Welcome, Freshers!

Congratulations on achieving your offers and welcome to Pembroke! I'm Roshan, and for this academic year I will be your JCR President! The acronym ‘JCR’ stands for ‘Junior Common Room’, which is not only a room just off of Old Quad (the first ‘courtyard’ after entering college) that is used by students for meeting & chilling, but is also a term representing the entire undergraduate student body at Pembroke. The best news is that you are now a part of this body! The JCR Committee is elected by the student body in the summer term (known as ‘Trinity’ term) and is made up of students in roles ranging from Domestic and Environmental Representative to Entz Reps (in charge of fun!). Together we all work together to represent the student body, working to implement initiatives, bring about necessary changes and continue the incredible work of previous committees, all with the ultimate aim of making life at Pembroke the best it can be for each and every student.

In this guide, you will find introductions and tips aimed towards helping you get ready for Oxford, settle in once you get here, and ease your mind if you have any worries! Starting off, each committee member has written a brief paragraph introducing themselves and their role. Alongside the Freshers’ Helpers, we will all be on hand during your Freshers’ Week as the primary people to go to for help with any issues or questions you might have. Whether it’s about dealing with the adjustment to Pembroke life, finding out which food van sells the best cheesy chips, or needing a translation of Oxford’s strangely specific jargon, you can come to us! I cannot emphasise enough just how open, friendly and caring everyone is, not only just on our committee but across all of Pembroke’s students, so please do talk to any of us if you need to! Everyone starts off as a Fresher, and we can empathise that starting at Oxford can be a daunting experience - however, I can assure you that soon you’ll be walking around not only feeling at home, but hopefully, really loving it as much as we do! Freshers’ Week is dedicated to making you feel as settled in as possible, and we are all devoted to helping you start off your Oxford experience in the best way. We’ll be running sessions throughout each day, and there will be a whole range of events – quiet or loud, early or late, we guarantee there will be something for everyone! When it comes to it, my best advice would be to make the absolute most of the week – take the chances to meet & talk to people, even just by going to the JCR (the room!) and seeing if anyone is around.

As your President this year I am striving for inclusivity – I seek to ensure that each and every student has the best Pembroke experience possible, by working with the college’s Governing Body, the committee, and the wider JCR throughout the year. For now, flick through this guide to demystify and explain some key points of the Pembroke/Oxford life, and familiarise yourself with the friendly faces which will be around in October. Most importantly however, take this summer easy - you have all worked incredibly hard and deserve to! Soon you will have a new and exciting experience to delve into and enjoy, and I am sure you will thrive in Pembroke! Not only is everyone passionate about their subjects, but there is a wealth of different interests and enriching pursuits which you can follow yourself. Whether it’s rowing (the races with our stellar teams are a highlight whether you’re in the boat or on the bank), getting involved in charity work, or being a part of our yearly musical (as well as so much more), we will hopefully not only be able to help you really engage with your academic subject, but also to cultivate some new passions too! We cannot wait to meet you, and I hope you’re having an amazing summer! See you in Freshers’ Week!

Lots of love,
Roshan
Pembroke 101

- Founded 1624 by King James I and VI, hence the thistle and the rose in our coat of arms, representing the union of Scotland and England.
- Pembroke’s JCR is one of Oxford’s wealthiest, due to the sale of a Francis Bacon painting in 1997. The money raised still supports our impressive gallery.
- Notable Pembroke alumni include Samuel Johnson (of dictionary and meme fame), Tory Minister Michael Heseltine and King Abdullah of Jordan. Tolkien also wrote The Hobbit while a fellow at Pembroke.
- Our college colours are pink & blue, and our mascot is the pink panther (if that isn't obvious already!)

The Big Names of Pembroke

Lynne Brindley – Master
Nancy Braithwaite – Academic Director
Jeremy Bennett – Bursar
Mike Naworynsky – Home Bursar
Eamonn Molloy – Dean
Julie Dequaire – Junior Dean (Main Site)
Annette McCormack – Academic Registrar
Kirstie Smith – Academic Administrator (Undergraduates)
Andrew Teal – Chaplain
Steve Capper – Head Porter and all around top lad
Meet the Committee

Hey everyone! My name is **Silvia**, I study Maths & Philosophy (second year) and I'm super excited to be your **Vice President** this year. As VP, I organise dinners, allocate Art and Hardship grants, support the President and the rest of the committee and organise JCR meetings. This year I hope to be able to increase student involvement in JCR meetings and JCR activities so everyone has a chance to voice their opinion and get a shot at turning their dreams into a reality! So, come along to the JCR meetings, where there are always free pizzas, snacks, drinks and heart-racing, exciting student politics to get involved in. If you have any questions on how the JCR works (how to submit motions, give a suggestion, etc.), if you want to be involved in the ball committee (our upcoming ball promo video or poster designs!) or if you just want to have a deep, meaningful conversation about Maths or Philosophy feel free to have a chat with me when you see me/message me. Enjoy Freshers' week! Email: silvia.shen@pmb.ox.ac.uk

Hi, I'm **Hugh**, I'm a second year History and Politics student, and I'm the JCR **Secretary** this year! This means I'll be sending out weekly notices, and every other week sending out calls for motions for our fortnightly JCR meetings, which give every member of the JCR the opportunity to put forward changes they'd like to see in college. Motions are just the formal statement of what it is you'd like to see done, and are emailed to the JCR before being discussed and voted on in the meeting, so let me know if you have any questions about submitting/phrasing motions or how the meetings work more generally. In Trinity Term (that's the summer!) I'll also be organising the JCR elections for when you guys take over as next year's committee! If you have any questions at all, from including something in the notices, to something you've seen while reading the Constitution (as all the best Pembrokians do), to putting your name forward for a committee position, don't hesitate to message me or ask me around college! Email: hugh.nicholl@pmb.ox.ac.uk

