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FRESHERS' GUIDE

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# EXETER MCR

## 2024-25



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# Welcome!

Dear Exonian,

Welcome to Exeter College, the best college at the University of Oxford! Many congratulations on your successes so far — we look forward to celebrating future ones with you!

As you have probably already realized, Oxford is a world of its own. To help you navigate your first few weeks here, we have compiled a guide that covers everything including: academic dress, which pubs are the coziest, and how to get back into College or Exeter House if you get locked out. While you don't have to read the whole guide before arriving in Oxford, we would suggest downloading it to your phone so you can Command F your way through as needed.

Feel free to post questions in the MCR WhatsApp or Facebook groups, too, as others might have the same questions as you.

Finally, while we hope to ease your transition into Oxford life as much as possible, Freshers' Week can also be a hectic time. Please do not hesitate to contact us if you have any questions or concerns, whether they come up during the week or throughout the year. At the end of this pack there is also a flyer for Nightline, Oxford's peer-to-peer anonymous support service.

For now, check out the Freshers' Week timetable and keep an eye out for emails from us as the term begins. We look forward to getting to know you all!

Best,

Roland Chen and Maya Hollander  
*MCR Freshers' Reps*

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## From Your MCR President

Dearest New Exonians,

I'm thrilled to welcome you to the Middle Common Room (MCR) of Exeter College!

My name is Rea Tresa, and I'm honoured to serve as the MCR President for 2024/25. I am currently a 2nd-year DPhil student in the Stevens Group at the Department of Physiology, Anatomy, and Genetics.

The MCR is a cornerstone of the graduate student experience and will be a vital support system as you navigate your new life in Oxford. The MCR refers to both our graduate student society and the physical common room on Turl Street—a cozy and welcoming space where you can make new friends, engage in stimulating conversations, or participate in MCR-run activities. The Exeter MCR, as you will soon discover, is one of the most socially and politically active MCRs at Oxford. We organise some of the finest social mixers, formals, balls, and sports events, and we pride ourselves on having one of the most welcoming student communities at Oxford.

As you embark on an intellectually challenging journey at an institution renowned for its academic excellence, the MCR will introduce you to the unique experiences and traditions that only Oxford can offer. Through the MCR, you will find a sense of belonging and forge lifelong memories. I encourage you to take full advantage of the Freshers' Week activities organised by our Freshers Reps—these events are a fantastic opportunity to enjoy yourself outside of your course and connect with the peers you'll be spending the next year(s) with—many of whom will become lifelong friends.

There's no better way to engage with the MCR than by taking on a committee role. Whether your interests lie in social activities, welfare, DEI, or another area, I encourage you to check out the committee roles available. Please feel free to reach out to me or any of the officers, and definitely consider running for a position in our upcoming elections in Week 1 of Michaelmas Term.

If you have any questions, want to learn more about the MCR, or simply want to say hi, please drop me a line or find me during Freshers' Week.

For now, buckle up and get ready for this incredible, once-in-a-lifetime adventure called Oxford.

Yours,

**Rea Tresa**  
MCR President  
[rea.tresa@exeter.ox.ac.uk](mailto:rea.tresa@exeter.ox.ac.uk)



## About Exeter

Exeter is Oxford's fourth oldest College, having been founded in 1314 by Walter de Stapledon, Bishop of Exeter.<sup>1</sup> It was originally a place where clergymen from the West Country could come to be educated. Sir William Petre donated a substantial sum of money in the 16<sup>th</sup> century so that the College could be expanded, which is why our MCR is officially called the 'William Petre Society'.

Our oldest building is Palmer's Tower, which dates to 1432, and it was originally used as the entrance to the College. The current Lodge dates back to 1701, the Hall is from 1618, and the library and chapel are both from the mid-19<sup>th</sup> century.

As a member of Exeter College, you will join 700 years' worth of students who have come before you. Some of our most famous alumni are J.R.R. Tolkien, Philip Pullman, Martin Amis, Sir Roger Bannister, E.E. Evans-Pritchard, Edward Burne-Jones, William Morris, Reeta Chakrabarti, Alan Bennett, Imogen Stubbs, Will Self, Richard Burton, John Kufuor, Sydney Brenner, and Sirr Al-Khatim Al-Khalifa.

Exeter is widely considered one of Oxford's friendliest Colleges, and our size makes it easy to meet people and get involved. We're also located in the very centre of Oxford, and the view from the Mound in the Fellows' Garden, overlooking Radcliffe Square, is definitely one of the best in Oxford.



<sup>1</sup> Fun (?) fact about Walter de Stapledon: he was incredibly unpopular because of his affiliation with King Edward II, and was eventually killed by an angry mob that lopped off his head with a bread knife. Ouch.

## Before you arrive

### Vaccinations

Two important vaccines for people coming to the UK are MMR (Measles, Mumps, Rubella) and Meningitis ACWY. In line with national policy, the University recommends that two MMR vaccinations (this does not include the MR vaccine) are received before arrival; they can be received a month apart. Similarly, it is national policy that any unvaccinated individual attending university, irrespective of age, should be immunised with the Meningitis ACWY vaccine before they enrol or as soon as possible thereafter.

Further information about vaccinations can be obtained from the doctors, and on this page from the University:

<https://www.ox.ac.uk/students/welfare/health/vaccinations>

### Border crossing

If you are an international student, carry all the immigration documents that you used to apply for your UK visa with you in your hand luggage. There have been stories about international students being asked to produce all of these on their first entry into the UK. For more information about immigration, see the UK Border Agency site:

<https://www.gov.uk/government/organisations/uk-visas-and-immigration>

### Activate your email address and connect to the Internet

The College and the University should provide you with detailed guidance and the required credentials to get you online. The process can be a bit of a hassle, but it is very important to complete quickly since email is the main means of official communication. There are also posters explaining the process in the MCR computer room and at Exeter House, but please get in touch with the College IT department (by e-mail at [it-help@exeter.ox.ac.uk](mailto:it-help@exeter.ox.ac.uk), or at their office in the Balsdon Room) or any of the MCR committee if you are unable to do this.

Your Oxford University username will be e-mailed to you by the University (not by Exeter College) when your University contract has been returned and processed, which is usually before you arrive in Oxford, giving some access to e-mail and other systems ahead of your arrival.

You will get one account, your University Single Sign On (SSO). It's your main way of logging onto College, departmental and university wide services. The username and password will be the same for almost all services (email account, VPN, Bodleian Solo, eVision, etc.), except for eduroam, where you will need to set a separate password. For more details on how to activate and connect to eduroam visit: <https://www.it.ox.ac.uk/connect-to-the-internet>

It's a good idea to look this up or download the email from the IT department **before you arrive**, because using websites or accessing emails without an internet connection can, unsurprisingly, prove to be a little tricky. The phone signal in Exeter House is notoriously terrible so don't rely on 4G/5G connection. More information at <https://www.exeter.ox.ac.uk/students/computing-and-it/>.

## Money

It might take some time to open a bank account, so make sure you have access to enough GBP to get through the first little while. Most cash points in Oxford won't charge you a fee for making an ATM withdrawal with a non-UK card, although your home bank will probably impose a transaction fee.

If possible, open a UK bank account before you come. (Please see page 14 for more information on opening a bank account).

Oxford is the second most expensive city in England after London, so be prepared for that! For an indication of living costs in Oxford, see <https://www.ox.ac.uk/feesandfunding/fees/livingcosts/>.

## Transport to Oxford

Oxford is very well connected to London and the airports by bus and train:

### From London:

If you are coming from London, the fastest way is to take the train from Paddington Station. These run frequently during the day (every half hour or so) and take about an hour. For schedules, see <https://www.nationalrail.co.uk/>. There are also trains from Marylebone, and the following information applies to trains from both stations. The cost will differ depending on the tariff and what rail cards you have. Peak time is very expensive (early mornings and late afternoons), but a standard off-peak ticket will cost a little over £20, although it is generally cheaper to book in advance. To get from the railway station to Exeter House, either take the 280 Sapphire or #5 bus down to Westgate, then switch busses to #3 (the stop closest to Exeter House is outside the Magdalen Arms pub, on Magdalen Road – almost opposite Exeter House), or a taxi, which is considerably more expensive, but saves you the awkwardness of hauling luggage onto the bus. A taxi to Exeter House will cost between £10 and £15, and they are always available at the railway station. Unfortunately, Oxford doesn't have an Uber service but there are similar taxi apps available such as 001 or Royal Cars.

It's also possible to take the bus from London to Oxford. There is one service starting from Victoria Station and picking up in central and West London: the Oxford Tube. This service is cheaper than the train; a student one-way ticket is £13.5 (return £20) when you buy straight from the driver. Make sure to carry your Bod Card with you to qualify for the discount. Although the bus takes longer (at least an hour and a half), it stops closer to College and Exeter House than the train does. For College, you could get off either at the High Street or at the terminus (Gloucester Green). For Exeter House, the stop you need is St. Clement's. From there it's just a short taxi ride or 15-minute walk to Exeter House. Alternatively, you could get off at the High Street, cross the road, and take Bus #3 (which leaves from opposite the Queen's College) to the Magdalen Arms, which is next to Exeter House. Here is a map of the 3 bus:



Of course, these buses and trains are also great if you want to go to London. If you plan to travel regularly by train it is worth investing in a Young Person's Railcard. There is either a 16-25 railcard or a 26-30 railcard available: <https://www.16-25railcard.co.uk/using-your-railcard/are-you-eligible/>. It costs £30 and gives you a 1/3 off rail fare for a year. Similarly, if you intend to use the Oxford Tube service regularly you can purchase an Oxford Tube 12 pass for students, which gives you 12 journeys for £90, making the journeys a little bit cheaper.

