Freshers’ Guide
2019-20
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Welcome to New College. Congratulations on your exam results, and we look forward to seeing you in October.

This guide is organised roughly chronologically taking you through the end of the summer, your first day, your first week, and then giving some general advice. It’s worth giving this a read because hopefully many of your questions will be answered somewhere within these very pages.

**Before you get here**

At this point, we hope you’ll be enjoying one of the longest and work-free summers you’re ever going to get. Enjoy it, and make the most of the time you have at home. You’ll probably have lots of questions about what to do before you get here. You’ll want to know what to expect in terms of work, and the social side of life, as well as where you’ll be living for the next 3 terms. We hope that this guide answers some of the questions you might have, and gets you excited for all that’s to come on the journey ahead.
Why haven’t I been asked to choose accommodation yet?

First off, don’t worry that you haven’t been sent anything about choosing accommodation. You’ll be assigned a room, so don’t need to sort anything out yourself. First year rooms range from the mediocre to the ridiculously good. You will all be living in New Buildings, which is one of the best, and most sociable, accommodation blocks in Oxford. Get in touch with Theo (our housing officer) if you want any info about your room at: james.mcauliffe@new.ox.ac.uk (yes this is the right email!).

In your room, you will have a bed (most are singles but there are a handful of doubles), bedside table with lamp, a desk with lamp, a fridge, an Ethernet point and chairs. You will either have an ensuite, or access to a shared bathroom. College doesn’t provide bedding, so you’ll need to bring this with you, or order it to be sent to College. You’re also able to personalise your room in whatever way you choose (within limits!). Your room will be cleaned each week by a scout. They are very friendly, as long as your room is reasonably tidy when they come round.

You’ll have access to our laundry facilities (including washers, dryers and irons), food in Hall, and IT and printing facilities. You won’t have access to a kitchen, but it’s still possible to make some food in your room.

A blueprint for the sort of room you’ll be living in over the next year....
What To Bring

General living:
• *Bedding* (remember a duvet and pillows) If you need to borrow this, email the housing officer.
• Towels
• Toiletries
• Washing powder
• Coat-hangers
• Laptop (and charger)
• Mobile phone (and charger)
• Ethernet cable (if you want to get onto the Ethernet rather than Wi-Fi - advisable as Eduroam can be unreliable)
• Extension cable (multiway adaptor)
• Posters and pins

Clothes:
• Whatever it is that you like to wear, including clothes for the wet and windy Oxford weather, and for the occasional time when the sun makes an appearance.
• Sub fusc (This is what we wear for exams and for matriculation)
• Fancy dress stuff for bops
• Black tie (if you have it)
• Sports kit

Food stuff:
• *Kettle*
• Cloths and tea towels
• Washing up liquid
• Mugs, tumblers, wine glasses, shot glasses etc.
• A few plates, bowls and cutlery

Work stuff:
• Stationery
• Folders
• Dictionary
• Calculator (subject specific, probably don’t need this if you do English)
• Paper and Notebooks
• Any relevant old notes – You might not use these, but they can be reassuring.
• Hole punch
• Stapler
• Scissors

Administration:
• *This guide*
• Money and bank cards
• ID (passport and/or driver’s license) for opening bank accounts, and for getting into pubs and clubs.
• Passport photos (useful for Union membership, coxing licenses and other extra-curricular activities)
• LEA/ finance information
• Medical details
**Subfusc**
This is Oxford’s academic dress. You wear it for matriculation (a ceremony where you are formally admitted to the University) and for exams.

Subfusc is:
- Dark suit with dark socks and white bow tie or black ribbon
  OR a black skirt with black tights
  OR black trousers with dark socks
- A plain white collared shirt
- Black shoes
- A gown and mortarboard

Included in this pack will be an advertisement for the gown and mortarboard, so you can buy it in advance. Alternatively, there are loads of shops in Oxford, where you can buy these things once you arrive. They usually come in a package with a black ribbon or white bow tie.

**Storage**
The JCR and College run an external storage scheme where you can store the things you don't need to take home every vacation securely at Charles Wood and Sons (our external storage provider).

College funds some free storage for the following groups of people: international students, students from Scotland, Wales, NI or Channel Islands, students who live more than 4 hours away from Oxford and students whose family/friends cannot pick them up at the end of term. Theo, your housing officer, will be in touch with more details about this later in term!

**Optional extras:**
- Cushions, rugs, teddy bears, plants, books, films, photographs and anything else that will make your room feel more like home.
- Musical instruments
- A printer. Yes, you can use college printers, you just might find having your own a bit more convenient.
- Bike. Bring one with you, or buy when you get here, there are loads of second hand bike shops.

**Stuff you are NOT allowed:**
- Toasters, ovens, microwaves, electric paella pans
- Pets
- Cars
- Candles (decorative or otherwise) and other fire hazards
- Offensive weapons
- Blu-tack (It damages the paint on the walls, but you do get a pin board for posters and stuff)
Preparation

What work should I do beforehand?

Your tutors should have got in touch to let you know what work they expect you to have done before you start. You may have a reading list to work through. Your subject rep, will probably have recommendations for books that are really important or suggest places to look for useful resources. You will be able to contact your subject rep through the Academic Affairs Officer, Luke Hatton (see page 33). Don’t be afraid to get in touch and ask them any questions.

Anything else I need to sort out?

Yes. Firstly, you’ll need to fill in some forms that will be sent to you shortly after receiving your exam results, including a passport sized photo for your Bod Card. You’ll have this card for all the years of your degree, so make sure it’s a photo you don’t mind looking at every day. More on the Bod Card in a bit. Unlike a passport photo, you can smile for your bod card photo!

Secondly, there is a booklet of information about IT on the website, and it’s a good idea to read this and sort that out all things IT before you arrive. It shouldn’t take too long to set up your Single Sign On account and your access to Eduroam.

Your Single Sign On is a really important username and password combination, that enables you to access, among other things, your online library account (SOLO), Weblearn (Oxford’s virtual learning site), and your emails. It takes the form newcXXXX and the password can be changed to one of your choice. Make sure to write this down as it’s easy to forget things in the hustle and bustle of Fresher’s Week.

You’ll also be able to access your Oxford email using your Single Sign On. Once set up, you can access it from owa.nexus.ox.ac.uk. Anyone will be able to email you on firstname. surname@new.ox.ac.uk. (If in doubt about other people’s email addresses, you can search for currently active Oxford nexus email users here: http://www.ox.ac.uk/staff)

Eduroam is a Wi-Fi network that you can access from University buildings around Oxford, and at University campuses worldwide. It’s worth bearing in mind that you do need to register your logon and password for this before you get to Oxford because you can’t do it over College Wi-Fi (although don’t worry if you haven’t, it does work over 3G). Eduroam has a different username and password combination to your Single Sign On. The logon takes the form FIRSTNAME.SURNAME@NEW.OX.AC.UK and you set a password of your choice.
I'm an International Student, do I need to do anything differently?

As an international student, you’ll be arriving at College a few days before the UK students, which will give you time to get settled living in the UK with the help of some events put on specifically for you. Also, a few things are on our packing list that you shouldn’t bring with you, but should instead buy in Oxford. There will be an International Students Guide on the website but if you have any more questions please do get in touch with Yuyang Chen, the International and Overseas Officer (see page 32), or check out this University website: https://www.ox.ac.uk/students/new/international.

Don’t bring, but buy

- Kettle
- Pillow and duvet (purchase online at [www.galilarde.com/oxfordnew](http://www.galilarde.com/oxfordnew) and have them sent to the College before you arrive; a small number of rooms have double beds so check with the accommodation manager (sue.fisher@new.ox.ac.uk) before you arrive)
- Mugs, glasses, plates bowls cutlery etc.
- Coat hangers
- Bike
- Too many cold weather clothes if you’re from a warm country (they tend to be of better quality and last longer if you buy them in town, although they can be more expensive)

Phones in the UK:
Since you probably won’t be in the UK for the full year we recommend getting pay-as-you-go. Giffgaff has a nice offer with unlimited texts, 500 UK minutes and 2GB of mobile data for £8 per month. You can order your sim card online and have it delivered to College so you already have it before you arrive (YOUR NAME, New College, and Oxford, OX1 3BN). For international calls, Skype is a good option, or you could get your SIM card from Lebara, which has reasonable per minute prices for international calls.

Think about banking:
You should check whether your bank has a branch in the UK or a cooperation with a UK bank. Otherwise, Oxford SU Fresher’s Fair will give you the chance to chat to different UK banks if you’re undecided. You’ll also be able to set up a bank account there and then, if you have the necessary documents (A valid passport or EU identity card and a student enrolment certificate (you need to get this stamped by College and can ask the International and Overseas Students officer, Yuyang Chen email: yuyang.chen@new.ox.ac.uk for help with this.

Transferring money:
If you want to pay your battels/tuition fees from a foreign bank at the beginning of term, we recommend using transferwise.com. It will save you the complications that might arise from different currencies and additional fees.
WHEN YOU GET HERE

Do I arrive on Monday or Tuesday?
You’ll be arriving early if you’re an international student. Everyone else should arrive at College between 10am and 4pm on Tuesday.

What do I do when I get here?

Parking
You’ll be able to park on Holywell Street. There will be a team of people in brightly coloured T-shirts to help you. (They are the JCR committee and subject representatives.) They will get you a parking permit from the porters, so you’ll be able to leave the car on the street for 20 minutes or so.

Collecting your keys
Head to the Porters’ Lodge, where you can collect your room key. The porters will tell you where your room is, and the person who is helping you out will be able to take you there.

