Welcome MCR Freshers

Pembroke College MCR

Fresher Information Guide 2018
MCR STANDS FOR MIDDLE COMMON ROOM

MCR IS A TERM TO COLLECTIVELY DESCRIBE ALL GRADUATE STUDENTS (MASTERS AND PHD) AT A COLLEGE

THE MCR DIFFERS FROM THE JCR (JUNIOR COMMON ROOM) TO WHICH THE UNDERGRADUATES BELONG, AND THE SCR (SENIOR COMMON ROOM) TO WHICH THE COLLEGE FELLOWS BELONG

THE PEMBROKE MCR IS ALSO A PHYSICAL ROOM (TWO IN FACT) WHERE MCR MEMBERS AND THEIR GUESTS ARE ALWAYS WELCOME TO HANG OUT, WORK OR RELAX

IT IS A PLACE WHERE WE HOLD EVENTS AND YOU CAN MEET PEOPLE FROM ALL CORNERS OF THE WORLD PURSUING RESEARCH IN ALL SORTS OF AREAS

FIRST STOP - JOIN THE PEMBROKE MCR EXTERNAL & INTERNAL FACEBOOK GROUPS

www.facebook.com/pembrokemcr
www.facebook.com/groups/pembrokecollegemcroxford
Welcome to Pembroke! I am absolutely delighted that you are joining us for the new academic year. You are joining a College which is proud of its reputation as a friendly and supportive community with very high academic standards, a committed Fellowship engaged in world-leading scholarship and research, and a body of active and supportive alumni.

Our graduates are drawn from a wide range of disciplines and come from countries across the world. You will discover many opportunities for social and cultural activities, for sport, for volunteering, and much more. The MCR community is thriving and I am sure that you will enjoy being part of an intellectually vibrant College and develop friendships and networks that will be long-lasting.

I very much look forward to meeting each one of you in the early weeks of Term.

Lynne Brindley

Master
Welcome to Pembroke, Oxford, and, most importantly, the MCR! I am Gus, and I am the President of the MCR Committee.

If you are like me when I first arrived in Oxford two years ago, you will be questioning what a “Middle Common Room” is and are probably quite bemused by this whole process. In short, the MCR is both Pembroke’s community of postgraduate students and mature undergraduates and our common room in College. It is a place where you can find a steady stream of friendly faces from all over the world who carry out research in many interesting fields, attend fun events scattered throughout and outside of term time, and have an extensive support network to help you through your time at Oxford. On a personal note, I found my closest friends at Oxford here in Pembroke’s MCR!

The MCR committee and I are there to keep the MCR running smoothly, plan our events, and fight the good fight on behalf of our community. Please feel free to contact me with any questions you may have, and I look forward to meeting you all when you arrive here at Pembroke!

Augustus Porter

MCR President
Key Dates

**Freshers’ Week:** Sunday, 30th September 2018 to Saturday, 6th October 2018

**Term Dates:** “Term time” lasts for 3 lots of 8 weeks every year

- **Michaelmas Term:** Sunday, 7 October – Saturday, 1 December 2018
- **Hilary Term:** Sunday, 13 January – Saturday, 9 March 2019
- **Trinity Term:** Sunday, 28 April – Saturday, 22 June 2019

Term time is when most MCR and college events are held (Formal Hall, Second Dessert, Exchange Dinners, chapel services). The undergraduates are generally only around during term time, however most post-graduates continue working outside of term time. MBA and PGCE students may have other dates.
**Freshers’ Week**

We will be e-mailing you about Freshers’ Week nearer to the time (so check your e-mails as soon as you have access to them). For now, here is the proposed Freshers’ Week social calendar. These events are not compulsory, but they are a great opportunity to meet fellow MCR members and get a feel of what the Pembroke MCR community is all about. These events will run alongside your departmental and College inductions. Also, the MCR freshers are invited to the JCR talks that occur during freshers week, which will be advertised soon!

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Details</th>
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<tbody>
<tr>
<td>Sunday 30 September</td>
<td>Pub Crawl</td>
<td></td>
<td><strong>Plodge (Porters’ Lodge)</strong> 8.30pm Led by committee members, we will show you the best hangouts for a pint in Oxford, which you will undoubtedly get to know very well during your time here.</td>
</tr>
<tr>
<td>Monday 1 October</td>
<td>Cava Party</td>
<td>9pm</td>
<td>Cava (bubbly wine from Spain – think champagne but that little bit less classy) and soft drinks will be served in the MCR - come along and meet your fellow MCR Freshers in the homely Wood Room!</td>
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## Freshers’ Week

