



## St. Edmund Hall



Middle Common Room

Queen's Lane · Oxford · OX1 4AR

# Welcome Pack



## Table of Contents

<b>ARRIVAL INFORMATION.....</b>	<b>4</b>
<b>MAP OF TEDDY HALL.....</b>	<b>5</b>
<b>THE MCR COMMITTEE .....</b>	<b>6</b>
<b>IMPORTANT CONTACT DETAILS.....</b>	<b>8</b>
PORTERS LODGE AND SUB-DEAN: .....	8
IT AND COMPUTERS:.....	8
WELFARE: .....	8
ADMINISTRATION & MAINTENANCE:.....	8
EMERGENCY: .....	9
USEFUL PAGES OF THE SEH WEBPAGE.....	9
<b>GENERAL INFORMATION ABOUT LIFE IN OXFORD &amp; TEDDY HALL .....</b>	<b>10</b>
MEDICAL CARE IN OXFORD: .....	10
WELFARE .....	10
MCR WELFARE TEAM .....	10
<i>Welfare officers</i> .....	11
<i>LGBTQ+ representative</i> .....	11
<i>BME representatives</i> .....	11
<i>Sexual Health:</i> .....	11
<i>Sanitary Items:</i> .....	11
<i>Peer support</i> .....	12
SPORTS, LEISURE AND MUSIC FACILITIES:.....	12
<i>Squash courts:</i> .....	12
<i>Gym:</i> .....	12
<i>Other Sports:</i> .....	12
<i>Music room:</i> .....	13
<i>The Punt; Mrs Brown</i> .....	13
<i>Croquet:</i> .....	13
INFORMATION FOR STUDENTS LIVING IN COLLEGE ACCOMODATION .....	14
<i>Laundry:</i> .....	14
<i>Showers:</i> .....	14
<i>Cooking Facilities:</i> .....	14



MEALS IN COLLEGE: .....	15
<i>Breakfast, Lunch, and Dinner:</i> .....	15
<i>Formal Hall Booking Information:</i> .....	15
PAYMENTS AND CHARGES: .....	16
<i>How to pay for things using your Bod Card:</i> .....	16
<i>Charges:</i> .....	16
SUBFUSC ~ WHAT IT IS & WHERE TO GET IT: .....	17
DAILY INFO: .....	18
THE MCR COMMUNICATION: .....	18
EMAILS .....	18
MCR FACEBOOK PAGE .....	19
NOTICE BOARD AND DISPLAY .....	19
WATER .....	19
RECYCLING .....	20
ELECTRICITY USE .....	20
FOOD WASTAGE .....	21

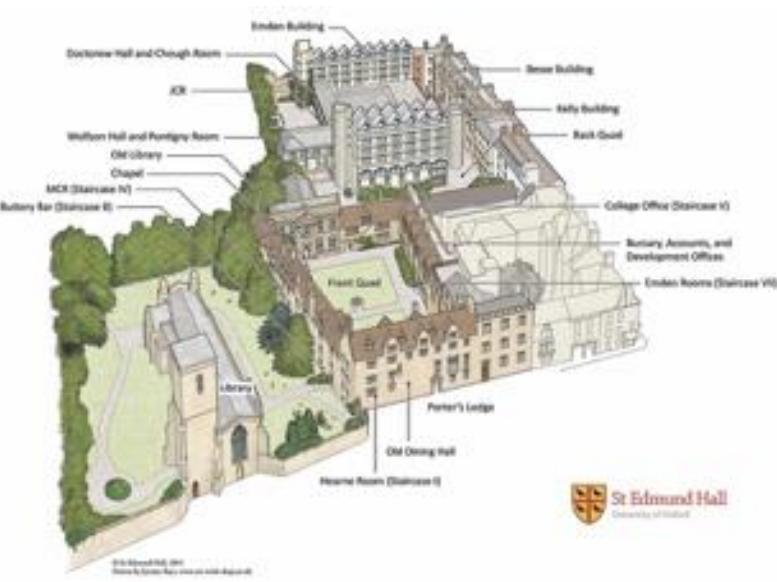
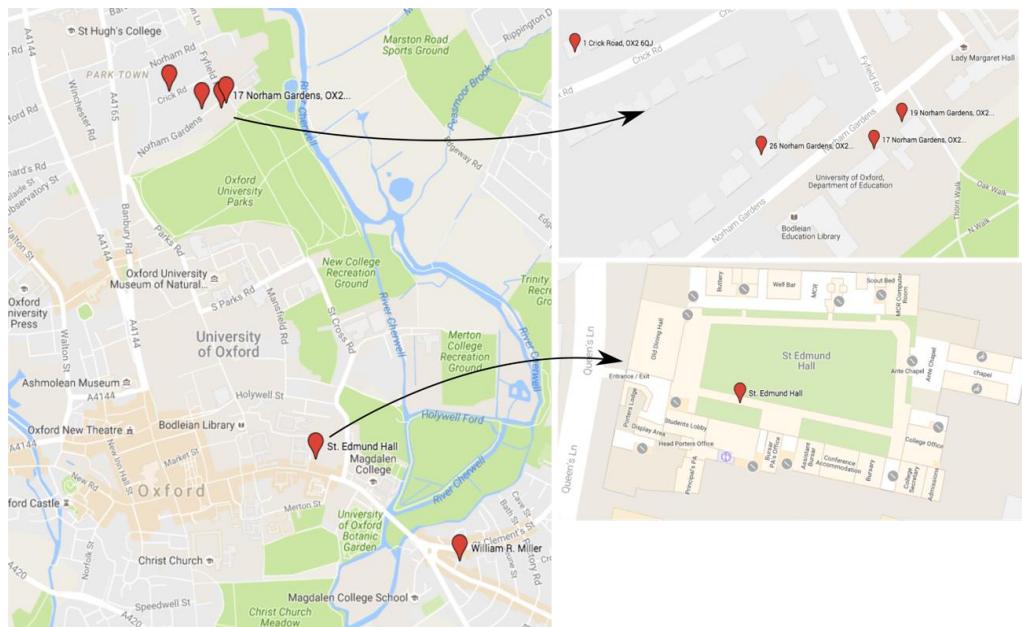