Registering
The person helping you will take you to Lecture Room 6. Here, you’ll need to register for your student loan, and pick up your Bod Card (University card). You will have your photo taken for the who’s who as well, so you can get to recognise everyone in your year as soon as possible.

Unpacking
Unloading everything from the car into your room shouldn’t take too long, with the help of a friendly second year. If your room is at the top of several flights of stairs, don’t be afraid to ask for help with the heavy bags - the person showing you up isn’t allowed to complain!

Fresher’s Marquee
Once you’ve got all your stuff up to your room, and waved goodbye to your parents or whoever brought you, you can head down to the Fresher’s Marquee in Holywell Quad. It will be clearly signposted so don’t worry about getting lost.
There will be committee members and other Freshers all milling about in the marquee. The second years will be running frequent tours of College in groups so you can get acclimatised to the layout of College pretty quickly.

**THE MAIN PROGRAMME KICKS OFF**

At around 4pm, once everyone has arrived, you will have a Welcome with the Warden and the JCR Officers will introduce themselves and the Plan for the week. You will then have team building activities followed by pizza with the other people in your staircase and a battle of the staircases quiz!

**Your first week**

After the mad rush of your first day, you can settle down and look forward to a week full of fun and frolics, with a couple of necessary tasks thrown in too. You’ll be able to see all this looking at your Freshers’ Week timetable. We will put this on the website ahead of Freshers’ Week and you’ll get a copy when you arrive.

**During the day**

**Necessaries:**

You may face a bit of an information overload, since you’ll be getting a fire safety talk and several library inductions. We’d advise you sort out all the IT stuff as soon as possible, as it will make things easier later on if you aren’t struggling to get on the Wi-Fi. You’ll also get to meet your tutors properly for the first time since they interviewed you. Most people end up getting on really well with their tutors so don’t be scared by this.

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**The Bod Card**

It’s simultaneously a debit card, ID, discount card, library card and a key into various university departments, and to the rooms of New College itself. It’s yours for your whole degree. It’s called the Bodleian Card for long. You use it to buy food and drink in College.

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A sample of what a Bod Card looks like. Worth using a good photo as it’s pretty much fixed for all your time here - remember that, unlike in a passport photo, you *are* allowed to smile! (Photo - Bodleian Library blog)
Fun stuff:
When you have time between your compulsory information sessions and sorting out admin bits and bobs, there will be loads of activities going on within College.

There will be MADD (Music, Arts, Dance and Drama) and Sports events going on to show you what life is like outside the library. The New College Fresher’s Fair will have a number of stalls by different sports teams and societies within College, so you’ll get a good idea of what’s going to be on offer throughout the year.

You’ll also visit exam schools for the HUGE Oxford University Fresher’s Fair where you’ll no doubt sign up for a hundred clubs you never knew existed, and will spend the next few terms trying to remove yourself from the mailing list of that club you never once went to. However, you’ll find something that suits you perfectly - there is truly something for everyone, from the Cocktails Society to the Historical Re-enactment society, a cacophony of choirs and orchestras, and every sports team imaginable.

At night
You can look forward to some great entertainment throughout the week co-ordinated by our brilliant Entz Reps, Anna and Jack. You’ll be able to visit some of Oxford’s premiere nightlife venues, experience the LEGENDARY New College Toga Party, and enjoy your first of many awesome bops! (Bop: noun - A party in college organised by students, with a fancy dress theme. Each college has two or three of these per term. The quality varies widely, although we think New College’s are undeniably the best). The first bop of the term will be Under the Sea. Make sure you have a good costume! We’ll also have some supplies in College to make a costume that night in the JCR.

New College goes clubbing - soon you will be the proud owner of one of those t-shirts
Congratulations if you make it out every night of Fresher’s week! But you’re certainly not expected to; we’ve got loads of other events planned. Expect a *Staircase Olympics* trips to *G and Ds* (legendary ice cream parlour), and more. There are some really exciting things in the pipeline so look out for the announcements of what’s going on!

Your first week’s nights out are all planned out for you:
Tuesday - **Parkend** (Atik - but don’t call it that...)
Wednesday - **The Varsity Club**
Thursday - **Bridge**
Friday - **Emporium**
Sunday - **Fever** (College Bop)

We will also be running many exciting non-drinking events such as games nights in the JCR and film screenings.

**So many new people and new things! I feel a bit overloaded.**
If you feel lost or disoriented during the week, don’t worry, it’s perfectly normal and happens to everyone. You could also track down your College parents who will be happy to chat to you, show you around and answer any questions. Fresher’s Week is great fun, but it can also be overwhelming; don’t worry if it doesn’t live up to the hype and isn’t the *best week of your life ever*; you’ve got so many more great experiences to look forward to in the next 9+ terms of Oxford, and it’s perfectly normal to take a bit of time to adjust to new things.

*Even if your Fresher’s Week is rubbish, you’ve still got this to enjoy...*
There’s no denying that work is a big part of life at Oxford! You’ll note that it’s a bit different from school! Firstly, and most importantly, you will have tutorials (‘tutes’) a few times a week. These happen with your tutor, either individually or as part of a small group. It’s an amazing way to learn from others and gives you the chance to develop and defend your own opinions rather than just getting a few comments in red ink at the bottom of your essay.

For each tutorial, you’ll be set work, probably the week before either an essay or a problem sheet. Usually this work will form the basis of the discussion.

For science subjects it’s often a good idea to hand in any rough work for questions that you haven’t managed to complete fully, as then the tutor may be able to see where you’re going wrong.

Another big change will be lectures. For many undergraduate courses, some or many lectures are essential, for some other courses, they will be optional. If you are in any doubt about which lectures you should be attending, please speak to your tutors in the first instance. You will get a lecture list for each term; most departments will put this on their websites or on Weblearn as well.

You’ll notice pretty quickly that you get loads of freedom at university. There won’t be anyone reminding you to work, which means you have to motivate yourself and find a pattern that suits you. This is something you’ll probably figure out after your first late-night essay crisis.

The Cloisters, pictured here, can be a nice, quiet place to work.
Many people find it easier to concentrate if they work somewhere other than their room; the College and University libraries (especially the fabulous Bodleian), the café area, and even coffee shops around the city may be good options.

At the start of most terms (except first term), you’ll have Collections, which are exams on the previous term’s work. Your first Collections will be in January 2020.

If you do have a problem with work, however trivial it may seem (even struggling with procrastination can be something it’s helpful to get advice about), don’t hesitate to contact someone. Your tutor, or one of the second years doing your subject can be a good starting point. Another option is the Academic Affairs Officer, Luke Hatton, who is always available to chat about work worries. Everyone here at New College wants to help you enjoy your subject so that you can achieve your full potential!

**PRACTICALITIES**

**FINANCES**

Before you arrive at Oxford it can be hard to estimate how much money you will need. To make this easier we have tried to make clear everything you’ll need to pay for during your time at Oxford.

**Battels**

Battels are the charge you have to pay to College at the beginning of each term. They include the cost of accommodation, and evening meals. In later terms, they’ll also include anything that you’ve ‘put on battels’ during the previous term.

Battels need to be paid by mid-day on the Friday of 1st week of each term. Your battels statement will be emailed to you at the beginning of 0th week of each term (Freshers' Week is considered 0th week). Your first battels will be due by Friday 18th October.

There are two ways to pay, either hand in a cheque at the bursary, or pay by debit card or credit card online. You do this through the meal booking website. Simply log into the meal booking website (food.new.ox.ac.uk) and click purchases and payments, then 'Pay Battels'. The cost of battels is £1765.20 which includes an evening meal.

Be aware that hidden costs can build up on battels, because many in-College events are paid for using this system. For example, club tickets in Fresher’s Week, sports team photos or charity calendars. Don’t let the hidden costs build up; if you want to keep track of how much you’ve spent you can check your current bill online in the same place you pay battels, or you can email Linda Goodsell at linda.goodsell@new.ox.ac.uk. For most UK students tuition fees are automatically paid to College by the Student Loans Company. However, if you are an international student, or are choosing to pay fees yourself, then these fees also appear on your battels statement and can be paid using the same method.
Grants and bursaries
Oxford is one of the most generous universities in the country bursary-wise. The University bursary scheme gives money to all students whose household income is less than £42,875. As long as you ticked the box, “I’m happy to share this information with universities” on your Student Finance Application, this is all sorted out automatically. It’s also worth looking at www.ox.ac.uk/admissions/undergraduate/fees-and-funding to see the full range of bursaries available, and find out if you are eligible for any extra financial support.

Cost of living
On top of paying your Battels, you will need money to keep you going on a day-to-day basis. This will cover breakfast, lunch, evenings out, spontaneous shopping, etc. You’ll pay for food in College on your tills account (find out more about this in the food section below).
You may well spend a lot more in your first term, particularly if you decide to buy your own books or to join many societies. Most societies cost around £10-30 to join, but some do life membership, whilst others charge you termly fees, known as subs. However, planning for this sort of expenditure in advance and deciding what you think you will get good value out of in later terms can be invaluable. There is no real average for what people spend because it depends so much on your lifestyle (not drinking alcohol saves you a lot of money for instance!).
Having said that everyone’s different we wanted to give you a general idea of costs:

How much does it cost week to week?