<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td><strong>Tuesday</strong></td>
<td>“Meet &amp; Greet” Tapas &amp; Tea</td>
<td>8.30pm</td>
<td>MCR</td>
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<tr>
<td>2 October</td>
<td></td>
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<tr>
<td>One of our oldest and greatest traditions! There will be cakes, there will be savory snacks, there will be tea, and there will be more hummus than you can shake a breadstick at – what more could you want for a friendly meet and greet? The MCR Welfare Team will also be present to answer any questions about welfare in College.</td>
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<tr>
<td><strong>Wednesday</strong></td>
<td>Welcome Talk</td>
<td>11am</td>
<td>Pichette Auditorium</td>
</tr>
<tr>
<td>3 October</td>
<td>Buffet Lunch</td>
<td>12pm</td>
<td>Harold Lee Room</td>
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<tr>
<td>The MCR Committee (along with some College big shots) will welcome you, introduce themselves, and tell you a bit about life in Pembroke. Following this, a buffet lunch will be served (be sure to sign-up).</td>
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<td></td>
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</tr>
<tr>
<td>College Event</td>
<td>9pm</td>
<td>Plodge</td>
<td></td>
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<tr>
<td>TBD</td>
<td></td>
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<tr>
<td>In the evening, we will go on a group activity around town - previous events have included an Oxford Ghost Tour! Be sure to keep an eye out for news.</td>
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### Freshers’ Week

**Thursday, 4 October**

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<tr>
<th>Event</th>
<th>Location</th>
<th>Time</th>
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<tbody>
<tr>
<td>Freshers’ Fair</td>
<td>Exam Schools</td>
<td>10am-11am</td>
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<tr>
<td>Drinks Reception</td>
<td>Harold Lee Room</td>
<td>7pm</td>
</tr>
<tr>
<td>Graduate Dinner</td>
<td>Hall</td>
<td>7.30pm</td>
</tr>
<tr>
<td>Second Dessert</td>
<td>MCR</td>
<td>9pm</td>
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Grab your wristband from the MCR and head over to Exam Schools to be pounced on by 100s of university societies (remember to nab those freebies!)

In the evening, you will attend the very first of many formal dinners (sign-up required). Hosted by the Master, drinks will be served in the Harold Lee Room, followed by dinner in the Hall where many of the college staff will be joining us. Afterwards, we invite you back to the MCR for a traditional Second Dessert.
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<th>Location</th>
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<tbody>
<tr>
<td>Friday 5 October</td>
<td>Bar Night</td>
<td>8.30pm</td>
<td>MCR Bar</td>
<td>The mysterious hatch in the MCR opens up and reveals <em>The Rose and Thistle</em>, the MCR Bar, complete with a wide range of beverages (alcoholic and non-alcoholic) and the most charming bartenders to shake up your drinks.</td>
</tr>
<tr>
<td>Saturday 6 October</td>
<td>Brunch</td>
<td>12.30pm</td>
<td>MCR</td>
<td>If you do anything this Saturday, make sure it includes coming to the MCR for a salmon and cream-cheese bagel (along with muffins, chocolate, coffee, orange juice and all other brunch items you can imagine). Free food and good company after Bar Night!</td>
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<tr>
<td></td>
<td>Pembroke History Tour</td>
<td>2pm</td>
<td>MCR</td>
<td>Our Social Secretaries will guide you around Pembroke and give you a brief tour and history of the College to work off that brunch.</td>
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If you’re in Oxford early...

Please do come along to Bar Night, which happens every Friday at 8.30pm in the MCR – we will be delighted to meet you! The Rose & Thistle bar serves both alcoholic and non-alcoholic drinks, and has an atmosphere that is welcoming to all.

If you don’t have access to the college yet, the porters will be happy to let you in if you ring the bell and say who you are. Alternatively you can e-mail anyone on the committee and we’ll let you in (once Freshers’ Week starts, you will get full access to the college with your nifty SALTO card!)

Likewise, for a more relaxing atmosphere, we will also be hosting our Tapas & Tea on Tuesdays at 8:30pm in the MCR.
Whether it’s the lab or library, never fear, the MCR hosts a number of events in and out of term time to bring everyone together in a relaxed social atmosphere. Here are some of the MCR’s highlight events.

**Tapas & Tea**

Tuesdays (year round), MCR Wood Room, 8:30pm

If you’re not from England, it won’t take long for you to realize that tea is kind of a big deal here. So like any good British organization, we meet every Tuesday in the MCR for a delectable selection of sweets and savoury snacks accompanied by soothing tea and riveting conversation. If you’re a keen baker and would like to share your skills with the MCR, feel free – you’ll be reimbursed for your ingredients with cold hard cash (and your labour with undying affection).

**Second Desserts**

Sundays after Formal Hall (during term time only), MCR Wood Room, 8:30pm

Like Tapas & Tea, but with the added benefit of port served in our posh MCR port glasses and plenty of fancy cheeses to continue stimulating your palate even after you’re full from dinner. Even if you don’t go to Formal Hall you’re still welcome to join us for Second Dessert!
MCR Event Highlights

Bar Nights (and BOPs)
Fridays (year round), MCR Bar, 8:30pm
You’ll quickly become familiar with the weekly email calling to “hatch up,” at the MCR’s bar, the famous Rose and Thistle. We have a broad selection of wines, spirits, and beers, and the ever-changing cocktail of the week keeps things interesting...and cheap (only £1!). Our other drinks are also much cheaper than what you’ll find anywhere outside College. It is quite unique in Oxford for an MCR to have its own bar, and we like to use it!
Some Fridays, Bar Night gets called a BOP instead, which is the Oxford word for “party”. BOPs are themed, giving you the chance to sip cheap drinks in ridiculous outfits and maybe even sing some karaoke!