## Arrival Information

Many of you may be arriving from abroad and may not have visited the UK before. Information about the Universities orientation programme for international students can be found here: <http://www.ox.ac.uk/students/new/orientation>.

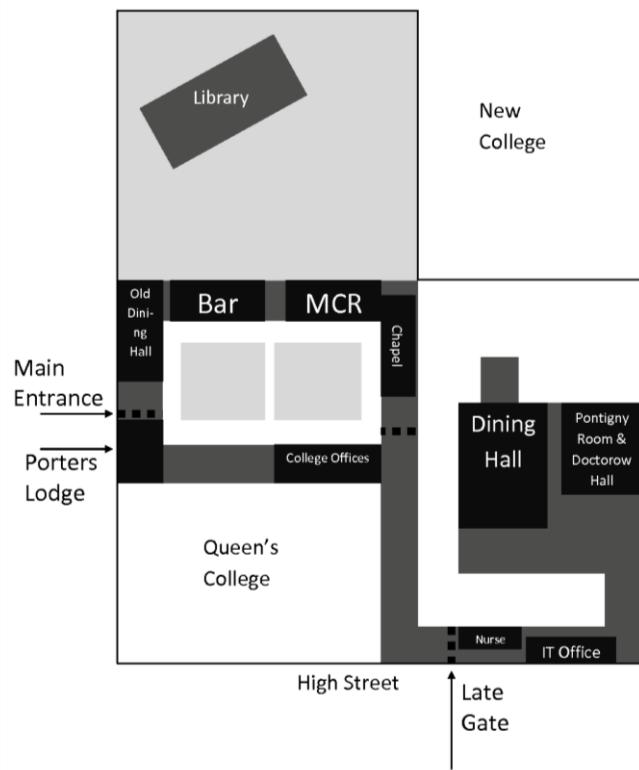
Maps of college can be found here: <https://www.seh.ox.ac.uk/contact-us/maps>

As most of you will probably be staying in the College's graduate accommodation at the **Norham Gardens site (NSE)**, when you arrive in Oxford please remember **first** to visit the main College site on **Queen's Lane** to get your fob from the **Porters Lodge**. You can search 'OX1 4AR' in google maps to see where is this. You will not be able to access your building or room without this. NSE is about a 15-20min walk from the main College site; google search 'OX2 6PS' to see the street. If you have just finished a long journey and are carrying a large amount of luggage then you may not wish to brave this walk! The College will be providing complimentary taxis from the main College site up to Norham Gardens for those arriving without a car - simply ask the Porters on arrival and they will order you a taxi.

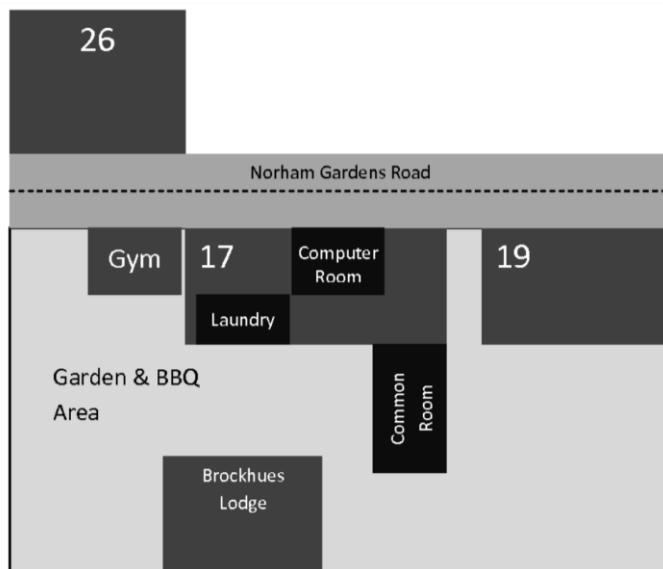




## Map of Teddy Hall



## Map of Norham Gardens





## The MCR Committee

The MCR committee consists of elected members of the MCR who take on the responsibility of governing the MCR.

### The President

The President represents the MCR at various College committees and the University at large. In addition, it is the Presidents' task to head the MCR Committee, who work together to ensure we provide the best facilities, events, and support for MCR members.



Mr. Kusal Lokuge

[kusal.lokuge@seh.ox.ac.uk](mailto:kusal.lokuge@seh.ox.ac.uk)

### The Stewards

Stewards are responsible for the MCR social life. They organise parties, college exchanges, special MCR dinners, cultural events and trips. The stewards also attend Teddy hall's Domestic committee meetings to raise issues about food and housing.