- Sandwich at the ATS: £3 - 4
- Night out: £5 for club entry, £8 for pre-drinks + drinks out = £13 +
- Pint at the Turf Tavern: £4 - 5
- Drink in the College bar: £2 - 3
- Lunch in Hall: £3 - 5
- Breakfast in Hall: £0.50 - 3
- Cereal and milk from Tesco: £0.75+ +£0.89 = £1.54
- Tesco meal deal: £3
- Society membership: variable
  o E.g. History Society Membership: £15 (£12 during first week), talks free and socials £2 for members (£1 and £5 respectively for non-members).
  o E.g. Oxford Union Life Membership: £249 during welcome period (£278 otherwise) Lower membership fee available for those on bursaries.
- Trip home: depends on where you live
- Ball tickets: £40-200, depending on the ball
Example expenditure per term:
This person budgets around £84 a week. Not everyone lives like this and you may well find even if your budget is similar, it breaks down completely differently. Also, it is just an example and it is possible to spend less (or significantly more) than this amount.

How much does it cost, per term?
- Battels = £1690
- Food £35/ week for food (e.g. Alternative Tuck Shop sandwich for lunch, cereal, brunch in hall, plus snacks) = £280
- Club nights 15 times a term, at £10 a time = £150
- Society memberships e.g. History society £12, £6 for a social x3 = £30
- Laundry (8 sets of washes and dries) = £20
- Drinks in the bar (2 pints a week) £2.50 x 2x8 = £40
- Crew date (£15 curry plus £5 club entry, £5 bottle of wine, £5 of drinks) x 2 = £60
- Guest night (£15 ticket +£10 wine) x2 = £50
- Makeup/toiletries = £40
- Vacation storage = Free for most people!

Total spend £2360

Living out
While New College provides accommodation for the first two years of your degree, unless you are doing a course which incorporates a year abroad, you’ll probably need to live out in third year. There are a few third year rooms in College, but not enough for everyone. Whilst you won’t necessarily be thinking about this now, it could be useful to have an idea of what to expect. We estimate that rents are usually £380-470+ per month. Then bills are £30-40 a month, TV licenses are £36 annually, and food costs £20-40 per week. On top of this, other costs like going out, playing sport, books etc. will also apply. You also have to pay housing costs year round, rather than just during term times as you do in first and second year.

Financial support
If you need any more information about Battels, general advice about finance from the Bursar, or more information about loans and grants, visit www.new.ox.ac.uk/finance. There’s a great document which gives you information on all of the New College bursaries as well as financial advice to be found at https://www.new.ox.ac.uk/freshers-information. Linda Goodsell (4OB first floor left) can answer any of your questions about battels and student loans.

If you wish to apply for a study grant you can contact Bursar’s PA (4OB first floor, right). Finally, you can make an appointment with the Bursar, David Palfreyman, through his secretary (4OB1); he is welcoming to any student with financial difficulty. If you do get into financial difficulty, for example, if your circumstances change, contact the Bursary as soon as possible. College are usually prepared to work out financial arrangements on an individual basis. Don’t be put off asking until the situation becomes dire!
**FOOD**

Most people don’t have access to kitchens in their first year, leaving the Hall kitchens as your main source of affordable cooked meals. Eating in Hall gives you the chance to catch up with friends in a friendly relaxed environment. Hall serves three meals a day, all to a high standard and accommodating all dietary requirements and allergies.

**Meal times**

**Breakfast:** 8-9am weekdays  
A selection of cereals, continental and cooked options are available at breakfast (although many people just have cereal in their rooms).

**Lunch:** 12-1:30pm weekdays  
Lunch is available every weekday, and again offers hot and cold options. At weekends, breakfast and lunch are combined into one, as you’ll see below...

**Brunch:** 11am-1pm Saturdays and Sunday  
Brunch is one of the **best** meals of the week!

![New College Hall - even taller in real life than it looks here!](image-url)
**Dinner (informal):** 5:45-7:15pm (except on formal days when it finishes at 6:30pm).  
**Dinner (formal):** seated for 7:15 Tuesdays, Thursdays and Sundays

Formal is slightly more fancy than informal Hall; you have to wear your gown, and there is waiter service (but you don't have to get dressed up - wearing your gown over trackies is totally acceptable). You can also bring your own wine. Whether formal or informal, dinner consists of a 3-course meal.

**Café/Bar**

Alongside the three meals served in Hall, the bar is open from 11am-11pm, offering sandwiches, wraps and paninis, as well as a variety of snacks and hot drinks at reasonable prices. This means you can still purchase food even if you miss a mealtime. Then, in the evening the bar itself is open to serve alcohol from 6pm.

**Paying for meals**

Evening meals are included on battels, and you pay for any other food bought within College using your till account. All students make a pre-payment at the start of term. This covers all your evening meals and a fixed ‘kitchen charge’ that goes towards the kitchen staffs’ wages and the upkeep of the kitchens. Broken down this is £7.23 per meal. You can sign out of dinner if you don’t plan to go that day, up until 10am, and you will be reimbursed the cost of the meal (but not the kitchen charge), getting £4.89 back on battels at the start of the next term. Formal and informal cost the same.

Your **till account** is used to pay for drinks and snacks in the bar and café, and breakfast and lunch through the Buttery.

You need to keep this topped up, and again can do this through the intranet (food.new.ox.ac.uk) or at the Bursary in cash during office hours. In the Buttery, you can run into debt up to a threshold of £15, but you can’t run up a deficit in the bar or café. Any debt left on your account at the end of term is automatically added to the next term’s battels. There are fines if you exceed the debt limit.

You pay for all food using your Bod Card, which is scanned in the Buttery. In the bar you can pay by cash or credit card but beware that you lose the New College member discount, so will be charged 20% extra.

**Meal booking website**

The same website (food.new.ox.ac.uk) is also used to book yourself into and out of meals. Login using your bod card number. You’ll be automatically signed into informal dinner each day. Make sure to sign out when you want to and to sign on for formals if you want to go. For example, your College parent may suggest that you all go to family formal. Make sure to click cancel next to your early hall booking, and then book the sitting you want.
You can also change your preferences so you are automatically booked in for vegetarian, vegan etc. meals. Speak to Brian Cole, the catering manager (in 4OB or email brian.cole@new.ox.ac.uk) to discuss any specific dietary requirements that you have.

**Guest Night**
Every two weeks the JCR has a Guest Night on a Friday evening (alternating with MCR Guest Night). Our guest nights fall on even weeks. Guest Night food is particularly good, so it is a fantastic opportunity to get friends or family over, and it's always well attended. The dress code is suits and ties or cocktail dresses, and no gowns. You can get wine from the JCR wine cellar or bring your own. You sign up for Guest Night through the intranet system; be warned, tickets get snapped up very quickly. Guest Night costs £17.75 for New College Students and £23.10 for non-Oxford University guests.

**FACILITIES**

**Laundry**
The College provides us with laundry facilities. These are located in the basement of Staircase 2 in New Buildings (2NB). You need to take your Bod Card in order to get into the staircase. There are washing machines, tumble dryers, irons, and drying racks. You'll need to provide your own laundry powder though. By the start of Freshers' week, a host of new Washing Machines and Tumble Dryers will have been installed. You'll need a credit or debit card to pay down at the laundry room. A wash costs £1.80 and a dry £0.70.

**The Library**
The Library is the building resembling a nuclear bunker at the end of Holywell Quad. It’s open from 8am until 2am, and houses most of the books you will need for your work. It also has a good selection of DVDs (non-academic) which you can borrow whenever you like. If the Library doesn’t have a book you need, there are forms in the foyer that you can use to request for the librarians order it. The Library has ample space to sit down and work. You’ll be shown how to use the Library during Fresher’s Week. Once again, it’s the Bod Card that gets you in and allows you to take out books and access your library account. You can email the library at library@new.ox.ac.uk.

**The JCR**
First off, note that the JCR means two things. It stands for the Junior Common Room; the community of undergrads that you’ll be joining come October. There’s also an MCR for postgrad students, and the SCR, which consists of College academic staff (like the governing body, fellows and tutors). You will find out more about the JCR, its politics, and how to get involved later on.
Secondly, it’s a room in College, an actual common room which has been renovated in the past year. It’s got a 65” 4K TV with Sky+, PS4, Wii, Netflix, big comfy sofas, a kitchenette with free tea, coffee, milk and biscuits all term through, a vending machine, a pool table and table tennis. It’s a great social space, and available for you to use at any time, for procrastination and socialising.

**IT AND COMPUTING**

If you don’t have your own computer, there is a computer suite in 2NB. There are printers in the computer suite, library and JCR, which costs 7p/sheet to print, and a free scanning service. The computer suite is open 24/7. If you ever have any problems with IT, you can drop in to the IT office, in 12 OB 2 between 2 and 4 each weekday afternoon. Outside these hours, you can email the details of your problem to it-support@new.ox.ac.uk.

*Username and password combinations: A useful reference*

- **Single sign on (SSO):** Nexus email, Weblearn, the library system (SOLO), Reports (OxCort) etc:
  - Username: newcXXXX
  - Password: Initially given by College but you can change this

- **Meal Booking System:** Booking in and out of dinner and paying battels and tuition fees to College
  - Same as SSO

**POST**

Everybody has their own *pigeonhole* (‘pidge’) which can be found in the small room next to the Porter’s Lodge. Here you’ll receive any post sent to you from both inside and outside the University. For those wanting to send you stuff from outside, your address is ‘New College, Oxford, OX1 3BN’.

Anything that won’t fit in your pidge will be put in another room, and the porters will leave you a laminated card. You can then take this to them and swap it for your parcel.

If you want to send something to anyone within the University, intercollege post is free. Simply label an envelope with the name and the College (or Department) of the person and hand it to the porters.