Exchange Dinners
Home Leg (at Pembroke) & Away Leg (at another college), approx. three times each term
We love Pembroke, but there are a couple of other colleges at Oxford with interesting people as well. Three times a term we host exchange dinners with other colleges, where we wine and dine them, and they then do the same for us. Think Formal Hall and Second Dessert with more wine, more food, and new faces and locales.
**MCR Event Highlights**

**MCR Banquet**  
Friday of 6th Week (every term)  
This is the MCR’s signature termly event and an opportunity for the MCR, as a collective group, to be wined and dined in the College Hall. Beginning with a champagne reception in the Harold Lee Room, there is then a delicious three-course meal served in Hall, followed by (rounds of) port and a unique Oxford-style toasting whereby we acknowledge and celebrate the achievements of MCR members over the course of the term. After the dining frivolities, we head to a *mystery* Oxford location for some late-night boogying. This is an opportunity for you to don your fanciest black-tie outfit and prance around Oxford feeling like you’re in another era.

**Games Nights**  
Select evenings in term-time  
The MCR has a group of avid board-gamers and quiz-goers, so from Werewolves to Civilisation to Pub Quizzes, we have got you covered! Watch out for the term-card which goes out at the beginning of each term for more details on all the events on the MCR’s calendar.
Welfare Support

The welfare of students is very important to Pembroke and the MCR. Whatever background you come from, we want to make sure that you feel at home and make sure that we provide you with the right support when you need it. For this, the MCR has two Welfare Reps.

Welfare Reps

What is a Welfare Rep?
A Welfare Rep is a fellow Pembroke MCR student in charge of delivering the appropriate level of welfare to the MCR. This includes hosting a Cakes & Tea event every Tuesday evening (throughout the year, not just term time), being a welfare port-of-call, and where necessary, providing advice, counsel and support to MCR members. The Welfare Reps also organise weekly term-time yoga sessions held at the Sir Geoffrey Arthur Building (GAB). The Welfare Reps also sit on the college’s Welfare and Equality committee ensuring that the MCR’s welfare needs are being met and represented at the college level.

Katherine Lightbown
katherine.lightbown@pmb.ox.ac.uk

Alfred Ye
alfred.ye@pmb.ox.ac.uk
Welfare Support

Peer Supporters

What is a Peer Supporter?

In addition to the Welfare Reps, the MCR will have four Peer Supporters to provide an additional level of welfare support.

A Peer Supporter is a fellow Pembroke MCR student who is there to listen to whatever it is that you want to discuss: good things and bad things, academic or personal, however big or small your issue is. Importantly, they are trained by the University Counselling Service and treat all matters strictly confidential. The Peer Supporters are a valuable addition to the Welfare Team and can act as a bridge between the student body and college by flagging up general problems within the college which might otherwise not have been noted.

Current peer supporters are:

Katherine Lightbown (Katherine.lightbown@pmb.ox.ac.uk)
Anna-Katharina Hauperich (anna-katharina.hauperich@pmb.ox.ac.uk)
Malte Kaller (malte.kaller@pmb.ox.ac.uk)
Elizabeth Smith Rosser (elizabeth.smithrosser@pmb.ox.ac.uk)

In addition, two new peer supporters will begin training in October to qualify at the end of Hilary term. If you would like to be trained as a peer supporter, please get in touch with Katherine Lightbown.
Outside the MCR, the welfare structure in College is very well implemented and there are many points of contact available to you.

College Nurse & College Doctor

[www.pmb.ox.ac.uk/students/welfare/college-nurse](http://www.pmb.ox.ac.uk/students/welfare/college-nurse)
[www.pmb.ox.ac.uk/students/welfare/college-doctor](http://www.pmb.ox.ac.uk/students/welfare/college-doctor)

The College Nurse and the College Doctor should be contacted for all health-related matters, but are also trained to provide support related to welfare issues and mental health.

Welfare Advisors

[www.pmb.ox.ac.uk/students/welfare/welfare-advisors](http://www.pmb.ox.ac.uk/students/welfare/welfare-advisors)

The Welfare Advisors are two Pembroke academics who have been appointed by the Governing Body of College to help students if they encounter a problem which they feel it would be inappropriate to discuss with a Tutor or College Officer. They are available to advise and help in any such case, on an entirely confidential basis – such a problem might be of either an academic or a personal nature.
Welfare Support

Junior Deans

www.pmb.ox.ac.uk/students/current-students/decanal-team

The Junior Deans at Pembroke, working as part of the Decanal Team, are responsible for looking after the safety and welfare of students. They live on-site: one in the main College – George Klaeren (george.klaeren@pmb.ox.ac.uk) and the other in the GAB – Julie Dequaire (julie.dequaire@pmb.ox.ac.uk). They have both disciplinary and pastoral roles, sitting on the Domestic Management Committee and the Welfare Committee. They can be contacted via email or by phone (please ask the Porters for their contact numbers). After the Porters, the Junior Deans are the best point of contact in an emergency as they are specially trained and live in College.

Chaplain

www.pmb.ox.ac.uk/students/welfare/chaplain
University Welfare Services

**Oxford University Counselling Service**

[www.ox.ac.uk/students/welfare/counselling](http://www.ox.ac.uk/students/welfare/counselling)

The Counselling Service is there to help you gain understanding and insight into any difficulties you may be experiencing, to develop emotional resilience and put into effect real change, enabling you to fulfil your academic and personal potential. The service offers free and confidential support, but it is not an emergency service. They provide individual counselling, group counselling, supportive resources and workshops on a variety of topics such as Can't Work, Enhancing Revision Skills, Mindfulness, Overcoming Panic, Perfectionism, Relaxation and Sleep Difficulties/Insomnia.

**Oxford Student Nightline**

[users.ox.ac.uk/~nightln](http://users.ox.ac.uk/~nightln)

Nightline is a completely independent listening, support and information service run for and by students of Oxford and Oxford Brookes universities.

**Student Minds**

[www.studentminds.org.uk](http://www.studentminds.org.uk)

UK’s leading Student Mental Health Charity, founded in Oxford by Oxford students. It runs many support projects on topics such as eating disorders, mild depression and supporting friends with mental health problems.
Peer Supporter Training with Oxford University Counselling Service

The MCR has provision for two MCR students to attend a training program offered by the University Counselling Service to become a certified Peer Supporter. Traditionally, after the training, you would join the MCR’s Welfare Team, either as a Peer Supporter or a Welfare Rep.

This certified training program is an extensive 30-hour course run during Michaelmas Term. It is a chance to develop active-listening skills and self-knowledge as well as learn about the university’s support system. These skills will be useful in your role as a Peer Supporter but also in later life. The program consists of eight 3-hour sessions (generally on a Monday afternoon during term time) and one whole-day session on a Saturday. There are also follow-up sessions every fortnight for two terms post-training. It is imperative that you are able to attend every session for the maximum benefit of the training.

The two places for the coming term have already been filled, but places may open up in future terms. If you are interested, please contact the MCR’s Welfare Rep: katherine.lightbown@pmb.ox.ac.uk.
Accommodation Advice

As College only has limited capacity not all of our grads are able to get places in the college rooms on main site, in the Geoffrey Arthur Building (the GAB), or in the college’s other properties. If you are unable to secure a college-owned room, then you will have to look elsewhere. This is not a reason to despair, and you are not alone! One possible alternative is the University’s own graduate accommodation; details are available at: www.admin.ox.ac.uk/accommodation. This is also often over-subscribed, so you should look into this as soon as possible.

Another option is private renting. Oxford has a thriving letting market (thousands of students “live out” every year) and there are lots of properties available at widely varying levels of quality and price both through estate agents (www.rightmove.com provides a search engine that covers all the main agents) or through private arrangements (the local website www.dailyinfo.co.uk contains adverts).
Accommodation Advice

If you can join up with other students that will usually reduce costs. A house for 4 should cost around £1500-2000 per month, while a flat for one will likely cost £700+. Splitting utilities like heating and broadband will also save you a bit of money (usually around £150 for a house) though if you live with others who are not students then you will be liable to pay council tax (around £100-150 per house per month). You may not have anyone to live with yet but there are lots of grads out there who are looking for people to live with (shortage of accommodation is an issue at most colleges) so check whether there are other students on your course that are looking for housemates or make contact with other grads through the OxGradHousing Facebook group or the Pembroke MCR internal Facebook group (www.facebook.com/groups/pembrokecollegemcroxford).
Accommodation Advice

Private housing may sound quite expensive but sharing can still work out cheaper than most College accommodation. Rooms also get cheaper the further away they are from the city centre to the east, west and south. The most popular student areas are Cowley Road and Iffley Road (in a multicultural area in East Oxford), St. Clement’s (East Oxford) and Jericho (North West central Oxford). North Oxford is expensive and a little sleepy but gets a bit cheaper closer to Summertown. Botley Road (west of the train station) is also a little further afield but there are a couple of Pembroke houses out this way so you won’t be alone.

Abingdon Road (south of the river) is also close to the college annexe (the GAB) where a number of grads are situated. Always bear in mind the distance to college, your department and any libraries you will be using. Nowhere takes more than 5-10 minutes by bike, but on foot walking from farther out will seriously eat into either your working week or your free time.
Whatever you choose to do, it is advisable to start planning now. The market may be large but it is also competitive. That said, don’t sign a contract on something you don’t like; more properties come on the market all the time. When you have found a place, you should be prepared: commercial agents require financial guarantees, references from previous landlords and proof of identity/bank accounts. If you are not from Oxford or the UK and you are unable to start looking earlier, you may want to consider coming to Oxford 1-2 weeks before term starts and staying in one of the college’s guest rooms, an AirBnB or a hostel so that you can house-hunt in person.

Meet the Accommodation Manager

Welcome to Pembroke! My name is Jane Osborne and I am the accommodation manager. I deal with all college accommodation and am responsible for 25 scouts (cleaners). My office is 13.1 on the main site. Do pop in if you have any queries relating to your accommodation or email me on jane.osborne@pmb.ox.ac.uk.

Jane Osborne
Accommodation Manager
These are the people who keep the MCR running: putting biscuits in the biscuit jar (crucial) and organising the MCR’s busy social calendar. We cannot wait to welcome you and induct you into the Pembroke community.

**President**

**Name:** Augustus “Gus” Porter  
**E-mail:** mcr.president@pmb.ox.ac.uk  
**Nationality:** British and American  
**Degree:** DPhil in Astrophysics  
**Years at Pembroke:** 2  
**Previous Universities:** University of Manchester  
**Favourite Moment so Far:** At Karaoke Bar Night, upon being asked “Did you hear the distressed woman singing Wuthering Heights?”, having to explain that the distressed woman was, in fact, me.

**Number One Tip for Freshers:** Take what comes, and you’ll surprise yourself with what you get up to.
**Vice President**

Name: Louis Nicholson  
Degree: DPhil in Engineering Science  
Nationality: British  
Previous Universities: University of Nottingham  
Favourite Moment so Far: Having my chair collapse under me at banquet.  
Number One Tip for Freshers: Go to as many events as you can, bar nights are super cheap and exchange dinners are fantastic ways of meeting new people!

**Secretary**

Name: Regina  
Degree: DPhil  
Nationality: Giraffe  
Previous Universities: Oxford, University of London  
Favourite Moment so Far: I am not allowed to have College Children.  
Number One Tip for Freshers: The MCR is 24/7 accessible and there is no CCTV in there.  
[Note: Regina is an alias; the MCR Secretary is, for reasons lost to history, an anonymous role. Please do not hesitate to get in touch with her for all secretarial matters.]
MCR Committee

Treasurer

**Name:** Shuang Liu

**E-mail:** shuang.liu@pmb.ox.ac.uk

**Degree:** DPhil in Chemical Biology

**Years at Pembroke:** 2

**Nationality:** Singaporean

**Previous Universities:** Imperial College London

**Favourite Moment so Far:** Chat with the Pembroke porters! Some are extremely humorous and friendly - and might even give you chocolates!

**Number One Tip for Freshers:** The welfare at Pembroke MCR is getting increasingly attractive! Get subsidies for your extracurricular activities and NHS prescriptions (hopefully you don't need any for the latter).

Academic Officer

**Name:** Changhao Chen

**E-mail:** changhao.chen@pmb.ox.ac.uk

**Degree:** DPhil in Computer Science

**Years at Pembroke:** 2

**Nationality:** Chinese

**Previous Universities:** Tongji University

**Favourite Moment so Far:** Fresher’s Week

**Number One Tip for Freshers:** Join in the MCR activities!
MCR Committee

Welfare & Disabilities Officer

Name: Katherine Lightbown
Degree: Mst in Ecclesiastical History
Nationality: British
Previous Universities: Oxford. I just can't leave Pembroke, at this point I'm part of the furniture!
Favourite Moment so Far: Every outdoor social event of each trinity term.
Number One Tip for Freshers: Get to know the Porters, Scouts and Chaplain. They are some of the most interesting, and helpful, people in Oxford.

E-mail: katherine.lightbown@pmb.ox.ac.uk
Years at Pembroke: 4

Welfare & LGBTQ+ Officer

Name: Alfred Ye
Degree: MPhil in Classical Indian Religion
Nationality: Chinese
Previous Universities: University of Gallifrey
Favourite Moment so Far: I kissed a guy in the college chapel.
Number One Tip for Freshers: Yes, everything in the basket in the MCR toilet is free - but use them with discretion :)

E-mail: alfred.ye@pmb.ox.ac.uk
Years at Pembroke: 1
Access Officer

Name: Louis Morris  
E-mail: louis.morris@pmb.ox.ac.uk  
Degree: DPhil in History  
Years at Pembroke: 1  
Nationality: British  
Previous Universities: University of Cambridge (don't hate me)  
Favourite Moment so Far: Getting the chance to represent Pembroke on national TV's University Challenge (despite failing to win a single prize in a year's worth of pub quizzing).  
Number One Tip for Freshers: The MCR bar managers will try to tell you that the bottle of spirits with a pickled snake in it has magical powers and a surprisingly pleasant aftertaste. They are lying.

Social Secretary & Environmental Officer

Name: Zeena Oberoi  
E-mail: zeena.oberoi@pmb.ox.ac.uk  
Degree: MPhil in Development Studies  
Years at Pembroke: 1  
Nationality: British  
Previous Universities: University of St Andrews  
Favourite Moment so Far: Bar nights/movie nights at the MCR.  
Number One Tip for Freshers: Make the most of brunch!
MCR Committee

Social Secretary

Name: Cillian Brophy  E-mail: cillian.brophy@pmb.ox.ac.uk
Degree: DPhil in Biochemistry  Years at Pembroke: 1
Nationality: Irish
Previous Universities: Trinity College Dublin
Favourite Moment so Far: Eating free biscuits in the MCR.
Number One Tip for Freshers: Free biscuits are always available in the MCR.

Social Secretary

Name: Constantin Schneider  E-mail: constantin.schneider@pmb.ox.ac.uk
Degree: DPhil in Systems Approaches to Biomedical Sciences  Years at Pembroke: 1
Nationality: German
Previous Universities: Imperial College London, University of Heidelberg
Favourite Moment so Far: Getting a bump at Summer VIIIIs and brunches (smoked salmon! bagels! cream cheese! scones!).
Number One Tip for Freshers: Go to as many exchange dinners as you can! Not only are they a bargain, you also get to see other colleges' halls (and their bars) and find out who has the best formal food (apart from Pembroke of course).
MCR Committee

Families Rep

Name: Joshua Little  
E-mail: mcrfamilies@pmb.ox.ac.uk  
Degree: DPhil History  
Years at Pembroke: 2  
Nationality: Antipodean  
Previous Universities: Unseen University  
Favourite Moment so Far: writing my thesis, of course :)  
Number One Tip for Freshers: [none]

Web Wizard

Name: Tsvetomira Dumbalska  
E-mail: tsvetomira.dumbalska@pmb.ox.ac.uk  
Degree: DPhil Experimental Psychology  
Years at Pembroke: 2  
Nationality: Bulgarian  
Previous Universities: Brown University  
Favourite Moment so Far: The various successful reincarnations of Karaoke bar night.  
Number One Tip for Freshers: You can visit other colleges with your Bod Card (your Oxford student ID)! Make sure to explore as much of Oxford as you can as well as the countryside around, the Cotswolds, which is very easily accessible via public transport.
MCR Committee

Bar Manager

Name: Simon Calver  
E-mail: simon.calver@pmb.ox.ac.uk  
Degree: DPhil in Systems Biology  
Years at Pembroke: 3  
Nationality: British  
Previous Universities: University of East Anglia  
Favourite Moment so Far: Seeing Louis' chair collapse under him at banquet.  
Number One Tip for Freshers: Listen to the advice of the committee

Bar Manager & Sports Rep

Name: Malte Kaller  
E-mail: malte.kaller@pmb.ox.ac.uk  
Degree: DPhil in Neuroscience  
Years at Pembroke: 4  
Nationality: German  
Previous Universities: University of Aberdeen, Karolinska Institutet  
Favourite Moment so Far: Banquet after Parties.  
Number One Tip for Freshers: The MCR has its own football team!
MCR Committee

Bar Manager

Name: Elizabeth Smith Rosser  
E-mail: elizabeth.smithrosser@pmb.ox.ac.uk

Degree: DPhil in Oriental Studies  
Years at Pembroke: 2

Nationality: British

Previous Universities: SOAS, University of London

Favourite Moment so Far: My first ever salmon cream cheese bagel at Brunch, the free luxurious feast put on by the Social Secs after BOPs and Banquets. Ask them to make you a PiersDestroyer.

Number One Tip for Freshers: Bar Night has a variety of non-alcoholic options too!

General Rep

Name: Patrick Duma  
E-mail: patrick.duma@pmb.ox.ac.uk

Degree: MSc Management Science  
Years at Pembroke: 1

Nationality: US

Previous Universities: Harvard, Florida Tech, SCAD

Favourite Moment so Far: Going to Cambridge and showing them the correct way to do punting.

Number One Tip for Freshers: When someone asks “would you like to go punting?” the only correct responses are a) yes or b) we are already out on the river come join us.
MCR Committee

General Rep

Name: Alice Campbell Davis  E-mail: alice.campbelldavis@pmb.ox.ac.uk
Degree: Second BA in Law  Years at Pembroke: 0.333...
Nationality: British
Previous Universities: University of Manchester, UCL
Favourite Moment so Far: Bumps racing, and the heckin' pretty chapel quad in summer
Number One Tip for Freshers: Go to as many events as you can at the beginning - you get to try out lots of things, and you'll find your tribe in no time.

General Rep

Name: Tilman Koops  E-mail: tilman.koops@pmb.ox.ac.uk
Degree: Second BA in Law  Years at Pembroke: 1/3
Nationality: German
Previous Universities: Bucerius Law School, University of Cambridge
Favourite Moment so Far: BBQing with the MCR on Port Meadow.
Number One Tip for Freshers: Getting a late night biscuit from the MCR greatly improves the quality of your essays!
MCR Committee

Schemes Rep

Name: Olivia Durand  E-mail: olivia.durand@pmb.ox.ac.uk
Degree: DPhil in History  Years at Pembroke: 2
Nationality: French
Previous Universities: Paris-Sorbonne University
Favourite Moment so Far: Brunches, Second Desserts, Tapas & Tea and all food related events. Brace yourselves there are many more to come!
Number One Tip for Freshers: When in doubt, go to the MCR for [free!] biscuits, coffee, tea. Or a nap. Also on Monday mornings you may find enough food to have a impromptu breakfast (I see you future early morning rowers).

BAME Officer

We are actively looking for someone to take up the role of the MCR’s BAME Rep, to represent the MCR’s BAME student population during their time at Oxford.

If you feel like you would suit this role please get in touch with Gus, the MCR President!

Read more about our committee members on the MCR website

www.pembrokemcr.com
The families scheme is one of the MCR's ancient traditions, and is a great way to integrate Freshers into the social life of the college. Freshers are allocated 'college parents' when they join the MCR, who can become informal mentors or social contacts—answering questions about the college and college social life, offering advice, introducing them to new people, etc.

MCR parents and their children can form MCR families and apply for 'official' family crests, lore, heraldry, etc., which can be another fun way to engage with the tradition and social life of the college.
Meet the Home Bursar

Welcome to Pembroke and to (probably) the best MCR in Oxford! I am Mike, and I am responsible for all domestic issues across the College: from accommodation to IT to food to maintenance to security, my teams manage every operational area of the College including the booking of events and room space. We are all here to help and I am available to answer any questions you may have at any stage. My office is in Staircase 1 - so call by if you need any help.

Mike Naworynsky
Home Bursar
Welcome to Pembroke! We, the Junior Deans, are here to act as intermediaries between yourselves and college. We are trained by the University Counselling Service, and we can provide confidential welfare support, or put you in touch with other support services. We are also here for emergencies and for enforcing college rules. So if anything goes wrong, please let us know. One of us lives on the main site (James, a Graduate Medic from the UK), and the other lives in the GAB (Julie, a DPhil student in Mobile Robotics from France).

As graduate students, we are also members of the MCR, so you will probably see us at different events throughout the year. Please feel free to come to us with any problems you might have, especially if they are related to the College itself.

Julie Dequaire & George Klaeren

*Junior Deans*
Welcome to Pembroke! My name is Nancy and I am the Academic Director. This means that I have oversight of all academic matters in the college, and you’ll see my signature on your forms for transfer of status and other administrative matters! I work closely with the MCR reps for welfare and for academic matters and particularly enjoy initiatives that bring all of the different members of the Pembroke community together. I look forward to meeting as many of you as possible, starting with the graduate freshers’ dinner.

Nancy Braithwaite

Academic Director
I am Alison. Hopefully my name is one you will already recognise as I have been in touch with you regarding your offer to study at Pembroke College! As well as dealing with graduate admissions, I also act as your first point of contact for all matters relating to your academic life including special arrangements for exams, welfare issues and financial support in the form of grants and scholarships. I am also responsible for organising your degree ceremony when you complete your course. I work in the Academic Office which is located at the bottom of Staircase 5 in Old Quad. Please do not hesitate to pop in or contact me if you have any questions.

Alison Franklin
Deputy Academic Registrar
Meet the Head Porter

The porters are responsible for security, fire response, keys, mails, switchboard, visitor reception and deliveries.

My job as Head Porter is to be a grumpy, miserable and intimidating old git, intent on preventing the MCR from causing any work for the lodge.

Steve Capper

Head Porter
Things to bring to Oxford

Some paper and pencils might be valuable companions throughout the year – but since there is more to Oxford life than studying, it might be good to bring some, more, or all of the following:

- **Matriculation attire.** For ladies, this is a white blouse, black trousers or a skirt, black tights and black shoes. For gentlemen, this is a white shirt, black trousers, black socks and black shoes. With your mortar board (hat), gown and a ribbon or bowtie (for ladies and gentlemen, respectively) these are the components of *sub-fusc* (formal university wear which you need for matriculation, graduation and exams). You can also buy these items when you get to Oxford ([www.shepherdandwoodward.co.uk](http://www.shepherdandwoodward.co.uk)). Purchasing a gown, mortar board and ribbon/bow-tie costs £30-35.
Things to bring to Oxford

- **Formal wear.** Oxford has many dinners, banquets and balls so bring dinner jackets and dresses. For ladies, formal wear is generally a cocktail dress (unless you attend a white-tie ball in which case a floor-length ball gown is tradition).

- **Bedding.** Some bedding is supplied in the GAB but it is very basic and uncomfortable. If you forget bedding, or cannot bring it with you, it is possible to buy it in Oxford fairly cheaply (Primark on Queen Street is amongst the cheapest).

- **Kitchen utensils.** The GAB does not provide plates, cutlery or kitchen utensils so bring your own if you want to avoid a trip to Argos.

- **Passport.** Even if you do not necessarily need it to fly to the UK, you might need it to open a bank account. It is also necessary to have if you do any paid work for the college (such as invigilating an exam), or want to do volunteer work.
Things to bring to Oxford

- **Bike.** If you have one, then bring it along. If you don’t have one, then there are many shops selling new and second-hand bikes. You won’t need one with many gears as most of Oxford is flat. A bike will massively cut down journey times as the university departments are spread across the city. If you are planning on cycling at night, bike lights are a legal necessity. Helmets are not legally required, but are recommended for safety reasons.

If you find that you forget anything, Oxford is well supplied with cheap shops, and it is also easy to order things online and get them to delivered to the college for you to pick up.
MCR House Rules

We politely ask you to respect our house rules in order for everyone to fully enjoy their time at Pembroke and Oxford.

Please tidy up after yourself.

There is a dishwasher in the MCR, so we would appreciate if you load your dirty dishes and glasses before you head out of the MCR. There are also marked bins in every MCR room. Please throw your rubbish away (in the appropriate bin) before leaving.

At Bar Nights, you are responsible for non-Pembroke guests you bring into the College. To keep the Porters happy and to keep the MCR bar from being shut down, you need to physically let your guests in and out of the college gates.
Useful Links

Oxford University
Main website: www.ox.ac.uk  OU Student Union: www.ousu.org
OU Sports: www.sport.ox.ac.uk  OU Club (graduate club): www.club.ox.ac.uk
Cherwell (student newspaper): www.chewell.org
Oxford Union (debates & speakers): www.oxford-union.org

Pembroke College
Pembroke College: www.pmb.ox.ac.uk
Pembroke MCR: www.pembrokemcr.com
Pembroke JCR (good information on societies open to both JCR and MCR):
www.pembrokecollegejcr.com
MCR Facebook Page (external): www.facebook.com/pembrokemcr
MCR Facebook Group (internal):
www.facebook.com/groups/pembrokecollegemcroxford
Useful Links

Property & Second-Hand Goods
Daily Info (local newspaper): www.dailyinfo.co.uk
RightMove: www.rightmove.com
Facebook graduate housing group: OxGradHousing
Facebook second-hand item group: Students of Oxford Swap Shop
Facebook second-hand bike group: Buy And Sell Cycling Stuff in Oxfordshire

Public Transportation
Train: www.nationalrail.co.uk
Coaches:
www.x90.oxfordbus.co.uk (Oxford-London)
www.airlinebooking.oxfordbus.co.uk (Heathrow/Gatwick-Oxford)
www.nationalexpress.co.uk (various cities-Oxford)
<table>
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<tr>
<th>Glossary</th>
<th>Description</th>
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<tr>
<td><strong>Balls</strong></td>
<td>Held in the summer at a number of colleges. White- or black-tie is the standard attire. These used to go on all night, with breakfast included. Sadly many now finish in the small hours because of complaints about the noise.</td>
</tr>
<tr>
<td><strong>Battels</strong></td>
<td>College bill. If you are still not sure what this is, you will probably be receiving one shortly!</td>
</tr>
<tr>
<td><strong>Black tie</strong></td>
<td>Formal evening attire with bow-ties.</td>
</tr>
<tr>
<td><strong>Boat Race [The]</strong></td>
<td>Annual competition between two eights rowed by students from Oxford and Cambridge held on the River Thames in London from Putney to Mortlake.</td>
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## Glossary

<table>
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<tr>
<th>Term</th>
<th>Definition</th>
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<tr>
<td><strong>Bod [The]</strong></td>
<td>Short for 'Bodleian Library', the main library at Oxford University.</td>
</tr>
<tr>
<td><strong>Bump</strong></td>
<td>The river at Oxford [and Cambridge] is not wide enough for several eights to row abreast so races are conducted by starting at equidistant points along the river and trying to 'bump' the eight in front. This involves simply catching up rather than [necessarily] literally bumping it.</td>
</tr>
<tr>
<td><strong>Daily Info</strong></td>
<td>Daily [in term time] news sheet which appears on various college and University notice boards. Worth reading if you find one. It becomes 'Weekly Information' out of term time.</td>
</tr>
<tr>
<td>Glossary Entry</td>
<td>Description</td>
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<tr>
<td>Fellow</td>
<td>Member of the governing body of a College. Basically, all the college tutors.</td>
</tr>
<tr>
<td>Formal Hall</td>
<td>This is a formal three-course dinner served in the Hall every Tuesday, Thursday and Sunday during term-time. They cost about £6 and sign-up (via the College intranet) is required. Attire is formal and academic gowns must be worn.</td>
</tr>
<tr>
<td>Fresher</td>
<td>A new student.</td>
</tr>
<tr>
<td>Freshers’ Fair</td>
<td>Stalls for all the University Societies and Clubs held in the Exam Schools at the beginning of each academic year. Good for freebies.</td>
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## Glossary

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<td><strong>Matriculation</strong></td>
<td>Ceremony in the Sheldonian for admission to Oxford as a student. Usually a student's first go at wearing <em>subfusc</em>.</td>
</tr>
<tr>
<td><strong>Mortar Board</strong></td>
<td>Not for brick-layers, but an academic cap with a hard flat square top and a tassel in the middle.</td>
</tr>
<tr>
<td><strong>Porter</strong></td>
<td>Guard at the front door of each college. Always helpful, except if you ask one to carry your bags!</td>
</tr>
<tr>
<td><strong>SALTO Card</strong></td>
<td>Your key card to get in and out of college, and also your pay-as-you-go touch card for Hall Lunches and Dinners.</td>
</tr>
<tr>
<td><strong>Scout</strong></td>
<td>Person who cleans college rooms.</td>
</tr>
</tbody>
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