Ms. Sian Brooke

[sian.brooke@seh.ox.ac.uk](mailto:sian.brooke@seh.ox.ac.uk)

### Vice President

The VP serves as a back-up president and a general secretary. The VPs responsibilities are varied but include co-managing the MCR, drafting agendas, accepting motions and arranging meetings, overseeing the punt's use, and sending out general notices.



Mr. Ronnie Guthrie

[ronald.guthrie@seh.ox.ac.uk](mailto:ronald.guthrie@seh.ox.ac.uk)



Mr. Oliver Woodhall

[oliver.woodhall@seh.ox.ac.uk](mailto:oliver.woodhall@seh.ox.ac.uk)

### IT Officer

The IT officer is in charge of the MCR website, the MCR facebook page and other online systems.

Mr. Daniel Hu

[daniel.hu@seh.ox.ac.uk](mailto:daniel.hu@seh.ox.ac.uk)



### The Treasurer

The treasurer's role is to keep the MCR accounts in the black while paying for our papers, port, and busy programme of MCR events. I am the point of contact for MCR Blues funding and other money-related matters!



Ms. Chenzi Xu

[chenzi.xu@seh.ox.ac.uk](mailto:chenzi.xu@seh.ox.ac.uk)

### The Welfare Representatives

The welfare team handles a wide range of welfare-related concerns for the MCR. Welfare officers are there to listen to concerns of MCR members and help to access College, University and External welfare resources. They organize events throughout the year, address and raise awareness of issues related to minority groups, the LGBTQIA community and general student welfare.



Ms. Karen Gamero

[karen.gamero@seh.ox.ac.uk](mailto:karen.gamero@seh.ox.ac.uk)



Mr. Tim Stoesser

[tim.stoesser@seh.ox.ac.uk](mailto:tim.stoesser@seh.ox.ac.uk)

### NSE Representative

The Norham Gardens Representative is a representative of the MCR members living in Norham Gardens (NSE). Responsibilities include organising the weekly Sunday brunches at NSE and communicating any issue/requests regarding NSE to the committee.



To be elected next term!!

### Sports Representative

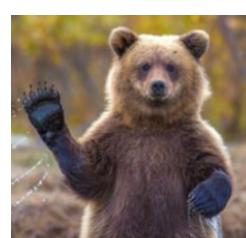
The Sports Representative addresses the sports and physical activities interests of the MCR including spreading the news of college and university sports, and oversight of the NSE gym.



To be elected next term!!

### Academic Representative

The Academic representative's responsibilities include voicing the academic concerns of the MCR, attending college meetings and assisting in the running of academic events in college.



To be elected next term!!



## Important Contact Details

Here are some contact details of people you may need throughout your stay in Teddy Hall:

### ***Porters Lodge and Sub-Dean:***

Porters Lodge, Main College Site:	79000
NSE Sub-dean: Ilona Mostipan:	<a href="mailto:ilona.mostipan@seh.ox.ac.uk">ilona.mostipan@seh.ox.ac.uk</a> 01865 274171

### ***IT and Computers:***

Join the MCR mailing list:	<a href="mailto:mcr-join@maillist.seh.ox.ac.uk">mcr-join@maillist.seh.ox.ac.uk</a>
IT support:	<a href="mailto:it-support@seh.ox.ac.uk">it-support@seh.ox.ac.uk</a>
Andy Martin, MCR IT Officer :	<a href="mailto:andrew.martin@seh.ox.ac.uk">andrew.martin@seh.ox.ac.uk</a>

### ***Welfare:***

Up-to-date info:	<a href="https://www.seh.ox.ac.uk/current-students/welfare-and-support">https://www.seh.ox.ac.uk/current-students/welfare-and-support</a>
MCR Welfare Officers:	
Karen Gamero	<a href="mailto:karen.gamero@seh.ox.ac.uk">karen.gamero@seh.ox.ac.uk</a>
Tim Stoesser	<a href="mailto:tim.stoesser@seh.ox.ac.uk">tim.stoesser@seh.ox.ac.uk</a>
Tutor for Graduates: Dr Richard Willden	<a href="mailto:richard.willden@eng.ox.ac.uk">richard.willden@eng.ox.ac.uk</a>
Nightline:	01865 270270
Student Union Advice Service:	<a href="mailto:advice@ousu.ox.ac.uk">advice@ousu.ox.ac.uk</a>

### ***Administration & Maintenance:***

Accounts (fees):	<a href="mailto:assistant.accountant-fees@seh.ox.ac.uk">assistant.accountant-fees@seh.ox.ac.uk</a>
Bursary:	<a href="mailto:bursary@seh.ox.ac.uk">bursary@seh.ox.ac.uk</a>
Accommodations Officer:	<a href="mailto:accommodation.officer@seh.ox.ac.uk">accommodation.officer@seh.ox.ac.uk</a>



## ***Emergency:***

Emergency Services:	999
Police non-emergency (crime reporting):	101
NHS Direct:	0845 464

## ***Useful pages of the SEH webpage***

Who to contact for college matters:	<a href="https://www.seh.ox.ac.uk/current-students">https://www.seh.ox.ac.uk/current-students</a>
List of SEH Principal, Visitors and Fellows:	<a href="https://www.seh.ox.ac.uk/fellows-and-staff">https://www.seh.ox.ac.uk/fellows-and-staff</a>
MCR webpage:	<a href="http://mcr.seh.ox.ac.uk/">http://mcr.seh.ox.ac.uk/</a>



## General Information about Life in Oxford & Teddy Hall

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### ***Medical Care in Oxford:***