For the ordinary post (unfortunately not free), there is a post-box just after the glass bit where the porters are, as you come into Holywell Quad through the lodge.
When you get to Oxford, you’ll be inundated with offers of things to get involved with. There are societies, clubs and teams at both College and University level. Within College a huge variety of interests are catered for and within Oxford as a whole there is a society for just about everything. So there’s no reason to think you’ll spend your whole life in the library!
If you’re reading this over the summer, you might want to start thinking about the sort of extra-curricular activities you might be interested in taking part in, whether it be the continuation of an existing passion, or starting something brand new. However, if you just want to look forward to the nights out to come, that’s fine too!

**Entz**

New College is undoubtedly among the best at having fun in Oxford; there’s always an amazing event coming up!

Our bops happen three times per term and they are pretty legendary. A bop is a College-held fancy dress themed party in an Oxford nightclub; they’re busy, loud, great fun, and a fab way to de-stress with your friends. In terms of the theme, dressing up to match at our bops is the norm, and everyone usually goes all out - go get some body paint, capes, sparkles and wigs, top that off with a little originality and dress to impress! There are also exciting opportunities for student DJs at bops so all you talented musicians can get involved.

Outside of in-College entz, the clubs in Oxford cater for a variety of tastes. Despite what you may have heard, there are in fact plenty of places around offering everything from drum and bass events (the Bully) to the downright cheesy, (but fabulous, Parkend) and everything in between. The Entz Officers, Anna Jones and Jack Lucas-Clements, have organised loads to do in Freshers’ Week so you can get a proper feel for Oxford Nightlife, and throughout the year will be selling club tickets weekly as well as putting on non-alcoholic events like film and quiz nights. Other things to look forward to include the famous New College Boat Party, inter-year crew dates, and the New College Garden Party in the summer.

All this should mean that your first year is one that you’ll never forget!
On top of all this there’s the Varsity Trip: the annual Oxford and Cambridge ski trip. It’s been running since 1922 (even before the Winter Olympics) and is the oldest and largest trip of its kind! The trip takes thousands of beginner to advanced skiers to the Alps every year, and provides packages for transport, clothing and equipment to make the week as smooth as possible. There is always a big New College turn out, and many students will go multiple years - there’s often a group of freshers going, so don’t stress about finding people to go with. For any more information or if you have questions, talk to the college Varsity Rep, Tilly Walters.

STUFF YOU CAN DO IN COLLEGE

Sport
Sport is a huge part of life at New College, and whether you’re the starring striker for the Blues, or just fancy an afternoon game of croquet, the opportunities to get involved are endless. We have a fantastic sports ground just 5 minutes’ walk away from College. It has football and rugby pitches in Michaelmas and Hilary terms, and lawn tennis courts and a cricket pitch in Trinity term. There is also a squash court, and a hard court for tennis, netball and basketball. We have a lovely pavilion with changing rooms, which is perfect for watching a relaxing afternoon’s cricket in the summer. If that’s not enough we have our own set of punts which you can sign out at your leisure in Trinity term. New College Boat Club also has its own boathouse located on the Isis river, equipped with bar and balcony. As a New College student, you’ll also get free access to the Iffley Gym, about 20 mins walk from College.

At the moment, New College runs badminton, cricket, croquet, dance, darts, football, hockey, lacrosse, netball, pool, rounders, rowing, rugby, squash, table tennis, tennis, touch rugby and yoga. If you’re keen to set up something that is not on this list, notice that something has lapsed or want to organise a team, email the Sports Officer, Lucy Stock.
A large number of our teams compete in the annual inter-collegiate competition called Cuppers, and New College generally does very well. If you want to get involved, contact the captain of the team, or the Sports Rep, or alternatively, most teams should have a stall at the New College Fresher’s Fair. Don’t be put off if it seems too competitive for you - you can get involved at any level. For those who wish to progress further with their sport, you can represent the University in high level teams- just get in contact with the Sports Rep or the current University players to find out more.

MADD
MADD stands for Music, Arts, Drama and Dance. New College is a fantastic place either to try something new or to take something with which you have experience to a new level. The first major event on New College’s MADD calendar, especially for freshers is the OUDS (Oxford University Drama Society) drama cuppers, the inter-collegiate competition open exclusively to first year graduates and undergraduates. It’s a great opportunity to become closer to your fellow freshers and with no experience necessary, a brilliant way to get a feel for what an Oxford production entails!

The MADD community at New is vast - ranging from solo musicians, jazz groups, beat poets, comedians, ballroom dancers and everything in between! Chat to our Arts Officer Noorie Abbas for all things MADD related, in particular, if you’d like to get involved with New College Drama Society, she can add you to the facebook group. Noorie’s also the person to contact if you want to get involved in New College Music Society, attend some of the various workshops and classes we offer (e.g. salsa and bachata), or when you want to take art out of New College’s termly Art Store (the various art you can borrow from college to decorate your dorm room). Michaelmas also brings with it the New College Pantomime, written and directed by Noorie and performed by first years in the main.

New College Music Society
The New College Music Society (NCMS) is one of Oxford’s leading college music societies. They offer a myriad of events and socials, and provide a wide range of activities to musicians of all abilities. They hold frequent concerts with their in-house and external ensembles, and hold free recitals every Wednesday during term-time. They also encourage college and university students to join their ensembles; their non-auditioning ones include the New College Chamber Orchestra and the Holywell Singers, while their auditioned groups include the Wykeham Consort.

In addition to their wide range of concerts and musical activities, NCMS provide many social events, which include gatherings, open mic and Jazz nights. Like and Follow their Facebook page to keep up-to-date with their many events and socials, and if you are interested in joining the successful music making at NCMS, drop them an email on newcollegemuscicsociety@gmail.com.
It’s also easy to get involved in music more informally- we’re proud to have our very own Band Room (get in touch with the Band Room Officer, Theo Pedley, if you’re interested)

**GETTING INVOLVED**

This section covers three areas that are incredibly important to life at New College: charities, outreach, and environment and ethics.

**Charities and Environment**

New College is great at getting involved in the wider community and there will be plenty of opportunities to take part in charitable activities. From working with pensioners to helping out at a community garden, there are loads of volunteering opportunities. Speak to the Charities Officer Tilly Walters, who will be able to match you up to a volunteering opportunity in Oxford that fits you.

Within College, we raise thousands of pounds each year for charity, voting on the charities this money goes to in the JCR each term. There is an optional battels levy, which contributes to this fund. There are also various college events such as charity formal hall that help raise money. On top of this there are also fundraisers in College, for example, the Oxford Half Marathon in October. We create a New College Naked Calendar each year, and are always looking for new ideas to raise money. If you are interested in running an event contact the Charities Officer, Tilly Walters.

You can also get involved with helping with environment and ethics. We have recently began to start up a student led group investigating the colleges ethical investment policy which is a great thing to get involved in. In addition to this, we are always looking for new ideas for how to improve the College or feel free to get involved with all the environmental action in Oxford. Contact Joshua Lee if you're interested in making New College more environmentally friendly!

**Outreach**

Last but by no means least, outreach is really important at New College, and it’s something that you can get involved in, making a real difference to prospective students who, through being inspired by you, make a decision to apply to Oxford when they might not have done otherwise. It’s all about encouraging everyone to apply, irrespective of their backgrounds. The main way that we do this is through visiting state schools or having them visit us. This relies on student volunteers and the Access and Outreach Officer, Ruth Flame, will be in touch to recruit willing tour guides each week. In addition, there is an ambassador scheme, where volunteers are trained and are involved in access work on a more consistent basis. Besides visits, we have our Facebook page 'New: Over The Wall' featuring stories and testimonials from students at the College, so get liking and sharing! Find us on instagram @newcollegeaccess.
Typically, volunteering means giving a tour of College, having some (free) lunch and giving a Q and A session about Oxford. It’s encouraged for everyone to get involved in access events, no matter what background you’ve come from - remember that the entire point of access is that your school doesn’t matter.

One of the most well-known University-wide schemes is called Target Schools, which encourage Oxford students to visit state schools in their local areas. If this is something you wish to get involved in you can get training and support. They also run a programme in which prospective students “shadow” a current student in a subject they’re interested in, attending lectures and seminars for a day.

STUFF OUTSIDE OF COLLEGE

There are so many societies in Oxford that to start a list would be impossible. You’ll find out about all these at the Oxford SU’s Freshers’ Fair. This takes place in Freshers’ Week in Exam Schools. There are tables representing everything from skiing to Amnesty International, from the Biochemistry Society to J.R.R. Tolkien Appreciation.

One important organisation at a University level is Raise and Give (RAG), which gives you the opportunity to do anything from bungee jumping to hitchhiking all in the name of charity. They also organise infamous club nights and other social events. Look for them at the Freshers’ Fair and their own RAG Freshers’ Fair.

Oxford SU

Oxford SU is the Oxford University Student Union. Because of the College system, it isn’t a social hub like at some other universities but it still does important work. Oxford SU Council is every two weeks and New College is invited to send three representatives to vote on issues like endorsing NUS regulations or SU Policy. We send the Vice President for Communications, Welfare and Equality and the President, but there is one space up for grabs, so you could make a difference just by turning up. The Freshers’ Fair is run by Oxford SU too.
The JCR

If you’ve read everything so far, firstly well done on sticking with it! Secondly, you might have noticed mentions of people like the Entz Officers, or the Sports or Arts Officers, and you might be wondering who they are.

Each Trinity term the JCR elects a committee, led by the President, which works to run various important things around College, and to allocate JCR funding.

Absolutely everyone has a say in the running of the JCR – through JCR meetings and motions anyone can put forward a proposal for how to spend our budget, or a policy the JCR should adopt, or a new idea we should explore - all of which is voted on.