**From the airports:** The best way to get from the airports to Oxford is by bus. The Oxford Bus Company runs the Airline bus service from both Heathrow and Gatwick. The buses from Heathrow run every half hour during the day, and from Gatwick they run every hour. The bus stops for arriving in Oxford on the Airline are similar to those for the Oxford Tube. See <https://airline.oxfordbus.co.uk> for more information.

If you are flying into either Luton or Stansted, the bus ride to Oxford is longer (especially for Stansted), and is operated by National Express (<https://www.nationalexpress.com/en>). It is also possible to transit from these airports to London by train, though you'll have to change between stations in London.

Another alternative is to fly to Birmingham or Southampton, both of which cities are well connected to Oxford by direct train.

**Coming by car:** This can be tricky for central Oxford: Oxford's medieval street pattern was not designed for cars. Many of the streets are one way, and some streets that look open on the map are actually closed (enforced either by physical barriers or by CCTV cameras and fines). The only way to get to Exeter College's main site in Turl Street is via Parks Road and Broad Street.

In coming to Oxford from the north, come down Banbury Road, and turn left into Parks Road (if you get as far as St Giles' – a very wide tree-lined avenue – you have gone too far and need to turn around). Once on Parks Road continue to the end of the street (at the cross-roads next to the King's Arms), turn right into Broad Street, then turn left into Turl Street: here is a map of the route: <https://goo.gl/maps/9wwVx>

From the East: Take St. Clement's to High Street, then turn right into Longwall Street (with most of the traffic), the road turns left to become South Parks Road. Turn left at the junction into Parks Road, then right

into Broad Street at the King's Arms, and left into Turl Street:

Coming by car is much easier for Exeter House, (235-239 Iffley Road, OX4 1SQ) as there are barely any road restrictions. However, parking at Exeter House is extremely limited, and the city's parking wardens are very strict. Exeter House, in effect, provides no parking for residents, which makes owning a car in Oxford very difficult (cycling, however, is a very convenient way to get around – see later sections on this). For unpacking to move into Exeter House there are a few 3-hour parking bays directly outside. If you really need to bring a car you can use the county council website to find areas that are not parking controlled zones. However, we strongly recommend not bringing a car to Oxford unless you require it for your studies. Parking everywhere in Oxford is an absolute nightmare and there's no point driving in Oxford – the roads are built for bikes and everything is easily accessible by bike, bus or on foot.

## Accommodation

### Exeter House

If you are living in Exeter-owned accommodation, College provides all the usual essential furniture. Notably, there will also be a pillow and a duvet in your room and the wardrobe will have coat hangers included, so don't bring your own if you don't mind using these. The shared kitchen is stocked with plates, pots, pans, cutlery, a kettle, a toaster, a microwave, an oven and a fridge and suffices for day-to-day cooking. Other than that, it's largely up to you to decorate where you live and although it is College policy that you can't stick stuff to the walls, a little creativity goes a long way. Some of the things to further think about might be:

- towels, bedding (sheets for a 90x190 cm mattress, pillow cases, a duvet cover)
- electrical extension leads and power boards (then you need fewer UK plug converters if from overseas), converters to UK plugs (3-pin, 230V), clock, alarm clock, bedside lamp, headphones
- specialist cooking utensils (blender, rice cooker, chop sticks, etc.), a kettle if you want to make tea in your room and do not want to go to the kitchen every time.

**Scouts:** Your room and the kitchens will be cleaned by College housekeeping staff, who are referred to as 'scouts'. By default, your room will be cleaned once a week (at most) and your bins will be emptied. If you find this too intrusive or don't think it is necessary every week, you can place your bin outside of your door or discuss with your scout another mutually agreed arrangement. They also vacuum and clean the kitchens every morning on weekdays. Please be aware that it is not the scout's job to make your bed, tidy your room or do the dishes, so please be respectful by cleaning up after yourself. The Exeter House scouts are very friendly so make sure you say hi when making a cup of tea in the morning!

Mail sent to Exeter House will go into your pigeon-hole in the Exeter House pavilion.



Exeter House Garden and a typical room in Exeter House.

Overall, living in Exeter House is pretty comfortable. Refurbished in 2010, it may lack some charm or the weight of old architecture, but at the same time you won't have to fulfil the student stereotype by living in old squeaky, dusty and moist rooms.

### ‘Living Out’

Exeter House is somewhat more expensive than ‘living out’ in other rented accommodation, so that might be something to bear in mind when looking for somewhere to live. You'll pay somewhere along the lines of £800 per month, all inclusive, at Exeter House, while a rented room in a shared house can cost anywhere between £450-£700, plus utilities (gas, water, electricity, internet), the cost of which can vary depending on usage (costs can range between £30-£60 a month depending on the season). If you're moving to Oxford with a partner or a friend who you want to live with, two-bedroom flats near the city centre can cost from £1000 and go up to £1400, while one-bedroom flats can start from £850 per month, but can go up to £1000 or more.

If you're interested in finding your own flat, you can use sites like [spareroom.co.uk](http://spareroom.co.uk) or [zoopla.co.uk](http://zoopla.co.uk), as well as the University's [StudentPad](http://StudentPad) website, which often advertises the homes of professors who are away on sabbatical. [Facebook student housing groups](#) and [Gumtree](#) often have rooms for rent in already organized houses, but occasionally landlords advertise their flats here too, so you might get lucky and avoid going through a rental agency. Looking at [University Housing](#) is also a good bet if you're really stuck, though it fills up quickly. Lastly, some colleges open up their student accommodations to students from other colleges, and that can sometimes be cheaper than Exeter House. Living in Exeter House does come with the advantage of immediately meeting a big group of other graduate students at Exeter.

If you haven't managed to find a place and your move to Oxford is approaching quickly, don't panic! It is possible to live in a B&B or hostel, while trying to score the perfect flat, although it can be a little uncomfortable to arrive without knowing that you have a place to live. Most letting agencies won't rent a flat to you unless they've met you and can see that you're a responsible tenant, so it's recommended that if you are planning on living out, get acquainted with the rental process before you come and then see as many flats as possible once you arrive (but in this case, try to arrive a week or two before term starts).

A big difficulty for non-UK students is that most landlords or agencies require that you have a guarantor or

co-signer from the UK when you sign for the flat, or they ask for 6 months or a year's rent upfront, which is a huge burden for most students. Some landlords will let this requirement go, but if you are housing with a UK resident, it might be best to let them take the lead if you're getting a house with a few people.

### Clothing (formal attire)

Formal attire in Oxford deserves a special mention; there are several occasions when you might be required to wear a suit or even Black Tie. These include formal dinners, certain parties, balls, and other special events. In fact, there are a surprising number of these occasions, and while it is in no way compulsory for you to go to them, they tend to be great fun.

You will, however, have to wear 'sub fusc', Oxford's formal academic attire. This is the clothing ensemble worn for matriculation (the university-wide ceremony of acceptance to the university), for sitting exams (including the DPhil viva voce exam), and for graduation.

Traditionally, sub fusc has consisted of a dark skirt or trousers, black stockings or tights, black shoes, white shirt with collar and black ribbon tie for women, and has consisted of a dark suit, white shirt, white bow-tie, dark socks and black shoes for men. However, you do not have to wear gender-specific items should you not wish to; as of 2012 the rules have changed to eradicate distinction between men's and women's sub fusc, so please wear whatever you are most comfortable in. You can choose for yourself whether to wear a skirt or trousers or suit, and you can choose for yourself whether to wear the black string tie or the white bow tie, or a black necktie (but your options are still constrained to wearing the items specified within sub fusc – there is no chance to wear bright, colourful clothing!).

Besides sub fusc you will also need 'academic dress', consisting of a 'cap' and a 'gown'. The 'cap' could traditionally be a 'soft cap' for women, but these days virtually everyone has the square-shaped 'mortarboard': you have to wear your gown, and carry your mortarboard, at University examinations and ceremonies (matriculation, graduation).