When you start at Teddy Hall, you will need to provide details of your Doctors surgery to the college. You can remain registered elsewhere, or choose another surgery, but you are advised to register at Summertown Health Centre. Details will be circulated nearer to Freshers Week. During term time, you can arrange to see one of the college doctors at Teddy Hall, who come in from Summertown Health Centre. They are usually available Tuesdays from 8.30 - 10.30. To book an appointment simply ask the porters in advance. Outside college surgery hours, you can contact the Doctors surgery where you are registered. Summertown Health Centre can be contacted on 01865 515552; the surgery there is open Monday - Friday, 8.30 - 6.30, with additional early, late and Saturday appointments if booked in advance. Outside doctors surgery hours, medical advice can be sought from the NHS Choices Symptom Checker (<https://www.nhs.uk/symptom-checker/>) and if needed you can call the Urgent Care Out Of Hours service on 111 to get a doctors appointment.

In the case of an accident or emergency, the nearest Accident and Emergency Department is located at the John Radcliffe Hospital, Headley Way, Oxford, OX3 9DU. In the case of an emergency, an ambulance can be called by dialling 999.

Teddy Hall also has a college nurse, Glynis Perry ([glynis.perry@seh.ox.ac.uk](mailto:glynis.perry@seh.ox.ac.uk)), who can be contacted most days in college. Her office is room 3, at the top of staircase 6. Her office hours are advertised around the college, and on Weblearn.

There are many other sources of support and welfare across both the College, and the wider University. Details can be found on the MCR website.

### ***Welfare***

#### ***MCR Welfare Team***

The MCR welfare team has many different responsibilities, one of which is provide support and advice to MCR members. The welfare team consists of two welfare officers, an LGBTQ+ representative and two BME officers. In addition, a Men's and Women's representative will be appointed in Michaelmas term. Please feel free to contact either of the welfare officers or ancillary welfare officers in confidence, regarding any questions and/or issues you may have regarding welfare at Teddy Hall:



## Welfare officers

- Karen Gamero: [karen.gamero@seh.ox.ac.uk](mailto:karen.gamero@seh.ox.ac.uk)
- Tim Stoesser [tim.stoesser@seh.ox.ac.uk](mailto:tim.stoesser@seh.ox.ac.uk)

## LGBTQ+ representative

- Thomas Kittel: [thomas.kittel@seh.ox.ac.uk](mailto:thomas.kittel@seh.ox.ac.uk)

## BME representatives

- Cherrelle Dacon: [cherrelle.dacon@seh.ox.ac.uk](mailto:cherrelle.dacon@seh.ox.ac.uk)

If you feel unable to talk to the welfare team about men's or any other issues, please feel free to contact any of the MCR committee, last year's men's officer Ryan Daniels ([ryan.daniels@seh.ox.ac.uk](mailto:ryan.daniels@seh.ox.ac.uk)), or our college chaplain Will Donaldson ([will.donaldson@seh.ox.ac.uk](mailto:will.donaldson@seh.ox.ac.uk)).

## Sexual Health:

The MCR provides condoms (incl. latex-free), dental dams, lubricant and pregnancy tests for all its members. These can be found in the cupboard under the sink in the MCR at college, the ground floor toilet in 17 Norham Gardens and also in 26 Norham Gardens. Although we do not provide 'morning after pills', we are also able to reimburse MCR members for the full cost if you provide a receipt to one of the MCR welfare officers. They will organise the reimbursement with the treasurer ensuring anonymity. Additionally emergency contraceptives are freely available in many places for more info visit:

<http://www.nhs.uk/conditions/contraception-guide/pages/where-can-i-get-emergency-contraception.aspx>.

In addition to sexual health supplies and sanitary items, rape alarms are available from the welfare officers on request.

## Sanitary Items:

The MCR provides sanitary pads and applicator tampons, intended for urgent use, in the same location as the sexual health supplies. Subsidised 'Moon cups' are also available on request please contact the MCR welfare team by email, note that it can take up to a week to order/receive these.



## Peer support

We have four lovely peer supporters at Teddy Hall that are happy to listen in case you need someone to talk to. Peer support sessions are on a drop in basis and will be available throughout term time. Our peer supporters are there to help with any personal or study related issues.

## ***Sports, leisure and Music Facilities:***

### **Squash courts:**

For those who want to play squash, we share courts with Queens College. The courts are down Iffley road, about a 10-15 minute walk from college and are free for your use. You need to get a key, which requires a £20 deposit from Queens College (next door to Teddy Hall). Just ask their friendly porters who to talk to. You need to book the courts via Queens, but it's usually fairly available. Please respect their courts so that we can carry on using them.

### **Gym:**

The Teddy Hall gym is located at Norham Gardens. Even though quite a small facility, it has a selection of free weights and other gym equipment. Gym use requires an induction on safety and etiquette. Afterwards you will get your fob initialised. Notices will be sent out soon after fresher's week with further details.

As a member of the university, you can join the Iffley Road sports centre, for as little as £59 for the year – visit [sport.ox.ac.uk](http://sport.ox.ac.uk) for more information. Otherwise, the LA Fitness gym in town offers a popular alternative.

### **Other Sports:**

Both Teddy Hall and the University offers an array of sports. The Freshers' Fair for both is held during freshers' week. This is a great way to get an idea of what's on offer and to talk with those already doing the sports/activities. From this you can get a sense of how the teams work and what time commitments are needed.