JCR money is spent on the likes of sports kit, arts, big college socials, bagatelle boards, pizza, and any other items that get JCR approval. The VP for Finance and Operations ensures that we remain within budget.

To get your hands on this cash, simply put in a motion to the Vice President for Communications, Welfare and Equality, Emily Millard, and turn up to the JCR meeting to make your case.

JCR meetings are your fortnightly dose of democracy, with large quantities of pizza on the side. At these meetings, we decide our spending as well as our affiliations. However, New College is not the most political of colleges so we don’t make as many big political statements as some other colleges (in fact, we’re pretty apathetic about most things, in a benign and friendly way). There will be a taster session for JCR meetings Sunday afternoon, where you’ll see how JCR meetings run.
President - Josh Attwell  
Email: joshua.attwell@new.ox.ac.uk  
**Pronouns:** He/Him  
**Bio:** Hey everyone! My name is Josh, I am a second year studying Maths and Philosophy and am really looking forward to being your JCR President this year. I firstly want to say a massive congratulations for getting into Oxford, it is a huge achievement in itself and we can't wait to welcome you into the New College community. Thank you for choosing New College, we are so grateful to have you all coming this October, and as your President I will do my best to help every one of you get the most out of your time here at Oxford. My job is to co-ordinate our wonderful JCR committee, with the help of the two VPs, to ensure we all fulfil our elected responsibilities and enrich college life in any way we can.

If you ever have any suggestions for ways to improve college life, I would love to hear them. We will ensure it is easy for you all to express your opinions to us, as I will be representing your views to College, the University and Oxford SU. We are fully committed to making sure that college is a place where everyone in our community is able to thrive. Most of all I want to welcome you into this community and to the college you will soon call home. If you have any concerns or questions before then please do send me an email or message me on Facebook. Apart from that I hope you all have a great summer, and I look forward to meeting you in October!

Vice-President for Communications, Welfare and Equality - Emily Millard  
Email: emily.millard@new.ox.ac.uk  
**Pronouns:** She/Her  
**Bio:** Hi everyone! I’m Emily, a second year lawyer, and I will be Vice President for Communications, Welfare and Equality this year. There are two main sides to this role: I will be overseeing JCR meetings and New College’s representation at the Student Union, as well as coordinating the welfare and diversity side of the JCR. I will therefore be working with many JCR officers on their various projects to improve college life, and will be a point of contact for anyone who has worries or wants to get more involved. Please do not hesitate to message me on Facebook or drop me an email if you have any questions before term starts (big or small!). I can’t wait to meet you all in October, and enjoy the rest of the summer!
Vice President for Operations and Finance - Tabitha Owen
Email: tabitha.owen@new.ox.ac.uk
Pronouns: She/Her
Bio: Hey everyone, I’m Tabi, a second year PPE-ist and your VP for Operations and Finance next year. My role mostly consists of the general administration of financial affairs and advising on spending in order to keep the JCR finances healthy over the next year; so I am basically the JCR’s Treasurer.

On top of this I am also responsible for leading the Operations and Finance Team (AcAff, Charities, Entz, E&E, Food&Bar, Housing, JCR, MADD and Sports Officers), helping them to get as many Freshers involved in college and uni-wide life as possible. My job is to ensure that our generous budget is accessible to all members of the JCR so that everyone can make the most of the following year in Oxford. If you have any questions about how funding for specific events or opportunities works, or even just general financial queries, please do get in touch – I am always happy to help.

Until then, enjoy the rest of summer and I am looking forward to meeting you all in October!

The JCR Committee - Communications, Welfare and Equality

Welfare Officer (Women and Transfeminine) - Annabel Bainbridge
Email: annabel.bainbridge@new.ox.ac.uk
Pronouns: She/Her
Bio: Hi, I’m Annabel and a second year English student. Myself and Conall are your Welfare Officers for the year and will be around to chat to you about anything that might be concerning you. We are going to be trained as peer supporters in order to offer you the best support possible!

Throughout the year, we will organise events such as JCR teas, where you are welcome to come and get lots of free food. We will also be sending out regular emails to update you with everything welfare-related! If there’s ever anything you would like to chat about, including before you arrive, please feel free to send me an email. I am really looking forward to meeting you all!
**Welfare Officer (Men, Transmasculine and Minority gender) - Conall McHugh**

*Email:* conall.mchugh@new.ox.ac.uk

*Pronouns:* He/Him

*Bio:* Hi Freshers! I’m Conall, I study music and I will be your Welfare Officer along with the wonderful Annabel. Annabel and I, alongside a group of peer supporters and college staff, will be there to assist your welfare throughout the year. We will be active in all sorts of ways, from giving you free food (!), just being about to chat and organising activities to dispel any notions of the dreaded mythical “5th week blues”. I will definitely be around a lot during fresher’s week so please come and introduce yourself and know in advance that there will be plenty of kind 2nd years floating around to help you settle in. We are really excited to meet you all, and will do our very best to make sure you have a great time here in New College. See you soon!

**Women’s Officer - Geena Goodwin**

*Email:* geena.goodwin@new.ox.ac.uk

*Pronouns:* She/Her

*Bio:* Hi! I’m Geena and I’m a second year Biologist here at New College and this year’s women’s officer. This means that I represent and promote the equal rights of all self-identifying women in the JCR. Throughout the year within college I’ll be running regular discussion groups and organising for speakers to come in to celebrate International Women’s Day.

This year is the 40th anniversary of women first being admitted to New College, so keep an eye out for celebrations! Please don’t hesitate to drop me a message if you have any questions during Fresher’s week and throughout the year. Look forward to meeting you all in October!

**Access and Outreach Officer - Ruth Flame**

*Email:* ruth.flame@new.ox.ac.uk

*Pronouns:* She/Her

*Bio:* Hi I’m Ruth! I’m a second year Law student and your Access and Outreach Officer for this year. My role involves ensuring that New College is as diverse and representative as possible. It also extends to making sure that everyone feels welcome and at home while they are here. I will be organising tours and Q&As around New College for prospective applicants and I always need volunteers so keep an eye out for any emails or posts from me if you want to help out! I will also be involved in university-wide schemes and I would encourage anyone to look into helping out at those too. I run the social media for outreach at New College too (@newcollegeaccess). The aim of all of these projects is to dispel myths people may have about Oxford and to encourage a more diverse pool of applicants to apply to Oxford. If you’re interested in any access work then I will be around a lot in freshers (and throughout the year) for you to ask me any questions or ideas that you may have. Anyone can get involved regardless of background so please don’t hesitate to drop me a message or email if you’re interested!
**Ethnic Minorities Officer - Aman More**  
**Email:** aman.more@new.ox.ac.uk  
**Pronouns:** She/Her  
**Bio:** Hi everyone, I’m Aman, a second-year medic, and your Ethnic Minorities Officer for the coming year. As Ethnic Minorities Officer, my main role is to ensure that all self-identifying BAME students feel safe, accepted and represented around College. Throughout the year, I’ll be hosting many socials and events to bring together the New College BAME community. In addition, I’ll be organising loads of events to celebrate the wide variety of cultures that make up our College community such as special formals. At a University level I will be promoting a wide number of fun social events hosted by different OUSU societies which can be a great way of getting to know new people. As part of the JCR welfare team, I will be a trained peer supporter by the end of Michaelmas, so I can support anyone, not just ethnic minority students, who might need a listening ear. See you in October!

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**LGBTQ+ Officer - Oliver Smith**  
**Email:** oliver.smith@new.ox.ac.uk  
**Pronouns:** He/Him  
**Bio:** Hello, I’m Oliver and I’m a second year studying History and French. For me first year was a bit of a voyage of discovery in the LGBTQ+ world, and throughout the year I came to learn that Oxford has so much to offer for our community. Whether you are confident in how you identify or whether you are still questioning, there will be plenty of amazing events to get involved with. I am organising LGBTQ+ dinners, drinks and picnics, and there are loads of Uni-wide events where you can explore the LGBTQ+ community beyond New College. I am also setting up a New College based LGBTQ+ parent scheme within New College, so keep a look out on the JCR page for ways to get involved; my role is primarily a welfare one, so my primary concern is looking after any issues you may have during the course of the year, big or small.

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**Disabilities Officer - Gracie Millett**  
**Email:** grace.millett@new.ox.ac.uk  
**Pronouns:** She/Her  
**Bio:** Hey, I’m Gracie, your JCR disabilities rep this year. I’m a second year music student and I’m here to help meet the demands of disabled New College students, including those experiencing mental health issues. At times, Oxford can be a particularly stressful experience for those with disabilities, and if you don’t know who to talk to about getting help with day-to-day uni life or support with exams, I can help put you in contact with the right people. Whatever you need support for, drop me an email/Facebook message and I’ll always be happy to help :)

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International and Overseas Officer - Yuyang Chen  
**Emails:** yuyang.chen@new.ox.ac.uk  
**Pronouns:** He/Him  
**Bio:** Hello, my name is Yuyang. I am a second-year biologist from Shenzhen, China and I will be the international and overseas officer this year. As such, my job is to ensure that all international students settle in smoothly and lead a comfortable academic and social life in Oxford. To achieve this, I am sending out some more information about living in the UK for international students, including transport, bank account, public services, and so on. I will also be arranging international-themed events within and between colleges to introduce you to many other international and domestic students.

Before the Freshers’ week starts at New College on Tuesday, there will be an orientation event for international students held by the university which you may find helpful. I will be living in college when you arrive, so feel free to email me any questions or talk to me in person after you arrive! I look forward to meeting you all, and I hope to establish a vibrant international community at New College with all of you!