The gown is used surprisingly often, especially at special dinners. Formal dinners occur twice a week at Exeter and it is expected that Exeter students wear their gowns (just the gown, not full sub fusc!). The basic gown, if you are studying for a postgraduate degree at Oxford, is called the **Advanced Student's Gown** (sometimes called the Graduate Student's Gown). There are a few variations, if you want to enjoy them:

- If you have graduated from Oxford, then you are entitled to wear the Oxford gown (with, at University examinations and ceremonies, the hood) of your previous Oxford degree (or if you were an undergraduate scholar at Exeter you may continue to wear your undergraduate scholar's gown). So, if you have just graduated with a BA from Oxford (from any College), you can wear your BA gown instead of the advanced student's gown, and the BA gown and hood at your next graduation. If you are (or become) a DPhil student at Oxford who has already graduated with an Oxford Masters (MSt, MSc, MPhil, BCL, MJur, and so on), you are entitled to wear your Oxford Masters gown (and hood) in place of your advanced student's gown.
- If you have not graduated from Oxford, but have a degree from any other University (except Cambridge University or Trinity College Dublin), then you are entitled to wear the gown (with, at University examinations and ceremonies, the hood) in which you graduated at your previous University.
- If you have graduated from Cambridge University or Trinity College Dublin, then you can do

something called “incorporate” your degrees. If you do this, you are entitled to wear at Oxford the same gown that you would have gained had you done your Cambridge/TCD degrees here at Oxford.

Do note that sub fusc and academic dress are officially two separate things, although they are often lumped together. To clear up some further confusion: for many events (for example, the College’s Graduate Freshers’ Dinner in Michaelmas Term) you need regular (formal) clothing together with *just your gown*, not with full sub fusc as described above and not with a mortarboard. Sub fusc is only worn for official degree ceremonies, such as Matriculation and Graduation, and University Examinations.



*Students in sub fusc and academic dress.*

All of these items can be bought in Oxford. It’s probably going to be easier to purchase the gown, ribbon or bow tie, and mortarboard here, but it might be cheaper to bring your own shoes, suit, skirt, shirts, etc. The gown can be bought from a number of shops or on rare occasion borrowed from College. The shop closest to Exeter College is Walters of Oxford, located on Turl Street opposite Lincoln College; Shepherd & Woodward and Ede & Ravenscroft are a couple of minutes’ walk away on the High Street. Expect to spend around £40 for the gown, mortarboard and tie, and make sure you pick up the appropriate gown (the advanced student’s gown is knee-length, while the commoner’s gown is hip-length). Archaic as they may seem, the rules of sub fusc are actively enforced.

## Upon arrival

There are a few things that need to be done over your first few days in Oxford:

### Get your Bod Card



You will need to collect your Bod Card (officially called the “University Card”), which is your official university ID card, via an appointment system, which you should have received an email about. Passport copies will also be taken at this session, if needed. However, if you need your Bod Card before that (and you probably will), you can come to the Academic Office to collect it. The

Academic Office is in the far back corner of College (ask at the College Porters’ Lodge for directions). For those students who need to show their passports and/or visas to the Academic Office, you will not be permitted to collect your Bod Card until you have done so.

The Bod Card allows you access into the University and College buildings – including Exeter House – and the MCR; you pay for food and drinks in college with it (the catering department will be in touch to introduce you to the UPay system); you take out library books with it; and it will be checked when you sit exams. It is very important! If you ever lose your card, then you need to request a new card via the Academic Office (not via your Department and not direct to the University Card Office) Just email [academic.office@exeter.ox.ac.uk](mailto:academic.office@exeter.ox.ac.uk) and explain why you need a new one. If your card is stolen, then it is very important that you report it stolen and request a replacement quickly, so that whoever stole it is prevented from entering buildings and pretending to be you. If you lose your card, then there is a fee to pay (<https://www.admin.ox.ac.uk/card/lost/>) via the University store for a replacement, which you have to pay in addition to requesting a new card via College; if your card is stolen or damaged, then there is no charge for a replacement.

### Open a bank account

Life is very hard without a bank account (and something in it!). If you have not worked or studied in the UK before, or have somehow managed to survive without a UK current account, then you will need one in Oxford. To open one, you have two main options: (1) do it by going to the bank itself or (2) visit Oxford SU Freshers’ Fair (in Freshers’ Week) where a whole range of banks will be able to tell you more. In our experience, the banks’ offers at the Fair are the same as they are otherwise.

To open a bank account, you’ll need proof of enrolment. This should be available from the Student Self-Services (<https://www.ox.ac.uk/students/>) once you’ve officially registered with the University. The document needs to be stamped with the college stamp, which can be done at the Academic Office. If the bank asks for any other documents, please email [academic.office@exeter.ox.ac.uk](mailto:academic.office@exeter.ox.ac.uk) with details of what is required.

The banks are located mainly on Cornmarket Street (parallel to Turl Street, the other side of Jesus College): Barclays, HSBC, Lloyds, and NatWest are all represented. Santander is round the corner at Carfax.

Opening a bank account can be a frustrating and longer than expected procedure. Online banks can be a quicker and easier option. Some popular online banks include Monzo, Wise and Revolut.

## Get student Insurance

Be aware that the contents of your room are not automatically insured. If you want to get insurance, it is easily done either through your bank or by searching for specialised student insurers on the Internet. In our experience the large majority of Exeter House residents choose not to insure and express little regret over it afterwards. Some insurance companies also will not provide contents insurance on just your bedroom and you don't want to end up insuring all of Exeter House. However, the College strongly recommends that you insure your personal possessions: unfortunately, and although Oxford is broadly a safe city, thefts (especially of re-saleable items, such as laptops, iPads, iPods, and bicycles) happen all too frequently. Prices for possessions' insurance vary, but expect to pay around £5-10 per month. We recommend insuring your bike as bike theft is unfortunately common. If you're a UK student have a chat with your parents about their home insurance – quite often you can get things like your bike/phone/laptop covered away from home rather than having to take out a new policy.

## Meet your college “Parents”

The College Parenting system is an arrangement by which incoming students are each matched with a current Exeter grad who has volunteered to look after a new student and to help them settle in. This system is very informal and voluntary on both sides –you are free to interact with your parent as often or infrequently as you wish. Most people find the arrangement to be very helpful and a fun way of getting to know people – college families tend to extend over several generations! Don't be shy about asking your college parents any questions you might have about Oxford, whether academic, or otherwise – they have each specifically volunteered for this very purpose and will welcome the opportunity to help you so far as they can.

We will provide you with the contact details of your college parent, and it will be at your discretion to contact them; however, some may be abroad for research or fieldwork over the summer, with limited access to email. If you haven't heard anything from your parent by the time you arrive in Oxford, please contact the Freshers' Reps, who will contact your parent and attempt to sort out any confusion.

## Attend the University and Exeter College's Freshers' Fair

This is the only time in the year when all of Oxford's clubs and societies – with interests ranging from sports to music to national spirit to spirituality to charities to politics – put their representatives in one place. This is the best place to find out what extracurricular activities Oxford has to offer, and to join in the life of the university community by signing up for whichever groups capture your interest.

While you may go to the venue on your own if you wish, all Freshers are invited to gather in the MCR fifteen minutes before the given time in order to walk over to the fair as a group. For more information about the Freshers' Fair, see <https://www.oxfordsu.org/oxfordfreshers/>.

There will also be a College internal Freshers' Fair, introducing all the College teams and societies to you, have a look at the Freshers' Week calendar find out more about the time and location. <https://exetermcr.org.uk/s/freshers-week-plan.pdf>

## Enjoy Exeter MCR Freshers' Week!

Attending events at Freshers' Week is the best way to meet your fellow Exonians, get to know the College

and Oxford. This year, Freshers' week will run from the 6<sup>th</sup> – 13<sup>th</sup> October and will feature everything from your first formal, morning coffee & pastry chats, punting, to a sports day. Please see the timetable for more details and keep an eye out for emails from Roland & Maya!

## College Facilities

### MCR (Middle Common Room)

The MCR is a suite of six rooms situated in Staircase 8 in College, specifically for the use of graduates. It comprises two sitting rooms, a kitchen, study room, computer room, and a washroom. Here you can relax, drink free coffee or tea, make food in the kitchen, read newspapers, play board-games or the piano, use college computers (of which there are four), do your printing and scanning, stash your things in a private locker, and socialise in general. It is warm in winter, cool in the summer and is basically the best place in College. During term time there will always be someone in the MCR, it's our little social hub. So swing by throughout the day, pop in around lunch or dinner or come in the evening and there will always be a friendly face about.

In the MCR we have a small library of our own in the study room. If you would like to borrow one of the books, please feel free to do so and write your name in the back before returning it – but please *do* make sure to return it!



*The MCR Common Room at Christmas*

### JCR (Junior Common Room)

Place to socialise with undergrads; it has a water fountain, vending machines, Sky TV, and – it bears repeating – undergrads.

### College Library

The College Library underwent extensive refurbishment, which was completed in Michaelmas 2023. This 170-year-old building (with original façade and many other features) is located in the Fellows' Garden, ideal

for quick study breaks. It has a decent, although not exhaustive collection of texts. Graduates can borrow up to 20 books for the whole term and the library is happy to receive suggestions from you for purchase; see the library website for details: <http://www.exeter.ox.ac.uk/college/library/>.

For study purposes there is also a marquee in the Front Quad, or you can book meeting rooms in College or Cohen Quad (Exeter's other site) for a bit of privacy: [www.exeter.ox.ac.uk/forms/](http://www.exeter.ox.ac.uk/forms/).

Most of the books relevant to your course will be in your departmental library, all of which are spread across Oxford. The all-purpose Bodleian Library and the Radcliffe Camera are just around the corner, as is the Weston Library on Broad Street (which is air conditioned!).

## Hall

Breakfast, lunch, and dinner are available on weekdays in Hall, and brunch and dinner are available on weekends. Meals are served in the hall, cost £4-6 and are very filling if often a bit heavy. There is also usually a selection of delicious salads available in the sidebar, and sandwiches/drinks in the Undercroft Bar.

You can pay in person by swiping your Bod Card, which you must pre-load with money credits. This can be done either in the Lodge during the day, the bar at night, via the Upay app or online (more information about this will be sent to you by the Catering Office). Your Bod Card will be pre-loaded with £20 when you arrive (that £20 will be charged to your College bill) so that you can buy food in Hall before you have worked out how to load your Bod Card with credit. The bar also accepts cash after 6pm.

Hall timings are as follows (check the College's website for up-to date times):

|        | Monday       | Tuesday      | Wednesday    | Thursday     | Friday       | Saturday     | Sunday       |
|--------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Brunch |              |              |              |              |              | 11am-12.30pm | 11am-12.30pm |
| Lunch  | 12:30-1.30pm | 12:30-1.30pm | 12:30-1.30pm | 12:30-1.30pm | 12:30-1.30pm |              |              |
| Dinner | 5:30-6:45pm  | 5:30-6:45pm  | 5:30-6:45pm  | 5:30-6:45pm  | 5:30-6:45pm  | 6-7pm        | 5:30-6:45pm  |

## Formal Hall

A more elegant three-course dinner service, Formal Hall is offered on Sundays and Wednesdays at 7:30pm. These dinners are particularly delicious and more expensive than first hall (normal dinner). Formal dress and academic gowns are required for all formal meals, and you must sign up and pay in advance online, usually by 1:30pm on the day, though Sunday Dinner lists close at 1.30 pm on the preceding Friday.



*Exeter college dining hall during a formal*

You can find a weekly menu for both Hall and Formal Hall on the Exeter College Catering page: <https://www.exeter.ox.ac.uk/students/catering/>

## **Cohen Quad**

Our recently opened (Trinity Term 2017) quad. Located a short 5-minute walk from the Turl Street site, it houses undergraduates and fellows of the college, as well as seminar rooms, lecture halls, a (really great and reasonably priced) café, and communal working areas/common rooms. The Dakota café operates in a similar pick and pay format as the main hall, but has a different menu to that of the main hall. The communal study areas are bright, airy, and fantastic to work in, and the bookable seminar and study rooms allow group work or communal study easily. Cohen quad sits in Jericho, a vibrant residential area of Oxford, surrounded by cafes and places to eat, and is well worth a visit!

## **Porters' Lodge**

Here you can find very helpful people available 24 hours a day; however, from midnight until 6 a.m. they are available in an emergency only. The Porters will receive and sign for parcels on your behalf if they are addressed to you, but please ensure that any parcels are collected promptly, as the Lodge has no spare space to store parcels. The Porters can also answer your questions or direct you to the right person in College, and help you out in general. The post-room and 'pidges' (pigeon holes) where students' mail is deposited, is around the corner from the Lodge. Sometimes you will see graduate students working part-time in the Lodge: they are recruited and trained by the Head Lodge Porter, when a vacancy occurs.

## **Chapel**

Located in the Front Quad, the stunning Victorian Chapel is one of the buildings of which Exeter is most proud. During term it hosts regular morning and evening prayer services as well as three Evensongs per week. The latter are particularly good opportunities to hear the college choir, which is recognized as one of

the best in the University and well worth a listen.

## Balsdon Room

The main computer room in College has a large number of computers, printers, scanners and a photocopier, located underground in the Back Quad and accessed by swiping your Bod card. It is also home to the IT support of Exeter College.

## Fellows' Garden

The Fellows' Garden is a great place to relax and unwind, it also boasts the “best view in Oxford” over the Radcliffe Camera. Croquet equipment is available from the Porter's Lodge for a £5 deposit and can be played in the Fellows' Garden.

## Sports Facilities

The Oxford University gym and swimming pool is located on Iffley Road (conveniently close to Exeter House). Exeter College students have free use of the Iffley Road Sports Centre, so make good use of it. In addition to the gym and pool there are squash courts, tennis courts, an athletics track and more. There is also a small gym in college, in the basement of Staircase 11, which has a treadmill, rowing machines, weights and multi-gym equipment. This is a free facility but you will need to complete an induction session. These are held in the first weeks of Michaelmas Term and you can sign up for a session at the Porter's Lodge. The College also has sports grounds: <https://goo.gl/maps/gCPVcAYL8Um4QWFQ7>

The boat club (located on Christ Church Meadow) has its own gym, including free weights and rowing machines. Rowing is a large element of the University community, and is free for Exeter members in their first term rowing.



*Exeter Men's 1<sup>st</sup> VIII at summer eights.*

## College Punts

As a member of the MCR you have access to the college punt free of charge. This service is available during Trinity term-time and you can reserve the punt at the Porter's Lodge or via our online booking system.



*Punting under Magdalen bridge*

## Exeter House Facilities

Communal areas are the Pavilion (post-room and TV room) and the Chapel Room (games, piano, computers). For more details see the guide to Exeter House <http://extermcr.org.uk/3eh.html>

## Practicalities

### Bikes



Cycling is an incredibly popular and convenient way to get around town (or take trips into the countryside). You can buy new or second hand bikes from the many shops around town: Broken Spoke in the city centre, Reg Taylor Cycles on Iffley Road 3 minutes' walk from Exeter House (in the direction away from the city), a number of shops on Cowley (Beeline; Cycle King is also on Cowley Road but quality is generally lower).

It is worth shopping around for special start-of-term deals, which usually include a helmet, a lock, and lights. Broken Spoke Bike Co-op is a not-for-profit social enterprise that sells some bikes and offers repairs through workshops. The University Services also sell discounted bike locks and lights, which you can find here:

<https://travel.admin.ox.ac.uk/bike/safety>. You can also find bikes on Oxford's classifieds, such as Gumtree (<http://www.gumtree.com/oxford>) or DailyInfo (<http://www.dailyinfo.co.uk>). The Oxford Student Swap Facebook group has also been a helpful resource in getting a discounted bike. Some bicycle shops offer buy-back schemes for those who are planning to use the bike for short-term, we would recommend reaching out to the particular company to ask about such an option.

As bike theft is one of the most common crimes in Oxford, it is worth investing in a strong D-lock rather than a simple chain. If your bike is stolen, please report it to the Police on their non-emergency number (dial: 101); if you see a theft in progress, then please call the Police emergency number (999).

In order to leave your bike at Exeter House or Exeter College, you must register it at the Porters' Lodge on Main Site, Turl Street. They will provide you with a sticker and number to identify your bike.

Remember: you are legally obliged to use lights after dark, and the police like to apprehend cyclists without lights. The requirements are a white light (not green or amber) at the front, red at the rear. Both must be affixed to your bicycle and not to you or your backpack or helmet. Both must work, and both must conform to required standards. A helmet is not a legal requirement, but is definitely recommended. It's against the law in the UK to cycle on pavements (unless there are signs indicating that bicycles are allowed), and in pedestrianized streets (like Cornmarket and Queen Street during the daytime – the police like to apprehend cyclists here, too), so please leave the pavements for people on foot. Also, if you're unused to cycling on the left and especially to navigating UK roundabouts (especially The Plain, which is a big 5-exit roundabout part-way between Exeter House and the main College site), be extra careful. Don't be shy to ask other MCR members or your college parents to walk you through things or cycle with you the first time! The official statement of law on cycling in Great Britain (the Highway Code) is available at <https://www.gov.uk/rules-for-cyclists-59-to-82>. A useful guide to cycling in Oxford has been produced by local organization Cyclox: <http://www.cyclox.org/cycling-in-oxford/>

If you do buy a bike and it is damaged or otherwise immobilised, Broken Spoke offers a DIY workshop space where they teach (and help) you fix your bike – if you have two left hands, you can also drop off your bike there and let them fix it for you. There is also a Bike Doctor at the University Club, on Mansfield Rd. near the science campus, on Wednesdays from 10am–4pm. Arrive early.

## Taxis and buses

There are two kinds of taxis available in Oxford. One kind is the London-style cab (called “Hackney Carriages”) that you can hail off the street. These have an orange light on the front when they are available for hire. The other kind tends to be substantially cheaper than Hackney Carriages and is called the private hire vehicle: this is the kind that you need to book. At night it is often better to ring up and book a journey than to walk onto the street and try to hail a cab; not only are you more likely to get a car, but this is also generally a safer alternative, as your call is recorded, and the journey is registered. There are lots of radio-cab companies in Oxford, and you can call them at any time of day or night. Two examples of numbers you can call are 01865 77 88 66 (Royal Cars – <http://www.royal-cars.com>), and 01865 24 24 24 (001 Taxis).

If you have worries about taxi safety, here is how to make a complaint:

[https://www.oxford.gov.uk/info/20087/taxi\\_licensing/84/complain\\_about\\_a\\_taxi](https://www.oxford.gov.uk/info/20087/taxi_licensing/84/complain_about_a_taxi).

Buses in Oxford run on a radial pattern: from the outskirts into the centre and back. The bus that goes down Iffley Road is number 3 to Rose Hill (3N at night), and the closest stop to Exeter House is at Magdalen Road. A single trip to the centre is £2, but it’s possible to buy season tickets and other package deals. The bus runs every 7–8 minutes during the day and every 15 minutes at night. On weekdays, the last day bus back down Iffley Road towards Rose Hill leaves the Bonn Square stop number D4 at 23.50 – one additional, more expensive nightbus (N3) leaves at 00.10. On Friday and Saturday nights, the N3 will continue to depart from Bonn Square every half hour until 03.10. As routes and timetables do change from time to time, please check <http://www.oxfordbus.co.uk> and <http://www.stagecoach.com> for the most up to date information.

## Mobile phones

You effectively have three options:

1. Pay-as-you-go, which costs more per minute but requires no bank account to set up. Buy a SIM card and handset and you’re good to go!
2. Pay monthly. You can typically cancel these with one month’s notice, and they offer better rates than pay-as-you-go. Great if you leave the country for the summer, or are only here for a year. You will need a bank account and credit check.
3. Contract (typically 18 or 24 months). These offer the best deals, and are the cheapest way to get a smart phone, but require some commitment, a bank account and credit check.

Shop around for the best deal and be patient. If you need a phone immediately and don’t have a bank account, you can pick up cheap pay-as-you-go handsets for the short term.

Signal in Oxford is passable, and Vodafone along with O2 have the best reputation for good coverage here. Inside many buildings, however, which unfortunately includes Exeter House, you will have intermittent or no reception. Many rooms have reliable ‘hot spots’ on windowsills and the like. Find yours!

## Shopping

The main grocery stores in Oxford are Tesco and Sainsbury’s. Opening times for most city grocery shops are from about 7 in the morning till 11 or 12 at night. Sunday opening hours are substantially reduced, often open between 11 in the morning until about 5 in the afternoon. Nevertheless, there are a few small shops

(Sainsbury's in particular) that have the same opening schedule on Sunday as on weekdays, i.e. until 11 pm (on the Plain) or midnight (on Magdalen Street West in the city centre). For fresh produce, also check out the friendly grocers in the Covered Market, the local farmers' markets on Saturday mornings behind the Tesco on Cowley Road, and the market every 1st and 3rd Thursday of the month on Gloucester Green. For good prices on fruit and veg, go to the Gloucester Green Wednesday market.

The main health and hygiene shop is Boots, and there are big branches on Cornmarket Street and on Cowley Road. Boots (Cornmarket Street) also include a pharmacy. Superdrug offers similar products, and there is one on Cowley Road and in the Westgate.

The main academic bookshop is Blackwell's on Broad Street. There is also a large Waterstones on the corner of Broad Street and Cornmarket Street with a cosy café a lot of people like to work in when they're bored of the libraries.

Oxford also has a good selection of charity shops, which offer inexpensive second-hand clothing and books in aid of various charities. Oxfam has well-stocked second-hand bookshops on St Giles' and on Turl Street. Cowley Road (near Exeter House) and Headington have several useful charity shops.

We also have the Westgate shopping centre which has most High Street clothes shops, a variety of restaurants and a John Lewis department store.

# Physical and Mental Health

## Medical Information

Health services for students are extremely accessible, as students are covered by the NHS (the National Health Service). International students pay a flat rate surcharge. This means that after this payment you can go make an appointment with a doctor, be admitted to hospital, or go to A&E (Accident and Emergency, also known, rather worryingly, as “Casualty”; more familiar to some from overseas as the Emergency Room) at the hospital free of charge.

The first port of call outside of an emergency is the GP, General Practitioner, who can deal with most ailments and can write prescriptions. All prescriptions cost £9.65 per course of treatment, regardless of the actual amount of medicine (i.e. it can be one box or 10 for the same price, as long as it’s the same course of treatment). If the GP cannot deal with the issue, they will refer you to a specialist. Note, however, that some prescriptions, such as contraception, are *completely free of charge*.

If it’s an emergency, the number to dial is 999. This will get you an ambulance (if you are in a genuine emergency situation, ambulances do not charge for a call-out). If you need to go to A&E but you don’t require an ambulance, the easiest way is to call a taxi (info on this is given below in a separate section). The Oxford hospital is called the John Radcliffe, or the JR for short, and is located in Headington: <https://www.ouh.nhs.uk/hospitals/jr/default.aspx>.

If it is not an emergency, but you need urgent medical advice (or think you need to see a doctor urgently) out of working hours, you should ring your GP’s surgery. You will be connected to the Out of Hours Service and a local on-duty GP will telephone you back, usually pretty rapidly. If you need to be seen, you will probably be directed to the Out of Hours Centre, which is located at Manzil Way (off Cowley Road). You can also ring NHS 111, a 24-hour free of charge service that provides medical advice.

If you have an ailment that may not be serious enough to bother a doctor with, but for which you still want some advice, then you can consult a pharmacist or contact the college nurse (see below). Pharmacies can give simple medical advice and offer you some medicines without prescription, including emergency contraception. Pharmacies are also the places to go to collect your prescription, if your GP prescribes some medicine for you. Some pharmacies are open out of hours, and can give advice when a doctor is not open (for example, on the weekend, or on a public holiday). The closest pharmacies to the main College site are located inside Boot’s (Cornmarket St); the closest to Exeter House are Jenner’s (East Oxford Health Centre, Manzil Way), and Boot’s (Cowley Road). As well as public medicine, there is also a private hospital in Oxford, but this is very expensive if you don’t have private health insurance.

For more information, see the University pages on Health: <https://www.ox.ac.uk/students/welfare/health>

## Our doctors

As a student at Exeter, you are required to register with the College Doctor, or another GP practice in Oxford, unless you are given explicit permission by the College not to do so. The default option is for you to register with the College Doctor:

Dr Kenyon & Partners  
19 Beaumont Street Surgery

19 Beaumont Street  
Oxford  
OX1 2NA

TEL: 01865 240501  
FAX: 01865 240503

<http://www.19beaumontstreet.com/>

You must register online through <http://www.campusdoctor.co.uk> – further information is available on the College’s Graduate Freshers’ Weblearn site.

Although 19 Beaumont Street Surgery is known as the “College Doctor”, it is worth remembering that their service to you is **completely confidential**: they will not say anything about your healthcare to the College, or your Department, or indeed anyone else, unless you explicitly authorise them to do so. They guarantee NHS registration to every Exeter College student, and they are experienced in dealing with many of the issues that Oxford students have (they are also very experienced at writing helpful reports if your studies have been affected by your health). As well as being the main doctor for Exeter College, and for seven other Oxford Colleges, they also have a lot of non-student patients, too. Spouses and dependent family members of Exeter students are also eligible to register for the NHS and College doctor with the same international surcharge where applicable.

It is also worth noting that regular appointments can be very hard to come by at short notice, and the earliest you might be offered could be several days away. **If you want a same-day appointment**, call the Surgery at 8 am sharp (i.e. just as the surgery opens in the morning), as emergency appointments and cancellation are released daily at that time. Furthermore, there has been an increase in availability of telemedicine consultations with GPs to limit face-to-face interaction.

## Finding a dentist

If you need a Dentist, you can use [Studental](#). However, the College makes no requirement to register with a dentist, and many students keep their dentist back home as their regular dentist.

Studental  
3<sup>rd</sup> Floor Colonnade Building  
Oxford Brookes University  
Headington Hill Campus  
Headington Road

Oxford, OX3 0BP  
[reception@studental.co.uk](mailto:reception@studental.co.uk)  
TEL: 01865 689997

When you phone for an appointment you just need to say which college you are from and to take your student card with you as proof. There are leaflets about Studental outside the Exeter College nurse's room (Staircase 7, ground floor). You can also call NHS Direct to access the NHS emergency dental services if in urgent need (including outside dentists' regular hours): just dial 111 and follow the instructions.

## **The College nurse**

The College nurse and Welfare Officer, Helen Thornton, deals with minor ailments, dressings, etc. She is on duty on most days of the week including both Full Term and vacations (check the Red Book for her work hours), and can be found in room 7:1 or contacted on 01865 279639.

## **First aid**

Emergencies requiring First Aid should be notified as soon as possible to the Lodge (01865 279600) or to a First Aider. (Lists of First Aiders are also published on notice boards around the college premises, and include the lodge staff, the Junior Deans.

Emergency Medical boxes are kept at College in the Lodge, the Kitchen and the Academic Office, and at Exeter House and Stapledon House.

In medical emergencies, when First Aid is not adequate, arrangements will be made by the Duty Porter to transport the patient to hospital.

## **Other health issues**

For eye emergencies, call the Oxford Eye Hospital in the JR. The 24 hour emergency number is 01865 234800. The GUM (Genito-Urinary Medicine) clinic is in the Churchill Hospital along Old Road. There are also several clinics including in East Oxford which may be more convenient. More details are available at <https://www.sexualhealthoxfordshire.nhs.uk/>.

Contraception is available free from the doctors or at the Churchill Hospital. A condom machine is located at the bottom of Staircase 6. Limited emergency supplies will be kept in the MCR washroom. There are more locations that will provide free condoms to those under the age of 25 in Oxford. You will need to have a C-Card, more details are at . Lastly, the MCR has an emergency contraception scheme available in which members can bring the receipt for any related items to the welfare reps in strict confidence. The welfare reps will process the reimbursement on the member's behalf confidentially. <https://www.sexualhealthoxfordshire.nhs.uk/condoms/>. Lastly, the MCR has an emergency contraception scheme available in which members can bring the receipt for any related items to the welfare reps in strict confidence. The welfare reps will process the reimbursement on the member's behalf confidentially.

While it's possible to go see an NHS (i.e. free) physiotherapist, the waiting times are generally very long for this, and most people see private physios. There are a number of these in Oxford, so if you ask around you can probably find a good one.

## Mental Health and Welfare

The University offers free and confidential counselling to students, regardless of what kind of concerns you may have. However, it should be noted that it might take a while to get an appointment, so it is best to book early. <http://www.ox.ac.uk/students/welfare/counselling>

This is not an emergency service, so it can be difficult to get an urgent appointment. If you feel you need emergency counselling, you can get in touch with:

- (a) **Samaritans** – call 08457 90 90 90, or email [jo@samaritans.org](mailto:jo@samaritans.org). They are located just around the corner from Exeter House at 60 Magdalen Road and offer free, non-judgmental support to people who are suffering from distress, whether by phone, email, or in person (<http://www.samaritans.org/how-we-can-help-you/contact-us>),
- (b) **Nightline** – call 01865 270 270. Nightline is a confidential listening, support and information service run by students for students, operating between 8pm and 8am every night from 0th week to 9th week. You can call them (or drop into their office at 16 Wellington Square); they can call you back and you can talk about anything that might be bothering you.

The **Student Advice Service** is a confidential listening and advice service and aims to provide a space for students to talk over their worries in confidence, and to offer advice on a range of issues that students might encounter during their time at Oxford. Members of the service can provide you both with practical advice as well as with support for personal issues. The advisers are all experienced in dealing with students and are committed to helping you in a supportive environment. The Service runs during office hours and you can either drop into Oxford SU at Thomas Hull House on New Inn Hall Street (although you might have to wait for the appropriate member of the service to be free) or make an appointment by calling Oxford SU on /1 or by emailing [advice@ousu.org](mailto:advice@ousu.org).

## College Welfare Resources

Welfare is Oxford's term for the various support structures in place that serve to deal with students' problems, whatever these may be. If you are having a problem and would like someone to talk to in College, you can speak to any of the following individuals:

**MCR Graduate Welfare Officers:** The MCR Graduate Welfare Officers represent and deal with the general concerns of all members of the graduate community in the areas of welfare, personal security, accommodation and academic needs. They can be contacted by email at [welfare@exetermcr.org.uk](mailto:welfare@exetermcr.org.uk). You can also contact the Equalities Officer ([equalities@exetermcr.org.uk](mailto:equalities@exetermcr.org.uk)) if you have any concerns about issues related to sexuality, religion, nationality, student parenthood, or if you perceive discrimination within College or Oxford.

**Tutor for Graduates:** The Senior Tutor (Dr Chris Ballinger) is the College's Tutor for Graduates. He is responsible for the academic and personal welfare of graduate students in the college, and he can be contacted at [senior.tutor@exeter.ox.ac.uk](mailto:senior.tutor@exeter.ox.ac.uk). His College room is high above the Porters' Lodge on Staircase 1, so it's always best to book a meeting, if you need one, rather than to risk a fruitless climb! Dr Ballinger is happy to see any graduate student who wishes to consult him.

You will also be assigned a College Adviser, who will be a Fellow (senior academic professor) of the College who is working in a similar academic area to you, and to whom you can direct any academic or other issues.

**Welfare Officer/College Nurse:** The Welfare Officer (Helen Thornton, [welfare.officer@exeter.ox.ac.uk](mailto:welfare.officer@exeter.ox.ac.uk)) undertakes, along with the Chaplain, Junior Deans, and other members of the Welfare Team, the college's welfare provision for students and promotes wellbeing in the college. They are available as a first point of support, information, sign posting, referral and guidance to undergraduate and graduate students.

**Welfare Lead / Chaplain:** The College Welfare Lead and Chaplain (Andrew Allen, [chaplain@exeter.ox.ac.uk](mailto:chaplain@exeter.ox.ac.uk)) offers counsel and pastoral support to all members of Exeter College, regardless of their religious beliefs. The Freshers' Fair will also include representatives from the different spiritual communities at Oxford.

**Junior Deans:** The Junior Deans (Sandra Adele, Brittany Johnson, and Anjali Rawat) are part of the college's welfare and disciplinary framework. They work with the Welfare Team to ensure that students have access to the support they need. The Junior Deans are available to provide a listening ear and guidance. You can make an appointment with them via email, or in urgent situations, you can contact the college lodge to reach them by phone.

Emails: [juniordean.turl@exeter.ox.ac.uk](mailto:juniordean.turl@exeter.ox.ac.uk), [juniordean.iffley@exeter.ox.ac.uk](mailto:juniordean.iffley@exeter.ox.ac.uk), [juniordean.sandra@exeter.ox.ac.uk](mailto:juniordean.sandra@exeter.ox.ac.uk)

**Peer Support:** The list of peer supporters is available on various notice boards around college. Other welfare resources are available on the Oxford Health and Welfare site (<http://www.ox.ac.uk/students/welfare>) and Oxford SU's Life and Welfare page (<https://www.oxfordsu.org/wellbeing/student-advice/wellbeing-health/>). Another resource worth keeping in mind is the Oxford SU Mind Your Head Campaign (<https://www.oxfordsu.org/myh/>)

**Welfare Tea:** The Welfare Officers usually hold a Tea and Cakes event every Friday in the MCR or Fellows' Garden, around 5 pm. All members of the MCR are invited. There is ample cake, tea, coffee, cheese, fruit, etc. This is a good opportunity to catch up with people (or make new friends) and chill out at the end of the week.



*An afternoon of Welfare tea*

**College Cat:** Walter, the college cat, can usually be found on his scratching post in the Porters' Lodge at Turl Street (when he is not tormenting birds in the Fellows' Garden). He is keen on a cuddle and belly

scratch so be sure to say hello!



*Walter*

# Financial Information

## Financial aid

There is a lot of financial aid available from various sources, and announcements for scholarship applications are frequently circulated on the mailing lists. The University Prospective Student pages have a number of resources on them, as do the college funding pages. Here, we draw your attention to three types of college-based funding.

## Graduate Scholarships

The College offers various scholarships. Special attention should be drawn to the Amelia Jackson Senior Studentships, which are available to current or former members of the College. The maximum value of a Studentship is: Course Fees (up to the “Home/EU” rate) plus a maintenance stipend up to the current Research Councils UK National Minimum Doctoral Stipend. These Studentships are awarded for one academic year in the first instance. Sometimes smaller grants are given to ensure as many graduate students as possible are helped. Usually, two to three awards are granted each year. It is advertised early in Hilary Term: keep an eye out for it.

## Grants

The College makes grants called Academic Grants to enable graduate students to travel to conferences related to their research. More information is available on the College website: <https://www.exeter.ox.ac.uk/students/financial-support/grants-for-graduate-students/>

There are also research grants available for Graduate Students (standard Academic Grants, available to all; Additional Research Grants for DPhil students): details can be found in the Green Guide.

## Hardship grants

It is a condition of admission that graduate students can demonstrate that they are able to meet the full expenses of their intended course; although there is some time to do paid work, there is very little on offer, and no one can expect to have time to “work their way through college” as a graduate student at Oxford, especially as the vacations are for academic work, not for paid employment. In special cases the College can also offer grants and loans to alleviate genuinely unforeseen/unforeseeable financial hardship. Further information can be found on the Exeter College Website: <https://www.exeter.ox.ac.uk/students/financial-support/financial-aid/>. The University also has limited hardship funding awarded on a similar basis: <https://www.ox.ac.uk/students/fees-funding/assistance/hardship/uhf>.

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## Events

### Graduation

Students (apart from trainee medical doctors) are not told a specific date on which they will graduate; rather, they need to book a preferred date (which must be after their results have been confirmed!). In the past it was quite difficult to get a date for a degree ceremony unless you booked well in advance, but a new system has made booking easier. Taught course students will, in the November of the last academic year of their course, receive an invitation to book a date for their graduation. They will then be able to book a date on which they would like to graduate, so that they (and their families) can plan ahead. Research students cannot plan quite so precisely when their degree will be complete, so they will receive a booking invitation once they have “leave to supplicate”, which is the confirmation that they have passed their degree course.



### Social Events in the MCR

Throughout the academic year, the MCR social secretaries will host a variety of events. These come in the form of dinners, BOPs, drinks receptions, exchanges, brunches, punting, sports days, theatre trips and other days out. A term card of events will be sent out at the beginning of each term summarising the upcoming events and details on how/when to sign up. There will also be a link so you can connect the social calendar to your phone and never miss an event! If you have any questions, please don't hesitate to get in contact with the Social Secretaries. Some of the more common events are summarised below:

#### Exchange Dinners/Wine and Cheese

These are held four times a term, twice at another college and twice hosting them in return here at Exeter. The format is similar at most Colleges; you arrive before dinner for welcome drinks followed by dinner in Hall. Afterwards there is the offer of port and chocolates in the respective MCR and a chance to continue dinner conversations. These are a great opportunity to get to know graduates outside of your college as well as meeting new people within your own MCR.

If you are attending the away leg, you are expected to attend the home leg at Exeter. The social secretaries will be in touch regarding the term's destinations and instructions on how to sign up. Home legs are also a fantastic occasion to bring guests to Exeter! The price is the same as a regular formal hall, but with free wine/champagne/port, and after dinner chocolates provided by the MCR.

We also do Wine and Cheese exchanges where we take it in turns to host and visit another college. However, instead of dinner we have, you guessed it, wine and cheese. These are really fun social events and give everyone a chance to get to know their own MCR and the other college.



*A delightful array*

### **BOPs (Big Open Parties)**

It is time to don your costumes as we head to the Undercroft Bar, turn up the music and offer reasonably priced drinks. These take place twice a term in Michaelmas and Hilary and offer a safe space to let your hair down. Costumes are highly recommended, and sometimes even incur prizes for the best dressed. Previous bop themes include: The Wonders of The Internet, Swinging 60s, Around the World and more!

If you want to see more of the things we've done in college check out the MCR Instagram <https://www.instagram.com/exetercollegemcr/>.



*Some snaps from MCR events over the past couple of years.*

## Recommendations by the MCR

### Cafes

Oxford is a haven for coffee-lovers. There are outlets aplenty to cater to all tastes in equal measure. Here are a few cafes that we particularly enjoy:

**Vault and Gardens Café:** The V&G at the University Church is definitely one for the to-do list. Though exceptionally cosy (for ‘cosy’ read ‘frequently busy with tourists, not much leg-room and often necessitating alarmingly close proximity to strangers whilst imbibing’) it more than compensates with its scrumptious food and drink offerings and impressively Oxfordian ambience. To miss out on their cream tea would almost be rude.

**G&D’s:** An Oxford-grown enterprise, G&D’s is as popular with ice-cream lovers as it is with students who enjoy working there. They serve up a variety of bagels, ice creams, and coffees, and have several locations throughout the city. If you need peace and quiet, watch out – children love it as much as we do.

**The Missing Bean:** Less than a minute away from Exeter’s front door, the Missing Bean is widely considered to be home to the best coffee in Oxford. A great place to catch up with a friend or bring your computer to get a bit of work done on that dastardly thesis of yours. There is also a small branch in the common room of the St. Cross Building (English and Law faculty) and their roastery is two minutes away from Exeter House, on Magdalen Road.



**Society Café:** Society Café is rightfully proud of its coffee and a great place to work (although plug sockets are lacking). Just round the corner from Exeter Main Site on St Michael's St, it also has lovely outdoor seating when the weather gets a bit sunnier.

**The Grand Café:** The Grand Café and the Queen’s Lane Coffee House across the street both vie for the title of oldest coffee-house in England. A little grander and more expensive, the Grand Café can be a fun place to hang out.

**Queen’s Lane Coffee House:** Popular amongst those looking for a decent lunch – students and tourists alike – QL Coffee House is central and old, dating back to 1654.

**The Art Café:** located opposite the Westgate shopping centre in town. It’s a snug little café which showcases the work of local artists and also serves up some very good cake. Pop in for tea or coffee and to admire the work. There’s seating upstairs or outside around to the right in the summer.

### Pubs and Restaurants

For a later-evening treat, Oxford is home to a host of watering holes and places to grab a bite, including both chains and independent establishments. Even the chains, however, have their own distinctive, individual atmospheres.

**Turf Tavern:** The Turf is a special favourite of Oxford students, whether for a casual drink with friends, an afternoon tippie in the sunshine, or a thoroughly satisfying pub meal far superior to your standard chain-pub fare. This is one of the oldest pubs in Oxford, and advertises its various claims to fame on chalkboards dotted around.

**The White Horse:** What could be better than a pub underneath a huge bookshop? The White Horse is a typical cute, dark, woody English pub, and is conveniently located on Broad Street, right near Exeter.

**Kings Arms:** The KA never fails to be teeming with students at any time of day, and has a variety of beers on tap.

**Magdalen Arms:** Right next to Exeter House, the Magdalen Arms claims to be one of the best gastropubs in the UK. It's a slightly pricier location but has a lovely terrace, delicious food, and good drinks. Highly recommended as a place to go with visiting family.

**The Chester Arms:** Also near Exeter House but closer to the sports grounds, the Chester Arms serves up the steak platters you've been dreaming of. Order a platter for two or more and tuck in to the tenderest steak and delicious chunky chips. There's also a Mediterranean-style platter for the ol' vegetarians.

**Fir Tree:** Arguably one of the cutest pubs in Oxford, the Fir Tree is located on the corner of Iffley Road and Bullingdon Road. Woody with fairy lights and a jukebox, the Fir Tree is an excellent spot to unwind after a busy day.

**The Rusty Bicycle:** The Rusty Bike is also around the corner from Exeter House, and has delicious food and drinks, and a nice open, welcoming atmosphere. For vegetarians, we cannot recommend their portobello mushroom and halloumi burgers highly enough. This definitely has become the most popular location for a pint in the evening for those in Exeter House.

**The Trout and the Perch:** If you fancy a weekend walk or bike ride through Port Meadow, the **Trout** is an excellent destination. It is a historic riverside pub/restaurant, fully equipped its very own peacock, and was once a favourite of Tolkien and C.S. Lewis. If you don't feel like going as far as the Trout, though, the **Perch** is on the way in Binsey, and is also very quaint.

**The Bear:** The Bear claims to be the oldest pub in Oxford, and is famous for having the ends of neckties on its walls. Apparently students used to be able to trade their ties for a free pint. Unfortunately, they only accept money in payment for their drinks these days.

**Gardener's Arms:** Searching for good vegetarian food in Oxford? Look no further! This resto-pub specialises in delicious vegetarian food, and their burgers are to die for. Just make sure you go to the one on Plantation Road – there is, confusingly, another Gardener's Arms on North Parade. It also has a nice beer garden if you don't quite fancy the trek out to the Perch. You'll soon find out that the city center is very cramped and beer gardens are hard to come by!

**The Lamb and Flag:** A literary pub famously frequented by J. R. R. Tolkien (check out the Elvish welcome above the front door). The Lamb and Flag is cosy and all profits go towards funding DPhil students at St. Johns' College (this also means the drinks are cheaper!)

**Yeti:** If you're looking for Nepali food, Yeti is an excellent bet. The food never fails to impress, and the owners are friendly. They also deliver.

**Mario's Pizzeria:** Without a doubt, Mario's is Oxford's best pizzeria. It has a great selection, a wonderful atmosphere, and we defy you to walk past without salivating.

**The White Rabbit:** A small pub near Gloucester Green which serves up delicious pizzas. As they say themselves: "Pizza and a pint is what we believe in". It's also undoubtedly the best gluten-free pizza in town.

**Za'atar Bake:** Offering up Middle Eastern fare on Cowley Road, this place is great regardless if you feel like sharing a bunch of mezze platters or whether you're just stopping in to pick up a lunch wrap.

## **What we wish we'd known before coming to Oxford**

“I wish I had known that we had wi-fi via Eduroam; for the first few days here I didn't have access to the Internet, which meant I missed out on lots of "getting to know you" events arranged on Facebook.”  
- Edward Button

“I wish I had known that there was plenty of time for getting a cap & gown, that they aren't that expensive and you don't need the hood from your previous degree.”  
- Edward Button

“Membership of the Iffley Road Gym is much cheaper for members of Exeter's MCR.”  
- Edward Button

“Three is a great mobile network (although, like most networks, might not work terribly well at Exeter House). I got a 12-month SIM card that's incredibly cheap with lots of great perks! I pay 15/month for unlimited data and a huge amount of calls and texts. You can get even cheaper plans that limit the minutes and data plans and cost as little as 7 pounds/month. They also let you use your phone as normal in certain countries, which was awesome when I went back to the US!”  
-Danielle Bishop

“Dailyinfo.co.uk is a saving grace – it's an Oxford-based website that lists everything from restaurants to local concerts and people selling bicycles or offering tango classes. It's definitely one to bookmark.”  
- Emily Dolmans

“Facebook is still heavily used in Oxford, especially for announcing and RSVPing to events, student groups (housing, societies, etc) or just the market place for second hand items (there are local groups for student sales, bikes and much more).”  
- Kevin Yuan

## FAQ

### **What do I do if I've lost my Bod card or Keys?**

If you lose your Bod card and are unable to access your building or room, you can contact the College Lodge (01865 279600). They can let you in (they have remote control of the electronic gate and doors), and can also give you a temporary card, issued from the Lodge until you can get a replacement.

To get a replacement Bod card, you need to email the Academic Office to explain why you need a new one. Your replacement card will be sent to the Academic Office for you to collect. Lost Bod cards cost £15 to replace, which you have to pay at the University's online store. If your Bod card is irreparably damaged, or stolen, then there is no replacement fee.

See: <http://www.admin.ox.ac.uk/estates/ourservices/fm/card/lost/>

If you lose your Exeter House room key, you will need to contact Jim Dobson (01865 245472) who is available on weekdays during office hours. Out of hours, contact the Junior Dean at Exeter House, or the College Lodge (01865 279600), in order to be given a temporary key. Replacement keys can be obtained at a cost of £50.

### **How do I get forms signed by College?**

From time to time, you will need to get a form signed by College. If you need a form signed by the "Tutor for Graduates" (who in Exeter College is also known as the Senior Tutor), then hand it to the Porters' Lodge or the Academic Office, *FAO* the Academic Office, with a short cover note explaining what you want done, and to whom the form should be sent next (i.e. returned to you, sent to someone else for signing, etc.). These forms will include things like: Transfer of Status, Confirmation of Status, Appointment of Examiners. Forms are usually signed and returned quite quickly; but it's best not to leave things to the last minute to get signatures!

If you need a form signed by someone else on behalf of College, then drop it in at the Porters' Lodge for them, or contact them in advance if you have a query. If you are not sure who needs to sign something, please drop it into the Academic Office to seek help.

## Contact Information

### MCR Committee:

- Freshers' Representatives: Maya Hollander and Roland Chen, [freshers-representatives@exetermcr.org.uk](mailto:freshers-representatives@exetermcr.org.uk)
- President: Rea Tresa, [president@exetermcr.org.uk](mailto:president@exetermcr.org.uk)
- Vice President: [vice-president@exetermcr.org.uk](mailto:vice-president@exetermcr.org.uk)
- Treasurer: David Rytz, [treasurers@exetermcr.org.uk](mailto:treasurers@exetermcr.org.uk)
- Welfare Officers: Emma Semaan, Jennifer Gong, [welfare@exetermcr.org.uk](mailto:welfare@exetermcr.org.uk)
- Social Secretaries: Emily Print, Emma Prevot, [social@exetermcr.org.uk](mailto:social@exetermcr.org.uk)
- Racial Equalities Representative: David Salmon [racial-equalities@exetermcr.org.uk](mailto:racial-equalities@exetermcr.org.uk)
- Sexuality and Gender Equalities Officer: [sexuality-gender-equalities@exetermcr.org.uk](mailto:sexuality-gender-equalities@exetermcr.org.uk)
- Environment and Ethics Officer: Matthias Brickel, [environmental@exetermcr.org.uk](mailto:environmental@exetermcr.org.uk)
- IT Officer: Broncio Aguilar-Sanjuan, [it@exetermcr.org.uk](mailto:it@exetermcr.org.uk)
- Sports Representative: Thales Zanetti Ferreira, [sports@exetermcr.org.uk](mailto:sports@exetermcr.org.uk)
- Library Representative: [library@exetermcr.org.uk](mailto:library@exetermcr.org.uk)
- Domestic Officer: [domestic@exetermcr.org.uk](mailto:domestic@exetermcr.org.uk)
- Oxford Student Union Representative: [ousu@exetermcr.org.uk](mailto:ousu@exetermcr.org.uk)
- Exeter House President: [exeter-house-president@exetermcr.org.uk](mailto:exeter-house-president@exetermcr.org.uk)
- College Events Officer: [college-events@exetermcr.org.uk](mailto:college-events@exetermcr.org.uk)
- Communications Officer: Jumana Baghabrah, [communications@exetermcr.org.uk](mailto:communications@exetermcr.org.uk)

### College:

- Academic Office (for general enquiries): [academic.office@exeter.ox.ac.uk](mailto:academic.office@exeter.ox.ac.uk)
- Admissions Office: [admissions@exeter.ox.ac.uk](mailto:admissions@exeter.ox.ac.uk)
- Senior Tutor/Tutor for Graduates: Dr Chris Ballinger, [senior.tutor@exeter.ox.ac.uk](mailto:senior.tutor@exeter.ox.ac.uk)

- Accommodation: [accommodation@exeter.ox.ac.uk](mailto:accommodation@exeter.ox.ac.uk)
- IT Office: [it-help@exeter.ox.ac.uk](mailto:it-help@exeter.ox.ac.uk)

Exeter College Address:

**Exeter College,  
Turl Street,  
Oxford OX1 3DP**

Exeter House Address:

**Exeter House,  
235–239 Iffley Road,  
Oxford OX4 1SQ**

## Glossary

**Battels:** The termly bill that students pay to College. The main item is rent (if you live in college accommodation), but other items could be the catering charge, printing charges, library overdue fines, sports levies, etc.

**Bod Card:** Your University card, library card, payment method in Hall, and access pass to Exeter House, the College, MCR, and a bunch of other university buildings. Please try not to lose it, but when you do (you will), you can get a new one for £15.

**Bodleian:** The University's libraries. Often referred to as The Bod. Has a lot of books.

**BOP:** A term used to denote the parties thrown by the MCR, JCR, or other Colleges. Generally these involve costumes. Often there are prizes for the best costume.

**Carfax:** The crossroads of St. Aldates, Cornmarket, High Street, and Queen Street. Ostensibly the centre of Oxford.

**Cherwell:** One of Oxford's rivers. Also a student paper. Pronounced Char-well by most, because almost everything in Oxford is counterintuitive.

**Come Up, Go Down, Be Sent Down:** Oxfordisms meaning to arrive at Oxford, go home, and be sent away, respectively. These terms defy geography; even if you're from Edinburgh, you get to Come Up in October.

**Fellows:** The trustees of the College.

**Green Guide:** A handbook available from the college website that covers everything college deems useful to you. Found here: <https://www.exeter.ox.ac.uk/students/the-red-book-and-the-green-guide-2/>

**Hilary:** The second term of the year, running from January to March.

**Isis:** Another river running through Oxford. It is a name for the Thames as it flows through Oxford.

**JCR:** Junior Common Room, refers both to the actual room, and to the undergraduate student body.

**Magdalen:** Whether you're talking about the college, the bridge or the road, it's pronounced 'maud-alin'.

**Matriculation:** Oxford's initiation ceremony, in which you become a member of the university officially. Beware: contains lots of Latin. Wear subfusc and academic dress.

**MCR:** Middle Common Room, refers both to the actual room, and to the graduate student body.

**Michaelmas:** Oxford's first term, which generally runs from October to December.

**Pidge:** Otherwise known as a pigeon-hole, this is where you'll get your mail in College. Pidges are in the College Lodge and are arranged alphabetically by surname.

**Quad:** Quadrangle; the very inviting squarish area of grass found in many colleges. Desecrating the grass by walking across it is punishable by ~~death~~ a fine.

**Red Book:** Exeter's official student handbook. Contains a lot of information you'll probably never need, but is handy to have. It has a lot of useful contact information, rules, financial information – stuff that we haven't included in this guide, but is nevertheless valuable. Found here: <https://www.exeter.ox.ac.uk/students/the-red-book-and-the-green-guide-2/>

**Rustication:** A quaint Oxfordism that refers to being forcibly compelled to take time off from your studies for academic or disciplinary reasons.

**Scouts:** A lovely group of people who make the kitchens at EH and the MCR sparkly and suitable for habitation. They are invaluable.

**SCR:** Senior Common Room, refers both to the actual room, and to the body of College Fellows and other College officials. It is also off-limits to students, except on special occasions.

**Subfusc clothing:** Oxford's official 'uniform', which you will wear to Matriculation, Graduation, and Formal Examinations. For further information on Subfusc see page 12.

**Tabs:** A less-than-kind way of referring to our friends over at 'The Other Place' (i.e. Cambridge)

**Torpids:** A multi-day rowing race that takes place in Hilary Term. Inevitably cold and rainy.

**Trashing:** Mostly an undergraduate tradition, whereby students throw buckets of water on their "friends" when they finish their exams.

**Trinity:** The 'Summer' term at Oxford. You will be tempted to have picnics, go punting, and drink lots of Pimms, all the while having the mounting pressure of exams and theses.

**UCB:** Undercroft bar, is quite literally under the hall and where we spend most Friday nights. The college bars are by far cheaper than any of the pubs in town.

**UPay:** The finance system linked to your BOD card. You can add money to your account and use your BOD card to purchase meals and drinks in the bar in College. You can arrange this to automatically top up your card, top up online or with cash at the Porter's Lodge.

**Viva:** An oral examination on a Masters or DPhil thesis. The last step to becoming a Doctor. A source of both terror and excitement.

**We hope you have an amazing time at Oxford!**



Feel free to contact us if you have any questions during or after the Freshers' Week, we are more than happy to help you!

All the best,  
Maya and Roland



Talk to us



Volunteer

# Nightline: Here to Listen

## 🌙 Listening Service

For those moments when you need to talk, we are always here to listen.

## 🌙 Get Home Safe

Heading back late? Call us and have someone to chat with until you're safely indoors.

## 🌙 Always Confidential

Your stories, feelings, and concerns are safe with us. Everything stays between us.

## 🌙 Connect with Us

Reach out by phone or instant message, **every night of term from 8pm to 8am.**

## Volunteer with Nightline

Want to make a difference? Sign up to train! We offer comprehensive training to help you become a listening volunteer. Find out more and sign up on our website!

☎ 01865 270 270

💬 [oxford.nightline.ac.uk](https://oxford.nightline.ac.uk)