### **Music room:**

Teddy Hall has a music practice room available for use, which includes various musical equipment. There is also a piano in college and NSE available for practice. You can book these facilities at the Porters Lodge, and the porters will also be able to direct you to the music room.

### **The Punt; Mrs Brown**

The college punt was named Mrs Brown after the MCR's butler for many years. It's an unusually long punt capable of holding ~8 medium-sized people. The punt is completely free for members of the MCR.

To book you should visit the new punt booking system, which can be found on the MCR website. The password is: MrsBrown (no space). NB: You can book the punt for 1 or 2 hours from sunrise to sunset in the summer months but book enough time to return the punt before the next group need it.

Take your booking confirmation email and bodcard to Lady Margaret Hall Porters Lodge (right next door to NSE) where you will be given the necessary keys and relevant information.

When you're finished, please return all the equipment (locker 5) and ensure the punt is tied up at both ends and locked. Our spot up the channel is marked with a laminated page, please fasten the punt at this point and nowhere else on the channel.

Our thanks go to LMH for allowing us to moor in their boat house, so please respect their facilities and equipment. Here are some punting instructions if you need guidance:

<https://www.wolfson.ox.ac.uk/sites/wolfson.ox.ac.uk/files/Punting.pdf>

### **Croquet:**

We have a brand-new Croquet set to accompany the older set. Both sets are available from the NSE common room without a booking. The lawns at the back of NSE are a great venue for croquet in summer.

Here are instructions and history of the game if it is new to you :

<http://www.woodmallets.com/howto/playcroquet.htm>



## ***Information for Students Living in College Accommodation***

### **Laundry:**

Laundry facilities are on the ground floor of 17 Norham Gardens, and include washers, driers, and an ironing board. Each of the machines cost £1.25 per load to use, and payment is taken from the Cash Account of your Bod Card (see next section).

### **Showers:**

Many of the showers in college have electric heaters with some knobs for your entertainment. Generally, there is an on-off button and if you're lucky there will be a clearly marked knob for temperature. If you are not lucky there will be several unmarked knobs, one of which would be for temperature and another for water pressure.

### **Cooking Facilities:**

There are kitchenettes for you to cook meals for yourself. All of these kitchens have hobs, an oven, a fridge and freezer, toaster, kettle and a microwave. Some kitchens have communal pots, pans, crockery and cutlery from previous students however, generally, you will need to provide your own crockery, cutlery and other kitchen utensils used for cooking.

All electrical equipment must not be stored or used in your room. They can only be stored and used in the properly equipped kitchenettes. It is each individual's responsibility to clean up after themselves and maintain good etiquette. A kitchenette with a good etiquette can be a pleasant cooking environment.

You may, subject to written permission from the Bursary, bring your own mini-fridge into your College room, but it must be checked for electrical safety by the College maintenance staff. You will also have to lodge an £80 deposit against disposal costs. You must take your fridge off our premises during the vacation periods unless you have permission to store it or, where appropriate, are willing to let conference guests make use of it.



## ***Meals in College:***

### **Breakfast, Lunch, and Dinner:**

Meals are available to all postgraduate students and are served throughout Full Term in the Wolfson Hall at the main College site. The meals in college are excellent value for money and the quality of the food is exceptional thanks to our Head Chef John McGeever. Unlike Formal Hall, normal meals do not have to be pre-booked, unless you have a special dietary requirement. Breakfast is served from 8.15 am to 9.30 am on weekdays for £2.70 and is paid for with a specific ‘Breakfast’ account using your bodcard. Brunch is served on Saturdays and Sundays between 10.30 am and 12.45 pm. Lunch is a continuous self-service meal, available in the Wolfson Hall in Full Term from 12.15 pm to 1.30 pm on weekdays and is paid with your cash account using your Bodcard (the same cash account you use for laundry). Costs vary depending on the food selected, but a two-course cooked lunch will typically be less than £4.

A College dinner is £5.24. It's an informal self-service meal available in the Wolfson Hall in Full Term from 6 pm to 7.15 pm on Mondays, Wednesdays, Thursdays and Saturdays. On Tuesdays and Fridays the informal meal is available only from 6 pm to 7 pm and a formal meal (Formal Hall) is served at 7.25 pm. Dinner on a Sunday is served from 6pm to 7pm.

During Weeks 1 to 8 of term, students are permitted to bring one guest to breakfast, lunch or dinner. Outside of these times no guests will be permitted.

### **Formal Hall Booking Information:**

Formal Hall is a wonderful three course dinner held every Tuesday and Friday night during term time. Formal (as it is referred to) is a great opportunity to enjoy amazing food, socialise with friends, and meet new people. It costs £17.25 per person and includes wine – although soft drinks are also available if you prefer – and guests from outside Teddy Hall are encouraged! Formal Hall is booked via the Meal Bookings section of EPOS (see next section). Dietary requirements may be stipulated when booking, or if they do not appear on EPOS you can email the Bursary separately to inform them. Formals tend to get booked up very quickly, and bookings close three days before the meal. Members of the college must wear their academic gown at dinner, but this is not required for guests.

The EPOS meal booking system: [epos.seh.ox.ac.uk/seh/login.php](http://epos.seh.ox.ac.uk/seh/login.php)

Alternatively, MCR members can book to sit at High Table at Friday Formal Hall (£14.10 + £4.50 for informal dessert served in the SCR after dinner), which is a great way to get to know many of the Fellows at the college, and a fantastic Oxford experience. Finally, for an even more elaborate experience, you may wish to book SCR guest night, which is held in the Old Dining Hall. The online booking system for High



Table and SCR guest night may be found at <http://scr.seh.ox.ac.uk/login.php>. Further information may be found on the MCR website (<http://mcr.seh.ox.ac.uk>) where instructions for booking may also be found.

