



# PEMBROKE COLLEGE FRESHERS' GUIDE

2026-2027



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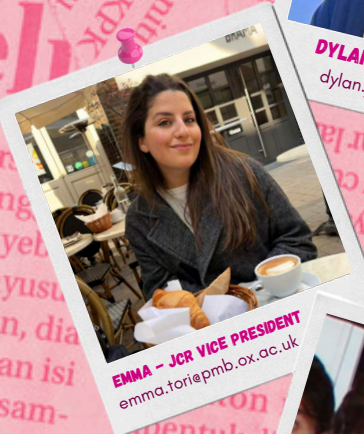


# WELCOME TO PEMBROKE

Firstly, congratulations! You have already made it this far, and before you know it, you will be officially joining Pembroke, a wonderfully friendly community where you will spend the next formative years of your life, whether it's for a year or the entirety of your undergraduate degree.



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As the JCR Committee, we are here to make your transition to university as smooth and enjoyable as possible, and we want you to know that is completely normal to be feeling a mix of nerves and excitement at this moment in time. Having been freshers new to Pembroke just a year ago ourselves, we can confidently say that your time here will be some of the best years of your life, filled with new experiences and exciting opportunities. It may not seem like this at first for some, as it may take a little time to settle in, but remember that Pembroke has great support and welfare systems in place if you ever need them.

This guide is therefore designed to ease your nerves and answer any questions or concerns you might have about Freshers' week, or life at Pembroke in general. For example, you may be wondering who these three people are! Dylan, Emma and Dan are part of the JCR Executive Committee, and these three faces will be a very important part of your time at Pembroke. They are part of the team that have worked enormously hard to plan Freshers' week, and very much represent the JCR Committee. You may also be wondering why this guide is so overwhelmingly pink...that is because pink is our college colour, and our mascot is the Pink Panther!





# HOW TO USE THIS GUIDE

This guide is designed to introduce you to the wonderful community that is Pembroke, give you practical information about moving in, answer any questions you may have, and most importantly make you feel excited about joining us in October!

This document should hopefully serve as a comprehensive guide to being a fresher at Pembroke. Fair warning – this guide will have a lot of information, so feel free to read it at your own pace! It contains a range of content, such as:

- Before arriving: important links and information that you should become familiar with before you arrive
- Arriving at college: details about moving in and Freshers' week
- Settling in at Pembroke: academic and college life
- Practical advice on living in college: about finances, IT, laundry and meals
- Exploring Oxford: clubs, shopping and traditions
- General information: answering some FAQs



Traditionally, the Freshers' Guide included lots of information about the current members of the JCR and their roles around college, but this year we have decided to create two guides: the one that you are reading right now which is specifically about being a fresher at Pembroke with all the key information, and another one all about the JCR Committee and their roles!

We hope that this change will not only encourage incoming students to actually read the Freshers' Guide, since we have done our best to streamline the most important information, but also allow the JCR Committee Guide to be more accessible for all undergraduates at Pembroke, as every student will hopefully be able to refer back to it to find the relevant rep if they have a specific query.





# THE JCR COMMITTEE

The term JCR has already been mentioned quite a bit throughout this guide, so before continuing, it is important to clarify what the JCR is, and who the relevant reps are, to aid with using the JCR Committee Guide.



## WHAT IS THE JCR?

JCR stands for Junior Common Room, and it is both a physical space in college to hang out (as circled), as well as referring to the undergraduate body. When you join Pembroke, you become a member of the JCR and have access to all JCR events and support.

Every college has a JCR, which acts almost like a mini student union within each one. Oxford also has a wider student union, which works on a uni-wide scale, and is often referred to as the "SU".

## MCR & SCR

The JCR isn't the only common room in college – there's the MCR and SCR too!

- MCR (Middle Common Room) – for masters and doctorate students.
- SCR (Senior Common Room) – for tutors, professors and research fellows.



## THE COMMITTEE

The Committee is an elected body of student representatives in charge of organising events and initiatives for the undergraduate student body as well as representing them to the college as a whole. Each student representative has direct lines of contact with the relevant member(s) of college staff corresponding to their role, and they also sit on the relevant college meeting boards to make sure the JCR is heard. The JCR Executive Committee chair open meetings for the entire JCR every two weeks where different motions are put forward, discussed and passed – and there is always free pizza! Not all the positions have been filled yet so you will be able to 'hust' for certain positions in Michaelmas – see the JCR Committee Guide for the vacant roles!



# THE JCR COMMITTEE

The JCR Committee for 2026-2027 is listed below. To find out more about each member of the JCR Committee, please see their detailed biographies in the JCR Committee Guide.

|                                     |                                                             |
|-------------------------------------|-------------------------------------------------------------|
| <b>President</b>                    | Dylan Jones                                                 |
| <b>Vice-President</b>               | Emma Tori                                                   |
| <b>Secretary</b>                    | Memunat Agaba                                               |
| <b>Treasurers</b>                   | Radha Gupta & Eoghan Tucker                                 |
| <b>Freshers' President</b>          | Dan Cooper                                                  |
| <b>Wellbeing Reps</b>               | Joseph Glaser, Dina Graham,<br>Mollie Hutton & Amy Pagan    |
| <b>REM Rep</b>                      | Christie Marsland                                           |
| <b>Access &amp; Outreach Rep</b>    | Emi Booth                                                   |
| <b>LGBTQ+ Rep</b>                   | Marnie Frankel                                              |
| <b>Gender Equalities Rep</b>        | Toni Geldard                                                |
| <b>Communications Rep</b>           | Raffi O'Callaghan                                           |
| <b>Academic Rep</b>                 | James Shearer                                               |
| <b>Charities Rep</b>                | Louise Riley                                                |
| <b>Food &amp; Accommodation Rep</b> | Harkirat Malholtra                                          |
| <b>Environment Rep</b>              | Seth Greenwood                                              |
| <b>Biodiversity Rep</b>             | Seb Cooksey                                                 |
| <b>Art Rep</b>                      | Gabrielle Batenga                                           |
| <b>Music Reps</b>                   | Thomas Jackson & Joel Rajabelly                             |
| <b>Drama Rep</b>                    | Charlie Traynor                                             |
| <b>Sports Reps</b>                  | Sophie Bailey & George Metcalfe                             |
| <b>Entz Reps</b>                    | Greta Barbieri, Izzy Bennett,<br>Oskar Doepke & Bez Tessema |
| <b>Student Union Rep</b>            | Harry Morgan                                                |
| <b>Stash Rep</b>                    | Kiitan Ogunfowora                                           |
| <b>GAB &amp; Living Out Rep</b>     | Stanley Westgate                                            |
| <b>Trans Rep</b>                    | Charlie Traynor                                             |
| <b>IT Rep</b>                       | Shikhar Gupta                                               |
| <b>Wine Rep</b>                     | Joseph Zhang                                                |



# KEY POINTS AND LINKS

Before you arrive at Pembroke, or even before you start preparing to make your way here, it is important to make sure you have access to certain links, as well as already registering at the GP and joining group chats.

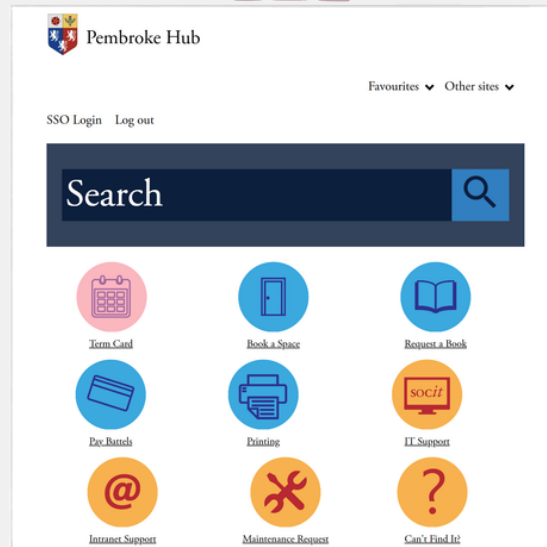
## PEMBROKE HUB

You will have hopefully already received a link to access the Pembroke Hub, and most importantly the Freshers' information. Please read it carefully as it contains lots of practical information about your arrival.

Once you have your Oxford SSO (Single Sign On) in mid-September, feel free to make yourself familiar with the Pembroke Hub as a whole. You will find it contains many useful links to things such as:

- Term cards
- Printing
- Welfare
- IT support
- Food Menus for Hall
- Maintenance Requests

Don't worry about getting to grips with all these things now – just knowing that the Pembroke Hub is where you can find these things is helpful to know early on!



## FRESHERS' 2026 PAGE ON THE PEMBROKE HUB



## KEEPING UP TO DATE

Make sure to also join the Freshers' WhatsApp Chat where lots of information and updates will be posted throughout the year. Likewise, please follow the Pembroke JCR Instagram, which will have lots of information as well as top tips and introduction content in the run up to your arrival! We will also be uploading the weekly event cards to the Pembroke JCR website, so feel free to check that out too from time to time.

## COLLEGE GP

It is highly recommended that you register with the College GP, the process of doing which is accessible through the Freshers' information pages on the Pembroke Hub. It is not too long a process and it is much better to do it now, rather than when you are ill and really need it! You will also have an online Q&A session with the College GP in Freshers' week if you have any questions.



**FRESHERS' GROUP CHAT  
ON WHATSAPP**



**PEMBROKE JCR  
INSTAGRAM**



# PACKING LIST

*A few pointers to help with packing before you arrive. Keep in mind this is not an exhaustive list, but a few ideas and important reminders.*

## ADMIN

*Important documents that you may need*

- ID
- Bank card and bank details
- Student Loan paperwork
- NI number
- NHS number

## CLOTHES

*A list of specific items you may not have thought to bring*

- Flip flops for shared showers
- Warm clothes, such as a big coat – you may want to invest in a college puffer whilst you are here, but this may not arrive until well into Michaelmas term
- At least one item of formal wear for formals, e.g. a dress or suit, and formal shoes
- Party clothes – Pembroke has parties known as BOPs three to four times a term, each with its own theme. Bring clothes you can rework to fit a theme, as this can be cheaper and better for the environment!

## KITCHEN

*Hall provides 3 meals a day each weekday, as well as Sunday dinner, whilst Farthings Café is open every day of the week for breakfast, lunch and snacks. However, you may want to bring some crockery for cooking, especially for Saturday night meals.*

*Cooking facilities are slightly limited in North Quad (where freshers live) and each kitchen has different apparatuses. In general, every kitchen has a fridge, a freezer, a kettle and a microwave, however most kitchens do not have hobs. Therefore, this list is a suggestion of what you can bring, but keep in mind this may not all be relevant.*

## GENERAL

- Towels
- Bedding set – the Accommodation Team will be in contact about purchasing a bedding set from college if you want to
- Cleaning items, such as sprays, cloths and washing-up liquid – once a week, scouts thoroughly clean shared spaces and ensuite bathrooms, and also Hoover your room
- Collapsible clothes airer and portable laundry basket
- Laundry pods, colour collectors and stain remover (if you're clumsy!)
- Speaker
- Umbrella
- Doorstop
- Toiletries, including a first aid kit and essential medication – be prepared for Freshers' flu!
- Bike – although we are lucky in that Pembroke is quite centrally located, and most places are within walking distance
- Stationery
- Room decorations – each room has a pinboard, so you may want to bring photos, posters and pins, as well as fairy lights, but candles are prohibited as they can be a fire hazard
- Kettle
- Tupperware and reusable straws
- Bottle / tin opener
- Utensils, plates, mugs and glasses
- A pot and a pan
- Mini fridges only allowed for storing of medication and under the approval of the Accommodation manager, Zsolt Sandor ([zsolt.sandor@pmb.ox.ac.uk](mailto:zsolt.sandor@pmb.ox.ac.uk))



# ROOM TYPES

What to expect before you arrive – from moving in, to what the rest of Freshers' Week will look like.