The JCR Committee - Operations and Finance

Sport Officer - Lucy Stock  
**Email:** lucy.stock@new.ox.ac.uk  
**Pronouns:** She/Her  
**Bio:** Hi everyone! I’m Lucy, a second-year English student and I’ll be your sports officer for the upcoming year. At Oxford there are loads of great sporting opportunities available at both a College and University level and here at New College we encourage and welcome participation in all sports irrespective of ability.

College sport is a great way to blow off steam and to meet new people from different year groups and subjects. Funding is also available for those competing at both a College and University level. Sport at New College is successful, enjoyable and social and I hope you are looking forward to joining something, whether it be the first team football or the croquet cuppers team. If you have any questions, feel free to drop me an email. See you all in October!
Entz Officers - Anna Jones and Jack Lucas-Clements
Emails: anna.jones@new.ox.ac.uk / john.lucas-clements@new.ox.ac.uk
Pronouns: She/Her (Anna) and He/Him (Jack)
Bio: Hey guys, we’re Anna and Jack, your Entz reps for this year! That basically means that we are responsible for making sure your first year is as much fun as possible, through freshers week and beyond. We will make sure that you get a great introduction to Oxford’s diverse nightlife during freshers week through various club nights, and there will be lots of fun non-drinking events too. After that we will make sure that there are exciting things to do throughout the year. This involves putting on events such as the huge New College boat party and chilled garden party in the summer, as well as making our bops the best bops in Oxford. Feel free to contact either of us if you have any questions about College life.

Academic Affairs Officer - Luke Hatton
Email: luke.hatton@new.ox.ac.uk
Pronouns: He/Him
Bio: Hi! I’m Luke, a second year engineering student, and the incoming JCR Academic Affairs Officer. My role mainly consists of working with College to organise logistics and student helpers for the interview period in December (more on this later in term!) and the Open Days in July and September. I’m also here if you need anyone to chat to about worries or concerns about the academic side of Oxford life, or to direct you to support available within College. There are various forms of academic support available to ensure that any problems you may have during your studies are addressed, including your tutor, the Cox and Salvesen Fellows and your college parents. If you do have any worries or concerns about academic life at oxford, feel free to drop me an email. See you in October!

Arts Officer - Noorie Abbas
Email: shahnoor.abbas@new.ox.ac.uk
Pronouns: She/Her
Bio: Hi guys, I’m Noorie! I’m a second year HisPol student and your MADD (Arts) Officer for this year. MADD, for those of you who are just beginning to acquaint themselves with the host of new Oxford vocabulary, stands for Music, Art, Dance and Drama. If you’re at all interested in any of these, please feel free to drop me a message! We have a bunch of exciting workshops and classes throughout the year, and our annual, popular one-off events like the New College Panto and Arts Week. You’ll hear from me plugging a range of events on the JCR page across the year, so look out for open mic nights, film screening, theatre trips, salsa classes and much more. I hope to see you all at the MADD Freshers Evening on the 12th of October, where I’ll get to give you an introduction to all the exciting MADD related talent we have here at New College!
Charities Officer - Tilly Walters  
**Email:** mathilda.walters@new.ox.ac.uk  
**Pronouns:** She/Her  
**Bio:** Hi I'm Tilly, and I'm a second-year studying English, and your Charities Officer for this year! I'm in charge of everything charity related - formals, pidge presents, the naked calendar, charity auction and charity game show. I'll be involved with oxford-wide volunteering and charity groups, and sharing information related to any opportunities. Within college we also have a food distribution group called the Curry Runners, using leftover hall food - another great way to easily do some volunteering. Please don’t hesitate to get in contact with me for any charity or volunteering questions and see you in October!

Environment and Ethics Officer - Joshua Lee  
**Email:** joshua.lee@new.ox.ac.uk  
**Pronouns:** He/Him  
**Bio:** Hi, I’m Josh, a second year Law student and your Environment and Ethics Rep for this year. The main part of my role is to ensure that New College maintains a key focus upon recycling, waste management and general environmental concerns. Another part of my role is to challenge the College around ethical concerns, especially their investment portfolio. Please contact me if you are interested in this issue and want to pursue its development within College. More importantly just pop by if you have any E&E related stuff to have a look at or have noticed here in the college.

Housing and Facilities Officer - Theo McAuliffe  
**Email:** james.mcauliffe@new.ox.ac.uk  
**Pronouns:** He/Him  
**Bio:** Hello! My name is Theo and I’m a second-year Biochemist. I am your Housing and Facilities Officer for the year ahead and I will look after all things related to student accommodation within College. New College will soon be your home for the next 3-4 years of your life so it’s my job to make sure all of you are as comfortable as possible. I am here to help with any issues concerning rooms, kitchens, the laundry service, booking guest rooms, vacation residence and the JCR. Feel free to contact me before you arrive in October if you have any questions about your room and what you should bring (e.g. finding out the size of your bed). I look forward to meeting you all soon!
Food and Bar Officer - Luca Demetriadi  
**Email:** luca.demetriadi@new.ox.ac.uk  
**Pronouns:** He/Him  
**Bio:** I’m Luca, a second year English, and I’ll be your food and bar rep for the next year. I’ll do what I can to help with any food, bar, and café related concerns. You can book an appointment to discuss any thoughts at [https://www.facebook.com/Is-Luca-in-the-Bar-2433518670214999/](https://www.facebook.com/Is-Luca-in-the-Bar-2433518670214999/). I encourage you make the most of the bar; it’s a lot of people’s favourite space in College and this summer it is undergoing a refurbishment that will make it even better.

JCR Officer - Tom Barnes  
**Emails:** thomas.barnes@new.ox.ac.uk  
**Pronouns:** He/Him  
**Bio:** Hi everyone, my name is Tom. I am a second year PPEist, and I am JCR officer this year. The JCR is our common room, located in garden quad, and is somewhere people can go to relax and play table tennis, pool, playstation or (starting this year) table football, as well as to watch films, sports matches or tv shows. There is also a kitchenette where you can make tea and coffee, or heat up food in the microwave. My job is to make sure everything is kept in working condition, as well as keeping the cupboard stocked with tea and coffee. There will be a link to an online anonymous suggestion form on the JCR facebook page, but of course feel free to just get in touch directly about anything that can improve the JCR.
Freshers Rep - Louisa Webb

Pronouns: She/Her

Bio: Hi everyone! Firstly congratulations on reaching your offers, we cannot wait to meet you all in October. My name is Louisa and I am your Fresher’s week rep for this year. I will be in charge of making sure Fresher’s week runs smoothly and will be here to help you settle in. Freshers week is truly a one-off opportunity and it’s my job to make sure you can fully make the most of it. It’s a chance to get involved in anything and everything you can, sign up to as many societies as interest you and meet as many people as possible. I will be introducing myself to you all when you arrive, but I really want to make it clear now that at any point during your time as a fresher (not just first week) I am fully here to help you with any problems that may come up so please don’t hesitate approaching me.

Band Room Officer - Theo Pedley

Pronouns: He/Him

Bio: Hi! I am your Band Room Officer and my role is to help you make the most of one of the practice rooms in College. The band room is beneath the JCR and has a drum kit, keyboards, guitars, amps, microphones and music stands – it can be booked online on the Music Facilities page on the College website. If you are organising an event, be it inside or outside of College, you can borrow equipment from the band room by getting in contact with me. At the beginning of term I’m going to be looking into what equipment needs to be replaced and what else we need to purchase, so if you have any suggestions, please let me know!

Picture from New College Commemration Ball 2019 (held every 3 years) by Lafayette Photography
**Bike Rep - Neil Natarajan**  
**Pronouns:** He/Him  
**Bio:** Hi I’m Neil, a third year Computer Science and Philosophy student, and your new bike officer. I’m really passionate about bikes, and I’m going to be in charge of the college bikes. If anyone wants to borrow one of the College bikes just let me know and I will lend you one. There are so many things a College can do with bikes and I’m really passionate about making sure we do all of those things.

**IT Officer - Guy Shani**  
**Pronouns:** He/Him  
**Bio:** Hey all! I’m Guy, a second year biomed. I’m here to help with any IT problems you may have in College this year. I won’t be able to help with every problem but will definitely try my best to save you some time before sending you to the actual IT office, so feel free to get in touch and ask me any computer related question you’ve got. I’m also working on a JCR website - making it as comfortable to use and as useful as possible to you. I would love to hear any ideas you have in the future on how to improve the website perhaps by adding new features that can make different aspects of College life more automated and easier to use.

**Wine Stewards - Lizzie Nicholls and Alex Firth**  
**Pronouns:** She/Her (Lizzie) and He/Him (Alex)  
**Bio:** Hi, we are this year’s wine stewards - come and visit us in the only student-run wine cellar in Oxford to pick up a bottle from our range! We aim to provide good quality wines at all price points, from Old World classics from France, Italy and Spain as well as more unusual offerings from around the globe for you to try.