## ***Payments and Charges:***

### **How to pay for things using your Bod Card:**

Your Bod Card is used to pay for a number of things in College, including laundry, all meals (cash payment is not accepted), and entitles you to a discount when making purchases at the College Bar. The balance of your card and all transactions can be viewed online at [epos.seh.ox.ac.uk/seh/login.php](http://epos.seh.ox.ac.uk/seh/login.php), where you can also top up your account. Alternatively, if you find yourself in college and in urgent need of a top up, the Bursary in the front quad can top it up instantly using cash or card. Please note, there are three separate accounts: Breakfast, Dinner, and Cash. If you want to eat breakfast in college, you must have funds on your breakfast account, and ditto for dinner. The cost of attending formal hall is deducted from your dinner account. All other purchases, including lunch, laundry and the college bar, are deducted from your cash account.

### **Charges:**

All MCR members will be charged an MCR membership fee and a contribution to the St Edmund Hall Association, our alumni network. In addition, there are optional charges for causes that we support as a community. Information on each of these charges can be found on the MCR website [mcr.seh.ox.ac.uk/about-us/battels-charges/](http://mcr.seh.ox.ac.uk/about-us/battels-charges/).

You can opt out of any of these by sending an e-mail to Nidi Tapoulal, [nidi.tapoulal@seh.ox.ac.uk](mailto:nidi.tapoulal@seh.ox.ac.uk). Please note that for some of the funds if you opt out, you will not be eligible to make use of any of the services/grants connected to these funds.

Charge	Termly amount	Optional	Contact
St Edmund Hall Association	£8.00	No	Accounts
MCR Membership Fee	£13.50	No	Accounts



Picture Fund	£1.00	Yes	Accounts
Reach Oxford Scholarship Fund	£6.00	Yes	Accounts
MCR Charity Fund	£5.00	Yes (affects eligibility)	MCR Treasurer
Anniversary Grant	£5.00	Yes (affects eligibility)	MCR Treasurer
Oxford Students Refugee Campaign	£4.00	Yes	MCR Treasurer

### ***Subfusc ~ What It Is & Where to Get It:***

All graduates students must have an academic dress outfit to wear for matriculation, exams, and graduation ceremonies. When buying subfusc you will receive a gown, and mortarboard, and either a white bow tie or a black ribbon. The rest of the items must be purchased separately, and the full outfit consists of the following items.

1. one of:
  - dark suit with dark socks, or
  - dark skirt with black tights or stockings, or
  - dark trousers with dark socks or dark hosiery
2. dark coat if required
3. black shoes
4. plain white collared shirt or blouse
5. white bow tie, black bow tie, black full-length tie, or black ribbon.

The University regulations were recently updated so that both men and women may wear either variations of the outfit. Traditionally, men wore white bow ties and women wore black ribbons.



You can buy Subfusc at:

- Shepherd and Woodward, 109-113 High Street
- Walters, 9-11 Turl Street
- Ede & Ravencroft, 119 High Street

If you aren't too bothered with getting a brand new sub-fusc, there are sometimes abandoned items which the committee will hand over in exchange for a donation to the heart foundation.

You could also go to a local charity shop/thrift store. Here you may get a full suit and sub-fusc for a very low price but of course nothing is 'on stock' in your size and sub-fuscs clear out quick at the beginning of term.

### ***Daily Info:***

[www.dailyinfo.co.uk](http://www.dailyinfo.co.uk)

Daily Info is the Oxford equivalent to Craigslist and Gumtree (although there is also a Gumtree for Oxford and surrounding areas which you may find useful to look at as well). It is an excellent place to find used goods for a reasonable price. There are also a number of used bicycles advertised on this site. Daily Info's "What's On" pages also provide information on films, concerts, plays, gigs, readings and courses in Oxford, and is updated regularly.

### ***The MCR Communication:***

#### **Emails**

The MCR committee and college administration will communicate important information via emails and the primary email address you supplied (which defaults to your college/dept. email address).

As a committee we try to limit the number of email we send out so that it doesn't become a bother. We expect that MCR members will look at the content of the email as there may be important information at times.

We know some of our emails will be relevant to you but others might not, so all Teddy Hall MCR notice emails have a [keyword] in the subject line. You can filter out all the emails from your inbox with this keyword by right clicking on this message in your inbox. Then choose Select Rules/Create Rule. Tick the 'From: thisaddress@ox.ac.uk' box and the box next to 'Subject Contains:' and just put the keyword in the text box. Then se-



lect ‘Move Item to Folder:’ and choose the Deleted folder. Click Ok: no more unnecessary emails will bother you again.

## MCR facebook page

The MCR supplements communication through the MCR Facebook group. The group is open to all current MCR members to join and make full use but it is governed by the universities regulations on on-line presence and cyber-bullying as well as the MCR online etiquette guidelines (a.k.a MCR Guidelines on the Use of Social Media and other Online Services), which can be found on the MCR website [mcr.seh.ox.ac.uk/about-us/social-media-guidelines/](http://mcr.seh.ox.ac.uk/about-us/social-media-guidelines/)

The current MCR group is available: Teddy Hall MCR 2017/20178

## Notice board and display

There is a noticeboard and LCD display in the MCR which we use to advertise MCR notices, DailyInfo posters, University related advertisements and other happenings-of-interest.