Hey! We're **Jodie and Abhishek**, second years studying Maths and Economics & Management respectively, and we are your **Treasurers** for the year. Throughout the year, we'll be managing the budget and accounts for the JCR and deciding how much is spent in each area of Pembroke life, including Access, Welfare, and most importantly for you – Freshers' Week! We will also be in charge of levies and any reimbursements you may need throughout the year – so if you have any questions regarding these, or anything else related to finance, then get in touch and we'll be able to help you out (or put you in contact with the relevant person)! Enjoy your first year here, it'll be over before you know it! Emails: jodie.fromage@pmb.ox.ac.uk | abhishek.adavikolanu@pmb.ox.ac.uk

Hi everyone, I'm **Rachael**! I'm a second year History student, and your **Domestic and Environmental Rep** for the year. As Freshers you will live in college and eat in hall six times a week. My role is to help promote a positive environment around Pembroke by addressing any ideas or complaints that you raise, whether it be concerning the food served in Hall or the type of snacks available in Farthings. Also, I am in charge of accommodation queries, including maintenance problems if you don't know how to report them, and the ongoing environmental campaign throughout college. Feel free to contact me at rachael.bragg@pmb.ox.ac.uk if you've got any questions (i.e. dietary requirements) or any ideas that you would like to see implemented. I look forward to meeting you all in Michaelmas!
Hey guys! We're **Aimee, Natalya and Pete**, second years studying Experimental Psychology, PPL and Medicine respectively. We are your **Welfare Reps** this year, which means that all three of us want to make your first year go as smoothly as possible. We will always be around for a chat about any issues or worries that you may have throughout the year - just drop any of us a message and we will arrange a time to talk (in or out of college). No worry or problem is too small! Any of the issues that you bring to us will be kept confidential. We can be an accessible first stop for any mental or sexual health questions or issues and can also signpost you onto any resources that you may find useful. There are a number of peer supporters in Pembroke and during Michaelmas we will be trained as peer supporters. Another role of ours is to provide free condoms, welfare cookies and tampons, all of which we can discreetly pidge to you! As welfare reps we are also in charge of running welfare tea each week. Welfare tea is a great opportunity to have some free snacks and a break from work. We hope you have a great first year!

Emails: aimee.cochrane@pmb.ox.ac.uk  |  natalya.stahl@pmb.ox.ac.uk  |  peter.rae@pmb.ox.ac.uk

Hey! I'm **Q**, a second year Economics & Management student. As your **Access Rep** this year I'll be supporting initiatives and schemes with the aims of increasing applications to Oxbridge from non-traditional backgrounds, and ensuring that adequate (and confidential) support is given to students from underrepresented groups once they get to Oxford. In addition, I will be getting together a group of Access Ambassadors in Michaelmas and we will be working together on some access related projects throughout the year; if you have any ideas for access projects, please feel free to get involved! There will also be various access schemes (Pembroke or otherwise) running throughout the year which you can get involved with, so keep an eye out for my emails or feel free to contact me! E-mail: qianhui.yang@pmb.ox.ac.uk

Hi, my name is **Guy**. I am a second year Biochemist and the **Sports Rep** for this year. It is my job to organise sporting events for the college, such as a trip to a Cambridge college in Michaelmas. I will also be responsible for encouraging you to take part in as many and varied sports as possible, be that within in the college or for the university. I will be in control of the sports budget which is used to fund match teas, sports equipment and to ensure that the running of sport in college can be as smooth as possible. If you have any questions about college sport or university level sports, please ask me and I will answer them or direct you to someone who will be able to.

Email: guy.durant@pmb.ox.ac.uk

Hey I'm **Maddie**, a second year studying Biochemistry, and I'll be your **Music and Drama Rep** this year! My role is basically to inform you of all the music and drama events happening in and around college and to be your first port of call with any music or drama related questions. If music is what you love then come along to the open mic nights and weekly lunchtime recitals; if drama is more your scene, get involved in Week 1 Cuppers and be sure to check out all the drama clubs around Oxford, there are loads of performances on every week and loads of opportunities to get involved! Also, every year Pembroke puts on a musical - I've got a tough act to follow after last year's incredible DOGFIGHT but hopefully it will be just as EPIC! Essentially there are 24601 reasons to get involved - do not throw away your shot!

Email: madeleine.lawless@pmbx.ox.ac.uk
Hello everyone! We are Eva and Paddy, second year E&M and Chemistry students, and we are your Entz Reps for 2018/19! In this position, the two of us work together to provide all things fun-related, ranging from organising the infamous BOPS (college parties), to chatty evenings in the college bar, to pub style quizzes in the JCR and more! There are many great nights out to be had here in Oxford as well as a variety of other activities if you’re not into drinking such as ice skating, punting in the summer, etc. - so there is something for everyone to ensure you get that work-life balance. During your Fresher’s week we will be your friendly faces on the nights out to make sure you have a fun, but also safe, time. Also, look to come to us throughout the year for things like club entry wristbands, bop tickets and anything else you need! We look forward to meeting you all!

Emails: eva.smiley@pmb.ox.ac.uk | patrick.leggett@pmb.ox.ac.uk

Hi, I’m Naman and I’ll be your Raise-And-Give Rep for this year (RAG for short)! I am a second year Economics & Management student and this year I will be organising a range of charity-based events for everyone to muck in and get involved with within the college, for any of the JCR’s chosen charities. If anyone has any ideas or wants to get involved with a charitable cause feel free to drop me a message. I’m excited to meet you all, raise a lot of money and help as many people as we can!

Email: naman.garg@pmb.ox.ac.uk

Hi guys, I am Cesca and I am a second year History and English student. I will be your Gender Equalities Rep this year, and this means I will be working to provide a safe space for people of all genders within college. I am also the chair of Feminists (Pembroke’s Feminist Group) which will meet every couple of weeks or so to discuss various issues associated with gender. I am very keen to promote discussion whilst ensuring that everyone feels comfortable. I will also let you know about wider Feminist events going on in Oxford. In Fresher’s Week my main role will be in the organisation of consent and sexism workshops, which are a very important part of the start of your first year. I am so excited to get to know all of you and encourage discussion amongst our JCR! I hope you will come to me with any queries.