Before you arrive at Pembroke, you will have already submitted a form ranking the five different types of rooms available at college. In order to aid your packing once you find out the accommodation you will have in first year, we have decided to include pictures of at least one room in each staircase in this year's Freshers' Guide. Keep in mind that not all of the rooms in each staircase are exactly identical, as you can see below, but this will hopefully give you a better idea of how much space you will have.



**STAIRCASE 11**



**THE MAC**



**STAIRCASE 9 & 10**



**STAIRCASE 13**



# ROOM TYPES

What to expect before you arrive – from moving in, to what the rest of Freshers' Week will look like.



**STAIRCASE 14**



**STAIRCASE 15**



**STAIRCASE 17**



**STAIRCASE 18**



# FRESHERS' WEEK

What to expect before you arrive - from moving in, to what the rest of Freshers' Week will look like.

## MOVING IN

When you arrive at college, you will be greeted by members of the JCR who will direct you to your room, and also assist you with moving in by helping you carry your bags there.

Once you have unpacked, your Freshers' Week will begin!

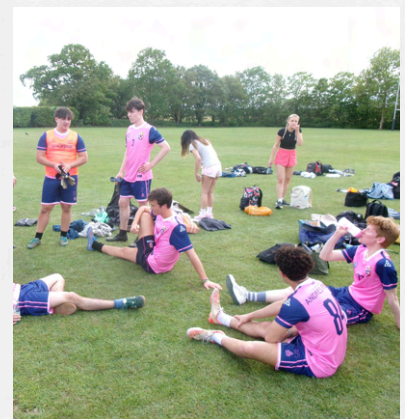
## OVERVIEW OF THE WEEK

The purpose of Freshers' Week is to allow you all to meet each other and get to know college, and so the events organised by the wonderful JCR aim to do just that.

In terms of introducing you to college and the university as a whole, there will be a college orientation programme a few days after moving in where you officially register at Pembroke, and collect your student ID (known as a Bod Card). There will also be lots of talks and workshops that you must attend on topics such as consent and study skills. You will meet your tutors and subject reps, who will give a summary of your year academically, and also answer any questions you may have about the first year of your course. There will also be the opportunity to visit the college freshers' fair, which will mainly introduce you to college clubs, as well as the university freshers' fair, which will allow you to explore nearly every society in Oxford.

On the other hand, there will also be plenty of social activities to allow you to get to know each other. For example, there will be sports taster sessions, formal dinners, welfare activities, and even a silent disco! There will also be a college club night to help you learn how to club safely. During the week, you will also get to meet your college families, which consists of your college parents, who are second years, at least one of which who will do your course, and will mainly check in with you throughout the year, and your college siblings, who will be other first years that you may not have had the opportunity to talk to yet. All of these events will be running at different times of the day, not just in the evenings or at night, so there will most definitely be something for everyone.

Most importantly, Freshers' Week is a unique opportunity to meet lots of new people without the pressure of work, so try to have fun!





# FRESHERS' WEEK

What to expect before you arrive – from moving in, to what the rest of Freshers' Week will look like.

## THE ROLE OF THE JCR

The JCR Committee will not only be there to help when you first arrive at Pembroke, but throughout the week, they'll be facilitating all the different events going on and can help you with any issues that may arise. There will be JCR helpers at all evening events as well as daytime ones, so you can go to them for help at any time. For example, clubbing events will always have JCR helpers and they are there to look out for you if needed. If in doubt, look out for Freshers' Helpers wearing Pembroke JCR T-Shirts during the week!



## EVENTS INFO

- Some events are compulsory, either all together as a year group or in smaller groups, so be sure to check the timetable for details on which events these are.
- The Freshers' group chat will be the main hub for finding out which events are on when, and where to sign up for events such as the club night.
- If any events are paid, such as punting, they'll be charged to your battels that you will pay at the start of Hilary term (i.e. the 2<sup>nd</sup> term)
- There are lots of social events going on during the week so that we can cater for everyone, but that doesn't mean you have to attend all of them!

## TOP TIPS

- Look after each other – you're all in the same boat!
- There is absolutely be no pressure to consume alcohol at ANY event even if it is an event where alcohol is served – the priority during all events is your safety.
- There will be Freshers' Helpers to walk you to and from most events – they are here to help you as you find your way around Oxford.
- In clubbing scenarios, the helpers will tell you where you can find them (usually near the exit) if you have any issues or want to chat. All the helpers will also have drink covers and alarms, so please ask them if you would like any.
- Any kind of misconduct from Pembroke students during any event will NOT be tolerated.





# FRESHERS' WEEK

What to expect before you arrive - from moving in, to what the rest of Freshers' Week will look like.

## SOME PIECES OF ADVICE

- Visit as many libraries as you can! You can get into any Department library with your Bod Card so you can find the ones you like best.
- Don't over-pack - you will likely have to move out every term and probably won't end up using a lot of your 'just-in-case' things.
- Actively seek out communities - don't limit yourself to the first friends you make! You can meet people in all different ways, for example in your accommodation, or your course-mates, as well as doing sports and societies, or at other college and wider university social events. Most importantly, don't worry if you feel like you haven't found your people straight away, it can take a little time but the community at Pembroke is always supportive and friendly.
- Don't be scared to ask for people's numbers, Instagram etc. - it is a really helpful way of making friends, especially during Freshers' Week.
- Don't try to do everything immediately - whilst it's a good time to attend taster sessions for different societies or sports, your degree is at least 3 years long, so don't make yourself feel overwhelmed by taking on too much in the very first term!
- Make use of the things available through the JCR - for example board games in the library, a piano, and of course the events put on by the committee reps!
- Get a card holder/lanyard for your Salto/Bod cards - bedrooms automatically lock behind you and it's super easy to forget them. You'll have to make a trip to the porter's lodge twice to get a spare then return it, so try not to leave it in your room.
- Create a timetable/calendar for your contact hours when you get them - you will be emailed tutorial/seminar times, and can find lecture lists on Canvas, usually the week before term starts.





# COLLEGE LIFE

Settling in at Pembroke – details about academic, college and wider university life



## COMMUNITY AT PEMBROKE

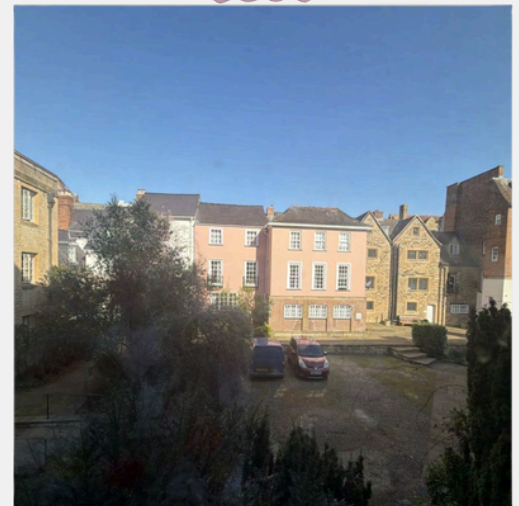
Having been lucky enough to be at Oxford's BEST college, we are excited to have you join the community.

The word community is one we want to stress. Pembroke has a reputation as one of the friendliest colleges and this can only be achieved if we all look out for each other. This also includes our wonderful staff who are as much a part of the Pembroke community as the students!

## ACCOMMODATION

As previously mentioned, all first year undergraduates and visiting students live across Chapel Quad and North Quad, which was an Old Oxford Street that was bought and converted into a quad. This essentially means that all the freshers live right next to each other which is a wonderful way to build friendships and community. To get a better look at Fresher Accommodation, please refer back to the Room Types pages that include pictures of accommodation options.

In later years, undergraduates can opt to live onsite, across multiple quads, or in college offsite accommodation, or even in private accommodation outside of college. Therefore, you should savour living only seconds away from your friends this year!



## COLLEGE FACILITIES

College will be a place where you live, eat, work and socialise for the next year and beyond and we are lucky that we have such wonderful facilities, such as:

- A lovely dining hall that is open most days for breakfast, lunch, and dinner, with formals three times a week
- A café serving coffee and food, that also doubles up as our college bar
- A library that is open 24/7 – this is not the case at many colleges and university-wide libraries!
- Excellent study spaces that can be booked for private or group study
- Beautiful quads and architecture overall





# COLLEGE LIFE

Settling in at Pembroke – details about academic, college and wider university life

## PLODGE

Plodge is the nickname for the Porter's Lodge, the main entrance of Pembroke, and the security and information hub of the college. Plodge is the place to go when you've misplaced your Salto card, need a study room, or have any immediate questions/concerns. If you ever find yourself in need of help in Oxford, particularly at night, you can go to any college's plodge around the city and the porters will provide assistance. Plodge is staffed 24/7, so you can go to them for help at any time.



## THE PORTERS

Generally split into the day and night porters, they will soon get to know your faces after you pass them every day when entering college. Make sure to say hello and get to know them! They do a lot to look after you and keep college safe, and are also very helpful!

## SALTO

Your Salto card will be given to you upon your arrival and it is the key to a multitude of things. These include your bedroom, the doors into college (which are typically closed on weekends and in the evenings), Pembroke library (Plib), and other rooms in college. However, to access other libraries in Oxford, you'll need your Bod card (which you'll get in Freshers' Week) – your Salto will only work for Pembroke's library.

## PIDGE

Your Pidge (pigeonhole) is in a room opposite Plodge, where you'll find post, event wristbands, or work from tutors. Any postal item which doesn't fit in your pidge will be put in the parcel room. You will be emailed about any packages that are waiting for you there, and the Porters have the fob to the room. Your address will be 'Pembroke College, St. Aldates, Oxford, OX1 1DW', and the nearest post office is on St. Aldates.



# ACADEMIC LIFE

*Settling in at Pembroke – details about academic, college and wider university life*

Oxford is (according to all credible sources) the best university in the world, and this does come with commitments and an expected standard of academic conduct. However, do not fear! Pembroke and Oxford as a whole are full of people who are here to help and guide you in your studies – **you're never by yourself.**

## ACADEMIC LIFE AT OXFORD

**Academic Rep: James (please see the Committee Guide for James' bio)**

It is true that the jump from A-Levels or equivalent education to university life is quite notable, but it is important to remember that you don't need to have everything figured out as soon as you arrive at Pembroke, and your tutors do not expect this of you. In fact, you have plenty of time to get comfortable studying at Pembroke, understand how much work is expected of you, and plan how you might best achieve that.

It is important to remember that being admitted in the first place is a sign that you can succeed at Oxford. The purpose of the admissions process was to verify that you have what it takes and that you are among the very best candidates. You can be incredibly proud of yourself for making it through such a process and meeting both criteria.



**JAMES**

james.shearer@pmb.ox.ac.uk

## ASKING FOR HELP

Most importantly however, you should never hesitate to ask for help, as working through struggles together is always far better than shouldering them alone. Everybody at Pembroke, and the wider university, wants to help you succeed, and there are many avenues available should you struggle with the workload:

- **Your tutors** – along with marking essays and problem sheets, the very purpose of a tutor is to help you when you are struggling, so they will always be happy to help you with any work that you are finding tough.
- **Your course-mates** – collaboration with others in your course is one of the most valuable avenues of support available due to the pool of shared experience and advice it unlocks from people in exactly the same situation as you.
- **Dr Dyedra Morrissey** – Pembroke's designated study skills tutor, who can offer advice on study skills, particularly those that are uniquely useful for university beyond high school, and offers many valuable workshops throughout the year on specific skills such as time management and essay writing.
- **Subject reps** – second years that represent a certain subject and can act as a communication link between undergraduates and tutors by gathering feedback.
- **Your Academic Rep**
- **Pembroke Academic Office** – similar to James, you can always drop them an email at [academic.office@pmb.ox.ac.uk](mailto:academic.office@pmb.ox.ac.uk) if you have a question.

You will have plenty of time to ease into academic (and general) life at university, especially in Michaelmas. Therefore, as your time at Oxford will inevitably be one of the most memorable periods of your life, work hard, but also enjoy yourself! It's also worth keeping a healthy work-life balance in mind; academics are not the only part of your experience at Oxford. Keep an eye out for social events, extracurricular activities, and other opportunities to unwind a little, as your work will be better for it!



# ACADEMIC LIFE

*Settling in at Pembroke – details about academic, college and wider university life*

## WHAT WORK WILL I GET?

At Oxford, your degree takes place at two levels: university level and college level.

At the university level, they handle your lectures and exams and coursework. You will be informed by email how to access all the resources you need, which are most likely hosted on Canvas or are located in a library. There will be an induction talk in Freshers' Week telling you everything you need to know about accessing any library resources, including those hosted on the SOLO web-service.

At the college level, your tutors will assign work and hold your tutorials, all of which you will be informed by via email directly from your tutors near the start of term. Tutorials at Oxford are one of its strongest advantages, with their small class sizes enabling some of the best academics in the world to focus on developing your understanding of your subject.

## WHERE CAN I STUDY?

Everybody discovers their own favourite study spots over time, and in Oxford you are certainly spoiled for choice, as it is a city built from libraries and cafes, each with their own perks and personalities.

Of course, you are always able to study in your room, but you will usually be more productive in an environment that your brain doesn't associate with rest and relaxation.

Within college, you have access to three main study spots:

- Pembroke Library (affectionately known as Plib) and the neighbouring Reading Room are located just off Old Quad and are open 24/7. Both of these spaces are usually very quiet, and perfect for lock-ins at any time of day or night.
- Farthings is the college café/bar, located in Rokos Quad, and is always busy and bustling with all your favourite members of the JCR. It has a slightly livelier atmosphere, and provides easy access to snacks, soft drinks, and most importantly coffee.
- Teaching rooms in college can sometimes be booked as study rooms, if they are not otherwise in use for teaching. They are located all around college, each with unique decor, and can be booked from the Porter's Lodge (also known as Plodge). They are ideal for group studying, and usually have large whiteboards.

Outside of college, there are so many study spots to explore, so try as many places as you can! On SOLO, you have access to the list of libraries that you have access to. Moreover, you could ask your college parents about their favourite coffee shops, and compare your own experience with your friends.

If you're really stuck, here are some recommendations from our very own Academic Rep, James:

- The Independent – right outside Pembroke's front door, with great yet expensive coffee
- Love Coffee – located on the High Street, with great coffee and great cakes
- The Radcliffe Camera (also known as The Radcam) – stereotypical Oxford library, but is sometimes hard to get a seat
- Taylor Institute Library – variety of rooms to explore, and most importantly next to Najar's (amazing wraps and paninis)

Hopefully this helps get you started!





# WELFARE

Settling in at Pembroke – details about academic, college and wider university life

## WELFARE OVERVIEW

At Pembroke, we have a wonderful college welfare team, which you can read more about in this section of the Freshers' Guide, as well as a student wellbeing team on hand to help you as you settle in and throughout the rest of the year. We are lucky enough to have four JCR Wellbeing Reps – Joseph, Dina, Mollie, and Amy – who are always around for a friendly chat, and also run regular wellbeing events. These can range from our weekly JCR (Just Chill and Relax) in the JCR (Junior Common Room), complete with free snacks, to film nights, dog walks, and much more!

All of their events will be advertised on the Freshers' group chat on Whatsapp, the weekly emails, and of course on the Wellbeing Instagram, @pembrokewellbeing. Above all, Pembroke really emphasises welfare, which you will be able to see from the amount of resources and information in the next few pages.

## JUNIOR DEANS

We also have Junior Deans, who are graduate students that provide welfare support and are available out of normal office hours at weekends. The Junior Deans are supported by our Welfare Lead, Adam Griffiths, as well as our Student Support and Wellbeing Tutor, Rebekah White, who you'll get to know through her welfare newsletters and beaming smile around college.



## ACADEMIC OFFICE AND DAS

The welfare team at college works very closely with the Academic Office and Disability Advisory Service (DAS) to provide a network of support for Pembroke students – and no question or problem is too small to get in touch with! We'd also advise that you get in touch with college in advance about any health conditions you'd like them to know about so they can make any necessary preparations before you arrive.



# WELFARE

Settling in at Pembroke – details about academic, college and wider university life

## COLLEGE FAMILIES

The strange, yet best, Oxford tradition of College Families has already been mentioned a few times in this guide. As a Fresher, you'll have college parents, who will help introduce you to college life and buy you carnations for your first year exams (and you'll buy them carnations for their finals!). Moreover, since at least one of your parents will do the same subject as you, your college parents are also happy to answer any academic questions you have.

During the first two terms, you will be able to propose to a lucky partner, or two partners, who you will later "marry" in Trinity Term before you meet your kids the next academic year.



## WELLBEING WEEK

The 5<sup>th</sup> week of every term, which is the halfway point, can notoriously be a tricky period for many students. Therefore, in order to combat the "Week 5 Blues", the Wellbeing Team organises events to give everyone a chance to take a breather and chill out, for example a petting zoo, music nights, pottery painting, and sweet treat decorating. These events of course aren't limited to 5<sup>th</sup> Week, but that's when the biggest wellbeing push happens!



## WELFARE SUPPLIES

The toilets by the JCR, in Staircase 10, as well as the ones underneath Farthings, are stocked with free welfare supplies, like feminine hygiene products. You can go in at any point and discretely take some if you need it. You can also submit an anonymous form to request welfare items such as pregnancy tests and condoms, which will be put in a Wellbeing Rep's pidge, labelled with a code word that you choose. You can also request reimbursements for prescriptions.

The Welfare Supplies form can be found [here](#), and the Prescription Reimbursement form can be found [here](#).



# WELFARE SUPPORT

Settling in at Pembroke – details about academic, college and wider university life

Here is a list of the key welfare figures at Pembroke. If you need help these are all excellently trained and experienced points of contact who would be more than happy to help with whatever you need in terms of welfare. More information about all the welfare contacts can be found on the [Pembroke Hub](#).



**ADAM**  
adam.griffithsepmb.ox.ac.uk



**REBEKAH**  
rebekah.whitepsy.ox.ac.uk



**ANDREW**  
andrew.tealtheology.ox.ac.uk



**HELENA**  
helena.palmerpmb.ox.ac.uk

- **Adam Griffiths** – Welfare Lead. Adam provides support and advice to students in relation to their emotional and physical health. He is also the lead for care experienced and estranged students.
- **Dr Rebekah White** – Pembroke's Student Support and Wellbeing Tutor. Look out for weekly emails from [welfare@pmb.ox.ac.uk](mailto:welfare@pmb.ox.ac.uk) each Sunday for more welfare events and information. Rebekah can also meet informally with students for walks and check-ins which is extremely helpful!
- **The Reverend Dr Andrew Teal** – College Chaplain. Andrew is responsible for providing pastoral care to all members of College. He supports individuals of all faiths and none.
- **Helena Palmer** – Disability Coordinator. If you have any concerns about demystifying Student Finance, exam adjustments, getting registered with DAS, applying for Mitigating Circumstances, then contact Helena. She provides any practical support related to welfare, disability, and getting the most out of Oxford.
- **Junior Deans** – These are MCR Members who are trained to provide out-of-hours emergency welfare support. To get in touch with a Junior Dean, please contact the Porters either by going to the Lodge or by phone on 01865 276444.



# WELFARE SUPPORT

*Settling in at Pembroke – details about academic, college and wider university life*

Alternatively, there are many student reps who can provide much more informal support and advice – after all we have recent experience as students! If you have a serious concern or want structured support from trained individuals, the college contacts should probably be your first point of reference. However, all the contacts below are available to offer peer to peer support.

- **JCR Wellbeing Reps** – their contact details are on the next page.
- **Peer supporters** – as well as the Wellbeing Reps, many other Pembrokiens will complete/have completed peer support training, which means that they are trained to help deal with sensitive issues. This could be your first port of call if something is upsetting you, as you'll always be able to find one of these friendly faces around college. There is a large team of peer supporters at Pembroke, including older JCR students, and members of the MCR. A full list of peer supporters at Pembroke should be made available soon.
- **JCR Liberation Council** – this includes REM Rep Christie, Access Rep Emi, Gender Equalities Rep Toni, LGBTQ+ Rep Marnie, as well as the currently unelected Disabilities Rep. This council helps to run events, and you can also go to them for specific information if you have any concerns about these issues, for extra support, or to propose college-wide changes which can be voted on at JCR meetings.
- **College parents** – a really useful resource, as they have done their first year already so can offer practical advice about how things work.
- **Subject rep(s)** – there is an undergraduate rep for every subject to answer any questions you have. They will get in touch with you via email to introduce themselves. As previously mentioned, James is Pembroke's Academic Rep and is also available to answer any questions you have regarding academic life.
- **JCR Committee** – the contact details for any JCR Committee member is available on their respective pages in the JCR Committee Guide, as well as on the JCR website.



# WELFARE SUPPORT

*Settling in at Pembroke – details about academic, college and wider university life*

## A MESSAGE FROM YOUR WELLBEING REPS

Hi! We're the Wellbeing Reps here at Pembroke. Balancing academics, extra-curriculars, and personal life here at Oxford can seem challenging, but don't worry! It's completely normal to feel overwhelmed as you settle into a new environment and community, and our amazing team of trained staff and students are always here to support you and assist with any difficulties you may encounter. Wellbeing is such an integral part of college life, and we feel that it plays an essential role in maintaining the sense of community which has earned Pembroke a reputation as one of the friendliest colleges! You can count on us to be friendly faces around college who you can approach with any concern, no matter how small it may seem; the welfare team works hard to put students in touch with the right people, so that all needs can be met.

Your first term can feel like a whirlwind as you figure out how to navigate your new life in Oxford, and balance academic commitments with the freedom of living independently, but we're here to support you making the most of what university has to offer, whether that be getting to know your fellow Pembrokiens, or venturing out to explore other colleges and societies. The team is here to make sure that wellbeing concerns don't hold you back from enjoying these years as much as possible. Please don't hesitate to email us if you have any questions. We can't wait to meet you!



**JOSEPH**

joseph.glaser@pmb.ox.ac.uk



**DINA**

dina.grahame@pmb.ox.ac.uk



**MOLLIE**

mollie.hutton@pmb.ox.ac.uk



**AMY**

amy.pagan@pmb.ox.ac.uk



# WELFARE SUPPORT

Settling in at Pembroke – details about academic, college and wider university life

## MORE PEMBROKE SUPPORT

- **Harassment Advisors** – they provide a confidential space for staff and students to discuss a situation where they feel they have been harassed or bullied before taking any other steps. Harassment information and contact details for all advisors can be found [here](#).
- **Equalities Fellow** – Prof. Hannah Smithson ([hannah.smithson@psy.ox.ac.uk](mailto:hannah.smithson@psy.ox.ac.uk))
- **Tutors** – as previously mentioned, you should get in touch with your tutors if you are overwhelmed with work or need an extension due to personal circumstances as they are typically very understanding.

## OXFORD & EXTERNAL WELFARE SUPPORT

### Nightline

- A confidential listening and information service run by students for students. There are always two people in the office, one male and one female, who take hundreds of calls every year from Oxford students who need some external, impartial support. You can share any problem with someone who has been specially trained in sensitive listening and support and who understands what it is like to live and study in Oxford. They also offer a web chat option, available daily during term time 8am-midnight.
- 8pm-8am: 01865270270

### NHS Talking Therapy Service Oxfordshire

- 9am-5pm Mon-Fri: 01865901222

### Survivor Space

- 01865726295

### Samaritans

- 60 Magdalen Road, walk-ins on Sundays
- A confidential listening service. You can share any problem with someone who has been specially trained in sensitive listening and support, who will provide a space for you to talk through your problem and explore your options.
- 24/7 call service: 116123 / 03300945717
- Email: [jo@samaritans.org](mailto:jo@samaritans.org)

### Mind

- 9:30am-4:30pm Mon-Fri: 01865247788



# WELFARE SUPPORT

*Settling in at Pembroke – details about academic, college and wider university life*

## IF YOU FIND YOURSELF IN NEED OF IMMEDIATE HELP

Go to Plodge (Porter's Lodge) of any college – they can call you a taxi, call emergency services, or just keep you safe in the moment.

## UNIVERSITY COUNSELLING SERVICE

The Counselling Service is free and confidential, and an extremely valuable resource. The counselling is short-term (a few weekly sessions) and there can be a short waiting list. However, it is definitely worthwhile as you can get professional help for free. The Counselling Service sees 3,000 students a year, so it is a good idea to get in contact if you're struggling. Find out about the service [here](#), and to book an appointment, email: [counselling@admin.ox.ac.uk](mailto:counselling@admin.ox.ac.uk)

## SEXUAL HARASSMENT AND VIOLENCE SUPPORT SERVICE

- If you find yourself having had a bad experience, there are a number of people and services here to help.
- Sexual violence can take many forms and everyone's reactions to it can be different. If you have been affected by a situation, it is worth speaking to somebody about it.
- The University's Sexual Violence Support Service is a really valuable resource if you wish to speak to somebody. You can book an appointment using an [online form](#), where you aren't required to give any details, and can speak to them with no pressure to take steps to report.
- They are there to listen to you and explain your options. They are also able to put you in contact with the welfare support team in college if you are not already.
- You can also speak to the University Counselling Service, or Survivor Space Oxfordshire (01865 725311)

## FOR ALMOST ALL QUERIES

- The Plodge can deal with any emergencies and practical questions.
- The Academic Office should be the first port of call for administrative questions.
- Your tutor should usually be the first port of call for any academic questions, and also the person to turn to if you are struggling.
- The welfare team can guide you to any other help you might need.



# FOOD & ACCOMMODATION

Living in college – practical advice about being at Pembroke and adjusting to life in Oxford

## PRACTICAL ADVICE

This section will detail some practical advice about living in Pembroke and Oxford as a whole. This advice ranges from facilities within college, such as dining spaces and laundry, to common IT questions, as well as advice for international students, students with disabilities, and students in need of financial support.

To begin with, the next few pages will explain the food and accommodation options at Pembroke.

**Food & Accommodation Rep: Harkirat (please see the Committee Guide for Harkirat's bio)**



**HARKIRAT**

[harkirat.malhotra@pmb.ox.ac.uk](mailto:harkirat.malhotra@pmb.ox.ac.uk)

## HALL

'Hall' refers to the Pembroke dining hall, which is located in Chapel Quad. On weekdays, 3 meals are served a day: breakfast from 8:00–9:30, lunch from 12:00–13:30, and dinner from 17:00 until either 18:15 on days with Formal Hall, or otherwise until 19:00. On weekends, Hall is closed, and only reopens for Sunday dinner. This means you will have to cook or find food for yourself on Saturdays. Informal Hall is served cafeteria-style, whilst Formal Hall is a table-service 3 course meal that you wear your gown and some smart clothes to.

During Michaelmas term, Formal Hall runs approximately from 19:00–20:30 on Sunday, Tuesday, and Thursday. You can reserve a spot for Formal Hall via emailing [jcformalhallbookings@pmb.ox.ac.uk](mailto:jcformalhallbookings@pmb.ox.ac.uk). Booking deadlines are 10:00 on (1) Monday for the Tuesday formal; (2) Wednesday for the Thursday formal; and (3) Thursday for the Sunday formal.

## FARTHINGS & COLLEGE BAR

Farthings is the college café where you can buy food and drinks. It is also where the Bar is located, where you can buy subsidised drinks, such as the iconic 'Pembroke Pinkie'.

During term, Farthings is open Monday–Friday 9:00–18:00, Saturday 9:00–14:00, and Sunday 10:00–14:00. Similarly the Bar is open Monday, Thursday, Friday – 16:00 – 23:00 Tuesday, Wednesday – 16:00 – 18:00





# FOOD & ACCOMMODATION

Living in college – practical advice about being at Pembroke and adjusting to life in Oxford



## MEAL PLAN

Onsite accommodation comes with a compulsory Meal Plan. This is separated into a 'Meal Plan' wallet, which can be spent on Informal Hall and in Farthings, and a 'Formal' wallet, which can only be spent on booking Formal Hall. You can view these balances on the Pembroke Meal Plan App (Blue Runner). During 1<sup>st</sup> year, your formal hall wallet will equate to attendance to 2 formals per week during Michaelmas, and 1 formal per week during Hilary and Trinity terms. Meals will cater for any dietary needs (e.g. gluten-free, vegan), and Informal Hall always offers halal and meat-free alternatives. You can indicate your dietary preference for Hall in your college registration form, or by emailing Chris Long, Hospitality Lead, at [christopher.long@pmb.ox.ac.uk](mailto:christopher.long@pmb.ox.ac.uk).

## WATER REFILL STATIONS

While the tap water at Pembroke is safe to drink, water refill stations are located inside Farthings, the JCR (located under hall) and outside the Porter's Lodge.



## FOOD SHOPPING

Pembroke is a less than 5 minute walk from a Tesco Express, Marks & Spencer's, Sainsbury's Local and a bigger Sainsbury's in Westgate, which is cheaper than the one on St Aldates. Getting a Nectar Card and Tesco Clubcard will save you money in the long run, and it is quick and easy to sign up to both!



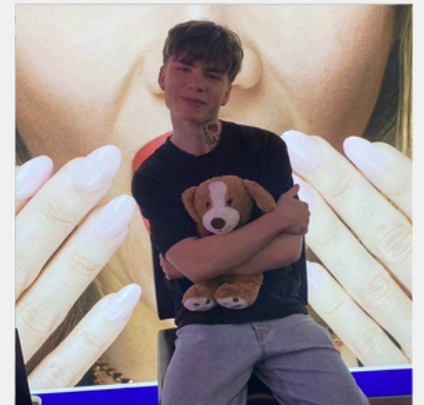
# FOOD & ACCOMMODATION

Living in college – practical advice about being at Pembroke and adjusting to life in Oxford

## ACCOMMODATION OVERVIEW

As previously mentioned, you will have already chosen your accommodation for first year, and can see the different types of room available earlier in the guide.

College guarantees accommodation for at least three years of your degree, and often in the fourth year, depending on capacity, so you never have to worry about finding somewhere to live. All 1<sup>st</sup> years live onsite in North Quad, and after 1<sup>st</sup> year, students can choose to either stay onsite, live in the offsite annex, the Sir Geoffrey Arthur Building (affectionately known as GAB), or live out in town. Stanley, the GAB & Living Out Rep, will be running tours of the GAB after Michaelmas to aid you in making your 2<sup>nd</sup> year accommodation choices, so keep an eye out for that!



**STANLEY**

[stanley.westgate@pmb.ox.ac.uk](mailto:stanley.westgate@pmb.ox.ac.uk)

## LAUNDRY

Washers and dryers are located in the Macmillan building and beneath Staircase 17. They operate via contactless card payment, but remember to bring your own laundry pods. The washing machines are pretty roomy, so you can wash a lot at once. There is also an iron and ironing board in each laundry room, so don't worry about bringing your own!

## SCOUTS

At Pembroke, we have Scouts that clean your room once a week – they Hoover your room and also thoroughly clean ensuite, shared bathrooms and kitchens. You will be made aware of your designated cleaning day. The Scouts also empty your bins weekly, typically on a different day to your designated cleaning day. You can leave your bins outside your door if you don't want to be disturbed. The Scouts can only do their job if they are able to, so it is in your best interest to make space so that they can clean.





# FOOD & ACCOMMODATION

Living in college – practical advice about being at Pembroke and adjusting to life in Oxford

## MAINTENANCE REQUESTS

If you think anything in your room is damaged, broken, or dysfunctional, please use the maintenance portal on the Pembroke Hub to log a maintenance request. Even if you think the request doesn't obviously class as a maintenance issue (e.g. flaky paint-jobs), it's worth logging. That way, Pembroke's accommodation standards can improve.



## NOISE

Living in a communal setting, there may be times when you have issues with noise. While students should be mindful of others in college, do not be afraid to call the Porter's Lodge (01865 276444) at night if people are being too loud outside. As previously mentioned, the porters work 24/7, so are on hand to deal with excessive noise.





# IT

Living in college – practical advice about being at Pembroke and adjusting to life in Oxford

## IT CONCERNS

For IT concerns relating specifically to Pembroke email it-support@pmb.ox.ac.uk.

Alternatively, Shikhar is the IT Rep on the JCR, so you can also get in contact with him if you have any questions.



**SHIKHAR**

shikhar.gupta@pmb.ox.ac.uk



## SSO

Your SSO (Single Sign-On) is a username and a password that you'll need to access various IT services, including email. Logging in using your SSO requires multifactor authentication (MFA), which sends you a code via text, call, or an app. Your SSO lets you access your Oxford Microsoft 365 account, SOLO and your Canvas account. Your SSO also logs you into the university-wide WiFi system 'Eduroam' which you need to set-up when you arrive. Pembroke itself has a separate WiFi system, which requires a different password. More information about IT will hopefully be sent to you soon!

## PEMBROKE HUB

As previously mentioned, the Pembroke Hub is the college Intranet, which is home to important resources like printing instructions, hall menus, maintenance request forms, IT info and so on. You can log-in with your 'pembxxxx' username and your Pembroke number [here](#).



# IT

Living in college – practical advice about being at Pembroke and adjusting to life in Oxford



**RAFFI**

raffaella.ocallaghan@pmb.ox.ac.uk

## INSTAGRAM

Instagram is widely used at Oxford, with sports, societies, newspapers, etc. all having accounts. There is an official Pembroke Instagram, and a more informal Pembroke JCR Instagram, @pembrokejcr, run by Raffi, the JCR Comms Rep. College events, advice for freshers, and weekly term cards will be posted here, and if you have an event you want promoted then contact her, or just DM the account!

## FACEBOOK

Facebook is used quite often at Oxford by societies and venues, for example nearly every production put on through Oxford University Drama Society (OUDS) advertises themselves on there. Therefore, it is recommended that you create an account. It is important to note that the Pembroke JCR Facebook page is inactive, so make sure to follow the Instagram instead!

## PRINTING

The printers in Pembroke are located in Staircase 10, opposite Farthings underneath the Rokos stairs and in the Library. You can send documents to the printer via the Pembroke Intranet, or by emailing them to [print.mono@pmb.ox.ac.uk](mailto:print.mono@pmb.ox.ac.uk) / [print.coloure@pmb.ox.ac.uk](mailto:print.coloure@pmb.ox.ac.uk). Posters around college will instruct you on how to add Pembroke printers onto your computer. The printers are accessed by scanning your Bod Card and the cost is put on your termly battels.





# FINANCES

Living in college – practical advice about being at Pembroke and adjusting to life in Oxford

## BATELS

The term 'battels' has already been mentioned a few times so far. Battels are your termly bills from college, including your accommodation fees, meal plan, and utilities charge. An additional fee will be added to your bill for the extra days of Freshers' Week that you are staying in college, as well as a small JCR levy and any JCR purchases you make throughout the term. Contrary to what you might hear students joking about in college, battels money is real money! They come through via email in the 1<sup>st</sup> week of each term, with instructions of how to pay (via debit card, bank transfer etc.) by a certain deadline. Those with student loans will never have to directly pay tuition fees (the money goes directly from the SLC to the university); however, students without student loans, such as international students will be charged the full year's tuition fees on their first battels. If you have any questions, you can ask the JCR Treasurers, Radha and Eoghan, or email Accounts: [accounts@pmb.ox.ac.uk](mailto:accounts@pmb.ox.ac.uk).



**RADHA**  
[radha.gupta@pmb.ox.ac.uk](mailto:radha.gupta@pmb.ox.ac.uk)



**EOGHAN**  
[eoghan.tucke@pmb.ox.ac.uk](mailto:eoghan.tucke@pmb.ox.ac.uk)

## FINANCIAL CONCERNS

Emily White is the contact in the Academic Office for undergraduate students with financial concerns. You can contact her by emailing [academic.office@pmb.ox.ac.uk](mailto:academic.office@pmb.ox.ac.uk) for advice on Student Finance, central University funding, and urgent or future financial support.

Emi is the Access & Outreach Rep on the JCR, so if you have any financial concerns, you are more than welcome to contact her through her email, or through [Pembroke.JCR.Access@outlook.com](mailto:Pembroke.JCR.Access@outlook.com)

For events throughout the year and financial support information, check out the [@pembaccessjcr](https://www.instagram.com/pembaccessjcr) Instagram!



**EMILY**  
[emily.white@pmb.ox.ac.uk](mailto:emily.white@pmb.ox.ac.uk)



**EMILIA**  
[emilia.booth@pmb.ox.ac.uk](mailto:emilia.booth@pmb.ox.ac.uk)



# FINANCIAL SUPPORT

*Living in college – practical advice about being at Pembroke and adjusting to life in Oxford*

## FINANCIAL SUPPORT OVERVIEW

The next few pages detail the financial support available to Oxford students. At Pembroke, support includes a free sub fusc scheme, travel and research grants and the Burt Student Support Fund for eligible students. It is a priority for Pembroke that financial difficulty should not bar students from enjoying their Oxford experience to the full. However, they have to take a targeted approach, so you need to inform them of your situation in order to receive support. Find more information about Pembroke's financial support [here](#).

The university also provides support, such as Crankstart Scholarships and Oxford Bursary for eligible students (assessed based on income).

## FINANCIAL SUPPORT AVAILABLE AT PEMBROKE

### Burt Student Support Fund

- This fund aims to alleviate financial challenges and ensures students receive quick support when they need it most. This fund is most suitable for emergency financial circumstances that require support quickly.
- To apply, email the Academic Support Officer, Emily White ([emily.white@pmb.ox.ac.uk](mailto:emily.white@pmb.ox.ac.uk)), who will take the details of student's cases. Each application is anonymised before being sent to the Burt Fund Committee, and no personal financial information is passed onto academic staff.
- Applications for grants above £500 will require a financial assessment.

### JCR Art Fund Travel and Research Grants

- This fund provides grants to cover research and travel opportunities abroad for JCR members. These opportunities and how to apply are advertised throughout the year via email.

### Pembroke College Free Sub Fusc scheme

- This scheme provides free sub fusc for eligible students. This scheme will be running in October, and information will be set out around this time of how to apply and who is eligible.

### Wellbeing Support

- Student societies and the JCR Reps run a variety of free events for students which can offer a sense of community and advice. These include the 93% Club, a society which runs events for state-schooled students like bar crawls and balls, and International Students, a student union campaign designed to target issues that international students face.
- Most societies provide discounted access memberships, which can offer up to 50% discounts on the price of a normal membership. These prices are usually advertised in Michaelmas.



# FINANCIAL SUPPORT

*Living in college – practical advice about being at Pembroke and adjusting to life in Oxford*

## UNIVERSITY-WIDE FINANCIAL SUPPORT

### Oxford Assistance Fund

- A fund for students (home and international) facing unforeseen financial circumstances.
- Processing time for application is typically 4–6 weeks.
- More information can be found here: [Oxford Assistance Fund](#)

### Crankstart Scholarship

- A scholarship providing targeted financial support to students (home students only) with household income below £32,500 a year. Awards are granted up to £6,150.
- Crankstart recipients also receive additional internship and career support and opportunities which will be sent via email.
- Students who qualify for this scholarship will be notified by the university prior to arrival in October.
- More information can be found here: [Crankstart Scholarship](#)

### Oxford Bursary

- This bursary provides financial support (home students only) to those with a household income between £32,501–£50,000 a year.
- Financial support ranges from £1060 for those with families earning between £42,876–£50,000 to £4,240 for those from families with a household income less than £25,000.
- Students who are eligible for an Oxford Bursary will be notified of their entitlement from mid to late September 2026.
- More information can be found here: [Oxford Bursaries](#)

### Care Experienced and/or Estranged Students

- Students (home students only) who have ever been in care, or are estranged from their caregivers, can apply for a non-repayable bursary of up to £3500 annually.
- Before applying, students must have taken out the full government support available to them, unless there is a good reason why this is not the case.
- More information can be found here: [Care Experienced and Estranged Student Bursary](#)

### Student Support Bursary

- The Student Support Bursary (SSB) aims to help UK undergraduates by providing financial assistance in a range of circumstances.
- This bursary provides university-provided support of up to £750 for one-off unexpected costs.
- More information can be found here: [Student Support Bursary](#)

### Job Opportunities

There are a variety of paid opportunities offered by the college and the university available throughout the year.

The Undergraduate Admissions and Outreach Office hires Ambassadors for paid events to support their Access and Outreach work, such as college tours, conferences and summer schools. Applications usually open in Michaelmas and you can typically find information at the Freshers' Fair about how to apply. Some departments also advertise subject-specific ambassador opportunities throughout the year.

Pembroke also usually offers a variety of work opportunities across the year, from invigilating the JCR Art Gallery, providing tours on Open Days or working at Pembroke's annual Telethon. These opportunities will be advertised throughout the year, so keep an eye on your emails for when these become available.



# INTERNATIONAL STUDENTS

*Living in college – practical advice about being at Pembroke and adjusting to life in Oxford*

We are very lucky to have a great international student community at Pembroke! The next few pages detail some advice about moving to Oxford and living in college as an international student.

At the moment, the role of International Rep on the JCR is vacant, meaning you will be able to 'hust' for this role in Michaelmas. For more details on what the role includes, have a look at the Vacant Roles page in the Committee Guide.

## BEFORE YOU ARRIVE

- As a fresher, you will have to move out of your room over the vacations, which are typically 5 weeks long. Make sure you make plans for them, whether you're going home, renting in Oxford, or staying with a friend. At the end of term, there will be a form for those who wish to extend their stay by a couple of days, so don't worry if you can't find a flight on the day you're supposed to move out. (note that extensions are not guaranteed)
- If you're an international student, you will get priority on storage during the vacations. While storage isn't guaranteed, you should be able to keep your luggage in Pembroke over the vacs. The accommodation manager Zsolt, will send out a request form around week 5, so there's no need to contact him before then.
- If you know you want to stay over the entire vac, then it is recommended to contact the accommodation manager as soon as possible. Pembroke often hosts conferences over the Christmas and Easter vacs so rooms fill up quickly, but the accommodation team will do their best to help you.
- Whether you're a humanities or STEM student, don't worry about buying your entire reading list. You will need many books throughout your degree and all of them are available in Oxford libraries. In the meantime, most books are available online via SOLO.
- If you need help with your visa, make sure to contact the Academic Office as soon as possible.
- Make sure to bring a coat and ideally waterproof boots and an umbrella. We have sunshine in Oxford as well, but you should be well-equipped for the rain.
- If you're landing in the Heathrow or Gatwick airports there's a bus called 'the airline' that takes you all the way to Pembroke's door (the stop is called 'St Aldates.').
- If your parents aren't around when you arrive, there will be many student helpers to assist you with carrying your luggage.
- Bring something from home! Whether it's an object to decorate your room or pictures of your loved ones, having something you care about will help your room feel like home.





# INTERNATIONAL STUDENTS

*Living in college – practical advice about being at Pembroke and adjusting to life in Oxford*

## LIFE IN OXFORD

- Moving to a new country can be challenging, but everyone in Pembroke is very friendly and here to ensure you have a smooth transition, so don't hesitate to reach out for help. If you ever find yourself homesick, connecting with national societies at Oxford is a great way to meet people from your country and connect with home.
- Pembroke also has amazing welfare resources, from our Wellbeing Reps to the College Welfare staff. Feel free to reach out by email if there's something in particular you're worried about.
- Once you arrive, you will probably need to open a UK bank account. Most banks offer student bank accounts, and some, such as HSBC, even offer international student accounts. Most banks are a short walk from Pembroke so you can always go and visit them once you arrive. You may also need to buy a UK SIM card. Most international students recommend VOXI, Three, and GiffGaff, but check with your current provider at home if you can use your current number in the UK, as some work without any extra cost.
- On your student visa, you have access to the NHS (the national health service in the UK), which covers health-related fees, such as going to the hospital or seeing a doctor. Make sure to register with 19 Beaumont St. GP surgery, the designated Pembroke GP. To book an appointment, you can simply call them once you arrive.
- If you're an international student with a disability, the process to register with the Disability Advisory Service at the University is the same as for home students. You will have access to the same resources as home students, but will not be eligible for government funding. You may need the UK equivalence of your diagnosis, so I would recommend starting the registration process as soon as possible.
- If you're on a student visa, you can work full-time over the vacs, but you are restricted to 20 hours per week over term time. However, Oxford terms are very busy and students aren't typically allowed to have a part-time job anyway.
- You will have the opportunity to meet other international students at Pembroke during our events. In an initiative to diversify the foods represented at Pembroke, we organize themed formal dinners. There are plans for celebrations such as Christmas, Diwali, and Eid, but if there's anything you would like to see, we'd love to hear your suggestions.





# DISABILITIES AT OXFORD

*Living in college – practical advice about being at Pembroke and adjusting to life in Oxford*

The next couple of pages detail some advice about seeking support as an Oxford student with a disability.

At the moment, the role of Disabilities Rep on the JCR is vacant, meaning you will be able to 'hust' for this role in Michaelmas. For more details on what the role includes, have a look at the Vacant Roles page in the Committee Guide.

## STRONGLY RECOMMENDED

- **Disclose your disability to the University.** This ensures you can access the right support. Learn how to disclose your disability to the University [here](#). DAS will ask for evidence and as they are quite narrow with what they'll accept, it's often easiest to ask your GP/consultant to fill in the DAS's own evidence letter template [here](#) to make sure that it goes through smoothly. Note: if you are charged a fee by your doctor to provide this letter, keep a receipt and the JCR will fully reimburse you! Contact the JCR for details.
- **Book a Study Needs Assessment and DAS consultation.** You may be eligible for a grant called the Disabled Students Allowance (DSA), which funds any non-medical equipment you need to study, such as ergonomic furniture/desk adaptations/computer software/mentoring. You don't ever have to pay it back, so it's worth asking DAS to book an assessment! Additionally, based on your registration form and your initial consultation with them, DAS will create you a Student Support Plan (SSP) which is a list of recommendations for college/your departments to implement. These include individual exam arrangements, accommodation, teaching adaptations etc.
- **Contact Helena Palmer.** Helena is college's first point of contact in arranging disability support, so it is strongly recommended to get in touch with her as well as DAS. Helena can help to implement interim adjustments whilst registration with DAS is ongoing.
- **If you have mobility or other access requirements, contact the disability leads at any University buildings you plan to access to arrange a Personal Emergency Evacuation Plan (PEEP) assessment.** Because it sucks when you turn up to a library and they turn you away because you don't have a PEEP for that building. Contacts can be found on department websites. Your tutorials and lectures should always be arranged to be in somewhere you can access, this is only guaranteed if you directly tell the organisers (head tutors/departments) as early as possible, so worth getting a head start on that and reminding them.



# DISABILITIES AT OXFORD

*Living in college – practical advice about being at Pembroke and adjusting to life in Oxford*

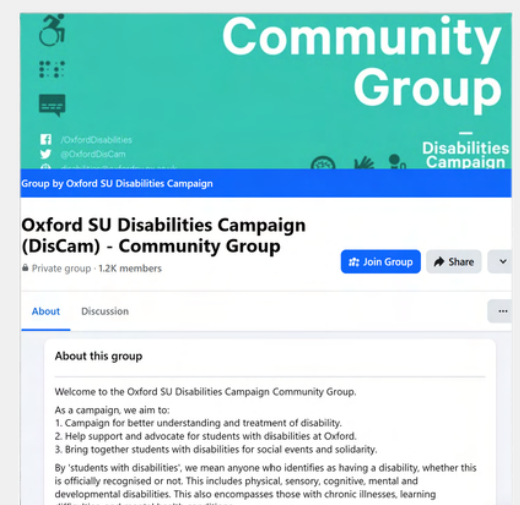
## SUPPORT AT PEMBROKE

Get to know Pembroke's support team! Key contacts include:

- **Helena Palmer:** Welfare/Student Support and Pembroke's Disability Coordinator; A first point of contact for most disability matters, and helps liaise with accommodation, catering, maintenance and finance managers to ensure you get support.
- **Laura Cracknell:** Pembroke Librarian; excellent to speak to for arranging library support such as individual study space and access. Unfortunately, Pembroke library is primarily stair-access only, but Laura does an excellent job of arranging to collect and deliver books if you have mobility/other access needs, and helping with technology.
- **Rebekah White:** Student Support and Wellbeing Tutor; available to talk to about any welfare matter, and organises welfare sessions including meditation, yoga and study support, as well as running a weekly welfare walk in the parks.

## DISCAM FACEBOOK GROUP

Join the Student Union's Disabilities Campaign (DisCam) Facebook Group! This is a private group where members of the disabled community can post questions or struggles in order to get community support and hear other people's experiences. There are also subgroups you can join for different disabilities and mental health conditions, as well as events and links to other clubs and societies. You can join [here](#).





# REM RESOURCES

Living in college – practical advice about being at Pembroke and adjusting to life in Oxford



**CHRISTIE**

christina.marsland@pmb.ox.ac.uk

## PEMBROKE REM RESOURCES

Pembroke has a dedicated multi-faith prayer room: the Arnold Room, in the Henderson Building in Rokos Quad. This space is available for all members of the Pembroke community of any faith or none to use for private prayer and meditation. The prayer room is open every day from 4:00–23:00. More information on this can be found on the Pembroke intranet, or you can email the JCR REM (Racial & Ethnic Minorities) Rep, Christie, if you have any questions.

## UNIVERSITY REM RESOURCES

The University also provides resources which REM students may find useful, such as:

- Peer support schemes specifically for students of colour – contact [peersupport@admin.ox.ac.uk](mailto:peersupport@admin.ox.ac.uk)
- The Harassment Advisor Network that falls under the university's [Equality, Diversity and Inclusion page](#).

There also exist a range of societies that relate to different cultures and religions, which may be found on the Student Union's website.



# GENDER EQUALITY RESOURCES

Living in college – practical advice about being at Pembroke and adjusting to life in Oxford

## GENDER EQUALITY AT PEMBROKE

Pembroke is very passionate about gender equality and strives to maintain a community that reflects this. If you have any concerns about anything that falls under the umbrella of gender equality, get in contact with Toni, the JCR Gender Equalities Rep.



**TONI**

[antonia.geldarde@pmb.ox.ac.uk](mailto:antonia.geldarde@pmb.ox.ac.uk)

## WHAT THE JCR OFFERS

Menstruation and safe-sex supplies are available to everyone for free in the toilets around college. These are typically organised by the wellbeing reps, so contact them for any concerns.

## SAFETY

Please refer back to the welfare pages of this guide to read more on topics such as sexual health and sexual harassment.

Information about safety and welfare can also be found on the [JCR Instagram](#), specifically on the [Linktree](#) in the bio of the account.



# LGBTQ+ RESOURCES

Living in college – practical advice about being at Pembroke and adjusting to life in Oxford



**MARNIE**

marnie.frankel@pmb.ox.ac.uk

## PEMBROKE LGBTQ+ RESOURCES

Pembroke is an inclusive space for all individuals, regardless of sexuality or gender. If you have any concerns, you can get in touch with Marnie, the JCR LGBTQ+ Rep. Marnie will be running fun events such as GayCR in the JCR, where you can meet and befriend other queer members of the JCR (if you want to!), and also smaller intercollegiate events throughout the year.

## UNIVERSITY LGBTQ+ RESOURCES

On a weekly basis, the LGBTQ+ Society hosts 'Tuesdays', which is a uni-wide drinks event (although of course there is no pressure to drink). There are also specific events for different sexualities and gender identities, which are usually advertised via the [Instagram](#), so follow to keep up to date.

You can also sign up for the rainbow family system (similar to the college family system), where you are allocated another member of Oxford's LGBTQ+ community, which is a great way to make more friends. Similarly, an LGBTQ+ Society welfare system, run through welfare peers, can provide welfare to those who need it.

You can sign up to the LGBTQ+ Soc [here](#), or you can also just turn up to events if you prefer.



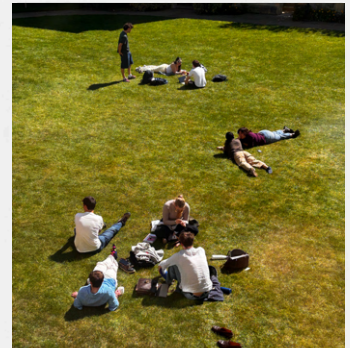
# WIDER LIFE AT OXFORD

*Opportunities in Oxford – an overview of the societies and events to explore.*

## EXPLORING OXFORD

Whilst Pembroke is amazing, due to its facilities, it is possible to spend days not leaving college, so try not to fall into this trap! Oxford is an incredible place full of centuries of history, and so here are a few ideas of how to fully take advantage of the city:

- Make friends with people from other colleges through lectures or societies, and do reciprocal college tours and even formal swaps!
- Oxford has many free-to-enter museums and art galleries such as the Ashmolean or Modern Art Oxford, which is in Pembroke street!
- Try to go to as many libraries as possible – whilst college libraries are restricted to only members of that college, explore the 30+ that you do have access too, as every one is unique.
- Enjoy the green spaces of Oxford – Christ Church Meadows is only a stones throw from college, but also try Port Meadows and Uni Parks for a change.
- Try and vary the places you work – switching between cafes, libraries, your room or even outdoors on a sunny day is a good way to switch up your routine and stop study from becoming monotonous.
- Feel free also to grab lunch at the many cheap food spots around the city, fierce debate is held between colleges about the best wraps and kebabs in Oxford.



Now that the more practical side of your life at Oxford has been covered, we can detail the multitude of wider opportunities, events, and initiatives within Pembroke, and more widely within the university as a whole!

The next few pages introduce extracurricular opportunities available in Pembroke as well as the wider university community. There are so many opportunities to explore that it is almost impossible to cover them all in this one guide, meaning that the next few pages will mainly cover the clubs and societies at Pembroke that are not covered by the JCR Reps in their bios in the Committee Guide.

Therefore, please read the JCR Committee Guide for more information on the opportunities available at Pembroke, and get in contact with the relevant reps if you have any questions!



# SPORT

Opportunities in Oxford – an overview of the societies and events to explore.



**SOPHIE**

sophie.bailey@pmb.ox.ac.uk



**GEORGE**

george.metcalfe@pmb.ox.ac.uk

## SPORT AT PEMBROKE

The next few pages will detail the different sporting clubs available at Pembroke, as well as the captain(s) and their contact(s). If you have any questions, then you can contact them directly either by email or at the Pembroke Freshers' Fair, or ask one of the JCR Sport Reps, Sophie and George. If there isn't a sport that you are interested in that has a club at Pembroke, then you are welcome to start one yourself!

## RUNNING

Pembroke Run Club is a new college sports club launched last year. It is an inclusive running club for all Pembroke students of any running ability. We meet every Sunday morning at 10:00 during term time for a 5km (or shorter!) run around Oxford and the surrounding countryside. We also organise runs and socials with other college Run Clubs and organise and promote Pembroke student participation in cross University running events (such as Cross Country Cuppers and the Bannister Mile). Come along to the run in Freshers' Week and / or on Sunday of 0<sup>th</sup> Week and follow @pembrokerunclub on Instagram.

**Captain: Sophie Bailey**

(sophie.bailey@pmb.ox.ac.uk)



## HOCKEY

PCHC is a friendly and inclusive environment open to people of all genders, playing against other colleges every Sunday as a joint team with Worcester and Jesus. Abilities range all the way from complete beginners to Blues level players and we are always happy to lend kit to anyone who wants to give it a try.

**Captain: George Metcalfe**

(george.metcalfe@pmb.ox.ac.uk)





# SPORT

Opportunities in Oxford – an overview of the societies and events to explore.

## CLIMBING

Whether you're new to climbing or crushing V9+ boulders, there is something for everyone in Pembroke Climbing Club. If it's your first time, we cover the cost of your entry, so it's a great gateway into the sport and (what is the best bit) the community. This year, we're hoping to run more intercollegiate events so you can get to know the really cool climbers all around the city. Come hang out, eat pizza, and occasionally climb too during our regular sessions at Gallery Bouldering – more info on our [group chat](#).

**Captain: Zuhair Jamshed**  
([zuhair.jamshed@pmb.ox.ac.uk](mailto:zuhair.jamshed@pmb.ox.ac.uk))



## FOOTBALL

PCFC is a welcoming society. The club is open to all levels of football ability (or lack thereof) running two teams, futsal, and social kickabouts. The club also organises multiple socials a term, which are open to everyone including those who do not want to play. Overall PCFC is a fun way to exercise and meet people in the college. Anyone who wants to get involved should email/text Eoghan or can sign up at Pembroke's Freshers' Fair.

**Captain: Eoghan Tucker**  
([eoghan.tucker@pmb.ox.ac.uk](mailto:eoghan.tucker@pmb.ox.ac.uk))

Pembroke are also part of the women's team, St. Aldates FC, along with Christ Church and Corpus. They train once a week and successfully won Futsal Cuppers a few years ago! It is a super nice environment with low pressure and lots of fun! Follow the Instagram, [@staldatesfc](#), for more details about taster sessions.



# SPORT

*Opportunities in Oxford – an overview of the societies and events to explore.*

## TENNIS

Pembroke is lucky to have its own tennis courts on our sports grounds which all students can use (including a grass one available in Trinity term!). This coming year, we would like to get a real community going for players of all levels, including some friendly tournaments. If you're interested, come and see Paul at the Fresher's Fair and he can add you to a group chat which will be a place to organise all tennis events and connect players.

**Captain: Paul Tassin De Nonneville**  
([paul.tassindenonneville@pmb.ox.ac.uk](mailto:paul.tassindenonneville@pmb.ox.ac.uk))



## CRICKET

PCCC has been one of Pembroke's most successful sports teams in recent years. It prides itself on welcoming everyone who fancies doing their best for the team and enjoying the weather of Trinity term. We are open to all abilities, even those who are just there for a drink on the boundary. There are 2 games a week on average during Trinity (cuppers and league). Socials usually merge with the football and rugby clubs.

**Captains: Joseph Glaser**  
([joseph.glaser@pmb.ox.ac.uk](mailto:joseph.glaser@pmb.ox.ac.uk)) and **Seb Cooksey** ([sebastian.cooksey@pmb.ox.ac.uk](mailto:sebastian.cooksey@pmb.ox.ac.uk))

## BASKETBALL

The Pembroke College Basketball team (named PCHoopC since the boat club was around first) is a great club to get involved with no matter your level of basketball experience. The college team participates in the college cuppers tournament, which runs all three terms, and is the most village basketball you've ever seen (read: so it's very casual and great vibes). We are hopefully going to run casual training sessions every couple of weeks, but all in all it's a good opportunity to play basketball and get involved in wider university life too.

**Captain: Rishi Narla** ([rishi.narla@pmb.ox.ac.uk](mailto:rishi.narla@pmb.ox.ac.uk))





# SPORT

Opportunities in Oxford – an overview of the societies and events to explore.

## RUGBY

Pembroke Rugby Club is one of the college's most successful and socially active sports teams and is hoping to recruit new members. Players of all standards are welcome to join. Even if you don't have an interest in rugby you can join as a purely social member. Some examples of socials are crewdates, Oû est le poulet, and pub crawls usually followed by Bridge or Parkend. Sign up at Pembroke's Freshers' Fair to be added to the mailing list which will have all the details regarding training, matches, and socials.

Women's rugby is taking off at Pembroke, with our joint team with Worcester, Somerville, and St. Peter's, called 'Castle', winning cuppers a couple of years ago! If you are interested in getting involved in women's rugby either at a university or college level, contact Sammi!

**Captain: Sammi Shapiro**  
([samantha.shapiro@pmb.ox.ac.uk](mailto:samantha.shapiro@pmb.ox.ac.uk))



## NETBALL

We play in a weekly league with other colleges throughout Michaelmas and Hilary. They are super fun and chilled, so everyone is welcome to play as much or as little as you like. It's a great way to bond with other Pembroke gals and trash some other college teams. We are a strong team and are hoping to keep that going this year. We also have pre-BOP socials, which are great fun and often combined with another society, from Pembroke football to sports societies from other colleges. There's never a dull moment and you don't have to even play netball to come to the social, everyone is welcome!

**Captains: Emi Booth** ([emilia.booth@pmb.ox.ac.uk](mailto:emilia.booth@pmb.ox.ac.uk))  
and **Talia Talbot** ([natalia.talbot@pmb.ox.ac.uk](mailto:natalia.talbot@pmb.ox.ac.uk))



# SPORT

*Opportunities in Oxford – an overview of the societies and events to explore.*

## ROWING

Pembroke College Boat Club is the largest student organisation at Pembroke, and one of the most successful college rowing clubs in Oxford's history. In the last 20 years PCBC has had more women's and open boats in the top three positions on the river than any other college. We are also the first and only club to have held both the Men's and the Women's Summer Vills Head of the River simultaneously in 2003, as well as the first club to hold both women's Torpids (spring) and Summer Vills headship in 2025.

We are a high-achieving club, but we are also all-inclusive, welcoming members of all rowing levels. Most of our rowers learn here at Pembroke, and we'd love to have you on board! As well as being competitive on the river, PCBC is a wonderful community where we make lifelong friends.

From weekly training to crewdates and socials to our annual rowing camp abroad, there's something for everyone at PCBC, and everyone can join in! Follow us on Instagram and Facebook at @pcbcoxford or pop into the College Fresher's Fair for more information. Alternatively, get in touch with Dan (your Freshers' President) who is a keen member of PCBC! If you're interested in rowing, please join the [PCBC Novice Group Chat](#).

**Vice Captains (in charge of freshers' rowing): Amalie Holland-Kaye, Kate Stuttaford, Callum Murray and Charlie Flechais-Downs**

**Captains: Holly Mendoza, Hannah Pitchford, Ben Harley and Jamie Baker**





# ART

*Opportunities in Oxford – an overview of the societies and events to explore.*



**GABRIELLE**

[gabrielle.batenga@pmb.ox.ac.uk](mailto:gabrielle.batenga@pmb.ox.ac.uk)

## PEMBROKE JCR ART

### JCR Art Rep: Gabrielle

Here at Pembroke, we're fortunate to have our very own JCR Art Collection and Gallery. We host termly exhibitions by professional and student artists which are open to the public. You can help organise and curate these exhibitions by joining the Art Fund Committee. You can also borrow artworks from the Collection each term to hang in your room – for free!

## THE ANNUAL ART COMPETITION

The JCR holds an annual art competition, inviting students to submit artworks of any medium. Monetary prizes are awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place and all 'highly commended' artworks are printed on posters and postcards which go on sale in College during the Summer. We're always excited to see the range of artworks produced by our talented student body so get creative and consider entering next year's competition.





# MUSIC

*Opportunities in Oxford – an overview of the societies and events to explore.*

## ENSEMBLES

Pembroke has a range of extracurricular musical opportunities, such as the jazz band, orchestra, informal choir and chapel choir. These ensembles perform at college events throughout the year, such as at our Christmas concert and at various parties, offering a chance for you to perform in front of others.

Most ensembles rehearse once a week and are non-auditioned, with the exception of the chapel choir that requires an audition. Auditions for the chapel choir are typically held before coming to Oxford. However, there are occasional vacancies which allow current students to audition, so keep an eye out!

The chapel choir sings twice a week during term time (compline on Tuesday and evensong on Sunday). Members of the chapel choir are made choral scholars and receive a £300 bursary to their battels each year and have Sunday formal hall free of charge, dining in the Forte Room. There are also various opportunities for members of the chapel choir to sing at external events throughout the year, record albums and go on international tours.



## RECITALS

The Pembroke recital series is one of the most well-known opportunities for musicians to perform at Pembroke and are open for anyone to watch. Recitals are held in college every Tuesday at 13:00. You have free reign over the music you'd like to perform as the point is for you to enjoy playing the music that you like to play! If you'd like to perform at a recital, please email [music@pmb.ox.ac.uk](mailto:music@pmb.ox.ac.uk) with your request and we will be in touch.

## JCR Music Reps: Thomas and Joel



**THOMAS**  
[thomas.jackson@pmb.ox.ac.uk](mailto:thomas.jackson@pmb.ox.ac.uk)



**JOEL**  
[joel.rajabelly@pmb.ox.ac.uk](mailto:joel.rajabelly@pmb.ox.ac.uk)



# DRAMA

*Opportunities in Oxford – an overview of the societies and events to explore.*

## JCR Drama Rep: Charlie

At a uni-wide level, the Oxford University Drama Society (OUDS) provides a range of opportunities, whatever you're interested in. There will always be a production company looking for people to get involved, no matter how much experience you have, Just make sure you have Facebook so you can access the OUDS Facebook page If you want more info, check out their website.

At Pembroke itself, there are also opportunities, most notably the famous Pembroke Musical , which takes place yearly and is always a lot of fun. Last year, we performed 'Little Women' , and it was a massive success!

For freshers who'd like an introduction to college drama, a great way to do so would be to participate in the Drama Cuppers, an annual inter-collegiate drama competition. It gives you the opportunity to write and perform your own original piece of theatre with less stress than putting on a whole show.



**CHARLIE**

charlie.traynore@pmb.ox.ac.uk





# SOCIAL LIFE

*Opportunities in Oxford – an overview of the societies and events to explore.*

## SOCIAL LIFE AT PEMBROKE

You will probably have noticed by now that this guide is full of pictures taken by current second years of their first year at Pembroke, because we want to show you just how many memories there are to be made! Even though it may seem scary at first being in a new environment, there are so many opportunities to take advantage of, so try and make the most of it.

There's plenty of ways to meet people at Pembroke – from playing a game of pool with your friend in the JCR or getting brunch in the café, to becoming involved with college sports or relaxing in the college bar to wind down or get energised for a busy night out; there's always the opportunity to interact and meet people in our community. There are so many ways to meet people at Pembroke, and being the friendliest college, you'll see people chatting all around college – be it spending time on Chapel Quad, in Farthings, or Hall. This guide has already talked about some of the different ways to be in Hall, whether it's catching up with people after a long day at Informal Hall, or dressing up and sharing a bottle at Formal Hall. We also have a pretty new phenomenon called Super-Halls, which are formals with fun themes, and the festivities are later carried on in the college bar afterwards. By the time summer comes around, Chapel Quad is bound to have people playing croquet – super charming, super competitive – and you'll see people making the most of the sunny days at Pembroke out on the grass.

Moreover, as previously mentioned, the Wellbeing Reps organise so many awesome events every week, such as arts & crafts or tea nights, which are always good opportunities to unwind and just chat with people in a relaxed environment.

If you ever want to chat or someone to hang out with, don't be afraid to reach out to any member of the JCR – we're always up for trying new things with new people, and welcome ideas for events throughout the year!





# SOCIAL LIFE

Opportunities in Oxford – an overview of the societies and events to explore.

## THE YEAR IN EVENTS – A SUMMARY

### Michaelmas

- Halloween – featuring a Mega-BOP! (see more on the next page)
- Oxmas – Christmas comes early in Oxford, due to our shorter terms, so get ready for the city's Christmas market, a college concert, and a yummy Christmas formal.
- Three Kings – featuring mulled wine, a Pembroke nativity, and some impressive carol singing!
- Varsity Trip – the annual Oxford and Cambridge ski trip, featuring beginner and advanced slopes, and fabulous après!

### Hilary

- Halfway Hall – a 2nd year celebration for making it halfway through their degrees, featuring silly awards, and a BOP for everyone afterwards.
- Valentine's Blind Dates – paired with another college or two, featuring matchmaking magic, and a fun bar night.
- Torpids – a university-wide rowing competition, featuring cheap Pimm's, and a great time at the boathouse!

### Trinity

- Pimm's Party – run by PCBC, featuring an abundance of Pimm's, and mingling on Chapel Quad.
- May Day – an old Oxford tradition that takes place on the 1st of May, and everyone stays up to hear the Magdalen choir sing from the top of their tower at 5am!
- Garden Party – a JCR-run, themed celebration on Chapel Quad, last year's theme was Italian Summer!
- Summer Vills – very similar to Torpids, but the weather is much better!
- Pembroke Ball – next year, Pembroke is putting on a ball, so follow [@pembrokeball2027](https://www.instagram.com/pembrokeball2027) on Instagram for more information!

## GET TO KNOW OXFORD

There's plenty going on outside of college that will ensure you have the most wonderful experience in Oxford too – from clubs and societies, events in the town hall or natural history museum, to cultural celebrations and holidays. Oxford is a beautiful, diverse, and creative city, and it is impossible to detail all of the places to explore. Therefore, here is a shortlist of some things you should check out.

### Cinemas

- The Ultimate Picture Palace
- The Phoenix Picture House
- The Curzon (in Westgate)

### Theatres

- The Oxford Playhouse
- New Theatre Oxford

### Food

- G&Ds
- Gloucester Green Market
- The Covered Market

### Clubs

- Bridge
- Plush
- O2 Academy
- The Bullingdon
- The Varsity Club

### Other Fun Activities

- Live Music Nights
- Junkyard Golf
- Punting
- Ice Skating
- Illusion Museum





# ENTZ & BOPS

*Opportunities in Oxford – an overview of the societies and events to explore*

## ENTZ

Entz (short for entertainment team) help organise fun events for college, which are often a great way to make friends with people in older years. Greta, Izzy, Oskar and Bez are this year's Entz Reps, so you can get in contact with them if you have any questions, or if you have any suggestions for future events. Also, make sure to follow @pembrokentz on Instagram to stay up-to-date with the events throughout the year, as most of them will be advertised here!



**GRETA**

greta.barbier@pmb.ox.ac.uk



**IZZY**

isabella.bennett@pmb.ox.ac.uk



**OSKAR**

oskar.doepke@pmb.ox.ac.uk



**BEZ**

bezawit.tessema@pmb.ox.ac.uk

## COLLEGE BOPS

BOPs stands for Big, Organised Parties, and they are arguably the highlight of Entz. They're one of the best ways to get to know people, socialise and have fun with the college community – and they usually have a banging theme as well! They start in the college bar, which is the best place to pre, although there is absolutely no requirement to drink if you don't want to, and mainly get the energy going for the club! We stay here from about 20:00-23:00, and then we often make our way to a club or bar for some amazing nights. Luckily, Pembroke is the best place to be for a night out, as some of the best clubs are less than a 10 minute walk away!

Before arriving at Pembroke, make sure to familiarise yourself with Robbie William's 'Angels', which rounds up every Entz event, and will become a part of you soon enough.

Sometimes, there are also Mega-BOPs – these are BOPs that are joined with other colleges for an even bigger night, which is another great way to meet people outside of your own college!





# OXFORD TRADITIONS

General information about Oxford – hopefully some helpful answers to some FAQs.

The rest of this guide will detail some general information about being a student at Oxford. This section will hopefully help to answer any other questions you may have about university, through addressing traditions and myths, and providing important contact information. If you have any other questions, then don't be afraid to get in touch!



## TERMS AT OXFORD

Each academic year is made up of three terms, Michaelmas, Hilary, and Trinity, and each term is made up of eight weeks. Each week begins on a Sunday, and ends on a Saturday.

The term dates this year are:

**Michaelmas:** 11<sup>th</sup> October – 5<sup>th</sup> December

**Hilary:** 17<sup>th</sup> January – 13<sup>th</sup> March

**Trinity:** 25<sup>th</sup> April – 19<sup>th</sup> June

## SUB FUSC

Sub Fusc is the name of Oxford's academic dress, which is worn for Matriculation and exams. The gown is also worn over your clothes for Formal Hall. Sub Fusc consists of the following:

- Black shoes
- White collared button up shirt
- A dark suit with dark socks OR a black skirt with black tights OR black trousers with dark socks
- Black ribbon, black bow tie OR white bow tie
- A gown – freshers wear the 'commoner's' gown (unless you are a choral or organ scholar)
- Mortar board (which you don't actually wear until you graduate!)

Your ribbon/tie, gown and mortar board can be bought as a package (for around £35-40) from Walter's or Shepherd & Woodward. There are also a college and university-wide donation schemes for free sub fusc – details can be found on the Pembroke Access Instagram.

Good news! Shepherd and Woodward are open for Pembroke Freshers on Sunday the 4<sup>th</sup> of October (the day after you move in) so there will be trips to go and get your Sub Fusc then, in time for your first formal that same evening.



# MYTHS VS REALITY

General information about Oxford – hopefully some helpful answers to some FAQs.

Starting Oxford should be an exciting experience, but it is normal to be concerned about certain aspects. Therefore, we have compiled some potential worries vs the actual reality to ease any nerves.

## **"Everyone will be smarter than me"**

Reality: Oxford's reputation is of course prestigious. However, Oxford accepts students because of their potential, not because they're perfect! Some students can experience 'imposter syndrome', but it's important to remember that you were accepted for a reason!

## **"I'll have no free time" / "The workload will be overwhelming"**

Reality: While the academic schedule at Oxford is demanding, students do have free time, and there are plenty of opportunities to engage in extracurricular/social activities. Balancing work and leisure is key, and you will likely learn to manage your time effectively quite quickly. You should always reach out to tutors/welfare support if you are struggling.

## **"I'll be lonely or won't make friends"**

Reality: The college system means that you'll be part of a community from day one. College will be your home, and you'll meet people through meal times, social events, and classes. You can also meet people from other colleges through sports/societies. There are all kinds of people at Oxford, so you will certainly find those you are compatible with.

## **"The tutors will be intimidating and unapproachable"**

Reality: Tutors at Oxford are experts in their fields, but they are also there to support you. The tutorial system fosters a close relationship between students and tutors, and whilst they will challenge you academically, they are generally very approachable and willing to offer guidance/advice.

## **"I will struggle financially"**

Reality: Oxford offers a range of financial support, and Pembroke is committed to ensuring that financial worries don't get in the way of your studies. Refer back to the pages on finance and financial support!

## **"I'll be pressured to conform to Oxford traditions"**

Reality: While Oxford has many fun traditions, you're not required to participate in anything that makes you uncomfortable. Traditions like formal hall dinners and wearing sub fusc are an enjoyable part of the experience, and they're generally infrequent and ceremonial.



# IMPORTANT CONTACTS

General information about Oxford – hopefully some helpful answers to some FAQs.

This guide has mentioned lots of people that you can get in touch with if you have any further questions. This page is therefore a collation of the most important contacts that you may want to refer to in the future. All of these contacts can also be found on the [Pembroke Hub](#) or on the [Linktree](#) (which can be found in the JCR Instagram bio)

## Porters & Plodge

The Porters look after college 24/7 and can be found at Plodge. You can go into any Plodge in Oxford for urgent help. To get in contact with the Pembroke Porters, call 01865 276444

## Nightline

A confidential listening service available 8pm–8am during term time. To get in touch, call 01865 270270, or visit their [website](#)

## IT

For help with IT issues, email [it-help@pmb.ox.ac.uk](mailto:it-help@pmb.ox.ac.uk), or go to the IT office in Plib, or contact IT Rep Shikhar

## Catering Team

If you need to update your dietary requirements, email [pmbcateringadmin@pmb.ox.ac.uk](mailto:pmbcateringadmin@pmb.ox.ac.uk)

## Counselling Service

You can email [counselling@admin.ox.ac.uk](mailto:counselling@admin.ox.ac.uk) to book an appointment, or call 01865270300, or visit the [University Information page](#)

## Sexual Violence Service

Email [supportservice@admin.ox.ac.uk](mailto:supportservice@admin.ox.ac.uk), or fill out [this form](#) which can also be found on the Oxford University website (no need to provide details)

## Maintenance Requests

For maintenance requests, find the [form](#) on the Pembroke Hub in the Maintenance Portal

## Sexual Health

Visit the [Oxfordshire Sexual Health website](#) for information on STI testing and free welfare supplies, including emergency contraception



# SOCIAL MEDIA

General information about Oxford – hopefully some helpful answers to some FAQs.

There is an abundance of specific Pembroke Instagram accounts you can follow to stay up-to-date on different things (be warned that some are made use of more than others), but don't worry! The most important info will always be put on the Freshers' Whatsapp group chat, sent via email, or on the JCR Instagram.

**JCR:** [@pembrokejcr](#)

**Access:** [@pembaccessjcr](#)

**Art Gallery:** [@pembrokejcrart](#)

**Biodiversity:**

[@pembrokebiodiversity](#)

**Charities:** [@pembcharities](#)

**Entertainment:** [@pembrokentz](#)

**Peminists:** [@pembrokefeminists](#)

**REM:** [@pembroke\\_rem](#)

**Wellbeing:** [@pembrokewellbeing](#)

**Music:**

[@pembrokecollegemusicsociety](#)

**Chapel Choir:**

[@pembrokecollegeoxfordchoir](#)

**Sport:** [@pembsports](#)

**Climbing:** [@pembrokeclimbingox](#)

**Cricket:** [@pccc\\_official](#)

**Men's football:** [@pcfc.official](#)

**Women's football:** [@staldatesfc](#)

**Netball:** [@pcnc.official](#)

**Rowing:** [@pcbcoxford](#)

**Rugby:** [@pcrfc](#)

**Run Club:** [@pembrokerunclub](#)





**AND THIS IS OFFICIALLY THE END OF THE  
PEMBROKE COLLEGE FRESHERS' GUIDE 2026!  
HOPEFULLY THIS GUIDE HAS BEEN HELPFUL,  
BUT DON'T BE AFRAID TO GET IN CONTACT  
WITH ANY QUESTIONS. WE CAN'T WAIT TO MEET  
YOU ALL SOON!**

