WELCOME TO PEMBROKE MCR

FRESHERS 2020
WHAT IS THE MCR?

MCR stands for Middle Common Room. It is the name given in Oxford colleges to the community of graduate students, which includes all masters and DPhil students. The MCR differs from the JCR (Junior Common Room) for undergraduate students, and the SCR (Senior Common Room) for fellows.

The MCR brings together students from across all departments and faculties, making it a great place to meet friends outside of your course.

The Pembroke MCR is also a physical space, consisting of the Wood Room, which contains cosy sofas, and the Blue Room, which is home both to our MCR bar and the TV with games consoles. We also have a kitchenette with a seemingly never-ending supply of tea, coffee and biscuits. This is our space in college to work, relax and socialise.

This year the MCR is likely to run a little differently from usual. Yet we will still have a strong graduate community through a blend of online and in-person events.

The Wood Room is named after George Wood, a previous college burser.
Welcome to Pembroke!

We’re really excited to have you join our MCR this term. I am proud of what a wonderfully welcoming and supportive community we have at Pembroke and know you’ll fit right in.

Drawn from more than 30 disciplines and representing more than 40 nationalities, we’re a diverse bunch who bring with them a huge range of backgrounds and experiences. This can lead to fascinating conversations, whether enjoyed over a pot of tea or a cheap pint from our common room bar.

Starting at Oxford can be daunting and this year more than ever there are so many new questions and considerations. My job as president, as well as that of my committee, is to help you navigate this new environment and to work with college to keep Pembroke the best place possible for our graduate studies.

I look forward to meeting you soon.

Kathryn White
KEY DATES

Freshers' (Welcome) Week: 4th-10th October

Michaelmas Term: 11th October - 5th December
Hilary Term: 17th January - 13th March
Trinity Term: 25th April - 19th June

Term dates vary for some courses. Your department will inform you if this is the case.
International students may also be required to self-isolate on arrival in the UK.

Note that Oxford weeks traditionally begin on a Sunday.
FRESHERS WEEK

This year our welcome events will begin with a series of virtual events on 20th September to support our members who will be self-isolating in advance of term.

**Virtual Welcome** will include online games, book and movie clubs, and discussion groups, as well as welfare events.

**Freshers Week** will then include a blend of online and in-person events to help everyone get to know Pembroke in a way that makes them feel safe and comfortable.

We're still finalising the timetable for Freshers Week but events will include:

**Welcome Drinks** Relax with a drink while meeting new friends.

**Scavenger Hunt** Get to know the city & discover some of its hidden secrets.

**Park Crawl** A tour of Oxford's many green spaces, perfect for escaping studying and getting some fresh air.

**Pub Quiz** It's going to take more than a pandemic to cancel this (in)famous freshers week staple.

Events will also be organised by your college family. See more info below.
SECOND DESSERT
By far the best way to begin the week. On a Sunday evening we retire to the Wood Room after formal hall to enjoy cheese, chocolate and a glass of port. Even if you don't come to dinner, you're still more than welcome to relax with a drink before the busy-ness of the week ahead.

WELFARE TEA
Join our Welfare Officer once a week for a relaxing cuppa and tasty snacks. Whether you just want to see a friendly face or have a welfare issue to discuss, this is your space to do so.

BAR NIGHT
We are one of the lucky few colleges in Oxford to have our very own student-run bar. Once a week the Blue Room hatch transforms into the Rose and Thistle, where our trusty bar managers will treat you to weekly specials and an unbeatable range of drinks from just £1.

Here is a round-up of the events we typically run in term time. Due to Covid restrictions, we may not be able to run all of them from the start, but we hope they will all make an appearance at some point.
Keep up to date with all events!

/facebook/groups/pembrokecollegemcroxford

@PembrokeMCR

Event info will also be emailed to you!
WELFARE SUPPORT

At Pembroke we take the welfare of our students seriously. Whatever your concern, there are multiple people you can talk to both within and outside of the college for support.

MEET HEATHER

Heather is the welfare officer on committee. In addition to running the welfare teas, she is your port-of-call for any concerns. She can provide advice and counsel MCR members, as well as being able to point you in the right direction for further support if required.

Outside of her MCR role, she is also a graduate medicine student, who will treat all conversations with respect and confidentiality.