You can display items on either the noticeboard or the monitor by contacting the vice president;  
[ryan.daniels@seh.ox.ac.uk](mailto:ryan.daniels@seh.ox.ac.uk)

## ***Teddy Hall, Sustainability and the Environment***

Teddy hall takes pride in being an environmentally conscious college. By helping the college reduce costs, you help college run green, and make more funds available for travel grants, MCR assets and financing college improvements.

As the adage goes, “Every little bit helps” and everyone can play their part.

## Water

While there is no denying that it rains a lot in Oxford, college still pays for water usage, both water and the cost of heating. One minute costs about 10 litres of water!

Thames water recommends 4-6 minutes per shower and college has provided little hourglass timers in the showers to help you keep track of how long you’ve been.



## Recycling

Waste disposal is charged by the kilo so separating recycling from garbage helps college cut costs and contribute to running sustainably.

College works with a two-bin system. Every room typically has one blue bin for recycling and one other bin for regular waste. In the kitchenettes, MCR, MCR computer room, NSE common room and NSE gym there is a large bin clearly marked for recycling and smaller bins for general waste.

As long as you keep your recyclables separate from general waste, the scouts will do the same when they take out the trash.

Here is a quick guide as to what is and isn't recyclable:

- If it's badly soiled with food or dirt, either rinse it off or toss it in the garbage.
- If it's marked "recyclable" on packaging, rinse it and toss it in the recycling bin (the guys at the city council have some Hi-tech (laser separators) and Low-tech (hands-on experts) to separate recycling).
- Large items like furniture and electric goods can be donated to the British heart foundation (boxes @ NSE common room and outside the Wolfson dining hall)
- Food is never recyclable; if it's bad, toss it in the garbage.
- Here is a list of the 'recycling' symbols on packaging : <http://www.recyclenow.com/recycling-knowledge/packaging-symbols-explained>

If you are staying out of college accommodation follow this link for recycling advice:

[https://www.oxford.gov.uk/info/20075/students/15/recycling\\_in\\_a\\_student\\_house](https://www.oxford.gov.uk/info/20075/students/15/recycling_in_a_student_house)

## Electricity use

Electricity is a very large part of college's expenses, particularly over the winter months.

We have distributed thermometers and an energy-saving-reminder coaster to all the students' rooms to help remind you to save energy. Around every common space we have signs to remind you to switch off the lights when you are done!

Simple energy saving tips:

- Put on layers before trying to turn up the heating
- In winter, keep the heating on only when you need it. Make the room cozy, not hot.
- Put a lid on the pot when cooking (it saves energy).
- Don't fill the kettle if you won't use all the water right away
- Switch the lights off when you leave the room



Teddy hall is an official participant of the Europe-wide Student Switch Off campaign. We won a bronze in our first year and we are going for gold this year! <http://www.studentswitchoff.org/unis/oxford>

## **Food wastage**

Meals at Ming are self-service so you only need to take as much as you will eat. We encourage students to be considerate of how much food they throw away after a meal. Not only does this add undue cost to college expenses (and in the long run, raises the cost for future students) but it is also a serious driver of humanitarian crises such as global climate change and food shortages everywhere. Around 30% of food purchased in ‘developed’ countries are thrown away and the average European citizen tosses out more than 100kg of food a year (FAO, 2016). You should extend same consideration to food matters in and outside of college.

Ryan Daniels (the VP) is the current Ethics and Environmental Rep until a new volunteer steps forward for 2016-2017. If you are interested in the position contact him at [ryan.daniels@seh.ox.ac.uk](mailto:ryan.daniels@seh.ox.ac.uk)



## Oxford Glossary:

### Battels

Your account in College - covering food, drinks, stash, and, for those living in, rent.

### Bessie Building

The part of College facing onto The High.

### Blue

An award earned for competing in Varsity sports (usually against Cambridge) at the highest level. Half-Blues are awarded for sports where the level of attainment is not deemed to be of national standard.

### Bod

The Bodleian, Oxford's main research library, between Broad Street and Radcliffe Square.

### Bop

A college social, usually involving dancing and booze.

### The Cherwell

A tributary of the Isis, popular for punting. Also a student newspaper.

### Congregation

'The Parliament of Dons', comprised of all academic members of the University.

### Convocation

All those with an Oxford degree of some kind, or who are members of Congregation. Elects the Chancellor and Professor of Poetry.

### Cuppers

Inter-collegiate sporting events.

### Dean

The senior fellow responsible for discipline in College.

### Don

Fellow or tutor in the University.

### Eights Week

Also known as Summer Eights, this is Oxford's main intercollegiate rowing competition held at the end of Trinity term. Also a popular time for non-rowers to spend some time boozing by the river before finals.

### Emden Building

Past Wolfson Hall, Emden contains accommodation, a games room, and the JCR.

### Encaenia

The ceremony at the end of Trinity, awarding honorary doctoral degrees.

### Fellow

Member of a College's Governing Body, usually an academic.

### Full Term

The three eight-week periods that make up the Oxford year. Each is preceded by nought week, -1, and so on, and followed by ninth and tenth week.



### Going Down

Leaving Oxford, either at the end of term or at the completion of a degree.

### Going Up

Arriving at Oxford, at the start of a term or beginning of a degree.