Email: francesca.echlin@pmb.ox.ac.uk

Hello everyone! I am Vicky and I will be your International Rep for the next academic year! I am a second year Biochemist and I am Greek, born and raised! First year can be tough for everyone, especially if you are hundreds or thousands of miles away from home and you need to adjust to a culture you are not used to. As your International Rep, I will try and make sure you have access to all the resources you may need so that you can make the most out of your time in college! I will always be available for a chat even before you arrive (packing is my expertise by now, so let me know if you have problems with that) or once you are in college; you will have mixed feelings about your new experiences so I am also more than happy to rant about horseradish and the British winter, but praise the pies and architecture of Oxford. My role also involves being at hand for visiting students for the first few weeks and I hope to organise some fun events for everyone to enjoy the fun side of Pembroke life from early on! You can email me at vasiliki.alexiou@pmb.ox.ac.uk with any questions you have! I am looking forward to meeting you all in October! xx
Hi, I'm **Niamh**, a second year History and English student and your **LGBTQ+ rep** for this year. As LGBTQ+ rep, it's my job to run the LGBTQ+ 101 workshop in freshers' week, organise LGBTQ+ events in college, and keep everyone updated on university-wide events. I know that coming to university as an LGBTQ+ person or as someone who is questioning their identity can be both liberating and terrifying, so I hope to make sure everyone feels welcome at Pembroke. If anyone who identifies as LGBTQ+ (or is questioning) and has any problems, I'll be available to give advice, point you towards useful resources (like the university's Rainbow Peers peer support scheme), and raise any issues you have with college. I'm also responsible for Pembroke's Pride flag, which I hope will be flying again this year for LGBTQ+ history month.

Email: niamh.mcandrew@pmb.ox.ac.uk

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Hi everyone, my name is **Alex** and I am your **Academic and Suspended Student Rep** and a second year lawyer. My role is to look after the academic interests of the JCR and support any students through periods of suspension from their studies. As well as sitting on the college's academic committee, I shall be organising feedback week and subject reps to make sure that any feedback (good or bad) makes it back to college and the academic life of students can be constantly improved and that you always have a friendly face within your own subject to ask for help or advice. I also have the very exciting job of organising Pembroke's University Challenge entry and I hope to get as many freshers involved as possible in this amazing opportunity. I'm sure that, unlike the World Cup, the prize will actually come home (aka to Pembroke) this time! In addition, I shall be supporting any students considering suspending their studies along with the welfare reps and I aim to increase the representation of suspended students within the JCR, creating a mechanism for their voices to be more easily heard within the committee. Academic life at Oxford can be undoubtedly tough but it need not be overwhelming. If you need any help or have any suggestions about how we can improve, please reach out and I, along with anyone else in the JCR, will be more than happy to help. Welcome to Pembroke and I look forward to seeing you all in October!

Email: alexander.jobson@pmb.ox.ac.uk

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Hi everyone, my name is **Faaria** and I am your **JCR Racial and Ethnic Minorities (REM) Representative**! I'm a second year Engineering student and I'm looking forward to meeting you all this year! It is my responsibility to promote ethnic equality and greater student integration at our college and to ensure that all people of colour feel settled and comfortable at Pembroke. Every student has a right to feel welcome at Oxford, irrespective of their background. If you would ever like someone to confide in, I am here to support and comfort you. In addition, I also work closely with the University's Cultural and Religious Societies and so hopefully I can find the best cultural society for you to join. Throughout the year, my main two areas of focus are to cater to the needs of our Pembrokeans and to raise our college's profile through diversity work and events. I'll be working alongside the International Students Rep and other members of the Liberation Council (LGBTQ+, Gender Equalities, Access and Disabilities Reps) to ensure that every JCR student has their space. Email: faaria.khan@pmb.ox.ac.uk

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Hey, I'm **Mack**, and I'm your **Publications Rep**! I update and maintain the JCR website, organise JCR magazine subscriptions, run a few of the JCR social media accounts, and liaise with the college archivist to keep Pembroke's archive's updated. My main role is editing and producing the Pink Times, the college magazine, alongside my co-editors Tom and Cags. It's great to get pieces, photos, and ideas from the whole JCR, so don't hesitate to get in contact if you'd like to contribute! Email: john.willett@pmb.ox.ac.uk
The positions of Disabilities Rep, Oxford SU (Student Union) Rep, Visiting Students Rep and Art Rep will be up for election in Michaelmas term (autumn term) and these are open to all students in the JCR, so you can get involved right from the beginning of the year!

If you would like some help with or have any questions regarding physical or mental disabilities, specific learning difficulties or long-term health conditions, you can contact one of the Welfare Reps (Aimee, Natalya or Pete). They can offer advice and point you into the right direction on a range of issues, from needs assessments to entering a sport as a disabled person.

Pembroke recognises that Oxford is an expensive place to live, and so there is short-term and long-term financial aid available to those who need it. The JCR offers Art Fund Hardship Grants for unexpected or sudden financial hardship (examples may include a broken laptop, an emergency trip home, or a parent/guardian suddenly out of work etc. but this list is not exhaustive). We also offer travel grants and reimbursements for birth control, prescriptions, etc. You can find out more from our VP, Silvia Shen.

While Pembroke offers College Hardship Grants, there are also other University Hardship Funds, including bursaries, funding for students with disabilities, etc. To talk confidentially about financial matters or for more details about funds, please contact Kirstie Smith in the Academic Office: kirstie.smith@pmb.ox.ac.uk

For a whole host of information about fees and funding, including living costs and how to apply for government support, visit the Financial Hardship & Aid (Undergraduates) page on the Pembroke website. As always you can come to anyone on the JCR Committee and they will be happy to help you!
Your Freshers Helpers are here to help you during Freshers’ Week. If you have any questions about college, you’re feeling lonely, or you just want a chat, they’re here to help accommodate you & make you feel welcome.
Academic Life at Pembroke

How will I be taught?
- The key contact time you will have each week will be your tutorials, in which you and one or two other students meet with your tutor, normally to discuss the week's work. Many courses also have classes or seminars where you work in bigger groups.
- All subjects have lectures, but while science courses also have compulsory labs, humanities subjects rely much more on independent study.
- Your departments and tutors should contact you and provide you with all the necessary information about your timetables and organising tutorials.

Where can I work?!
- With the largest library system in the UK, Oxford students are spoiled for choice!
- Pembroke has its own library (open 24 hours - both a blessing and a curse), your faculty will have its own library, and of course there is the seemingly impenetrable fortress that is the Bodleian. But don't worry, you'll have library inductions during Freshers' Week so you'll know your way around the libraries in no time!
- We recommend trying out different libraries and spaces, and figuring out where the best place is for you!
- If you fancy doing some group work, or working in a library just isn't for you, then you can also book a seminar room in college on the intranet or by going to the Porter's Lodge and kindly asking to book an available room.

What is a Bod Card?!
- Your Bod card acts as your student ID and lets you into every university library (and also gets you discounts in some places!).
- Love it, treasure it, and whatever you do, try not to lose it.

Who can I go to for help?!
- For subject specific help or a general question, you can try asking your college parents for some parental wisdom. Your subject rep is always there to help, and will also pass on any feedback or issues about your course to college!
- The tutors themselves aren't as scary as they seem (honestly) and want you to do well, so don't be afraid to ask questions in tutorials or contact them. They are flexible and understanding, so if you are struggling with anything do let them know!
- If it's library advice you're after (the Bod can be a confusing place for everyone) then the librarians are always keen to help. If you can't find something you need in the library, they should be your first port of call!
- Peter, Aimee and Natalya are our amazing welfare reps and always around to support you if you're feeling overwhelmed or struggling. There's also a network of trained peer supporters in college you can contact. Additionally, anyone on the committee is around to assist with anything and can refer you to the right place.
- Also remember that the Academic Office are enthusiastic to help and are a good starting point for any questions, while the Welfare Fellows can help if you want advice from an academic member of staff outside of your subject.
There is a wealth of different opportunities available for students at Oxford, both within Pembroke and across the wider university! You will be able to find out a lot more during Freshers’ Week and at the Freshers’ Fairs but here is a taste of what is to come…

**Music**

From choirs and symphony orchestras to funk and rock groups, there will be lots of opportunities for you! Within college, we have the Pembroke College Choir and we hold more formal events such as Master’s Music Recitals, aimed at showcasing individual talent, as well as more relaxed Open Mic Nights in the college bar. Oxford University Music Society (OUMS) is the wider university’s central music hub, with both auditioned and non-auditioned ensembles, depending on what you’d prefer.

**Pembroke Panthers**

A Pembroke-based discussion group on all things Race & Culture in Oxford and beyond. Expect things like reading groups, panels and film screenings, confronting the idea of race being a taboo subject that we don’t discuss, and offering a space for your thoughts. Join the FB group now!

https://www.facebook.com/groups/153121525425257/?frref=gc&dti=139053826695750&hc_location=ufi

**Peminists**

Feminism is often misunderstood and has become a taboo topic in some ways. The aim of Pembroke’s feminist sessions is to bust some of those myths and misinterpretations, and provide a space for EVERYONE to express ideas, ask questions and learn more about how to make the world a fairer, more equal place. Join our FB group: https://www.facebook.com/groups/410179585803438/ - info about Peminist sessions & other uni events are posted, and Pembrookies have discussions, share articles/videos and ultimately learn more about gender equality!

**Drama & Performance**

In college we have Pembroke’s annual musical in Trinity term (last year’s play, Dogfight, had sold-out shows!) and Drama Cuppers (an annual intercollegiate drama competition). Across the university, from Drama Society to Contemporary Dance, there is a whole theatrical spectrum made up of societies and production companies, which you will have the chance to explore! From stand-up comedians to marketers, there’s something for everyone… For more information about opportunities you can have a chat with Maddie Lawless, our Music & Drama Rep!

**Clubs & Societies**

From academic subjects and career fields, to charitable causes and hobbies — and so much more - there is a vast array of different groups to join. With over 200 societies, you can continue with old interests or cultivate new ones. If there is a gap, you can even set one up!
Beyond Academics

Make a difference
From the local scale of homelessness in Oxford to the global environment, there are a number of societies dedicated towards examining and tackling big social, political and environmental issues. Whether through forum, fundraising or many other means, by participating in these charitable causes you can use your resources and privileges to help create a difference in ways you may not have been able to do before coming here. If you are passionate about an issue, now is the time to put that to good use! Any Qs? Speak to our RAG Rep, Naman Garg.

Diversity
Pembroke, and the wider university, is home to students of many different class backgrounds, races, nationalities, ethnicities, cultures and faiths. Subsequently, there are many societies & events enabling cultural appreciation and the empowerment of different communities. For lots of students, coming to a place like Oxford can be daunting – but have no fear! If you are looking for students of a similar background to yourself, or if you are looking to take part in cultural exchange, you will be able to do so! Our International Rep, Vicky Alexiou, and REM (Racial and Ethnic Minorities) Rep, Faaria Khan, are available if you would like to find out more or you just want a chat.

LGBTQ+
We would like to emphasise that Pembroke is a safe and inclusive space for all individuals, regardless of sexuality or gender. We do have a Pembroke LGTBQ+ Facebook Group where individuals discuss issues, organise and share both college and university events and more! It is a secret group (no one outside of the group can see who has joined), although there is no pressure at all to join, contribute or to attend any events! Throughout the year, if you do feel that you would like to join the group, attend a Pembroke event (e.g. an evening in the bar before going to Plush!), or have some company in going to other uni events, you can speak to our LGTBQ+ Rep, Niamh McAndrew! Similarly, if you find yourself questioning or are struggling with any issue, you can always have a (confidential) chat with Niamh, the welfare reps or the University’s Rainbow Peers. The Oxford University LGTBQ+ Society is very active – there are different weekly welfare and social events (both alcoholic & non-alcoholic), some of which are targeted towards different identities and groups of students! Mailing list: http://www.oulgbtq.org/signup.html

How do I manage my time!?
This section only just gives a glimpse into many, many, many, different societies. However, your degree will inevitably take up most of your available time – so we recommend that if you would like to make commitments, stay within what you are capable of handling. A lot of societies will be flexible or do not require commitment, and many students also prefer taking time to settle in or socialise when they arrive, so find out what works best for you! (At the Freshers’ Fairs in most cases putting your details down does not mean a commitment – just expect many emails…)

We hope that this information is useful and you have an enriching time at Oxford! Also remember that the opportunities listed are not exhaustive – there are so many more for you to explore in your own time.
Sport at Pembroke

Netball - Netball is not only a great way to keep fit and relieve stress but also an easy means of getting to know a mix of people throughout the years in a relaxed and fun environment! Last year Pembroke netball flourished - we were in the semi-finals of netball cuppers and actually won mixed netball cuppers! Everyone is welcome to come down and play, we will have taster sessions in the first week then regular training sessions and weekend fixtures after that. There will also be plenty of social events to get involved with too. So please, if you're interested, sign up on the Pembroke sports taster session day! – Eva Smiley (Captain)

Rugby - Rugby at Pembroke is an inclusive, sociable and competitive team sport. Last year, Pembroke Women enjoyed an historic season by winning the first ever 15-a-side Women's Rugby Cuppers. A memorable finals day saw Pembroke Men also triumph in the Cuppers Bowl Final to complete an unprecedented double. The all-embracing nature of both sides saw them incorporate players who have represented the university alongside those who were total novices at the start of the season. With new recruits this coming season, Pembroke is aiming to develop the expansive, try-scoring brand of rugby we are now famous for, with the prospect of more silverware undoubtedly within reach! – Sam Wall (Men's Captain)

Rowing - No matter whether you have rowed for years or have never rowed before, our boat club is the place for you. If you have rowed before, you will get to row with highly motivated crews - both Pembroke's men's and women's crews are among the fastest crews in Oxford. If you have not, this is your opportunity to come and try out the sport with the longest tradition at Oxford! It's a great team sport and a lot of fun to be out on the water. It will also keep you super fit, with training in our boathouse gym and on the rowing machines. You can also try coxing! As a cox you steer the boat and motivate your crew, and are pretty much in charge. We have got one of the biggest college boat clubs, so all years and subjects mix, along with (arguably) the best social side of them all! – Lena Depner & Benjie Stimpson (Captains)

Football - Pembroke Football Club is open to anyone – we've got players who represent the Blues and also those who have barely played before. There are 2 teams so everyone can get involved and find their level. Off the back of a mixed season (the highlight being a second team promotion), we're looking to push forward this season, targeting success in both the JCR First division and Cupper's (the uni's famous knock-out competition). There's also a strong social scene for inter-year integration as well as a burgeoning women's team that reached the Cupper's final last year so get in touch with Women's Captain Eva Smiley if you're interested! There will be info at Pembroke's Freshers' fair and taster sessions on the first weekend! – Paddy Leggett (Men's Captain)

Lacrosse – Hi! For anyone new to the sport, lacrosse is the fast-paced, in-the-air version of hockey where you catch and throw the ball with sticks that have nets on them. At Pembroke, we play with a mixed team and use women's rules to (hopefully) make the game more accessible to everyone! Our team each year is always full of people new to the sport as well, so don't hesitate to come and try it regardless of how much experience you have. We provide sticks, match teas, and a super fun way to chill out but still be active once a week and make new friends! Feel free to drop me any questions and see you on the pitch! – Natalya Stahl (Captain)

Showcased above are some of Pembroke's sports teams – you can find out more at Pembroke's own Freshers' fair!
It may not be a huge city, but Oxford has lots to offer. Whether you’re looking for a cheap bite or a gastronomic experience, an evening of classy cocktails or an afternoon in the pub, watching a play or having a walk in the country, Oxford’s got it covered.

1. A 30 second walk from college and open till midnight, G&Ds ice cream shop is the place to be if you’re a Pembrokian.
2. Covered Market - full of quirky little shops and cafes (Moo Moo’s Milkshakes & Ben’s Cookies are a must).
3. Tesco Express - open until 11pm, only a 2-minute walk from Pembroke.
4. Westgate Shopping Centre – has a Sainsbury’s a 2-minute walk away from college (with more limited opening hours and a bigger store), as well as a food court, restaurants, and shops, ranging from Primark to Junkyard Mini Golf.
5. PureGym
6. M&S
7. Cornmarket - the pedestrian street that links St Giles with St Aldates. It’s the home of many essentials, from Boots and WHSmith to Pret and Itsu.
8. Larger supermarkets are located near St Giles, at the end of Cornmarket.
9. Gloucester Green - the markets on Wednesday, Thursday and weekends are ideal for delicious street food and international cuisine for lunch, as well as second hand clothes and fresh fruit + veg. Also the place to buy a solid £5 pizza.
10. Iffley/Cowley Road & 11. Jericho - opposite ends of Oxford and further walks from Pembroke, but worth it for the delicious cuisines that these areas have to offer.
12. Christchurch Meadow is literally on our doorstep if you’re in need of some green open space and the river (where the college boathouses are located), or go further afield to Port Meadow – perfect place to spend an afternoon swimming & relaxing when it’s warmer in Trinity term.
13. Oxford’s main train station

Where to go...
Going out in Oxford

**Cellar**
- Located on Cornmarket, just a couple minutes walk from college
- Well known for its sweaty atmosphere
- Bops are often there
- Wednesday nights are popular in Pembroke for Burning Down the House – a night of old school 80s tunes

**Bridge**
- Thursday Bridge is the most popular night in Oxford, and never usually disappoints
- Pembroke last year was known for great turnout (we even have a ‘Pembroke corner’)
- Has 4 rooms/areas as well as a spacious outdoor smoking area
- Always packed, so make sure to get there early to avoid queues (best way to do it is to buy a ticket early & go through Anuba, the adjoining bar on the other side)

**Park End**
- Its real name is Atik, but everyone calls it Park End (it is on Park End Street)
- Has 3 rooms with dancefloors
- If you want a night of solid cheese & VKs, this is the place
- Oxford's popular student night is Fuzzy Ducks Wednesday
- There is an actual duck mascot walking around – what more can you ask for?!

**Fever**
- Not too far, a night of the best cheese & charts, and a buzzing dancefloor!
- Known for Tuesday Booze days and Fever Fridays
- Another Pembroke Bop destination
- Can easily stop at the food van Hassan's on the way back (shortlisted in the 2018 British Kebab Awards!)

**Plush**
- Oxford's LGBTQ+ club, & the club with the cheapest drinks
- If you go to LGBTQ+ Society's Tuesday Drinks (a different college bar every week) you can get a free wristband & walk over with others!
- Renowned for Haute Mess on Thursday nights, when many club-goers adorn amazing outfits - Fridays & Saturdays are also popular
- A safe and respected space for students of all identities!
Emporium
- Just behind Pembroke, sometimes Bops are here
- Holds WHAM on Fridays nights, and sometimes artist nights (e.g. Kanye & Drake) where their hits are played on repeat

The Bullingdon/O2
- These clubs are a bit further out from Pembroke in Cowley, but the walk is doable with friends & possibly booze to keep you company
- Many cool DJs often come to play here, making great one-off nights – get tix online
- Renowned for underground house/DnB
- Great silent discos!

Best of all – Bops!
- These are College parties held several times a term
- Ours are usually at various clubs around Oxford on Monday nights
- Great way to socialise amongst Pembroke’s close-knit community
- Always a fancy dress theme! (Can easily be done on a budget if you DIY)

Purple Turtle
- Right next to Cellar
- Underground student bar with a dancefloor and hidden alcoves
- Weekly club nights of different genres

Prefer Pubs to Clubs?
You’re in the right place! Oxford has a vast array of pubs & bars, old and new.

- The Blenheim (right behind Pemb)
- The historic Turf Tavern, or Kings Arms (both near the Rad Cam)
- Lamb & Flag (St Giles)
- There’s also 2 Wetherspoons, regularly frequented by Pembrokians
- The White Rabbit (+ has good, cheap pizza)
- Slug & Lettuce (by Oxford Castle)
- The Varsity Club (Covered Market; great panoramic rooftop terrace)
- Raoul’s (Jericho - a trek, but worth if for the specialty cocktails)

Less of a Night Owl, more of the Café type?
Here are some great picks:

- The Missing Bean (Turl Street)
- Turl Street Kitchen (Turl Street)
- The Handle Bar Café & Kitchen (no laptops after 11am)
- Organic Deli Café – Great vegan options (Friars Entry, off of Cornmarket)
- Jericho Coffee Traders – Small but great coffee (High Street)
- Vaults & Gardens – Wonderful Scones (Just across from the Rad Cam)
- Café Loco (A minute from Pemb, down St Aldates)
The City of Dreaming Spires

Oxford is a wonderful place, and outside of working, pubbing and clubbing, sports, etc., it’s a city of culture with many alternative entertainments to explore – your Bod Card may even give you free/discounted access.

The Ashmolean Museum has some of the best art collections in the country, while the Pitt Rivers Museum covers all things natural history. If dinosaurs aren't your thing, head to the Modern Art Gallery, just across the road from Pemb. These all have free entry! Pembroke's own art gallery has free entry days, and a new exhibition each term.

For any budding thesps among you, there is a huge number of student productions each term, from high drama to lawn plays, perfect for spectators and performers alike. More professional productions can be found at The Oxford Playhouse - a bit pricier than a student production but usually worth it. You will find a stream of amazing performances to watch throughout the year being marketed online and even reviewed. The Odeon Cinema is also only a stone’s throw from Pembroke, or if you fancy something with a bit more edge, then the Phoenix Picturehouse in Jericho shows a mixture of mainstream and art house.

If it's live music you're after, then the O2 Academy in Cowley usually hosts the biggest bands that come to Oxford, although there's also a few smaller venues in the city centre.

For the foodies amongst you, Oxford has loads to offer. While we have Farthings in college, G&Ds is also literally about 10 steps from college and is open till midnight, which means ice cream, bagels and coffee (e.g. all of life's best things) are always readily available. The Art Café and Mission Burrito are Pembroke favourites for a quick bite!

Outdoorsy pursuits are also not in short supply, Christchurch Meadow is just across the road and is perfect for a run (or leisurely stroll, let's be honest). In Trinity term you can also hire one of Pembroke's two punts (for free) and go for a paddle along the river. Or if the punting ends up being a struggle - just you wait and see - you can hire a pedalo. With your Bod Card you also get free access to the Botanical Gardens, a lovely escape!

There are countless other ways to entertain yourself in Oxford and you will never be bored. Be sure to make the most of it.
Checklist:

- ID
- Bank details
- Student loan paperwork
- National Insurance Number
- Sub fusc - gown, mortarboard, dark suit/skirt/trousers, black shoes, & black bowtie/tie/ribbon (the gown & mortarboard, as well as any of the clothes, can be bought locally in Oxford!)
- Posters, photos, decorations, etc.
- Plates, glasses, cutlery, bottle/tin opener etc.
- Duvet, pillows, bed linen, towels
- Toiletries
- Washing powder
- Air freshener
- Laptop
- Chargers
- Doorstop
- Pens & pencils
- Highlighters
- Post it notes
- Stapler, hole punch
- Ruler
- Lined paper
- Ring binders
- Kettle
- Small medical kit - plasters, painkillers, etc.
- Printer, whiteboard (not essential but can be handy)
- Pins for pinboard in room
- Bike & lock (not a must, but many have them)

Don’t worry too much – there are lots of shops nearby if you forget to bring something!
“A is for…”

Academic review
...is an annual meeting with your tutors and the Master to discuss your progress. They only last about 5 mins and, provided you’ve more or less kept up with work, are nothing to be afraid of.

Aldates
1. The main road off which Pembroke is situated, also home to Christchurch (see below).
2. A pub local to Pembroke but not our actual ‘local’.

“B is for…”

Balls
Balls happen throughout the year and are most often hosted by colleges. They can be black or white tie, depending on how fancy it is. Pembroke hosts a ball every two years, including this upcoming year 2018/19!

Banter
A key Brit term for ‘generally good-natured teasing.’

Battels
These are the bills you pay to college at the beginning of each term for accommodation, hall food, and utilities. Drinks at bops and at the Boat House during regattas can also be ‘batteled’ (it’s a verb too). It doesn’t feel like you’re spending real money which can be very good indeed but can equally be very dangerous...

Blue
Someone who plays for a University sports team (as opposed to simply a college one). Technically you have to play in a Varsity match (e.g. against Cambridge) to acquire a Blue.

Bod
1. The Bodleian Libraries – an umbrella term for 28 central and faculty libraries which serve the university. You have access to most but not all of these libraries and their texts.
2. The Bodleian Library. Oxford’s biggest and most famous library, it holds every book ever published in this country, apparently. Books here are reference only, which can be handy if all the books on your reading list have been pillaged from faculty libraries by your course-mates - when it comes to books, Oxford’s a dog-eat-dog world.
3. Your Bod Card is your University Identification Card which gives you access to Oxford’s libraries (including the Bod, your faculty library, and other libraries), proves you’re a student for discounts, and is something you should have on you at all times.

Books
Oxford libraries are (unsurprisingly) well stocked, so there’s no need to rush out and buy books. Also, all Humanities and Social Science students get a £100 book grant from the College in Year 1 and Year 3 to help with the cost of buying essential texts.

Bop
The name for a college-organised party. There’s always a theme which calls for a pre-closing time Primark run on the day where you’re highly likely to bump into some fellow Pembrokiens doing the same. Pembroke bops are very well attended and we tend to hire out clubs for them (many other colleges just hold them in their JCR).

Brookes
A few miles down the road from the city centre lies the ‘other’ university in Oxford.
Budgeting
Oxford is an expensive place. Beware because the end of the month tends to get tight financially. Many use apps to stay on top of their expenses.

“C is for…”
Carfax
The meeting point of 4 major roads in Oxford’s centre (St Aldates’, Queen Street, High Street and Cornmarket Street), with a 13th Century bell tower on the corner. An easy place to hail taxis.

Cherwell, the
1. Part of the river on which you can punt.
2. The name of one of Oxford’s major student newspapers.

Christ Church
It might have a Cathedral, Harry Potter may have been filmed there, etc. but what they have in size and money, Pembroke’s got in charm, friendliness and unity. And for the record, they don’t own us.

Collections
Exams taken at the start of terms to make sure you’re ‘consolidating’ your work over holidays.

College parents/families
Most colleges give freshers ‘parents’ – students in higher years who help you find your feet – as well as ‘siblings’ who are also freshers.

Cowley
Cowley, or more precisely Cowley Road, in East Oxford is where most of the 2nd and 3rd years who choose to live out of college rent houses. A short bike ride from college, it has an eclectic mix of places to eat, drink and shop.

Crew date
Traditionally a boozy dinner between two sports teams, crew dates have evolved into a evening between any two groups of people (also subjects, societies, etc.) wishing to come together in good spirit. Beginning at a BYOB curry house, they usually move onto a college bar followed by a club (for those that make it that far, that is), and involve a lot of weird and unique games. These are organised by students, now including you!

Cuppers
Any inter-college competition in Oxford, from Drama to any of the Sports.

“D is for…”
Dean
Looks after the Pembroke undergrads – being ‘deaned’ means reporting to the dean to be disciplined.

“E is for…”
Entz
Abbreviation, ‘entertainment’ – college fun organised by the JCR Entz reps.

Essay crisis
The inevitable realisation that there aren’t enough hours in the day. Ideal remedy: coffee, chocolate, and Pembroke’s 24-hour library. It happens to all of us, and it’s not the end of the world (even though it might seem like it sometimes). You’ve got this! If you have a friend in one of these, some words of encouragement or chocolate never goes amiss...
“F is for...”
Farthings Cafe
The social hub of Pembroke; Farthings is located in Rokos Quad and offers coffee, sandwiches, paninis, bagels, cooked breakfast and a variety of cakes. Great for a quick lunch, library break or just a general chat.

Food Shopping
Sainsbury’s, Tesco’s and M&S (oooh fancy) are all within two minutes of Pembroke, so get a nectar card and clubcard ASAP.

Formal hall
On Tuesdays, Thursdays and Sundays, you get more posh food served to you at dinner - although in Hilary you only have two a week, then just on Sundays in Trinity. There is, however, a choice to opt in or out of formal hall. Fellows often sit at High Table on these days (eating even posher food). The meal begins with grace and you must wear your gown. Sounds uptight but they’re actually quite good fun. You can always play with the melted candle wax if the conversation doesn’t set you alight.

“G is for...
GAB, the
Pembroke’s off-site accommodation, located about a 10 mins walk away from college.

Gown
Unflattering bits of black cloth which are worn on Matriculation Day, at formal hall, for academic reviews and collections and a few other occasions. If you manage to get a First in your mods/prelims, you’re rewarded with a more expensive and flamboyant gown. May appear elitist but there are enough of us ‘commoners’ (that’s genuinely what the rest of us are called) to put those scholars in their place!

“H is for...
Hacks
People who are heavily involved in Oxford Union or Student Union politics. Often found in your Facebook messages or loitering in college around election time, trying to lure potential voters in.

Hilary
The second term – Spring Term.

“I is for...
Isis, the
1. The bit of the Thames where the termly rowing competitions take place and home to most Oxford college boathouses. Found just off Christ Church meadows.
2. A student magazine.

“J is for...
JCR (Junior Common Room)
1. The JCR is the collective name for anyone studying an undergraduate degree in the college. JCR meetings are held fortnightly during term on Sunday evening in the common room. Any member of the JCR can bring motions to the meeting, which are then discussed and voted on.
2. The large, central common room in college, containing the TV, pool table/table tennis table, board games, newspapers, magazines and some comfy-ish chairs. Ideal for procrastination.

Junior deans
Postgrads who perform an important welfare role, looking after undergrads, dealing with personal issues and lending a sympathetic ear. They are always on call, 24 hours a day.
“K is for...”
Kitchens
Kitchens are located in staircases 8, 9, 14, 16, 17 18 and the Mac. Ovens can be found in 8 and 18, all other kitchens have microwaves and all except 17 have hobs.

“L is for...”
Laundry
Laundries are located in staircase 14 and the Mac, equipped with washing machines, tumble dryers, irons and ironing boards. The current cost is £2 for a wash and another £1 per 50 minute dry, and the machines only accept £1 coins so make sure you hoard up.

“M is for...”
Marriage
Throughout the year, freshers can propose to each other and get college married. Then, in your second year, you and your spouse become college parents to incoming freshers. It’s old Oxford tradition, but it’s fun. The JCR even hosts a marital ceremony in Trinity Term for the new couples.

Master
Head of Pembroke College – the big dog.

Matriculation
On Matriculation day (Saturday of 1st week) you officially become a member of the University after a service spoken in Latin at Exam Schools. After the important stuff is over, it’s straight to the pub – hence the name Matriculash.

Mayday
Another excuse for a night out, the tradition is to go out the night before and stay up until dawn on the 1st of May to hear the Magdalen choir sing from Magdalen Bridge.

MCR
The Middle Common Room consists of any graduate students based at Pembroke. If you’re a 4th year undergraduate, you are also automatically part of the MCR, and can use their common room and go to their events too.

Michaelmas
The first term of the academic year – Autumn Term.

Mods/prelims
These are the First Public Examinations you take at Oxford which do not count towards finals, but are required to be passed in order to begin your finals course. The point at which you take these exams varies by subject, but most will complete them at the end of 1st year.

Motions
A great way to put forward new ideas, get your voice heard in college and mandate the JCR committee to act on your behalf, motions can be put forward by any undergrad. They can range from funding a party in the JCR to altering the catering services provided by college. Proposals are then voted for at the fortnightly meetings. Motions need to be submitted in advance of the meeting to the JCR Secretary.

“O is for...”
Oxford SU
Not to be confused with the Oxford Union, Oxford SU is the Student Union representing every student in Oxford, their headquarters are found on Worcester Street. See the Oxford SU website for more info on their roles and services.
P is for...
**Pidge**
Your pigeon hole in the Porter’s Lodge is where you’ll receive your messages/essays from Tutors, wristbands for nights out, and any standard post addressed to you. The wonders of pigeon post mean you can send stuff to anyone at any college in Oxford simply by putting their name and college on the envelope and handing it to the porter in the lodge.

**Plodge**
Shortened form of the ‘Porter’s Lodge’, you need your Salto card to enter the college through here in the evening and on weekends.

**Porter**
A series of porters supervise the lodge 24 hours a day. You can come to them if you’ve been locked out of your room, need to collect a package, wish to give in work to a tutor, or want a chat about the meaning of life. You’ll be seeing them every day, so be on your best behaviour!

Q is for...
**Quad**
A (normally) quadrilateral space in a college, usually with grass. In Pembroke we have several Quads - the more traditional Old and Chapel Quads, along with less conventional quads such as North Quad.

R is for...
**Radcliffe Camera**
Known as the Rad Cam, this is an extension of the Bodleian Library & houses History books.

**Rooms**
We’re extremely lucky at Pembroke that College can offer us accommodation for 3 years. Rooms are allocated into different bands with rent varying accordingly;
- Band A: Smaller room with sink (lowest rent)
- Band B: Medium sized room with sink
- Band D: Medium sized room with en-suite (most common room type)
- Band E: Larger room with en-suite
- Band F: Larger room with en-suite and double bed (highest rent)

**Rustication**
Temporary suspension from the University, usually as a result of a major disciplinary offence, poor academic performance, illness, a difficult family situation, or other personal reasons. Essentially you take a year out and re-start your course the next academic year.

S is for...
**Salto**
The key-card that lets you in and out of college and allows you into hall can also be topped up with money to spend in Farthings and the College Bar. This can be done via Pembroke intranet.

**Scout**
The wonderful person who cleans your room once a week and empties your bin everyday. Comes with plenty of quirky/awkward encounters when they come into your room when you least expect. Worth staying in their good books as they can be very helpful.

**SCR**
The Senior Common Room consists of all the fellows associated with Pembroke. It goes without saying that you’ll want to maintain good relations with this lot...
Stash
Any merchandise expressing college, club, society, production, or sports team affiliations.

Student account
May seem like an obvious one, but get it sorted now and thank us later. Perks like rail cards and Amazon Student Accounts are not to be missed.

Sub-fusc
The garb you’re required to wear for Matriculation and for any University examinations you take (not collections). It is gender neutral, so just choose your preference:
1. One of:
   - Dark suit with dark socks, or
   - Dark skirt with black tights or stockings, or
   - Dark trousers with dark socks or dark hosiery
2. Dark coat, if required - worn underneath the gown
3. Black shoes
4. Plain white collared shirt or blouse
5. White bow tie, black bow tie, black full-length tie, or black ribbon.
On top of this you wear your gown and hold your mortarboard (until you graduate, when you can wear it!) or soft cap. Deals are available for mortarboards, bows and gowns, bundled together for around £25.

Summer eights
In 5th week of Trinity Term, rowing fever descends on Oxford as the biggest rowing competition of the year takes place over 4 days, Summer Eights. An occasion for much merrymaking at the Boat House with Pimm’s galore. If you don’t row, be prepared for non-stop rowing chat! Torpids is its counterpart that takes place in Hilary.

“T is for...”
Tab
People from ‘the other place’ (Cambridge).

Trinity
The 3rd term, worth the exam stress for the joys of being allowed to sit on Chapel Quad’s grass.

Tutorials
Known as tutes, these are weekly sessions that are supposed to last an hour. In this time, you’ll meet with your tutor to discuss your work from the week before, and to cover new topics.

“U is for...”
Union, the
The Oxford Union is primarily the debating society, but they also invite world-class speakers and hold regular black-tie events. Life membership is £270ish (or ~£160 on the Access Scheme), which sounds steep, and frankly is, but if you do join, make the most of what’s on offer.

“V is for...”
Vac
Short for Vacation, this is the Oxford term for holidays. Although you’ll be away from Oxford, this doesn’t necessarily mean you’ll be free from work!

Varsity
1. The term for any match between Oxford and Cambridge - the Boat Race is the most notable.
2. The largest student-run ski trip in the world, run every year for Oxbridge students. Chillingly cool, a once in a lifetime trip – watch out places will go fast at the beginning of Michaelmas.
See you soon!