Email: heather.steele-stallard@pmb.ox.ac.uk

WELFARE AND WELLBEING CO-ORDINATOR

In addition to the support organised by the MCR, Pembroke College has an employed welfare and wellbeing co-ordinator. Rebekah White is a lovely listening ear for anyone looking for additional support and she also runs a programme of welfare-orientated events throughout the term. Particular highlights are her walks through Christ Church Meadow.

MORE INFO IS AVAILABLE AT PMB.OX.AC.UK/WELFARE
HEALTHCARE

Throughout the week in term time our college nurse, Victoria Mills, runs a part-time clinic providing advice and support for both physical and mental health, including advice on contraception. More information can be found on the college website.

COLLEGE DOCTOR

As a Pembroke student you are entitled to register with the NHS doctors at 19 Beaumont Street Surgery. It’s a good idea to do this online when you first arrive, before any health issues arise.

The registration link can be found here, alongside further health and welfare advice: https://www.pmb.ox.ac.uk/content/welfare-team
Pembroke has a limited amount of accommodation which is allocated on a first come, first served basis.

Information can be found about it here: https://www.pmb.ox.ac.uk/accommodation-graduates

Some of this accommodation is on main site, but there are also rooms at the Geoffrey Arthur Building (affectionately known as the GAB), a 5 minute walk from college, and in college-owned houses on the Botley Road, a 15 minute walk.

For people staying in this accommodation, college will advise on 'household' rules in relation to Covid guidelines.

As college rooms are limited, lots of grad students (including everyone after their first year) 'live out', by either renting privately, or living in University-owned accommodation.

Information about university accommodation can be found here: gradaccommodation.admin.ox.ac.uk/

If you're looking to privately rent a room, this facebook group is really helpful for finding fellow graduate students to live with: facebook.com/groups/oxgradhousing

Other flats and houses can be found for rent on rightmove.co.uk

Popular areas of Oxford are Jericho and Cowley, with some students also living in Botley, Grandpont, Headington and Iffley. All have good transport links to the city centre.
MEET YOUR MCR COMMITTEE!

Kathryn White, President
Kathryn spends her life haunted by the Village People, in that her research focuses on the YMCA and their work in the First World War. Outside of work she really enjoys sports, namely running, cycling and rowing, as well as the MCR’s official sport of Mario Kart. Her proudest Pembroke achievement is throwing the 2019 Hallove’en Bop, a party so good we worried for the structural stability of the common room floor.

Ben Breant, Vice President
Ben is quite a French cliché. By that I don’t mean he cooks well, I’m just saying he was decapitated during the glorious MCR revolution, and often wears a scarf. He happens to study sleep, and his notoriously random haircut implies his work is more practical than theoretical.
Allie Hexley, Treasurer
When she’s not busy keeping the MCR’s finances in check, you can find Allie in her lab, happily tinkering with some optical system or display while blasting Disney sing-alongs or The Beatles through her headphones, as she attempts to unravel the mysteries of human colour vision.

Rohan Watt, Secretary
Rohan is a place in Middle Earth. It's also the name of a real life Australian at Pembroke. You'll often find him in the Wood Room complaining about how cold England is and how much better vegemite is than marmite. He's a reformed lawyer reading the MPhil in International Relations - but don't worry, he can be good company too. You might get emails from Reginald; that’s actually the secretary’s secretary who sends out the notices for me. And he's actually a giraffe.
Klaudia Wegschaider, Academic Rep
Klaudia is a third year DPhil at the Department of Politics and International Relations. Her research looks at the politics of enfranchisement. She’s always happy to talk about a good fiction book, the best study spots across Oxford, and walks around the Cotswolds.

Ella St George Carey, Access Rep
Rumour has it Ella’s been at Pembroke long enough to have personally met the Earl. Alongside her history DPhil, she also enjoys deconstructing rap lyrics, dancing to sea shanties, and talking about the Duchess of Sussex to anyone who'll listen.
Heather Steele, Welfare Officer
Heather's bio is a mystery, but you can find out more about her on the welfare page.