### Hack

Someone involved in student politics, most often in the Union or OUSU. Notorious for schmoozing, nefarious machinations etc, ‘hack’ is both a derogatory term and, for some, a badge of honour.

### Hall

Dining in College. Formal Hall (with gowns) takes place once a week in Teddy Hall. Confusingly, the College as a whole is sometime known at The Hall.

### The High

Colloquial name for the High Street, running between Carfax and Magdalen.

### High Table

Where Fellows dine during formal hall; postgraduates may join them for a small extra charge. Superior wine.

### Hilary

The second term of the academic year.

### Isis

The part of the Thames that runs through Oxford, and also the name of the College accommodation on Iffley Road. Also a student magazine.

### JCR

The Junior Common Room, primarily for undergraduates. The room itself is between Wolfson and Emden; it’s pretty grim, but does have the biggest telly in College.

### Junior Dean

Responsible for working with the Dean with regard to discipline and welfare issues.

### Kelly Building

The building beside Wolfson Hall.

### Late Gate

Entrance to Teddy Hall from The High - the only way to get into, or out of, College after midnight.

### Living In

Renting College accommodation.

### Living Out

Finding accommodation outside the University (in digs).

### Long Vac

The summer vacation between Trinity and Michaelmas. For many postgraduates, not much of a holiday.

### Matriculation

The ceremony in which you formally register as a member of the University.

### MCR

The Middle Common Room, composed of postgraduates and fourth-year undergraduates. The room itself is on the North face of Front Quad, and is the focus of postgraduate life in College.



Michaelmas

The first term of the academic year.

Norham Gardens (NSE)

College accommodation in North Oxford.

ODH

The Old Dining Hall, on the West face of Front Quad. One of Teddy Hall's grander rooms.

OUSU

Oxford University Student Union, responsible for representing student views in the University.

Oxmas

Because terms are so short, yuletide festivities in Oxford have to be brought forward; hence Oxmas, and mince pies and carolling at the end of November.

Pidge

Your Pigeonhole, where post arrives. Located beside the Porter's Lodge.

Pigeon Post

The intercollegiate postal service, organised by the Porters.

Porter

Primarily responsible for security, but also for the smooth running of College life more generally.

Porter's Lodge

Found at the main entrance to College on Queen's Lane, and home to our friendly Porters. Sometimes known as the Plodge.

Principal

Head of the College. Known as Master, Provost and various other titles at other colleges.

Proctor

Senior officer responsible for enforcing discipline at a University, rather than College, level. They conduct examinations, and serve as the Fun Police during trashings.

Quad

Short for quadrangle, these are the grassy spaces many colleges are organised around. Teddy Hall only has one, known as Front Quad. You can't walk on it.

Rad Cam

The Radcliffe Camera, a landmark library on Radcliffe Square.

Rustication

Temporary suspension from a degree, either for academic or disciplinary reasons; in earlier times, you'd be sent back to your country home as a result, hence rustication.

Schools

Examination Schools on the High, where exams take place and theses are submitted.

Scout

Cleaners, both within Teddy Hall and in College accommodation.



## SCR

The Senior Common Room, for Fellows of the College and others with associated rights. The room itself is next to Wolfson Hall, and filled with expensive paintings.

## SEH

St. Edmund Hall, obvs.

## Sent Down

Permanent expulsion from Oxford, either for academic or disciplinary reasons. Postgraduates not exempt!

## Stash

University or College attire, ranging from the laddiest rugby shirt to the most demure Chess Club hoody.

## Steward

The Teddy Hall social secretary, responsible for arranging fun times for all.

## Sub-Fusc

The classic Oxford get-up of gown and mortar board. Not worn much these days, except for matriculation and exams.

## Torpids

The intercollegiate rowing competition in Hilary term, so called because it tends to be slower than Summer Eights (See Eights Week).

## Trashing

Sombre ceremony for those finishing final exams, usually involving covering people in silly string, champagne, flour etc.

## Trinity

The third term of the academic year.

## Tute

A tutorial.

## The Union

The Oxford Union, a jumped-up debating club on Cornmarket.

## The Uni Club

University sports club and bar located on Mansfield Road (not the same as the uni gym which is located on Iffley Rd)

## Weeks

The divisions of a term. See Full Term.

## Whitehall

Accommodation block, on the right once you leave Front Quad.

## William R. Miller

The College accommodation on Dawson Street.

## Wolfson

The College dining hall, also known as “Ming”. Not to be confused with Wolfson College.



## Teddy Bear's Picnic

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If you go down to the woods today  
    You're sure of a big surprise.

If you go down to the woods today  
    You'd better go in disguise.

For ev'ry bear that ever there was  
    Will gather there for certain, because  
Today's the day the teddy bears have their picnic.

Ev'ry teddy bear who's been good  
    Is sure of a treat today.  
There's lots of marvelous things to eat  
    And wonderful games to play.

Beneath the trees where nobody sees  
    They'll hide and seek as long as they please  
Cause that's the way the teddy bears have their picnic.

If you go down to the woods today  
    You'd better not go alone.  
It's lovely down in the woods today  
    But safer to stay at home.

For ev'ry bear that ever there was  
    Will gather there for certain, because  
Today's the day the teddy bears have their picnic.

Picnic time for teddy bears  
The little teddy bears are having a lovely time today  
    Watch them, catch them unawares And see them  
picnic on their holiday. See them gaily gad about  
    They love to play and shout; They never  
        have any care;

At six o'clock their mummies and daddies, Will take them  
    home to bed,



Because they're tired little teddy bears