Alex is a second-year historian and Lizzie is a second-year English student. Both of us have a love of wine, so do not hesitate to approach us for a bit of wine chat or a recommendation. The cellar is underneath the JCR and is open before every formal. If you’re planning an event or just really like wine, we also do special orders. We will be hosting wine related events, starting with the classic ‘wine and cheese’ night in fifth week of Michaelmas. Make sure to drop in before family formal at the end of Freshers’ Week!
Mint Julep Quarterperson - Miriam Feldman

Pronouns: She/Her

Bio: My name is Miriam, and I’m the Mint Julep Quarterperson for 2019-20. The position of Quarterperson is unique to New College, and will probably require a bit of explanation to those who aren’t savvy with our fascinating history. On a visit in 1845 William Trapier, a wealthy businessman from Charleston, SC, asked for a Mint Julep – a type of cocktail containing mint, bourbon whisky and sugar popular in his part of the States. Realising that nobody had heard of the drink, he made his own and left his recipe, a personal drinking cup and a sum of money for the provision of Mint Juleps on the 1st of June every year. The job of the Quarterperson is to provide students of the College with Mint Juleps (as well as other, equally attractive non-alcoholic choices, of course) on this very special day, and to (hopefully) keep the tradition alive for years to come.

The humble Mint Julep

New College Cookie Fairy

Email: annabel.bainbridge@new.ox.ac.uk / conall.mchugh@new.ox.ac.uk

Hi, I'm the New College Cookie Fairy! If you feel that anyone you know (including yourself) could use a baked treat in their pidge (like their letter box in College), let me know and I'll get a cookie to them. You can get in touch by emailing Annabel or Conall or by messaging me on Facebook - my name is New-College Cookie-Fairy (I'll do my best to add as many of you as I can but please send me a friend request if I can't find you!). We will also be publishing 'compliments' on our Facebook page throughout the year. See you all very soon!
Welfare
Whilst we don’t want to scare you, and suggest that you’ve got any reason to panic, moving to university is a huge change. Adjusting to living by yourself, perhaps for the first time, to being more independent, or having a larger workload can sometimes be hard.
You might find it reassuring to know that for many people Freshers’ Week is by no means the best week of their Oxford experience, or even close, and many people take some time to get used to it. If you do find yourself needing some support, in Freshers' week or beyond, there are loads of places you can go and people you can talk to.

We have a welfare system that is fantastically run by the Welfare Officer, Annabel Bainbridge and Conall McHugh. Speak to any of the JCR welfare team (which includes the Welfare Reps, the LGBTQ+ Rep, the BME officer, the Disabilities officer and the Peer Supporters), who are always willing to have a chat if anything is bothering you; they’re trained in how to do this. Alternatively, there are services such as Oxford Nightline or the Oxford University Counselling service that you can get in contact with.

We also have the great resource of the Cox and Salvesen fellows. They live in College, and are there to help with student’s welfare. They are the people to contact if you have concerns before you get to College, for example, existing health conditions. More about them later in the section on College staff and other important people.

Some useful welfare contacts are:
University Welfare (information on services available as well as useful advice and tips): www.admin.ox.ac.uk/shw/
Oxford SU have a similar website: www.oxfordsu.org/wellbeing

The ingredients of a JCR welfare tea, regularly held by the Welfare Reps
Faith at New College

University is a time for discovering new things. This can include further exploring your own religion, learning about other ones and meeting new people in religious communities (both inside and outside of College). It goes without saying that Oxford aims to be welcoming to everyone, regardless of faith, and that one of the most exciting things about going to university is being in such a diverse environment, whilst also finding your own niche.

New College has people of many different faiths, who would be willing to talk to you if you have questions or need support. Some of them are involved in University-wide societies of faith, all of which are friendly, welcoming communities. A few examples include Oxford Inter-collegiate Christian Union (OICCU), Islamic society (ISOC), Jewish Society (Oxford JSOC), Hindu society (HUM) among many others.

Often, communities of faith can take on a welfare role and act as support networks, giving many people a place where they feel they belong. Getting involved can also lead to unexpected discoveries by giving you a chance to explore something you may have taken for granted. The above societies will put on events throughout the year, with a particular focus in Freshers Week to help ease the transition into life in Oxford!

In terms of religious communities within College there is a Christian Union, run by Dana McGibbon. The CU holds weekly meetings and Bible studies which are open to everyone within College, whether you would consider yourself a Christian or not. There are also many university-wide CU events, including lunchtime talks, the relaxed discussion group ‘The Search’, and pub socials. You can find out more about these at www.oiccu.org. Oxford has many, many amazing churches, so feel free to get in touch if you have questions about finding a church here, or if you would like a friend to go along with - we will do our best to help! You can also sign up for Freshaway (the university-wide pre-Freshers’ CU residential) 23rd-25th September - this is an amazing opportunity to make friends before term starts (www.oiccu.org/freshaway). Send the CU an email at christian.union@new.ox.ac.uk if you have any questions at all!

At New College we have a Muslim prayer room in College which students can gain access to by asking the Porters for a key. On top of this there is the central University of Oxford prayer room by the Museum of Natural History. Hall will also be serving Halal food at least 3 days every week.

The Chapel also plays an important role at New College, being a place of reflection, worship and regular services sung by our world-renowned choir

(Evensong is at 6.15pm everyday apart from Wednesday; Eucharist on Thursday).

Our Chaplain, Reverend Dr Erica Longfellow (erica.longfellow@new.ox.ac.uk) is very friendly and approachable, and organises morning prayer (plus free breakfast), discussions over lunch every week (‘Soul Food’), Christmas tree decorating… amongst many other things. See the chapel termcard or contact the chaplain for details. The Chaplain is very happy to support the welfare of students and always willing to see members of College on any issue, or simply for a chat, whatever their belief or faith background.

The Chaplain and the Assistant Chaplain, Rev Susan Bridge (susan.bridge@new.ox.ac.uk) are both based in 3OB6.
Some useful links and contacts:

- **OICCU**: [http://www.oiccu.org/](http://www.oiccu.org/)
- **O UISOC**: [http://ouisoc.org/](http://ouisoc.org/)
- **Oxford JSOC**: [http://www.oxfordjsoc.co.uk/jsoc/](http://www.oxfordjsoc.co.uk/jsoc/)

A far more comprehensive list is available on the University of Oxford website, under ‘Religion and Belief’ at: [https://www.admin.ox.ac.uk/eop/religionandbelief/faithsocietiesgroupsorreligiouscentres/#d.en.31129](https://www.admin.ox.ac.uk/eop/religionandbelief/faithsocietiesgroupsorreligiouscentres/#d.en.31129)

**LGBTQ+**

New College is known for its accepting, jovial atmosphere. As such, it is an awesome place to feel comfortable identifying as LGBTQ+. The JCR’s LGBTQ+ Officer, **Oliver Smith**, has the responsibility as part of the welfare team to make sure everyone feels welcome and happy at New College, particularly those who are not part of the cis/het community, and ensure that everyone in the JCR is fairly represented in College. The LGBTQ+ Officer is also responsible for organising events such as drinks, crew dates and dinners in Hall to raise money for LGBTQ+ focussed charities. If you have any concerns even remotely related to being LGBTQ+ in College you can chat to Oliver. There are also Rainbow Peers across the University, who are trained Peer Supporters there to offer support to LGBTQ+ students across all colleges and throughout the wider University. (For more information, email rainbowpeers@admin.ox.ac.uk.)

In Oxford, tolerance is the norm. There are thousands of supportive members of the wider Oxford student body. The LGBTQ+ scene is well established and as such, there are a few places for a great night out. Every Tuesday evening the uni-wide LGBTQ+ society hosts LGBTQ+ drinks at a different college bar. After a couple of hours there, those who fancy staying out a bit longer inevitably end up at Plush to keep the night going. Plush is Oxford’s gay nightclub, and is also good on Saturday nights.

Some useful contacts:
For more information about the **LGBTQ+ society** in Oxford, visit [www.oulgbtsoc.org.uk](http://www.oulgbtsoc.org.uk).

**Stonewall** is a lesbian, gay and bisexual charity, which has a hotline for anyone needing support: 08000 502020.
New College Chapel and the Cloisters both offer peaceful spaces for contemplation
(top photo: Nathaniel Hunt)
These are the people you really want to keep happy. It’s especially worth getting to know the **scouts, porters** and **catering staff**, who are the key to the College. You will find that they are lovely people and you won’t find it difficult to stay on the right side of them!

*Miles Young, Warden.*
The Warden is the head of the College and the most senior figure of authority. You’ll meet him at various points throughout the year such as lunch in his lodgings and going through your tutor reports.

*Prof Michael Burden, Dean*
The Dean is in charge of discipline in College. You can arrange to see him through his secretary, Jacqui Julier (jacqui.julier@new.ox.ac.uk) but otherwise you’ll only bump into him if you’ve committed a serious misdemeanour.

*Rev Dr Erica Longfellow, Chaplain*
Erica is a Church of England Priest and is responsible for services in the Chapel. She is available to listen to any member of College regardless of spiritual background.

*Mr Gez Wells, Home Bursar*
Gez is in charge of most of the non-academic operational sides of College life - accommodation, domestic, catering, security etc. You can call for a chat with him if you have any questions!

*Dr William Poole, Senior tutor*
William has overall responsibility for undergraduate teaching and academic matters in the College.
Hello, I’m Dan, the Salvesen Fellow and I work alongside Katie McKeogh, the Cox Fellow. Together, we’re senior members of the College and part of the Welfare Team. We live on site and we are available to meet with students about any aspect of life and study in College and in Oxford. To arrange a meeting with us, just pop an email to welfare@new.ox.ac.uk. We can also be contacted in emergencies via the lodge. Part of our job is building bridges between the JCR and the SCR, so you’ll find that we host regular events, including some of the introductory sessions during Freshers’ Week, and an event for new students during Michaelmas Term.

The Cox Fellow, Katie, also lives in College and is available to meet students in the same way as the Salvesen Fellow. She lives with a small black and white cat, Hobbes, who is too shy to wander around College but will be delighted to befriend student visitors.