Sid Kumar, Environmental Officer
Sid is a second-year DPhil student exploring intersections of mathematics and ecology, and is deeply interested in wildlife conservation and the natural world. He would love to engage in dialogue and conversation about how we relate to, are nourished by, and may protect the living, breathing environments around us - essentially, anything to do with the natural world. More generally, he would love to talk about anything, so please do feel especially welcome to ask any questions you may have about life in Oxford, postgraduate studies, and beyond!
Helena Vincentelli, Women's Rep
Helena is a Venezuelan-Belgian-American, who when she’s not puzzling over her identity, is in Oxford trying to get cannulas into your veins (reading graduate-entry medicine). In her spare time she enjoys latin dancing, feminist podcasts, and trashy fantasy novels. She’s rebelled against the oxfordian student go to mode of transport (a bike), so you can usually find her speed walking across Oxford trying to get to places barely on time.

Caolan O’Neill, LGBT+ Rep
Samuel Wood, General Rep

Sam first came to Oxford as an undergraduate and was immediately struck by its unique atmosphere. He has become particularly fond of Pembroke, its buildings, its people, and its cosy MCR. He is working on a DPhil in English.

We currently have vacancies on committee for social secretary and BAME rep.
MCR Families Scheme

The MCR Families Scheme is an ancient* tradition for welcoming new students into the community. Freshers will be 'adopted' by existing students who will become their informal mentors and social contacts - answering their questions about the college, the university and the city.

You can currently opt in to the families scheme by emailing Kathryn (mcr.president@pmb.ox.ac.uk). Everyone not in a family by freshers week will be automatically allocated, so no one will miss out!

Your family may organise events during Michaelmas Term and it will also form your team for the freshers week pub quiz.
**THINGS TO BRING**

**Gown** Gowns need to be worn at formal dinners and exams. They can be purchased in Oxford from Shepherd and Woodward on High Street in a bundle with a mortarboard and a tie.

**Formal Wear** Also useful for dinners and exams, you will at some point need a suit and tie or equivalently smart dress while in Oxford.

**Bedding & Utensils** If you're living in college, these aren't provided. Primark and Marks & Spencer are good shops in Oxford to buy these from.

**Bike** There's debate in the MCR about whether you need one of these, but they are very useful for getting around town quicker, especially if you intend to row! Can be brought or bought new or second hand in Oxford.

**Face Masks** Current rules mean that you will need to wear a face mask in shops and libraries, as well as in some other spaces. Reusable ones can be bought from Gap, as well as other shops.

**Stationery** Ryman's, WH Smith and Sainsbury's are your best shouts for paper, pens and notebooks in town. Did you know that the stationery shop was invented in Oxford?

**Re-usable Water Bottle** Vital for those long study sessions. For those who prefer hot drinks, we sell KeepCups in college that are the only permitted coffee cups in Oxford libraries.

Robert Dyas is a super useful shop for any homewares you may need.
MCR HOUSE RULES

- Please tidy up after yourself, including placing dirty crockery in the dishwasher.
- You are responsible for all guests you bring into college. Please respect other members by not bringing too many. You must let them in and out through the lodge.
- No children are permitted at MCR events, unless previously agreed by the president or social secretary.
- Please treat everyone with care and respect.

When you sign up to MCR events you consent to our GDPR policy. It can be viewed here: https://www.pembrokemcr.com/gdpr-policy
Glossary

Battels College bills. Charged at the end of term.
Black Tie Formal suit with bow tie, or a smart dress.
Bod Affectionate term for the Bodleian Libraries. Your Bod Card is your university ID.
Bumps Oxford style of rowing races involving overtaking.
Fellow The college tutors.
Formal Hall Three course served meal in the dining hall, to which you must wear your gown.
Fresher You! Incoming students.
Master The college’s ‘boss’. Our master is Sir Ernest Ryder.
Matriculation Formal ceremony admitting you to the university.
Mortar board An academic cap with a hard flat top and a tassle.
Porter Part security guard, part receptionist at the entrance of each college.
SALTO Your key card for getting into college. Also used for paying for meals in college.
Scout The college’s cleaners.
Sub Fusc The formal attire required for matriculation and exams.
Did you know Oxford’s home to the world’s oldest English dictionary?

Useful Links

To buy your sub fusc (inc. gown) www.shepherdandwoodward.co.uk/academic-gowns
To buy a railcard for discount train fares (all ages of student eligible) 16-25railcard.co.uk
To book good value taxis www.001taxis.com/
To sign up for university sports www.sport.ox.ac.uk/
To find all your library books solo.bodleian.ox.ac.uk
For Pembroke information pmb.ox.ac.uk
To buy second-hand items oxfordsumarket.com