you come up from the Riley you’ll be greeted by Subject Reps who will take you to a subject picnic (probably in Mem) so you can meet people doing your subject across the years and get some really useful information (and houmous).
- From 2.30 until 5pm Clare Societies’ Fair will be on in the Great Hall and Buttery (Old Court). You’ll really be missing out if you don’t have a look but it won’t take hours to get through so take some time to explore town or just relax.
- 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.
- Disney Bop doors open at 9.30! See the poster (back page) and get excited! You can start thinking of your fancy-dress now :)
- UCS Executives will guide those who want to go out to Life towards the end of the Bop.

Monday, 7th
- In the morning there is the official Matriculation process. This is compulsory.
- The Senior Tutor’s address (we will let you all know the exact time well in advance) 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.
- The Buttery will then be open for lunch and you can all try Clare’s kitchens 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.
  - Throughout the afternoon you can pop into the LCR for drinks and biscuits.
There will be people 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 gym.
- There will be a variety of society taster sessions from 2 to 3.30pm and from 3.30 to 5pm. These societies (we will let you know all the exact details on the day) will be about things you may not have come across.

- At 6pm Matriculation Service will begin in the Chapel.
- At 7pm there will be drinks in Old Court before Matriculation Dinner (one of the nicest meals you will have at Clare!) in Great Hall along with many subject Directors of Studies and then the Master will give a his speech.
- At 10pm a film will be put on in the Riley and we will take those who want to Fez club from Cellars.

Tuesday, 8th
- From 9.45am the second half of Introductory talks will include an important (and awesome) live fire demonstration!
- Throughout the day we will be leading you to the CUSU Societies' Fair, for uni-wide societies, in Kelsey Kerridge, next to Parker's Piece (this fair will be on during the Wednesday as well).
- It would be great to have another staircase meal once you’ve known each other for more than a few hours.
- At 9.30 we will start Speed Dating in Cellars. Don’t worry, this event isn’t just for single pringles but is a good laugh. If you don’t want go to that then you can pop into the Riley for a film.
- We will take those who want to Cindies from Cellars.

Wednesday, 9th
- The college are providing Study Skills sessions throughout the day. It is really important that you get down to one of these.
- You can explore Cambridge in the UCS scavenger hunt at 10.30 to 12.30pm or 3 to 5pm.
- The Welfare Walk to Granchester is great (11.00 to 2pm), a great way to get out of the Cambridge bubble.
- You should have a second family meal (this time you can cook for your parents) if you can.
- At 9.30pm the QCOEF Pub Quiz will start in Cellars. There has only been one or two before but they have been loads of fun. Come down as a family team or come down and form groups with people you are yet to meet!
- We’ve booked the Riley Auditorium if anyone wants to go and put a film on.

Thursday, 10th
- Harry, the president, will be happy to guide anyone who wants to the Union.
- No more yellow tshirts but the UCS Executives will be there to help throughout the year whenever you need us! Hope you have a good year!
Social Life in Clare and Cambridge

Bops
The UCS Executive organise three hilariously themed bops a term, which take place in The Cellars and The Buttery. These require weird and wonderful costumes and are undoubtedly the best way to kick-start and wind down at the beginning and end of term. Bops make great nights out, and you don’t even have to leave Clare! They are always hugely popular throughout Clare and you’ll find they’re a great way to get involved in college life and meet new people. For more information and the chance to purchase a season ticket for all bops this academic year, please see the UCS desk at Sunday’s Freshers’ Fair.

Clare Ents
The place to be on a Friday night!
Held in the crypt below Clare College Chapel (Ceellars), Clare Ents is not your average Cambridge night out. The undisputed home of alternative music, Ents has hosted big names from around the UK, along with the most talented DJs and artists from the Cambridge scene. The Correspondents and Loick Essien were the highlights of 2012, following past performances from the likes of Chase and Status and Tinie Tempah. The start of 2012 also brought a huge Ent in popular Cambridge club Lola Lo’s with live band performances and a DJ silent disco battle. There is something for everyone at Ents, from rock and ska to UK garage and drum and bass. Clare Ents is fantastic value, complete with a very cheap student-run bar and shots bar to quench your thirst. Seeking a Friday evening away from the standard Cambridge fare? Head down to the heart of ‘the friendly college’ for Cambridge’s biggest student event on a Friday and a guaranteed night to remember.


Ents is run by students for students, so look out for us at the Freshers’ Fair for opportunities to work for us (perks include free entry for the term) and, for the hardened party-goers among you, season tickets. We’ll be keeping you all updated with who’s playing what music when through the website, Facebook and Twitter pages, so why not give us a like or follow us to stay in the loop. See you all in October!
Clare Bar

Like most colleges in Cambridge, the bar is a centre of Clare's college social life but, unlike most other college bars, Clare Bar is also one of the most popular student venues in Cambridge. So what, you ask, makes our humble college bar such an oasis? Well, the setting of the atmospheric crypt of the college chapel, the location close to the centre of town and a vast range of drinks at great prices all help, but the best thing of all is that the bar is student run. That means that every person working on it is a student at Clare and the whole place has a relaxed and mildly disorganised feel which makes everyone feel at home.

Throughout Michaelmas and Lent terms, the bar and adjacent JCR is where Clare Ents is held every Friday. However, that's not all you can look forward to. We hold UCS Bops at the beginning and end of every term, Pub Quizzes, Open Mic Nights, big screen Film Nights and sports events, random and strange Themed Nights and many other festivities too numerous to name. On top of this, Happy Hour between 8.30-9.30pm offers great deals and enables you to enjoy the bar for less. It's the place to meet in college, whether to chat and pick up wine before Formal Hall, pre-drink before going out (non-alcoholic drinks are really cheap), have an informal society meeting or just sit around and perhaps watch some TV on the big screen. There are always lots of people about in the bar so it's a great place to meet people and wind down after work. Like the rest of Cambridge, the atmosphere swings wildly from fevered mayhem to contented calm via the totally absurd.

As noted, Clare Bar is student run, so we'll be interviewing for student workers during Michaelmas term. These jobs are open to anyone at Clare. You don't have to know anything about bar work or even like drinking; just enjoy interacting with people. It's a great way to earn money during term time!

The bar committee contact details are listed below, get in touch if you've got any thoughts or ideas about what you want from your college bar this year.

- **Bar President**: Billy Aldridge - ba295@cam.ac.uk
- **Bar Manager**: Kitty Sadler - css36@cam.ac.uk
- **Treasurer**: Will Chambers - wc264@cam.ac.uk
- **Stock Manager**: Joe Hughes - jh804@cam.ac.uk
- **Publicity**: Dan Davies - djd46@cam.ac.uk
- **Events**: Michael Ashford - mja67@cam.ac.uk
- **Maintenance**: Ed Phillips - ejp67@cam.ac.uk
Formal Swaps
Formal swaps are one way to experience inter-college socialising and are also great fun! All you need to do is get together a group of friends from Clare, then find another similar sized group from another college (this is much easier than you’d think) and get together for a formal meal. You can then invite them back to Clare formal another night. They’re a great way of seeing other colleges, sampling their food and getting to know a whole new group of people. Highly recommended nights out!

Room Parties
Room parties are for up to 25 people. They’re great fun if you can’t be bothered to trek to Cindies or are low on cash. To organise a room party, you’ll need to get in touch with Jane Phelps, the Head Porter (headporter@clare.cam.ac.uk), to get permission and for the detailed list of rules.

Staircase Parties
Staircase parties tend to be on a much larger scale and you’re allowed to invite up to 60 people. They’re a great way to celebrate a birthday or the start or end of term. You can dance the night away in the staircase until 12 am provided that your neighbours and the Head Porter are okay with it! You need to organise at least 20 days in advance with Jane Phelps, the Head Porter. If your plans are all in order and agreed with Jane, then get partying! Please note there may be fines if you do not have the all clear from the Head Porter, Jane.

The Gatehouse
Found in Ashby Court (just next to the back gates), the Gatehouse is also a great venue to hold parties and comes complete with disco lights and a kitchen where you can prepare any concoction you like! It can hold up to 60 people and, provided you’ve got permission and it’s spotless by 10am the next morning, it is a great place to socialise.

The Riley Auditorium
In the depths of the recently built Gillespie Centre (in Lerner Court) there is a 150-seat auditorium. Though primarily for conferences and lectures, the space can be booked by students to watch DVDs. To book the auditorium, contact the porters by emailing porters@clare.cam.ac.uk with timings and the reason. Food and drinks are not permitted.
Clubbing
There are four main clubs in Cambridge. Each club has one or two prominent days of the week. Usually, Cambridge students tend not to go out on Saturdays, as the clubs are full of Cambridge’s non-student population. Almost always, you can buy tickets from Clare Bare on the way out which can get you into a faster queue at the club. REMEMBER to always take both regular ID and your Student Card to a club. The bouncers are flaky with which one they want to accept on the night and you don’t want to have to go to your room and back on a cold night.

Cindies
You may have heard of Cindies. It’s Cambridge’s most famous club. It is actually called Ballare but nobody calls it that. It’s known for its exceptionally cheesy music (which can get annoying). Nevertheless it’s got everything needed for a great night out. Cindies nights are on Tuesdays and Wednesdays.

Life
Life has just been refurbished and is now called “Kuda” (although it will probably still be called Life) so we have no idea what it is like or what days it will be open, which is exciting! Why don’t you read your first Cambridge Tab article on it... http://cambridge.tab.co.uk/2013/08/03/the-end-of-life-as-we-know-it/

Lola Lo
Cambridge’s only club with multiple dance floors, Lola Lo’s great music and Hawaiian theme is loads of fun. What tips Lola’s above other Cambridge clubs is its proper smoking area and variety of music. Lola’s is big on Thursdays.

Fez
The tiny dance floor and original music is great for an alternative night out. Whilst not everyone’s cup of tea (it is a bit intense), it is definitely worth a go. Fez is open on Mondays and Fridays. On Sunday they run a non-cheesy alternative to Life with CREEM DJs.

What’s great is that all these clubs are in central Cambridge, and therefore close to Clare! We will be leading you to the clubs in Fresher’s Week to help you get your bearings.
Chilling out in other ways
If you're too tired or busy for a full-on party, or it isn't quite your scene, then you can be sure to find a range of things you will like! There will always be a crowd of people hiding from work in the LCR ready to watch a film, or some TV, and there are a whole load of other evening activities organised by societies going on throughout the college and university every night - we just can't list them all here. Styles range from the ‘Good Clean Fun’ society’s hot chocolate, films and massages to heated debate at the Union or Clare Politics - so you'll always be able to find what you want. Head to the societies listing at the back of this handbook to see what is available, and make sure you go to the Societies’ Fair on Sunday!

Out on the Town
Cambridge has a fair amount of entertaining things to offer, and the best way to figure out what's good is to experience it for yourself. Getting out of college and into the ‘real world’ - even if just for an hour - can be a great way to de-stress and get a sense of perspective. (College life can be very intense at times!). Listed below are a few of our favourite places.

Castle Mound
Next to The Colony, it's the only hill for miles around. Originally the site of Cambridge castle, it's great for barbecues in the summer and for views of the fireworks on Guys Fawkes’ Night and during May Balls.

Grantchester
You can't go to Cambridge and not visit Grantchester at least once. The wonderful half-hour walk from Memorial Court through meadows is hugely popular as a de-stresser. Keep your eye out for a nice college walk to Grantchester on the Wednesday of Freshers’ Week, organised by the Welfare Officer.

Kettle’s Yard
Just up from The Colony, this is one of the most beautiful indoor spaces in the city. Originally an open house belonging to an art collector, Kettle’s Yard is an art gallery and a house on display. A brilliant space to relax. You can bring your own books and read them there if you wish or browse the collection there which ranges from art history to children’s stories.

The Botanic Garden
The Botanic Garden, on Trumpington Road, is a great place if you need to escape from college for a few hours. It’s a great way to escape the intensities of the term, with many attractions for the Bio Natsci or Architect looking to enjoy their subject outside of the curriculum.
Access

'Access' is Cambridge shorthand for encouraging applications from non-traditional backgrounds. Together with the Schools Liaison Officer, Rebecca Blaylock (schools@clare.cam.ac.uk), the UCS Access Officer, Clare Lewis (cl559@cam.ac.uk), works with schools across the country to dispel myths about Cambridge and promote applications from diverse social and educational backgrounds. Every Cambridge college is assigned regions of the UK on which to focus particular attention - Clare is partnered with Coventry and Warwickshire and the London Borough of Tower Hamlets. Pupils, from primary school and up to age seventeen, frequently visit the college and are always eager to chat to current students about their experiences. Access at Clare is traditionally very strong, with a number of successful schemes being run. You will be hearing about these schemes and opportunities to get involved throughout the year but, should you have any specific questions or are interested to find out more, please contact either Clare or Rebecca.

CUSU Shadowing Scheme

This is a university-wide scheme that Clare participates in every year. Sixth-form students from across the country are given the opportunity to stay in Cambridge and 'shadow' a current student; giving them a taste of Cambridge life.

Access Bus

Every year, the college runs an ‘Access Bus’ to the Coventry and Warwickshire areas. This takes the form of groups of three or four of our current undergraduates who visit two or three schools each day over the course of a week, giving presentations and trying to talk to as many school students as possible about university life.

Environment

Environment and Ethical Affairs Committee

This is a fledgling committee, run by your ethical and environmental affairs officer (Fingal) and assisted by her green reps. It’s open to anyone who has ideas about improving Clare’s green and ethical credentials, as well as anyone who just wants to get involved! We think in terms of how Clare affects the wider world - for example, through the food we eat, the companies we invest in, the ‘rubbish’ we throw away - and think how we could make a positive difference. If you’re interested, please email ucs-e&e@srcf.ucam.org, or contact the UCS Environmental and Ethical Affairs Officer, Fingal Plumpton (fcp28@cam.ac.uk).
Food and Shopping

Sainsbury's is where most Clare students do their shopping, a great place to be ethical. Here are some tips:
- Get a Bag For Life (cheap in any supermarket) - with a little care, it'll last you your whole time here, and completely avoids plastic!
- Buy local where possible. Check the 'country of origin' on supermarket labels and see how close you can get! You can save food miles (and packaging) by shopping in Market Square which is often cheaper and in season. Look out for the Scoop Veg Bag scheme, and get local seasonal vegetables delivered right to college!
- Cut down on meat and dairy. These are massively inefficient, and livestock account for 18% of world emissions (more than transport!). I'm not suggesting become vegan, but cutting down is surprisingly easy (and cheap). Try Quorn, tofu and chickpeas as protein substitutes.
- Buy ethically. Key words are free-range, organic and FairTrade, and avoid unsustainable tuna or cod. It doesn't mean splashing the cash either - see Sainsbury's basics tea and hot chocolate (both FairTrade). For more guidance, ethicalconsumer.com has great free product guides.
- Remember that the Buttery is an excellent start. With a local and FairTrade menu, high quality fresh produce is right on your doorstep. Meat-free Mondays in Buttery, with triple the vegetarian options, offer the perfect opportunity to try out delicious and healthy meals without straying from college. Plus, keep an eye out for my Green themed formals!

For a more personal, interesting and ethical shop try Arjuna Wholefoods, a co-operative specialising in ethical products (yellow shop on Mill Road), or the Cambridge Farmer's Outlet just off Hills Road, and of course, Market Square.

Energy etc

Whether protecting the planet or worrying about your wallet, saving energy is essential for us all. We can help reduce our juicy utilities price in our College Bill! Here are some reminders:
- Avoid lazy tea - boil only what you need and use immediately first time.
- Print or photocopy supervision work double-sided. This is easy with all college printers and many personal printers.
- Turn electrical appliances off at the socket and use power management settings on everything.
- Try not to open the fridge door for too long, and let food cool before putting it in there. Also turn off hobs a couple of minutes before food is done and it will keep cooking!
- Try shorter and cooler showers, saving time and waking you up! Also don't run the tap while brushing teeth or shaving; you can rinse your razor in an inch in the bottom of your sink.
- Switch off lights even if only for a minute, keep your radiator low or off and stick a hoody on if you need. Let sun in and keep the warmth in with your curtains!
- Wash full loads - collaborate with a friend and let clothes air dry (cheaper!)

Look out for tips and stickers from me!
Recycling

Freshers, you are joining Clare in 2013. This means that you will be benefitting from the many years of hard graft which have gone into refining the College’s recycling system to what it is today. As inhabitants of first year accommodation (Memorial Court, Ashby and Thirkhill), your lives could not be easier, thanks to the smooth running operation that is (drum-roll) the ALL IN ONE SYSTEM (big cheer). All that is required of you is to place your CLEAN recyclables (see the list below) into the clearly labelled dustbin placed at the bottom of your stair-case, which will be emptied regularly by the housekeeping team into the bigger bin situated on Memorial Court’s driveway. Recycling is hugely important to living in college, and all members of Clare are expected to help keep the operation running effectively. As well as just a modern day responsibility, this will save us money in the long run as the college must pay for the removal of landfill waste, so please, please, please keep it up!

Meet “The Recyclables”
-Foil
-Tins
-Aerosols
-Plastic bottles
-Carton
-Paper
-Glass
-Cardboard
With the “multi-comingled” system, all of those are disposed of in one nifty bin. EASY!

You can NOT recycle the following
-Yoghurt/ cream pots
-Spreadable butter pots
-Plastic soup pots
-Meat packaging
-Drink straws
-Contact solution bottles
-Plastic egg boxes
-Carrier bags
-Crisp packets

IMPORTANT:
- It is vital all items are clean to prevent contamination, otherwise your bin will not be emptied.
- Make sure not to let your jars, tins and cardboard accumulate in the gyp rooms either, as this makes life much harder for your Bedder.
- Finally, remember to dispose of your used paper in the designated paper recycling bins situated all around college, and in your department libraries too.
Welfare Support in College
Explained below are just some of the diverse support systems available through Clare, CUSU, the university and other organisations.

Tutors
Your Tutor is a friendly member of the Clare College Fellowship who is there for you to talk to should you have any problems. You can talk to your Tutor about anything that is bothering you. All students are assigned a Tutor prior to their arrival and you will meet with your Tutor during Freshers’ Week. Tutors oversee your welfare and can represent you in certain dealings with the university, such as academic considerations due to illness or subject changes. If, for any reason, you would rather talk to someone other than your Tutor you can, of course, have a chat with whomever you feel most comfortable with. Please speak to the UCS Welfare Officer who will be more than happy to contact other members of staff on your behalf, including any of the other Tutors and the Dean. The Tutors are all extremely friendly and have a wealth of experience in helping students with all kinds of issues - from money worries to relationship troubles, over the years. Please make the most of what they can offer you.

The College Nurse
The College Nurse, Mrs Helen James (college-nurse@clare.cam.ac.uk), is your first port of call should you feel unwell. She also offers excellent advice on personal and emotional as well as medical and sexual aspects of student welfare. She is available in her office (O5 Memorial Court) for a few hours on Monday-Friday and has free condoms and leaflets in her waiting room that you can collect confidentially. You will have a meeting with the College Nurse to register you with a Cambridge GP during Freshers’ Week. IMPORTANT: Please contact the Memorial Court Porters Lodge if you feel unwell outside the Nurse’s office hours.

The Dean
The college Dean is also very happy to listen to students and help in whichever way he can. He also offers supportive cups of tea! His office is E3 (Old Court). Please feel free to email him at gjs32@cam.ac.uk or dean@clare.cam.ac.uk. IMPORTANT: The Dean is delighted to deal with students of all faiths or none.

Welfare Officer and Reps
As well as all of the UCS Executive Committee, there is a student welfare team with more welfare-specific roles for you to talk to if you need any support. We have a group of very friendly and approachable people on the team; led by the UCS Welfare Officer. If you find that you need help, please don’t struggle on your own or suffer in silence - find someone, or let us help you find someone, to talk to!
Womens’ Officer: Anna Ritchie, alr40@cam.ac.uk (page 6)

Welfare Assistants:
You can contact each of the below by email or approach them in person. They are there to help you deal with any welfare issues you may have or even just to listen. There will be welfare events going on throughout the year; giving you the 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.

Jacqueline Warren
jfw43

Peter McCourt
pwm26

Caitriona Callan
cc673

Abi Magrill
acm203

LGBT+ Rep
Elliot Fitzgerald - ef325@cam.ac.uk
Hello! I’m Elliot, your LGBT+ officer. If you have any gender and or sexuality related issues that you are struggling with please drop me an email and we can have a chat. You may think your problems are insignificant but I’m sure they’re not and I’m here specifically to lend an ear. With regards to the social side, get ready for a great line up of events including formal swaps with other colleges.

International Reps
Sahr Jalil
sj420
Maria Gorinova
mig30
The International Reps are here to help overseas students with both administrative and emotional difficulties that can occur with coming to study in a foreign country. They will be happy to do anything from talk about homesickness to helping with setting up a UK bank account.
Condoms, Pregnancy Tests and Chlamydia Tests
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 Officer will be constantly putting some in the Welfare pigeon hole in Mem Court. You can contact him or her if there are none left in that pigeon hole or if you would like the Welfare Officer to put some specifically in your pigeon hole.
- CUSU: If you want large numbers of condoms you can buy them (heavily subsidised) from CUSU. Free pregnancy tests and chlamydia tests are supplied by the UCS Welfare Team. These can be obtained by either emailing Ben (he will put one in an envelope in your pigeon hole), or by leaving an enveloped note in his pigeon-hole in The Colony, should you wish to remain anonymous (he will leave one in the same pigeon hole for you to collect later).

Welfare Cookie-Fairy
The welfare cookie fairy is 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) 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.

University Counselling Service
Take a look at www.counselling.cam.ac.uk/selfhelp.html. You might find some of the self-help leaflets useful, e.g. their Freshers’ Guide.

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 Part 2 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 you house.
- Always lock up your bike - 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 Officer 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.
Financial Information

Budgeting at university
For most people, university will be the first time they have had to budget for their day-to-day expenditure. Before you come, you might want to try to work out how much money you will have available based on your loan, any savings you might have, what you expect to earn in the holidays and from any other sources of funding. Take off your fixed expenditures like rent and then work out how much you will have available to spend each week.

When you get here:
- **DO** try to keep track of how much you’re spending. Check your bank balance regularly to make sure you are prepared for any large or surprise expenditures. This can be done quickly and easily using online banking; available with most banks.
- **DO NOT** organise credit cards; especially store cards. You will be constantly bombarded with offers, e.g. when you open your student bank account, and shops will often offer you a discount for signing up. It’s not worth it. **REMEMBER**: Clichés aside, salesmen are remarkably gifted at persuasion. If something appears to good to be true, it probably is! If you don’t have the money to spend; don’t spend it. If you are ever in financial trouble, please ask the college for help (see below).
- **DO NOT** compare your spending to that of other people. Everyone’s financial situation is different, so budget for what you need and can afford.
- **DO** open a student account. Most banks, and some building societies, offer them and allow you cheaper more flexible services than you might otherwise get. Many accounts include large, interest free overdrafts which can be useful as you wait for your loan instalment. **REMEMBER**: You will have to pay your overdraft back at some point, so only borrow what you can afford.

Printing charges
Printing on College printers in the Library and computer rooms costs 4p per sheet in black and white and 20p per sheet in colour. The printers automatically print double sided to save paper, so, if you print a two-page document which only covers one sheet, it will cost 8p.

To print things on the college printers, you will need to buy credit using your debit card. You can do this online in the Library, computer rooms or on your own laptop. Follow the instructions at [www.cam.ac.uk/cs/pwf/print.html](http://www.cam.ac.uk/cs/pwf/print.html). This service is provided by the University Computing Service, but you may need to maintain a separate credit balance to print using printers in your department (e.g. to print in the Marshall Library of Economics, you need to go to the desk and pay cash to add money to your balance).
The College Bill

The College Bill is paid at the start of every term and at the end of the academic year. It covers the costs of living in college and the fees for your education. It has to be paid before a certain date, printed on your bill, and there are fines for late payment. There are a number of payment options including by cheque or bank transfer. Specific details are clearly stated on your bill.

IMPORTANT: If you have any problems paying your bill and want to talk to someone in private about it, contact Linda Challinor in the Bursary (lmb30@cam.ac.uk). For example, Student Finance England are known for being very inconsistent and flaky. If they aren’t getting you your money in time then Mrs Challinor will be very understanding. Of course it is much better to do this before your College Bill is due.

If you’re having any other financial problems, please talk to your Tutor or Jackie Tasioulas (jt257@cam.ac.uk), the Financial Tutor. Problems are best resolved quickly, so don’t hesitate to contact someone if you’re ever in difficulty.

Your College Bill covers:
- University and College fees: The portion of the fees you’re required to pay for educational costs for the term. The amount varies depending on your fee status (Home, EU or International) and, for Home and EU students, how much you’ve decided to borrow from the LEAs or the UK Government. Sometimes, your student finance company may be paying the costs for education directly to the university. Remember to just be sure exactly what the situation is.
- Residential charge: The term’s rent for your room.
- Kitchen fixed charge (KFC): A charge levied by the College to help towards the catering department’s fixed costs. This acts as a defacto subsidy for meals in the Buttery and Formal Hall.
- Meal Charges: The money you’ve spent on meals in the Buttery and on Formal Hall using your University card. N.B: When you use your card in the Buttery, the amount you’ve spent that term to date comes up on the till; allowing you to keep track of what you’re spending.
- Utilities: A fixed, termly charge covering heating, water and electricity. Utility costs in the UK are increasing so please try to be careful with your use. Even though a reduction in energy and water use will not accrue solely to you, if everyone restricts their use, everyone stands to gain considerably.
- Any Forbes Mellon Library fines incurred.
Sources of financial help
There is a lot of money around from both the College and the University, and these grants are definitely worth applying for if you’re eligible. It can take some careful research to sift through the numerous funds available to find something suitable. If you’re unsure of how to apply, make sure you ask someone, e.g. your Tutor or the Financial Tutor for hardship funds, your Director of Studies for academic-related funds. Alternatively, contact a member of the Tutorial Office or Bursary (both in F staircase in Old Court) or Ollie Russell, the UCS Treasurer (olr22@cam.ac.uk), for more general enquiries.

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@cam.ac.uk).

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, please have a look at the Newton Trust website (www.newtontrust.cam.ac.uk) and/or the money section of the Clare website (http://www.clare.cam.ac.uk/money/).

Subsidies for bicycle helmet and lights
The College offers £20 towards the purchase of a bicycle helmet and £10 towards lights. Just take your receipt to the Bursary and it will be credited to your bill. You can only claim for one helmet and one set of lights during your time here. Cycling is by far the best mode of transport, but not any more safe than at home, and you face a £30 fine for cycling at night without lights, so it is well worth taking advantage of this offer!
Computer Facilities

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.
NOTE: There is a £46 fine and an eight week ban for people in breach of file sharing laws. Also peer-to-peer is not allowed on the college network due to the heavy traffic it generates.

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 two computers in the Hepple Room (Old Court) and a computer room at the Colony. All the computer rooms have internet access and printers. Printing can be paid for by a top up system (see page 34). You can also use these printers to print from your own computer and the same charging system applies.

Freshers' Week
IMPORTANT: In order to help you get up and running with your university account and internet connection there will be people in the X staircase computer room on Monday afternoon (2 – 4 pm) of Freshers' Week who will be happy to help. There will also be someone there on Tuesday & Wednesday (3 - 4 pm). A brief presentation will be given at the Introductory Talks Part 1 of Freshers’ Week (Sunday morning) with more information.

Problems?
If you have any problems with any college computer facilities or your own machine when at College you can either contact the I.T department ( Memorial Court O3 ) or the computer officer Joseph Joyce ( jj379@cam.ac.uk ).

Sending email to all undergraduates
To send an email to all undergraduates informing them of events or news, send it to the UCS secretary, Jenny Boddy ( ucs-secretary@srcf.net ), who will either send it out to all Clare undergraduates or collect them to put in a weekly bulletin.
Clare Societies
Clare has an amazing number of societies, groups and sports teams. Everyone is involved in something or other and you’d be missing out if you didn’t explore some of the opportunities. Below are a few examples of what Clare has to offer. To see everything happening at Clare, explore Clare’s Societies’ Fair on Sunday the 6th, in Freshers’ Week. You can see uni-wide societies on Tuesday the 8th at the CUSU Societies’ Fair. Remember that all the societies at Clare are run by students. Get involved! If there is any society you want to create, go for it. The UCS has a budget for societies every year and if you create a society and want some money then you should contact the UCS Treasurer, Ollie Russell (olr22@cam.ac.uk).

Sports
Clare Boat Club (Rowing)
Clare Boat Club (CBC) is the college rowing club, providing the facilities for rowing at every level. We will teach you to row from scratch and if you stay involved for Lent and May terms you’ll get to compete in the famous Bumps races. There are several crews for each gender, each with different commitment levels, so there will be a crew that suits everyone. Although rowing is an expensive sport, at Clare the only costs are personal kit and training camps, but even those are subsidised! If you want to learn to row, come and meet us at the college fresher’s fair or our barbecue and speak to our Lower Boat Captains (LBCs). If you are already a rower, get in touch with the relevant Captain.
For the year 2013/14,
- Men’s LBCs: Ivan Mechkov (idm31), Joe Thompson (jst43)
- Women’s LBCs: Lou Salmon (ls603), Alice Harvey-Fishenden (aoh23)
- Overall/Men’s Captain: Sean True (skt36)
- Women’s Captain: Riana Betzler (rjb220)

Cricket
Clare Cricket underwent a revival in 2013. We didn’t play a single game in the 2012 season but 2013 saw a promising return to competition. We narrowly missed out on a place at the Cuppers T20 Finals Day, losing to Churchill in the QF with just two balls to spare. We are hoping to continue that form in 2014, with some indoor nets in the winter before matches begin in Easter Term. We also happen to have the best college ground in Cambridge: it’s where the Cuppers Final is played, so not a bad place to call home. If you’re interested in playing, email Will Chambers (wc264@cam.ac.uk) or come and chat to us at the Clare Fresher’s Fair.
Varsity Ski
Varsity Trip is an unmissable part of the Oxbridge experience. For one week, no tutorials or supervisions, no essays, no lectures, just an incredible holiday with your Clare college friends, surrounded by 3500 other Oxbridge students. You ski all day on the slopes of one of the most prestigious ski resorts in the world and party all night to chart topping acts and DJs. All this for a remarkable £329 which includes travel, accommodation and lift pass in Tignes.

Clare always have a great contingent so make sure you don’t miss out on college bonding! Come say hi to your college rep Liz Schneider at the Fresher’s fair or have a look online at www-varsitytrip.com for more information.

Basketball
Clare has a joint basketball team with Trinity Hall. We train for an hour a week and have a match against another college most weeks. We have a large range of abilities in the team already, so you’re welcome to join us regardless of ability or experience!

Shohei-Ryu Karate Club
We are a small, friendly karate club, catering mainly to those who have done little or no martial arts in the past. Unlike many clubs, we focus more on the form of the karate and on actual self defence than competitions. The atmosphere is also very relaxed. The club is run by Nicholas Wilkins, 1st Dan black belt.

Girl’s Football
Clare Girl’s Football is a football team open to all female members of the college at all levels of experience. We compete against other colleges on a weekly basis, but also have regular practices where everyone is welcome to along and have a kick-around. We’re a fairly new team having only been set up last year, so don’t be put off if you’ve never played before as it promises to be a learning experience for all involved. So if none of the other girls’ sports strike your fancy or if you just want an excuse to run around, why not come to Girl’s Football and you can chase a ball up and down a pitch at the same time - “It’s way more fun than hockey!” - Anonymous.
CCK Rugby
Rugby is one of the largest sports at Cambridge, Clare play in the middle of three college leagues, in a joint team with Corpus Christi and King’s (called CCK). It’s a great way to instantly make friends with lots of people outside of college. Recently Clare has had lots of representation in the University teams, last year two Clare students played in each of the U21 and Blues teams against Oxford at Twickenham.”
Harry McAleer (hm441@cam.ac.uk)

Clare Athletics/cross-country
We compete in inter-college track & field, road and cross-country running competitions throughout the year as well as having an email list and facebook group where more recreational runners can arrange to meet up. Both the College and University teams are open to all standards, however seriously or relaxed you want to take it. Contact James Chettle (jc490@cam.ac.uk) if interested.

Womens Hockey
Clare Women’s Hockey Team is a fun and sociable way of keeping fit, with flexible, non-compulsory training, relaxed matches and lively socials with other Clare sports teams. We welcome anyone and everyone, no matter what level of hockey experience they might have had (including none at all) - the only real requirement is that you are female (sorry boys). Having said that, we work closely alongside the men’s team, forming a mixed team for the Cuppers competition.

Ladies Netball
Clare ladies netball is a team open to all female members of the college. We play against other colleges on a weekly basis, usually on the weekends. We also sometimes train with the mixed team during the week, provided that the weather and numbers permit us to. Netball is a really chilled and sociable sport and it’s a great way to meet other people in college, be it at matches, training or socials with other Clare teams. We welcome anyone and everyone, regardless of whether you are already a keen netballer or have never thrown a netball before!

Clare College Tennis Club
Tennis at Clare is mostly a social affair for tennis enthusiasts who love playing the game. Social tennis sessions and viewing parties of major tennis events are held during term time throughout the year with more competitive tennis matches taking place in Easter Term for College Cuppers.
Both beginners & more experienced players are welcomed to join.
Please contact Men’s Captain, Julian Tan (jlyt2@cam.ac.uk) if you are interested in joining the Clare College Tennis Club.
Clare College Squash Club
Fast-paced, exciting and, above all, great fun, squash is an excellent sport to get involved in at Cambridge. Whatever your standard of play, from seasoned pro to complete beginner, you’ll find like-minded people at your level to play against in a friendly environment. For those who want a more competitive experience, Clare has two men’s teams and one women’s team in the inter-collegiate leagues, with matches on a weekly basis. We have three courts of our own behind the UL, and 8 rackets available to borrow from the mem court plodge for those who don’t have their own.
Come see our stall at the Freshers’ Activities Fair for more info, and feel free to drop me an email Chris Thom (Captain) on cwt28@cam.ac.uk with any squash-related questions.

Clare Badminton
Clare Badminton Club meets 2 hours a week for social badminton sessions, catering for a large range of abilities. We currently have a team that competes in the intercollegiate badminton league, with matches held in both Michaelmas and Lent terms.
With plans to create a second college team and the opening of the new Cambridge Sports Centre, this is an exciting time to join Clare Badminton. All new faces are welcome, including beginners, advanced players and anything in between!
Ying yt300@cam.ac.uk
Jørn jce39@cam.ac.uk

Mixed Netball
Mixed netball matches take place once a week in Michaelmas and Lent Terms. They will tend to be on weekend mornings and we will try to organise one training session a week. No prior netball experience is required and commitment levels needn’t be high. Social events are likely to be organised at fairly regular intervals throughout the year. These socials will most likely vary from intercollegiate swaps, swaps between other sports teams in Clare and purely team events. Boys who haven’t played netball shouldn’t be put off, no-one will judge and this year we have a male captain who hadn’t played before, boys wearing skorts are also welcome.
Captains: Jenny Boddy (jb865); Ollie Russell (olr22)
R.A.T.S
Your friendly college climbing/walking society! The Rock-climbing and Trekking Society is the place to meet all the other people in Cambridge who are having trouble with the total absence of anything hilly as far as the eye can see. We organise several trips a year to places with rocks & slopes such as Snowdonia and the Peak District. What we do depends on who comes and the weather, and last year’s programme involved everything from wintry scrambling to climbing on sunwarmed crags! We also organise regular bouldering sessions at Kelsey Kerridge wall, often ending up in the pub.  
http://www-rats.clare.cam.ac.uk.

Men’s Football
There are two men’s football teams on the go at Clare - the 1st’s and the 3rd’s (nobody knows what happened to the 2nd’s). The 1st’s team is as you’d expect the main team, we are currently in division 3 and are looking to make progress on a very promising end to last season. Most of the players in the team have some sort of Sunday league experience, but by no means is it required and everybody is welcome! The 3rd’s is the more casual team, anyone can come and join in their matches if you’re free and fancy a game. Matches take place once a week during Michaelmas and Lent terms, mostly at the weekend. We’re looking to try and have one training session a week and there will be plenty of extra social events throughout the year. We have a great group of guys involved with the team at the minute and we hope you’ll join us come at the start of your Clare experience.

Other Societies

CCIF
The Clare College Investment Fund is a student lead and run society which manages a £34,000 portfolio of FTSE 350 shares. We meet regularly to review our investments, learn about current financial events and look for new investment opportunities. It’s a great way to learn about the stock market if you’re interested in a City career (it provides an excellent talking point in interviews), or even just for personal interest.

Milk Maids

Need milk but don’t want to carry it back from Sainsburys? Keen to support local cows? Milk Maids is less of a society and more a service exclusively for Clare students. We will deliver milk to your fridge once a week during term time at very reasonable prices, and complete with name labels to help deter those pesky milk thieves! For more information come and find us at the Freshers’ fair, or drop us an email at milkmaids@hotmail.co.uk.
Whinston Society
The Whinston Society is Clare College’s Natural Sciences society, run by students primarily for students. Throughout the year we host talks, debates, and panel discussions led by the leading researchers in their field, and which are open to all. Drinks and a chance to informally talk with the speakers or other students typically follow. We also host two dinners for Clare students: our beginning of year welcome dinner in Michaelmas to introduce the society and give students a chance to meet and interact with students in other years, and the annual dinner in the Easter term to which we invite a leading scientific Clare alumnus. Recent speakers at this include Sir Mark Walport and Sir David Attenborough. We hope to see you at our events, which we'll advertise widely via e-mail, our facebook page, and posters.

Feel free to get in contact via whistonsociety@gmail.com or https://www.facebook.com/pages/The-Whiston-Society/117191788432253?fref=ts.

Clare Live
Clare Live caters for all musical styles not covered by CCMS, anything from folk to indie and rock. The society owns a bass guitar, drums, and a keyboard which can all be borrowed by Clare students for practicing and gigging. With regular open mic nights and other opportunities to perform and listen to high quality student music, Clare Live has a reputation as a exciting and active society which is looking for more people to get involved this year. Whether you are looking to form a new band, try out a song you’ve written, organise a gig or simply listen to some “normal” music, we’re the society for you! Find us at the freshers’ fair, on facebook, or email: clarelivemusic@gmail.com.

Christian Union
We’re a group of Christians in Clare who love Jesus and want to give everybody in Clare the chance to respond to his claims. We meet on Wednesday evenings and Friday mornings to read the Bible and pray together. We’ll be hosting free breakfasts every day 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 30th September until the 2nd of October in Sheringham. Check out http://cu.clare.cam.ac.uk/ for more details.

Alternative Film Society
This is a brand new society starting this year so we hope for lots of Fresher interest to get going. We plan to have weekly showings in the Riley Auditorium of alternative films. By alternative films we mean films that might not be in the Box Office right now but need to be taken from the dusty shelves of history and thrust into the limelight. Everyone is welcome to come along or suggest a film. We will be at Clare’s Societies’ Fair and will be putting on a film in the Riley as part of the societies’ taster sessions on the Monday afternoon of Freshers’ Week (the original Willy Wonka film). If you’re interested or have any ideas please get in touch with me, Kiri Koumi (page 4).
Chess
The club generally meets one evening per week during Term, in the Castle End meeting rooms in Colony. The evenings are very casual, and all abilities are welcome. Feel free to come along as often as you please - there is no commitment required. The club participates in the university league, a great opportunity for more competitive chess playing. Aside from standard chess, we play many variants and other fun board games. In my time at Clare, I have found the club to be a highly enjoyable social gathering, and a welcome break from work. I look forward to seeing lots of you there. Feel free to get in touch if you have any questions: Jasper Bird (jcb96@cam.ac.uk).

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 Sound
Clare Sound provides the sound and lighting expertise for all sorts of events taking place both in and out of Clare. Some of the events we support include Clare Ents, UCS Bops, Clare Jazz, Open Mic Nights, Clare Comedy and May Balls. Our comprehensive range of kit includes industry standard mixers and CDJs. It’s a great opportunity to try your hand behind the scenes, learning new skills or developing existing ones. Have a go at mixing live music or DJing. All are welcome, regardless of prior experience, and the benefits include free entry, food and drinks on the night. Visit www.claresound.soc.srctf.net for information on events or get in touch by emailing clare.soundtech@gmail.com.

Amnesty
Cambridge University Amnesty International members meet once a week in order to play our part in the protection of human rights and demand justice against grave injustices across the world through organizing university-wide campaigns, writing urgent action letters, fundraising and writing petitions. Be sure to catch up at both the university-wide and Clare’s own Fresher’s fair for more information!
Clare Comedy
‘The closest thing Cambridge has to a good ol’ fashioned comedy club.’ (The Tab)
One of Cambridge’s best loved stand-up comedy nights, featuring the leading student acts and top notch professional headliners in the city’s most atmospheric college bar.
For over a decade, Clare Comedy has drawn sell-out crowds, who are known for their support for first-timers and their disgracefully high levels of tolerance for risque material. Headliners over the years have included Carl Donnelly, Nick Doody, Ed Gamble, Andrew Maxwell, Naz Osmonoglu, Gareth Richards, Paul Sinha, and many other stars of British comedy. In the last year, Clare Comedy has been particularly proud to host the likes of Sara Pascoe (The Thick of It, Twenty Twelve) and Joel Dommett (Skins, Impractical Jokers). With a relaxed atmosphere and a lineup packed with both university and national favourites, Clare Comedy promises an amazing night every time for both comedians and audience-members alike.

Clare Voices
Clare Voices is Clare’s student-run choir. We welcome everyone from choral scholars to total choral novices - no auditions required! In our weekly rehearsals we carve a broad, idiosyncratic swath through the dense choral repertoire (both serious and frivolous). However well-sung you are, you’ll find some new favourites here. And there are biscuits.
Do get in touch if you’d like to find out more: my email address is jcw62@cam.ac.uk.

Clare Growers
The Clare College Growers’ Group cultivates the student allotment at The Colony, tending to our home-grown fruit and vegetables during a very leisurely weekly meet-up, normally on a sunny Sunday afternoon. Very casual, laid-back, and open to all gardening skill levels- absolutely no experience needed and all welcome.
Contacts: Ellie Adams (ea363@cam.ac.uk) and Billy Aldridge (ba295@cam.ac.uk)

Colonel Spankey’s Love Ensemble
Colonel Spanky’s Love Ensemble are Clare’s premier funk-mongers, available for all your May Balls, weddings and Bar Mitzvahs.
Go to [http://www.clare.cam.ac.uk/Clare-College-Maps/](http://www.clare.cam.ac.uk/Clare-College-Maps/) for all the maps of Clare you might need.
EXCEPT BEATS, EXPECT BASS

CLARE ENTS

THE UNDERGROUND SOUND

Past acts include:

BOMBAY BICYCLE CLUB
LOICK ESSIEY
CHASE AND STATUS
THE CORRESPONDENTS
TINIE TEMPAH

Clare Cellars
Every Friday during term time

Like us on facebook/ClareEnts
Sunday, 6th October
Clare Cellars
£4 Entry
Free Entry with Season Tickets
Doors at 9.30