Freyja Madsen, Academic Registrar

Freyja is the first point of contact for any student with queries about Academic Life. She is also a member of the Welfare Team, the College’s Disability Support Co-ordinator, and one of the College’s Harassment Officers. If you’re not sure who you need to speak to, email/phone/pop in to see Freyja!
Tel: 01865 279596 Email: tuition@new.ox.ac.uk Office: 4OB5

Scouts

These lovely people are in charge of cleaning the rooms of the inevitably hungover/messy/still asleep undergrads. They’ll come in once a week, which means you’ll have to get out of bed before noon at least once a week if you want your room cleaned (probably a good idea). They are generally chirpy and very nice.
Porters
These people are the engine room of College. They staff the Porters Lodge at the Holywell entrance and know everything that’s going on in College. They’ll be the ones who shut down raucous parties but they’re also incredibly helpful, and we’re lucky to have such a good-humoured and friendly bunch. They’ll be there 24 hours a day so if you ever need to know anything about College or get your key, pop into the Lodge.

From right to left, porters Corrie, Chris (Head Porter) and Stewart

Maintenance
Despite testing fire alarms at 9am, the maintenance team are there to be helpful! If you ever need something fixing (broken showers, electricity gone, etc.) you can put in a maintenance request. Google New College maintenance request, and once you’ve proved you’re not a robot they’ll be able to send someone to fix your leaky shower or broken drawer handles.

Michael Collett, Clerk of Works
Kitchen Staff
These wonderful people prepare and serve the meals you enjoy in Hall. As mentioned earlier, remember to speak to Brian Cole if you have any dietary requirements as our catering staff are proud to cater for a wide range of needs.

4 Old Buildings.
4 OB is the administrative hub of College, and where you’ll find most of the administrative staff. It compromises the Bursary, Home Bursary, and Academic administration, as well as the Catering Manager and the Dean’s Secretary.

Emily Meeson, PA to the Home Bursar

The kitchen team
**Can I smoke in College?**

There are two places in College where you can smoke and vape. The first is at the bottom of the Mound out in the gardens - 'not within 5 metres of the buildings [i.e. Old Buildings]', according to College regulations. The second is the slype, which is the place where the bins and recycling are. Otherwise, College is a no smoking zone, although you can smoke outside College; just outside the Porters’ Lodge on the wall is a popular spot.

**I have locked myself out of my room, what do I do?**

This happens to everyone more than once. Go and speak to the porters who will sign you out with a spare key.

**People keep using abbreviations for rooms. What do they mean?**

College is divided into buildings. Each building is divided into staircases and each staircase is divided into rooms. The staircase number comes first, then the building, then the room. So 9 OB 3 is room 3 on staircase 9 of Old Buildings.

The different building abbreviations are as follows:

- NB: New Buildings (In Holywell Quad, and your home this year)
- HW: Holywell Cottages (at the far end of New Buildings)
- OB: Old Buildings (where many tutors have teaching rooms)
- H: Hall (Above the Hall)
- LW: Houses on Longwall Street
- NCL: Houses on New College Lane
- BH: Bodicote House (Grey building on Longwall Street)
- SH: Saville House
- SB: Sacher Building (hidden behind the gardens)
- WB: Weston Buildings (postgraduates, houses at the sports grounds).

**Which famous people went to New College?**

Probably the most famous alumni are Hugh Grant, Tony Benn, Angus Deayton, Kate Beckinsale, Gyles Brandreth, Hugh Gaitskell, Rachel Johnson, Sally Phillips, Kate Mosse, Rick Stein and even the last Duke of Wellington. Richard Dawkins is an emeritus fellow and can often be spotted at dinner.

**We were founded in 1379. Why is it called New College, and always ‘New College’, never ‘New’?**

Being one of the oldest colleges, New College does seem a bit of a misnomer. The reason behind the absurdity is that the college is officially called: “The Warden and Schol-
ars of the College of St Mary of Winchester in Oxford”.
But another college (which we commonly call Oriel), was already named after St. Mary, so our college was the “New College of St. Mary”. However, it was generally just called “New College”, a name which has stuck for the last 638 years.

**Do we have any rival colleges?**
Not really. Our extremely friendly, welcoming and somewhat apathetic nature has stopped us having any real rivalries. Since the 1912 Olympics in Stockholm, rowers have historically disliked Magdalen (see NCBC website for the story...) but otherwise we like pretty much everyone.

**Who do I speak to if I have a problem with my room?**
If you need bin bags or extra toilet paper, your scout should be able to help. If you have a problem with your room, you can contact Sue Fisher, the Accommodation Manager (In 4NB or sue.fisher@new.ox.ac.uk). If something is broken in your room, you can contact maintenance.

**How do I book an event?**
To book events in College (this includes any occasion with more than ten people present) you need to get permission. Permission forms for events can be downloaded from the Dean’s pages on the College website and you need to submit these to the Assistant Dean, Gideon Elford. (http://new.ox.ac.uk/deans-hand-book). To make an appointment with him contact the Dean’s Secretary, Jacqui Julier (jacqui.julier@new.ox.ac.uk).

**How do I book a room?**
If you need to book a room in College, for a meeting, or a tutorial, or if you want to book a guest room for having relatives to stay, then contact Emily Meeson by emailing rooms@new.ox.ac.uk).

**Can I stay later than the end of term?**
At the end of Michaelmas term, you can’t usually stay on in College, because all of the rooms are needed for interviews. (The only exception is if you are helping out with interviews yourself). You have to be out by Saturday morning at the end of 8th week. International students should bear this in mind when booking flights home. At the start and end of other terms, there is often more flexibility. If you need vacation residence, contact Emily Meeson (emily.meeson@new.ox.ac.uk)

**Do I need to bring a bike?**
Not necessarily. The JCR has some bikes which can be borrowed by speaking the Bike Rep, Neil Natarajan (neil.natarajan@new.ox.ac.uk) and Oxford is a small enough city that you might find walking suits you just fine. Plus, even if you do find that you want a bike once you’re here there are loads of places to get second hand bikes, so it’s not necessary to try to fit one in the car!
Useful Contacts:
- Porters Lodge 01865 279500
- Weston Lodge 01865 281081
- 28 Beaumont Street GP 01865 311811 (or 0845 345 8995 after hours)
- NHS 111 service 111
- Thames Valley police 01865841148
- Citizen’s Advice Bureau 0844 111444
- Oxford City Housing association 08702 200608
- Oxford City Council 01865 249811
- University Counselling Service 01865 270300
- Oxford Nightline 01865 270270
- Domino’s Pizza 01865 200222 (say you’re from New College and you might get a discount)

Useful websites:
New College: Official website with lots of useful information including staff contacts. www.new.ox.ac.uk

New College JCR twitter: Updates on what’s going on in College, updates on events committee activity and more. www.twitter.com/NewCollegeJCR

NCBC: Everything you want to know about our Boat Club including the 1912 Olympics story. https://jcrweb.new.ox.ac.uk/ (NCBC also has a twitter account: www.twitter.com/NewCollegeBC)

Oxford University: The University homepage, with links to vast amounts of all sorts of useful information. www.ox.ac.uk

Oxford SU: Student Union websites with links to many services such as welfare and the alternative prospectus. www.ousu.org
Cherwell: Oxford’s independent student newspaper.  
www.cherwell.org

The Oxford student: A weekly student newspaper.  
www.oxfordstudent.com/

Oxford Tube: 24-hour coach service from Oxford to London, up to every 10 minutes. Fares from £13 return. Look out for discount vouchers at the Freshers Fair.  
www.oxfordtube.com

Daily info: A great website with reviews of restaurants plays and events in Oxford.  
www.dailyinfo.co.uk

www.oxfordhub.org

New College by night (photos: Nathaniel Hunt)
Hopefully this tick list will condense the 50 pages of information in this
guide to a single page of everything you need to do before you come to
New College in October!

1. Complete and return any forms sent to you in the post
2. Make sure you have all the items in the what to bring section (Page 6)
3. Make sure you have the shoes, socks, shirt and skirt/trousers/suit for sub-
fusc (black is probably best). Don’t worry about the ribbon/bow tie, gown and
mortarboard so much, most people get them in a deal from the local shops once they have arrived.
4. Get your IT sorted (Page 8) especially your Single Sign On and Oxford Email
5. If your are an international student revisit Page 9 and contact Yuyang Chen, the international rep, if you have any questions
6. Browse the societies you may want to be involved with at https://www.
ox.ac.uk/students/life/clubs . This is particularly important if you want to play university level sports as you may want to come early for preseason training (contact Lucy Stock the Sports Rep for more info)
7. Plan how you are going to travel to Oxford (and back again if you are super organised)
8. Try and complete any holiday preparation work set by your tutors, you will not have time to do this when you are in Oxford!
9. Get in touch with the second years doing your subject - they were in your position only a year ago and are therefore the best people to answer most of your Oxford related questions. You should get a letter from your College Parent, otherwise Luke Hatton, the academic affairs rep, will be able to put you in touch with your subject rep.
10. Prepare yourself mentally - life in Oxford can be quite intense, especially during your first term when you are settling in to uni life. Therefore, it can be invaluable to take some time to get to know yourself better and find what things help you stay mentally healthy. This is could be anything from getting more sleep or exercising to eating healthily or spending time with friends. Many students find mindfulness a life changing practice so it is well worth experimenting with apps like Headspace or Calm (which both have free trials) to see if this works for you.
11. Make the most of your summer! You have earned this break after doing so brilliantly in your exams so have some fun and we will look forward to seeing you completely refreshed in October!

Your To Do List: