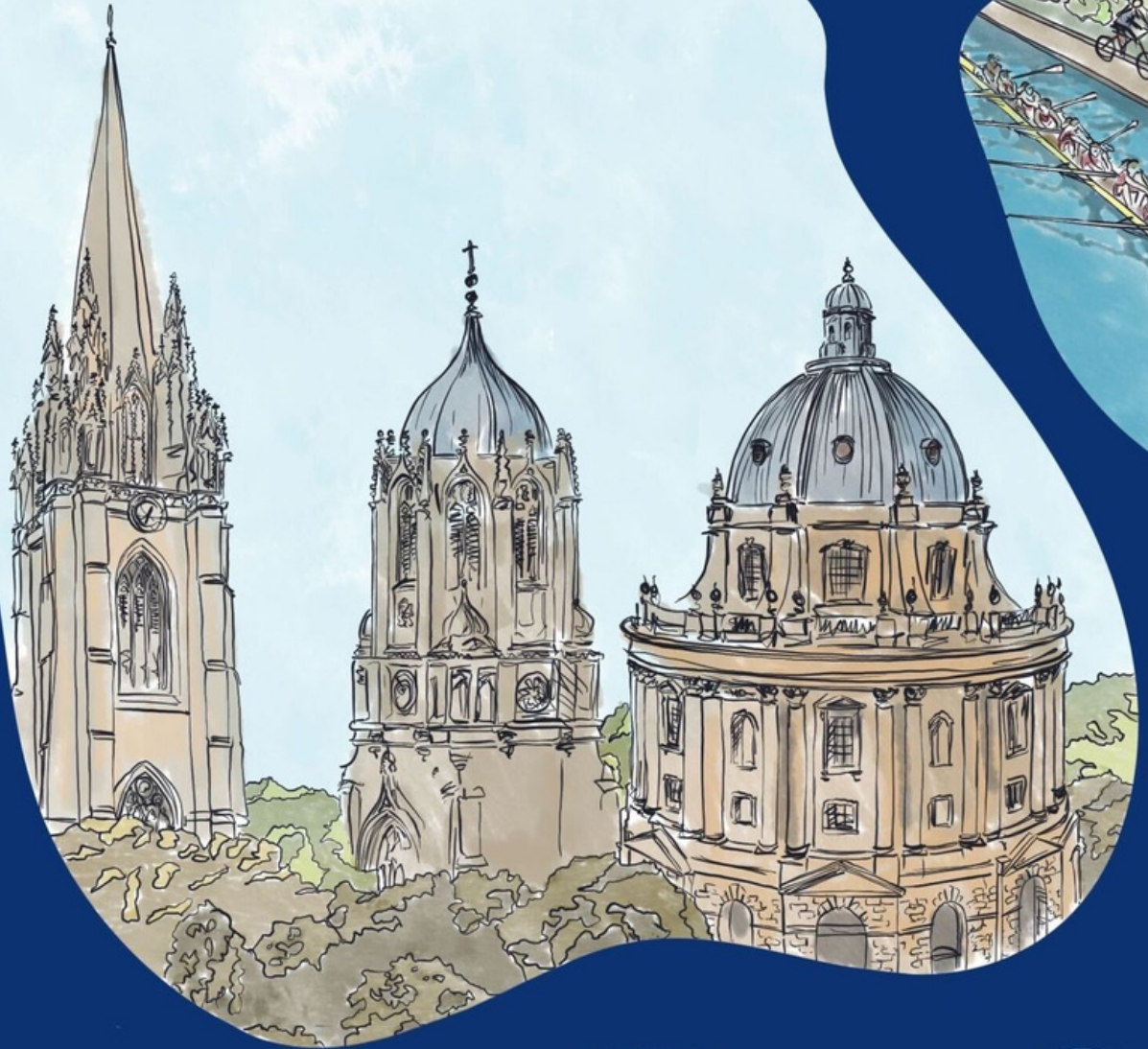
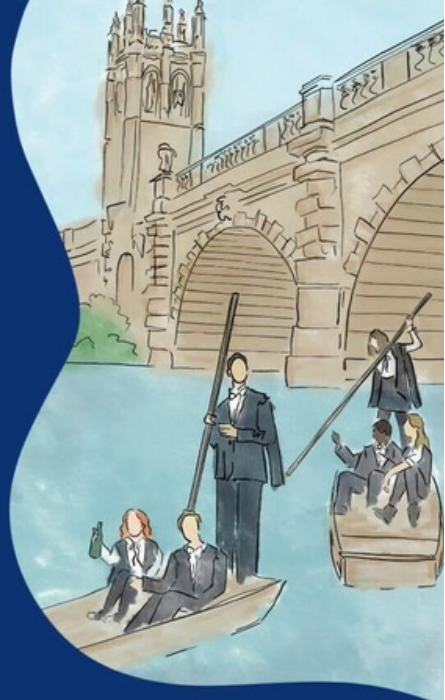


THE OXFORD BLUE

FRESHERS GUIDE

2023



Good
Luck



CREDITS

BASED ON THE OXFORD BLUE FRESHERS GUIDE 2022, WITH SPECIAL THANKS AND CREDIT TO LUCY HEYWOOD, 2022 EDITORIAL LEAD, AND THE EDITORIAL TEAM OF MICHAELMAS TERM 2022.

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A WELCOME FROM THE EDITORS-IN-CHIEF

FIRST OF ALL: WELCOME TO OXFORD! YOU GOT THE OFFER, YOU GOT THE GRADES, AND YOU GOT THE PLACE - IT TAKES A LOT OF WORK TO GET HERE, AND YOU SHOULD BE VERY PROUD OF YOURSELF. STARTING UNIVERSITY ANYWHERE IS NERVE-WRACKING, BUT STARTING AT SOMEWHERE AS PRESTIGIOUS AS OXFORD COMES WITH A WHOLE OTHER BUNDLE OF ANXIETIES. THERE WILL BE CHALLENGES, WORK, AND SOME SLIGHTLY (OK, VERY) STRANGE TRADITIONS, BUT THERE WILL ALSO BE AMAZINGLY UNIQUE OPPORTUNITIES, LIFELONG MEMORIES MADE, AND THE CHANCE TO EXPLORE AND LIVE IN ONE OF THE MOST BEAUTIFUL CITIES IN THE WORLD.

IT IS COMPLETELY NORMAL TO WORRY OR FEEL NERVOUS ABOUT COMING TO OXFORD - EVERYONE YOU SPEAK TO, WHATEVER YEAR, WILL HAVE BEEN IN THE EXACT SAME POSITION AT SOME POINT. HOPEFULLY, THIS GUIDE WILL HELP ADDRESS SOME OF THOSE NERVES BY GIVING YOU A REALISTIC INSIGHT INTO OXFORD LIFE, AS WE AIM TO DISMANTLE THE MYSTICISMS OF OXFORD AND THE IDEALISED DESCRIPTIONS IN THE UNIVERSITY BROCHURES. I PROMISE YOU, WE'RE NOWHERE NEAR AS CULTY AS WE'RE MADE OUT TO BE! THERE'S SOME TOP TIPS, LIFE HACKS, RECOMMENDATIONS AND GENERAL ADVICE. I HOPE THAT YOU FIND THIS REASSURING. MORE THAN ANYTHING, PLEASE TAKE CARE OF YOURSELF - WHILST IT FEELS LIKE THE BIGGEST DEAL OF YOUR LIFE STARTING UNIVERSITY, WHAT ALWAYS MATTERS MORE IS YOU AND YOUR WELLBEING. HAVE AN AMAZING YEAR AND I HOPE TO SEE YOU AROUND!

-- MADALEINE PEARCE, LUCAS HASKINS
(EDITORS-IN-CHIEF MT23) AND FLORA PRIDEAUX
(MANAGING DIRECTOR MT23)

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BEFORE YOU ARRIVE

JOIN YOUR FRESHERS' GROUP CHAT. YOU'LL BE ABLE TO FIND THESE ON FACEBOOK - THERE ARE USUALLY CHATS FOR YOUR YEAR IN YOUR COLLEGE, YOUR COURSE, AND EVEN YOUR ENTIRE YEAR GROUP. THESE CAN GET PRETTY HECTIC, AND YOU MIGHT END UP PUTTING THEM ON MUTE WHEN A HUNDRED MESSAGES ABOUT WHETHER OR NOT YOU CAN HAVE A TOASTER IN YOUR ROOM COME THROUGH (P.S. YOU PROBABLY CAN'T). BUT IT'S ALWAYS HANDY TO BE A PART OF THESE TO STAY IN THE LOOP, ESPECIALLY DURING FRESHERS' WEEK!



TAKE ADVANTAGE OF EVERY DEAL OR DISCOUNT. SETTING UP A STUDENT BANK ACCOUNT BEFORE YOU ARRIVE WILL SAVE SOME TIME IN FRESHERS' WEEK. DIFFERENT BANKS OFFER YOU DIFFERENT INCENTIVES, FROM RAILCARDS TO CASH TO OVERDRAFTS, SO LOOK AROUND TO FIND WHICHEVER ONE WORKS BEST FOR YOU. IT'S ALWAYS HANDY TO HAVE A STUDENT BEANS AND A UNIDAYS ACCOUNT TO GET YOURSELF A DISCOUNT, AND MAYBE A 16-25 RAILCARD OR OTHER STUDENT SUBSCRIPTIONS SUCH AS AMAZON PRIME OR SPOTIFY. OH, AND GET YOURSELF A TESCO CLUBCARD (THANK ME LATER).



IF YOUR COLLEGE / THE UNIVERSITY SENDS YOU EMAILS TELLING YOU TO REGISTER, JUST FOLLOW THEIR INSTRUCTIONS. IT'S ANNOYING, BUT NECESSARY!



PACKING LIST

THE LIST IS NOT EXHAUSTIVE. IT'S ALSO WORTH REMEMBERING THAT, GENERALLY, EVERYTHING YOU PACK YOU NEED TO UNPACK AND THEN REPACK NINE WEEKS LATER (A PROCESS TO BE REPEATED TWICE IN FIRST YEAR), SO IT'S WORTH THINKING HARD ABOUT WHAT YOU ACTUALLY NEED. N.B. EVERY COLLEGE HAS DIFFERENT RULES ABOUT THINGS LIKE BLU-TACK AND KETTLES, SO CHECK YOUR HANDBOOK OR SEND THEM AN EMAIL TO DOUBLE CHECK ANYTHING THAT YOU'RE UNSURE ABOUT.

BEDROOM

- **A MATTRESS TOPPER** - EVERYONE REMEMBERS BEDDING, BUT MANY FORGET THAT THE KEY TO GOOD SLEEP IS THE MATTRESS COMFORT.
- **BLU-TACK (OR WHITE TACK) / DRAWING PINS** - MOST ROOMS HAVE A PIN BOARD, AND IT'S ALWAYS NICE TO SPRUCE UP YOUR DRAB ROOM WITH SOME PHOTOS FROM HOME.
- **A DOOR-HOOK** - PERFECT FOR HANGING UP DAMP TOWELS OR COATS.
- **AN EXTENSION LEAD** - IT'S AN OXFORD ROOM, SO THERE ARE NEVER ENOUGH PLUG SOCKETS AND THEY'RE INEVITABLY IN PECULIAR LOCATIONS.
- **DECORATIONS** - POSTERS, PHOTOS, FAIRY LIGHTS, REALLY ANYTHING TO MAKE CLEAR TO YOUR FELLOW FRESHERS THAT YOU ARE, IN FACT, EXTREMELY COOL.
- **SLIPPERS / SLIDERS** - FLOORS GET COLD AND SHARED BATHROOMS CAN BE GROTTY. ALSO, FIRE DRILLS ARE SOMETIMES CONDUCTED AT INOPPORTUNE MOMENTS.
- **CLOTHES** - IDEALLY SOME WARM ONES; LIBRARIES ARE OFTEN BOTH POORLY INSULATED AND POORLY HEATED. OVERPACK SOCKS AND PANTS.
- **A STUFFED ANIMAL / COMFORT OBJECT** - NO SHAME IN IT, IT'S NICE TO BE REMINDED OF HOME.
- **CLOTHES HANGERS** - THERE ARE NEVER ENOUGH.
- **COMEDIC MISCELLANEA** - BOPS ARE OFTEN THEMED AND IT'S USEFUL TO HAVE A RESERVE OF POTENTIAL COSTUMES.
- **DIFFUSERS / AIR FRESHENERS** - NOBODY WANTS TO LIVE IN A SMELLY ROOM.
- **MEDICAL** - PARACETAMOL, STREPSILS, ETC, WILL ALL HELP YOU BEAT THE INEVITABLE FRESHERS' FLU.

BATHROOM

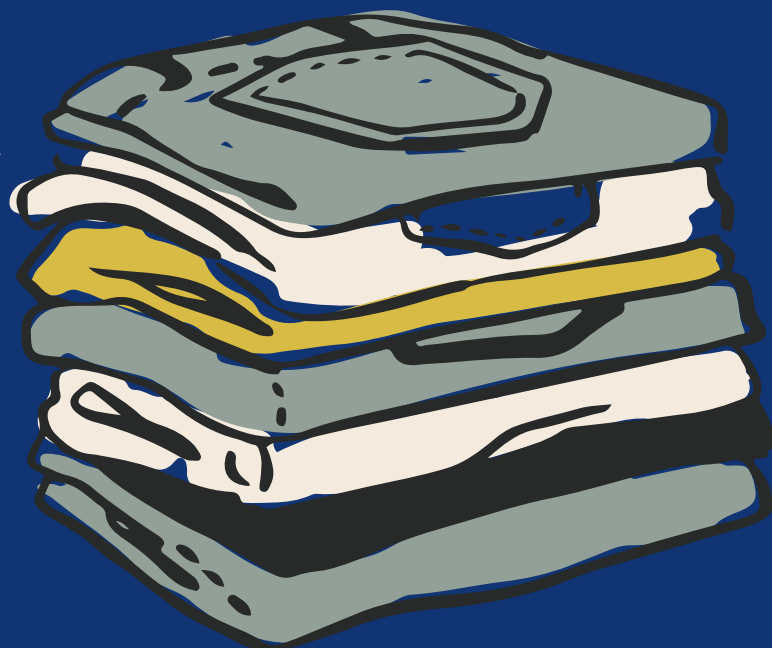
- **TOILETRIES** - IN PARTICULAR, INVEST IN YOUR OWN SOAP AND TOILET PAPER. IF COLLEGE PROVIDES THEM, THEY ARE LIKELY TO BE...SUBOPTIMAL.
- **A WASHBAG** - IN THE LIKELY EVENT YOU DO NOT HAVE AN EN SUITE, YOU NEED TO BE ABLE TO TRANSPORT TOILETRIES.
- **TOWELS**
- **A BATHMAT**

KITCHEN

- **FOOD CONTAINERS** - FOR LEFTOVERS AND BULK BUYING.
- **CUTLERY** - BOTH CHEAP AND EASILY IDENTIFIABLE AS YOUR OWN.
- **PLATES** - BOWLS, MUGS (OXFORD RUNS ON HOT BEVERAGES), AND OTHER KITCHEN PARAPHERNALIA.
- **SCISSORS.**
- **PLUS...ANYTHING YOU NEED TO COOK FOR YOURSELF IF YOU WANT TO HAVE THIS OPTION.**
- **(OTHER THINGS WORTH HAVING, LIKE BIN LINERS, ARE BETTER PURCHASED IN OXFORD SO YOU DON'T HAVE TO TRANSPORT THEM).**
- **CUPS. MUGS. PLATES, BOWLS**
- **SCISSORS**
- **WASHING UP LIQUID AND SPONGE**
- **A KETTLE**

OTHER

- **STATIONERY** - PENS, PENCILS, ERASERS, BOOKMARKS, STICKY NOTES, RULERS, PEN POTS, NOTEBOOK, CALCULATORS (IF RELEVANT TO YOUR COURSE).
- **AN ACADEMIC PLANNER**
- **PHONE AND LAPTOP** - PLUS CHARGERS
- **HEADPHONES**



WHAT IS A COLLEGE?

WHILE YOU MATRICULATE AT THE UNIVERSITY OF OXFORD, YOUR DAY-TO-DAY EXPERIENCE WILL GENERALLY BE OF YOUR COLLEGE. THERE ARE DOZENS OF THESE AND THEY VARY IN SIZE, AGE, WEALTH, AND COURSES OFFERED. THEY ALSO VARY IN CHARACTER: EACH IS UNIQUE AND, FOR ALL ITS FOIBLES, YOU WILL COME TO FEEL RATHER DEFENSIVE OF YOUR COLLEGE.

SO, DON'T BE DISHEARTENED IF YOU WERE MOVED DURING THE APPLICATION PROCESS - IT HAPPENS TO MANY - AND WILL NOT DIMINISH YOUR EXPERIENCE AT ALL.

TOP TIP: IF YOU HAVE ANY IMMEDIATE ISSUES, THE PORTERS ARE YOUR FIRST PORT OF CALL. THE MAJORITY ARE VERY FRIENDLY - SO WHEN YOU INEVITABLY LOCK YOURSELF OUT AT LEAST ONCE, YOU KNOW WHO TO GO TO!

FRESHERS WEEK



THE FIRST THING TO KNOW ABOUT FRESHERS WEEK, IS THAT IT IS ENTIRELY ORGANISED BY YOUR COLLEGE'S ENTERTAINMENT COMMITTEE - DON'T FALL PREY TO THE RANDOM WHATASPP SPAM TEXTS ADVERTISING FRESHERS EVENTS, OR DO ANYTHING OTHER THAN LOOK AT THE FRESHERS WEEK

TITINERARY THAT YOUR COLLEGE WILL SEND SOON, THERE WILL BE A VARIETY OF EVENTS PLANNED, AIMED TO GET ABSOLUTELY EVERYONE INVOLVED AND SETTLED IN TO YOUR NEW LIVES AT UNIVERSITY. DAYTIME ACTIVITIES INCLUDE WORKSHOPS COVERING IMPORTANT TOPICS SUCH AS CONSENT, PICNICS, SPORTS DAYS, TREASURE HUNTS AND OPPORTUNITIES FOR EVERYONE TO GET TO KNOW EACH OTHER. YOU WILL ALSO HAVE INDUCTIONS AT YOUR COLLEGE LIBRARY TO FAMILIARISE YOURSELVES WITH THEIR SYSTEMS. IN THE EVENINGS, MOST COLLEGES WILL ORGANISE SOME CLUB TRIPS, AS WELL AS NON-DRINKING EVENTS SUCH AS CRAZY GOLF AND FILM NIGHTS IN JCR'S!

ENJOY YOURSELF, BUT REMEMBER THAT DRINKING IS ALWAYS OPTIONAL, NOT OBLIGATORY. SO, HAVE A GOOD TIME, AND TRY NOT TO GET A REPUTATION AS A "SILLY FRESHER".



TO COOK OR NOT TO COOK?

IF YOUR COOKING WOULD MAKE GORDON RAMSAY CRY, DO NOT DESPAIR. MOST COLLEGES OFFER CATERED OPTIONS, 3 MEALS A DAY, 7 DAYS A WEEK, IN HALL. HOWEVER, THE QUALITY OFTEN VARIES, ESPECIALLY IF YOU HAVE CERTAIN DIETARY REQUIREMENTS. WHILST A LOT OF FIRST YEAR ACCOMMODATION HAS LIMITED COOKING FACILITIES, IN SOME CASES YOU MAY PREFER TO BE YOUR OWN CHEF. SO, HERE ARE SOME PROS AND CONS OF EACH OPTION.

CATERED

- **IT'S QUICK AND EASY! PLUS YOU DON'T RUN THE RISK OF GETTING YOUR PASTA STUCK TO THE BOTTOM OF THE PAN...**
- **IT'S GENERALLY REASONABLY PRICED.**
- **IT'S A BALANCED DIET! UNLESS YOU'RE A MUCH BETTER PERSON THAN I AM, YOU WILL END UP EATING MORE SALT AND FEWER GREENS IF YOU DON'T GO TO HALL.**
- **HALL PROVIDES A GREAT OPPORTUNITY TO SOCIALISE, ESPECIALLY IN THE FIRST FEW WEEKS.**
- **YOU OFTEN HAVE TO BOOK IN ADVANCE (...OR SO COLLEGE SAYS), AND MAY HAVE TO GO ELSEWHERE IF YOU FORGET.**
- **SOMETIMES OPTIONS GET REPETITIVE.**

SELF-CATERED

- **YOU CAN CHOOSE WHAT YOU EAT (WITHIN THE SCOPE OF YOUR CULINARY SKILLS).**
- **IT CAN BE CHEAPER THAN HALL, ESPECIALLY IF YOU COOK IN BULK.**
- **COOKING FACILITIES ARE OFTEN LIMITED, KITCHENS CAN GET BUSY, AND IF YOU HAVE LEFTOVERS THEY MAY BE PILFERED!**
- **AS A STUDENT, YOU'RE USUALLY TIRED AND MAY NOT WANT TO DO TASKS, I.E. COOKING.**

FOOD ON A BUDGET



IN OXFORD, WITH SO MANY FOOD PLACES LOCAL TO YOU, IT CAN BE EASY TO FRITTER AWAY LARGE SUMS OF YOUR STUDENT BUDGET ON FOOD, ESPECIALLY IF YOU HAVE TO PAY FOR YOUR OWN FOOD FOR THE FIRST TIME. CENTRALLY, WE ONLY HAVE SUPERMARKETS SUCH AS TESCO AND SAINSBURY'S, AND USUALLY PRETTY SMALL ONES AT THAT. IF YOU CAN'T MAKE THE TREK OUT TO ALDI AND HOME

BARGAINS IN BOTLEY, HERE ARE SOME TOP TIPS FOR EATING ON A BUDGET IN OXFORD!

REDUCED FOOD

IT'S ALWAYS A SHOUT TO HAVE A LOOK IN PLACES SUCH AS TESCO AROUND 6 OR 7 PM, WHEN THEY START PUTTING THE YELLOW 'REDUCED' STICKERS ON THINGS. YOU CAN USUALLY GET A FEW BARGAINS HERE, WHETHER THEY'RE CLOSE TO THEIR EXPIRY DATE OR JUST A LITTLE DAMAGED.

TOO GOOD TO GO

TGTG IS AN APP THAT YOU CAN DOWNLOAD TO FIND REDUCED FOOD FROM DIFFERENT PLACES, FROM PRET AND GREGGS TO LOCAL CAFES AND RESTAURANTS. TGTG OFFERS 'MAGIC BAGS' FOR A FRACTION OF THEIR ORIGINAL PRICE, AND ALL YOU HAVE TO DO IS RESERVE ONE ON THE APP AND PAY FOR IT WHEN YOU GO TO COLLECT IT FROM THE STORE. AS WELL AS BEING A HUGE BARGAIN (SOME MAGIC BAGS ARE AMAZING VALUE FOR MONEY), YOU'RE ALSO HELPING TO REDUCE FOOD WASTE!

FOOD ON A BUDGET

TUPPERWARE

ON THE TOPIC OF FOOD WASTE, MAKE SURE YOU HAVE TUPPERWARE. ESPECIALLY IF YOU'RE GETTING A BIG MAGIC BAG, OR MAYBE HAVING A MEAL OUT THAT YOU CAN'T FINISH, IT'S A GOOD IDEA TO BE ABLE TO SAVE ANY LEFTOVERS, REDUCING FOOD WASTE AND GETTING MORE FOR YOUR MONEY. IF YOU'RE PART CATERED OR FULLY CATERED, A FRIEND OF MINE BRINGS TUPPERWARE TO HALL, WHICH IS A GREAT OPTION IF YOU DON'T HAVE TIME AT THAT POINT TO EAT BUT WANT TO SAVE IT FOR LATER.

MEAL PREP

FOR THE SELF-CATERED AMONG US, IF YOU COOK IN BULK AND FREEZE YOUR LEFTOVERS, YOUR MONEY WILL GO MUCH FURTHER. PLUS, YOU'LL THANK YOURSELF WHEN YOU CAN JUST SHOVE YOUR DINNER IN THE MICROWAVE RATHER THAN HAVING TO COOK IT ALL AGAIN FROM SCRATCH!

CLUBCARD

I DISCOVERED THIS FAR TOO LATE - USING A CLUBCARD IS A GREAT WAY TO SAVE SOME MONEY, BOTH WITH CLUBCARD-ONLY DISCOUNTS AND CLUBCARD POINTS. SINCE TESCO IS THE SUPERMARKET THAT MOST PEOPLE USE IN OXFORD, IT MAKES SENSE TO HAVE A CLUBCARD, WHETHER A PHYSICAL CARD, OR JUST BY DOWNLOADING THE APP.



WORK AND STUDY



WHEN FRESHERS ENDS, IT'S TIME TO THINK ABOUT WORK (I'M SORRY!); AND WITHOUT TRYING TO SCARE YOU, YOUR FIRST TERM AT OXFORD WILL LIKELY BE ONE OF THE MOST CHAOTIC PERIODS OF YOUR LIFE. COMPARED TO OTHER UNIVERSITIES, OXFORD HAS VERY SHORT TERMS. EACH TEACHING WEEK IS NUMBERED, FROM 1ST WEEK TO 8TH WEEK. WHEN YOU'RE IN OXFORD, EXPECT TO HEAR THESE AS OFFICIAL SHORTHAND INSTEAD OF ACTUAL NORMAL DATES-SO EXPECT YOUR ESSAY TO BE DUE FOR "THURSDAY OF 5TH", NOT THURSDAY 11TH NOVEMBER. THERE'S ALSO 0TH (NOUGHTS), THE WEEK BEFORE TERM STARTS, AND 9TH, THE WEEK AFTER TERM ENDS. FOLLOWING? HOWEVER CHAOTIC, TREASURE YOUR MICHAELMAS: IT WILL FLY BY!

THE TERMS

MICHAELMAS

THE BUSIEST TERM. EVERYONE IS STARTING OVER AGAIN, SO IT'S A GREAT TIME TO TRY SOMETHING NEW. MICHAELMAS HAS HALLOWEEN, QUEERFEST, AND OXMAS-YOU WON'T BE SHORT OF THINGS TO DO.





HILARY

WET, COLD, AND A LITTLE SAD - BUT THERE'S PLENTY OF BLACK TIE IN HILARY, AND THE POSSIBILITY OF SNOW, SO ALL IS NOT LOST!

TRINITY

TRINITY IS BEST SUMMARISED BY MY FRIEND'S TUTOR: "TRINITY IS FOR PUNTING AND PIMMS". IT IS THE WARMEST TERM, SO EXPECT YOURSELF TO BE RELAXING AT PORT MEADOW, GOING TO GARDEN PARTIES AND PLAYS AND TAKING SOME TIME TO RELAX AFTER A HARD YEAR'S WORK. THAT OR WITH YOUR HEADS DOWN IN THE LIBRARY STUDYING FOR PRELIMS OR FINALS...



REMEMBER...

IT'S NORMAL TO HAVE A FEW ORGANISATIONAL MISHAPS IN YOUR FIRST FEW WEEKS, AND GOOD TUTORS WILL UNDERSTAND THIS.

DON'T STRESS TOO MUCH ABOUT YOUR FIRST ESSAYS OR PROBLEM SHEETS-THEY WILL BE QUITE DIFFERENT TO THE WORK THAT YOU'RE USED TO. DON'T UNDERESTIMATE THE JUMP FROM A-LEVEL TO UNDERGRADUATE STUDY - OR EQUALLY FROM UNDERGRAD TO GRADUATE STUDY - AS IT'S HUGE. YOU'RE NOT EXPECTED TO KNOW EVERYTHING.

AND ALWAYS REMEMBER: IT'LL BE WORTH IT FOR OXMAS AT THE END! OXMAS IS OXFORD'S ANSWER TO CHRISTMAS - BECAUSE MICHAELMAS TERM FINISHES SO EARLY, FESTIVE EVENTS TAKE PLACE IN NOVEMBER. SO IT'S GOOD NEWS FOR THOSE WHO WISH CHRISTMAS COULD BE EVERY DAY, AS YOU'LL NOW GET TWO.

LIBRARIES

IF THERE'S ANYTHING OXFORD HAS, IT'S SOME ABSOLUTELY AMAZING LIBRARIES. YOU'LL SOON FIND YOUR FAVOURITE, WHETHER IT'S YOUR COLLEGE LIBRARY OR VENTURING TO THE RAD CAM IN HOPES OF RECEIVING AN OXLOVE... HERE'S SOME TO GET YOU STARTED!

RADCLIFFE CAMERA

OXFORD'S MOST ICONIC LIBRARY, IN RADCLIFFE SQUARE IN THE HEART OF THE CITY. BEAUTIFUL PALLADIAN ARCHITECTURE. ALWAYS BUSY WITH PATCHY WI-FI, BUT PLEASE DON'T LEAVE OXFORD WITHOUT VISITING.

THE OLD BODLEIAN

AS THE NAME SUGGESTS, THE OLDEST OF OXFORD'S LIBRARIES. LARGE, WELL-EQUIPPED READING ROOMS WITH BEAUTIFUL VIEWS.

THE TAYLORIAN

PROBABLY OXFORD'S PRETTIEST LIBRARY ON THE INSIDE. THE BEST PART ABOUT BEING A LANGUAGE STUDENT, BUT DON'T LET THEM HAVE IT ALL TO THEMSELVES. IS IT A LIBRARY OR AN ELABORATE MAZE? WHO KNOWS? GOOD LUCK FINDING YOUR WAY OUT!

SOCIAL SCIENCES LIBRARY

NOT THE PRETTIEST, AND DEFINITELY NOT HOGWARTS-STYLE LIKE THE OLD BOD, BUT THERE'S CHEAP COFFEE AND ALWAYS A SEAT AT THE SSL. GOOD FOR THE MINIMALISTS AMONG US...



OTHER STUDY SPACES...

CAFES

WE TOLD YOU THAT OXFORD RUNS ON HOT BEVERAGES... FEED THAT CAFFEINE ADDICTION AND MEET THAT ESSAY DEADLINE AT THE SAME TIME.

COMMON GROUND CAFE / THE OXFORD HUB

A POPULAR SOCIAL ENTERPRISE / CO-WORKING SPACE IN JERICO.

GREEN SPACES

UNI PARKS AND CHRIST CHURCH MEADOW ARE PARTICULARLY PRETTY, AND YOU CAN GET INTO PRETTY MUCH ANY COLLEGE GARDEN BY SHOWING YOUR BODCARD.

THE OXFORD UNION

FOR MEMBERS ONLY, BUT YOU CAN ASK A FRIEND TO TAKE YOU AS A GUEST. THERE'S THE MAIN LIBRARY, BUT ALSO THREE RICHLY DECORATED ROOMS WHICH MAKE YOU FEEL LIKE YOU'RE THE PRIME MINISTER. THERE ARE EVEN ARMCHAIRS FOR THOSE POST-PARK END MORNINGS. THEY ALSO OFFER GOOD VALUE DRINKS AND SNACKS,



CLUBS, PUBS, AND BARS

PARK END (ATIK)

THIS IS PROBABLY THE MOST POPULAR CLUB, PARTICULARLY ON A WEDNESDAY (WHICH IS STUDENT NIGHT, THOUGH IT'S STILL WORTH GOING ON 'BROKE MONDAYS'... IT HAS A NUMBER OF LARGE FLOORS, WITH A FAVOURITE BEING THE UNDERGROUND 'CHEESE FLOOR'- AND YES, IT REALLY DOES LIVE UP TO THE NAME.

BRIDGE

MOST POPULAR ON A STUDENT THURSDAY, BRIDGE HAS A MORE ENCLOSED FEEL THAN ATIK WHICH MAKES IT A BETTER CLUB FOR SOCIALISING. IT HAS THREE DANCE FLOORS AND FEATURES A LARGE OUTDOOR SMOKING AREA, WHICH IS A GREAT PLACE TO HANG OUT. A BIT LIKE MARMITE - YOU EITHER LOVE OR HATE BRIDGE.

PLUSH

DEEP INTO CORNMARKE STREET AND TUCKED JUST OUT OF SIGHT IS PLUSH, AN UNDERGROUND LGBTQ+ BAR AND CLUB. THIS IS MOST OFTEN VISITED ON A TUESDAY ('TUESGAYS'), WITH THE LGBTQ+ SOCIETY HOSTING DRINKS AT A DIFFERENT COLLEGE EVERY WEEK BEFOREHAND.

THE BULLINGDON CLUB

BULLY OFTEN FEATURES DIFFERENT THEMED NIGHTS SUCH AS FLUORESCENT ADOLESCENT OR CALL ME MAYBE BUT THE TREK OFTEN CALLS FOR A 3AM TAXI BACK TO COLLEGE.



AND NOW FOR PUBS...

THE TURF TAVERN

NOT THE CHEAPEST, BUT IMPOSSIBLE TO RESIST. DOWN AN ALLEYWAY UNDER THE BRIDGE OF SIGHS, PREPARE YOURSELF FOR "AN EDUCATION IN INTOXICATION" AT ONE OF THE MOST AESTHETICALLY PLEASING PUBS IN OXFORD. NOT ONLY IS THEIR FOOD PHENOMENALLY GOOD BUT TURF PRIDES ITSELF ON THEIR EXTENSIVE LIST OF FAMOUS FIGURES WHO HAVE VISITED THEIR BAR - FROM DAVID BOWIE TO STEPHEN HAWKING AND PRESIDENT BILL CLINTON.

THE FOUR CANDLES / SWAN AND CASTLE

BOTH LOCATED A 5 MINUTE WALK FROM THE HIGHSTREET, THESE ARE OUR BELOVED WETHERSPOONS. IDEAL FOR PRE OR AFTER DRINKS..

THE KING'S ARMS

LOCATED ON THE CORNER OF BROAD STREED, THIS PUB BOAST A LOT OF HISTORY, BUILT IN 1607, BUT IT IS A PERFECT SPOT FOR DIFFERENT SOCIETIES' SOCIALS.

THE BEAR

A HIDDEN GEM. DECENT PRICES, BUT NOT THE MOST SCENIC LOCATION. THE INTERIOR IS TINY, SO IF YOU'RE GOING TO THE BEAR IN WINTER WRAP UP - YOU'LL MOST LIKELY BE IN THEIR OUTDOOR COVERED SEATING AREA.



AND FINALLY: THE BARS!

THE VARSITY CLUB

LOCATED NEXT TO THE COVERED MARKET, THIS IS A GREAT PLACE TO GO BOTH IN THE DAY AND AT NIGHT, SPANNING A NUMBER OF FLOORS. DRINKS ARE PRICEY (AHEM, EXTORTIONATE...) BUT WITH A DANCE FLOOR, LOUNGE AND A ROOFTOP BAR WITH PANORAMIC VIEWS OF OXFORD, YOU SHOULD DEFINITELY GO AT LEAST ONCE.

FREUD

A MUCH MORE SOPHISTICATED VIBE, FREUD FEATURES A GREAT COCKTAIL LIST AND IS SET IN A BEAUTIFUL OLD CHURCH ON WALTON STREET. IT DOUBLES UP AS AN EVENTS VENUE HAVING PREVIOUSLY HOSTED MASQUERADE BALLS AND FASHION SHOWS, THIS IS ONE PLACE YOU DON'T WANT TO MISS!

THE MAD HATTER

LOCATED ON COWLEY ROAD, THE MAD HATTER IS A FAVOURITE OF MANY, RENOWNED FOR ITS ALICE IN WONDERLAND THEME. YOU'LL BE SIPPING (FAIRLY REASONABLY PRICED) COCKTAILS FROM TEACUPS, LISTENING TO JAZZ OR TAKING PART IN A KARAOKE NIGHT - WHAT'S NOT TO LOVE?!



THE HOUSE

LOCATED ON BLUE BOAR STREET, THE HOUSE OFFERS A SOPHISTICATED VIBE, PERFECT FOR BIRTHDAYS AND OTHER SPECIAL OCCASIONS. THEY HAVE HAPPY HOURS EVERY DAY, DISCOUNTED DRINKS FOR MEMBERS OF THE OXFORD UNION AND THE COCKTAILS ARE DELICIOUS!

STAYING SAFE ON A NIGHT OUT

SPIKING

“SPIKING” IS WHEN SOMEONE GIVES YOU ALCOHOL OR MORE COMMONLY, A DRUG, WITHOUT YOUR KNOWLEDGE BY SLIPPING IT INTO YOUR DRINK. THIS CAN HAPPEN AT EVERY BAR OR CLUB, NOT JUST UNIVERSITY, AND CAN HAVE ADVERSE IMMEDIATE HEALTH EFFECTS.

SHARKING

SHARKING REFERS TO A SITUATION IN WHICH OLDER STUDENTS DELIBERATELY PREY ON INEXPERIENCED YOUNGER STUDENTS, ESPECIALLY DURING FRESHERS WEEK. ALWAYS STAY SAFE, AWARE, AND MAKE SURE YOU'RE COMFORTABLE.

TO TRY AND PREVENT THESE, HERE ARE SOME TIPS THAT WILL HOPEFULLY MAKE YOU FEEL MUCH SAFER ON A NIGHT OUT

GO WITH A GROUP, AND TRY TO STICK TOGETHER

IF YOU NOTICE YOUR FRIEND HAS DISAPPEARED UNANNOUNCED, TRY TO LOOK FOR THEM OR CONTACT THEM AS A GROUP. GIRLS MAKE SURE TO GO TO THE BATHROOM TOGETHER AND TAKE YOUR DRINKS WITH YOU!

KEEP AN EYE ON YOUR FRIENDS

IF THEY SEEM UNCOMFORTABLE AT ANY POINT, OR IF YOU NOTICE ANYONE GETTING A BIT TOO CLOSE, REACH OUT TO THEM TO CHECK IF THEY'RE FEELING UNCOMFORTABLE. IF THEY ARE, GET YOUR GROUP TOGETHER AND POSSIBLY GO ELSEWHERE.

CHARGE YOUR PHONE

CHARGE YOUR PHONE - NEVER, AND WE MEAN NEVER, GO OUT WITH AN UNCHARGED PHONE. YOU SHOULD HAVE IT FULLY CHARGED, OR AT MINIMUM 80%, SO THAT YOU CAN KEEP IN CONTACT WITH FRIENDS, CALL SOMEONE IN AN EMERGENCY, OR ORDER A TAXI AT THE END OF THE NIGHT.

TURN YOUR LOCATION ON FOR SOMEONE YOU TRUST

IF SOMEONE WANDERS OFF ON A NIGHT OUT OR IS IN TROUBLE, HAVING YOUR LOCATION SHARED WITH EACH OTHER ON 'FIND YOUR IPHONE' IS INVALUABLE. ANOTHER ALTERNATIVE IS LIFE360.

KNOW YOUR LIMITS

YOU WANT TO HAVE A GOOD TIME, BUT BE AWARE OF THE POINT AT WHICH YOU SHOULD STOP DRINKING. MAKE SURE TO EAT SOMETHING BEFORE YOU GO OUT TO LINE YOUR STOMACH. TOP TIP: DRINKING MILK ALSO HELPS TO DO THE SAME THING.

ALERT SECURITY IF YOU FEEL UNCOMFORTABLE

IT'S ALSO WORTHWHILE KNOWING THAT IF YOU OR SOMEONE YOU KNOW IS IN TROUBLE, SOME COLLEGES OPERATE A SERVICE WHERE YOU CAN RING THE PORTERS LODGE AND THEY WILL CALL YOU A TAXI. THERE IS ALSO THE 'SAFE LODGE' SCHEME, A UNIVERSITY WIDE PROJECT THAT ENSURES THAT ANY STUDENT IN DISTRESS CAN QUICKLY AND EASILY FIND A PLACE WHERE THEY ARE SAFE AND SECURE. PARTICIPATING LODGES CAN BE IDENTIFIED WITH A GREEN CIRCLE SYMBOL DISPLAYED IN THE LODGE AND VISIBLE FROM THE PAVEMENT. THE LODGE WILL PHONE YOUR HOME COLLEGE, WHO WILL THEN ARRANGE YOUR SAFE RETURN TO YOUR COLLEGE OR ACCOMMODATION IF NEED BE. IF APPROPRIATE THE PORTERS WILL CALL THE UNIVERSITY SECURITY SERVICES OR THE POLICE.

KEEP AN EYE ON YOUR DRINK

SOME COLLEGES HAVE DRINK COVERS IN THEIR FRESHERS' WEEK WELCOME PACKS, BUT IF NOT THESE ARE EASILY ACCESSIBLE ONLINE, AND SOME COME IN THE FORM OF A SCRUNCHIE WHICH YOU CAN KEEP ON YOUR WRIST. IF YOU FORGET TO TAKE THIS WITH YOU, MAKE SURE YOU KEEP YOUR PALM OVER YOUR DRINK WHENEVER YOU ARE DANCING - OR OPT TO JUST TAKE SHOTS AT THE BAR.

THESE TIPS SHOULDN'T BE NECESSARY BUT, UNFORTUNATELY, THEY ARE. THE MOST IMPORTANT THING IS TO STAY SELF-AWARE AND LOOK OUT FOR EACH OTHER.

SOCIETIES

OXFORD HAS LOTS OF SOCIETIES - FROM THINGS YOU'VE DONE BEFORE TO THINGS YOU WANT TO TRY FOR THE FIRST TIME, THERES, SOMETHING FOR EVERYONE.

STUDENT JOURNALISM

IF YOU'RE INTERESTED IN JOURNALISM, OXFORD IS A GREAT PLACE TO GET STARTED. PERSONALLY, WE RECOMMEND THE OXFORD BLUE... (ALTHOUGH OF COURSE, CHERWELL, THE OXFORD STUDENT AND THE ISIS MAGAZINE ALSO RUN VERY RESPECTABLE PAPERS). WE HAVE A GREAT REPUTATION AS A TRAINING PAPER, OFFERING WORKSHOPS, TALKS WITH LEADING JOURNALISTS, AND OTHER, MORE SOCIAL EVENTS. COMMISSIONS ARE POSTED ON A WEEKLY BASIS ON OUR FACEBOOK WRITERS GROUPS ON A VARIETY OF TOPICS, FROM LIFESTYLE TO GLOBAL AFFAIRS, AND WE WELCOME ARTICLES ABOUT PRETTY MUCH ANYTHING. WE WOULD LOVE TO SEE YOU JOIN US!

STUDENT SPORT

THE NUMBER ONE MISTAKE STUDENTS OFTEN MAKE IS THAT UNIVERSITY SPORT IS INACCESSIBLE TO THOSE NOT AT THE VERY TOP LEVEL. WHETHER YOU'RE SOMEONE GUNNING FOR A BLUE OR SOMEONE WHO JUST WANTS TO PLAY CASUALLY, THERE'S SOMETHING FOR YOU. WHILST WE HAVE UNIVERSITY SPORTS TEAMS, WE ALSO HAVE (TO NAME ONLY A FEW) COLLEGE SPORTS, A SOCIAL TENNIS TEAM, A ROWING DEVELOPMENT TEAM FOR BEGINNERS, A NON-SELECTIVE CROSS COUNTRY AND ATHLETICS SQUAD; AND SO MANY MORE. WE EVEN HAVE ULTIMATE FRISBEE. SO IF YOU DESPERATELY WANT THAT BLUE, MAYBE GO FOR A LESSER KNOWN SPORT!

TO NAME A FEW MORE...

**THE OXFORD UNIVERSITY
DRAMATIC SOCIETY (OUDS) -
AND COLLEGE THEATRE.**

VARIOUS COUNTRY SOCIETIES

OXFORD FEMINIST SOCIETY

CLIMATE SOCIETY FEMTECH SOC

THE OXFORD GARGOYLES

OXFORD LABOUR CLUB JAZZ SOC

**OXFORD UNIVERSITY CONSERVATIVE
ASSOCIATION MEDICAL SOCIETY**

LEGO SOCIETY PHOTOGRAPHY SOC

LGBTQ+ SOC PSYCHEDELIC SOC

STRING ENSEMBLE QUIDDITCH OXWIB

TAYLOR SWIFT SOCIETY

REGIONAL SOCIETIES THE 93% CLUB

RELIGIOUS SOCIETIES

AND US, THE OXFORD BLUE!

**THERE ARE SO MANY MORE THAT WE DIDN'T HAVE SPACE TO
INCLUDE. MAKE SURE TO GET INVOLVED!**

STUDENT UNION CAMPAIGNS

OXFORD'S STUDENT UNION HAS A VARIETY OF CAMPAIGNS WHICH AIM TO REPRESENT AND HELP GROUPS WHO MIGHT FACE SPECIFIC PROBLEMS RELATING TO THEIR IDENTITY WHILST AT OXFORD. INFORMATION ON THE CAMPAIGN FOR RACIAL AWARENESS (CRAE) AND THE DISABILITY CAMPAIGN CAN BE FOUND VIA THE OXFORD SU WEBSITE.

LGBTQ+ CAMPAIGN

THE OXFORD SU LGBTQ+ CAMPAIGN IS THE POLITICAL ARM OF NOT ONLY THE UNIVERSITY'S LGBTQ+ STUDENT BODY, BUT THE WIDER OXFORD QUEER COMMUNITY AS WELL. THEY LIAISE WITH COLLEGES AND THE UNIVERSITY IN ORDER TO FOSTER CHANGE AT BOTH LEVELS. THE SCOPE OF THEIR WORK IS NOT LIMITED TO MEMBERS OF THE UNIVERSITY; THEY ARE ALSO COMMITTED TO FIGHTING HOMOPHOBIA, TRANSPHOBIA, AND ANY OTHER FORMS OF DISCRIMINATION FACED BY MEMBERS OF THE OXONIAN LGBTQ+ COMMUNITY AT LARGE.

CONTACT THEM AT: LGBTQ-CHAIR@OXFORDSU.OX.AC.UK

THE INTERNATIONAL STUDENTS' CAMPAIGN

THE INTERNATIONAL STUDENTS' CAMPAIGN ADVOCATES FOR AND SUPPORTS ALL INTERNATIONAL STUDENTS AT THE UNIVERSITY OF OXFORD ACROSS UNDERGRADUATE, POSTGRADUATE, AND CONTINUING EDUCATION PROGRAMMES. THEY WORK WITH ALL COLLEGES AND ADMINISTRATIVE BODIES, FACULTY, AND STUDENTS AS BEST SUITS OUR MEMBERS AND THE INTERNATIONAL STUDENT COMMUNITY AT LARGE.

WOMEN'S* CAMPAIGN

WORK PRIORITISES HELPING OUT ALL WOMEN AND NON-BINARY STUDENTS IN OXFORD WHO FACE AND HAVE EXPERIENCED MISOGYNY. THEY AIM TO CREATE A SAFE AND WELCOMING SPACE FOR ALL. THROUGH LOBBYING ON BEHALF OF THOSE WHO IDENTIFY WITH THEIR CAMPAIGN, THEY AIM TO BE A FORCE FOR CHANGE ACROSS OXFORD.

IT HAPPENS HERE

SEXUAL HARASSMENT AND ASSAULT IS A CONVERSATION THAT NOBODY ENJOYS TALKING ABOUT BUT EVERYONE MUST BE AWARE OF. IT HAPPENS HERE IS A CAMPAIGN AGAINST SEXUAL VIOLENCE CLOSELY ASSOCIATED WITH THE OXFORD STUDENT UNION WITH THE AIM OF PREVENTING SEXUAL ASSAULT THROUGH EDUCATIONAL EVENTS, PROTECTING SURVIVORS, AND EMPOWERING THEM TO REPORT THEIR EXPERIENCE.

IF YOU EXPERIENCE SEXUAL HARASSMENT OR ASSAULT YOU CAN REACH OUT FOR HELP. THERE ARE SERVICES BOTH WITHIN THE UNIVERSITY AND OUTSIDE OF IT WHICH WILL SUPPORT YOU THROUGH THE PROCESS.

CLASS ACT

CLASS ACT IS A STUDENT-LED CAMPAIGN THAT PROVIDES SUPPORT, ADVICE AND A WELCOMING COMMUNITY FOR STUDENTS FROM A RANGE OF UNDERREPRESENTED BACK- GROUND. THESE BACKGROUNDS INCLUDE WORKING CLASS, LOW INCOME, ESTRANGED, FIRST GENERATION, CARE LEAVER, AND STATE COMPREHENSIVE. OVER THE PAST FEW YEARS, AN INFLUX OF STUDENTS FROM THESE BACKGROUNDS HAVE GAINED THEIR PLACE AT OXFORD UNIVERSITY; DESPITE THE DOOR BEING OPEN TO THESE STUDENTS, THEIR EXPERIENCE OF UNIVERSITY CAN BE EXTREMELY DIFFICULT FOR MANY REASONS INCLUDING FINANCIAL, SOCIAL, AND WORK-RELATED. THIS IS WHERE CLASS ACT COMES ALONG. THROUGH SOCIAL EVENTS, CLASS ACT PROVIDES A SPACE FOR STUDENTS TO MAKE NEW ACQUAINTANCES, WITH PEOPLE FROM A SIMILAR BACKGROUND TO THEIR OWN. CLASS ACT ALSO PROVIDES ADVICE AND SUPPORT TO STUDENTS WHO ARE EXPERIENCING AN ISSUE THAT IS DIRECTLY ASSOCIATED WITH THEIR BACKGROUND.



SEXUAL HEALTH RESOURCES

OXFORD HAS PLENTY OF FREE SEXUAL HEALTH RESOURCES AVAILABLE THROUGH THE UNIVERSITY AND EXTERNALLY.

OXFORD SEXUAL HEALTH SERVICES

OXFORDSHIRE SEXUAL HEALTH SERVICE OFFERS RESOURCES FOR STI TESTING, EMERGENCY CONTRACEPTION, CONTRACEPTION, PREP, HIV CARE, SEXUAL ASSAULT AND OTHER RESOURCES.

THE MAIN PHONE LINE IS OPEN 9:30-16:00, EVERY WEEKDAY EXCEPT WEDNESDAY.

01865 231231

[HTTPS://WWW.SEXUALHEALTHOXFORDSHIRE.NHS.UK/](https://www.sexualhealthoxfordshire.nhs.uk/)

THEY OPERATE A SCHEME TO RECEIVE FREE CONDOMS BY POST, SELF-TESTING STI KITS, AND TELEPHONE APPOINTMENTS.

THEY ALSO HAVE TWO DIFFERENT CLINICS AVAILABLE FOR IN-PERSON APPOINTMENTS:

OXFORD CHURCHILL CLINIC

OPERATES A DROP-IN SERVICE ON WEDNESDAYS FROM 13:00-17:30, AS WELL AS PHYSICAL APPOINTMENTS AND MEDICATION COLLECTION SERVICES.

[HTTPS://WWW.SEXUALHEALTHOXFORDSHIRE.NHS.UK/CLINICS/OXFORD/](https://www.sexualhealthoxfordshire.nhs.uk/clinics/oxford/)

EAST OXFORD (RECTORY ROAD) CLINIC

BY APPOINTMENT ONLY - UNLESS YOU ARE UNDER 18 - BUT OFFERS THE SAME SERVICES LIST.

[HTTPS://WWW.SEXUALHEALTHOXFORDSHIRE.NHS.UK/CLINICS/EAST-OXFORD/](https://www.sexualhealthoxfordshire.nhs.uk/clinics/east-oxford/)

SEXUAL HEALTH RESOURCES

CLINIC U

AN INCLUSION CLINIC WHICH PROVIDES CONTRACEPTION AND SEXUAL HEALTHCARE TO PEOPLE WHO NEED EXTRA SUPPORT AND LONGER APPOINTMENT TIMES. THIS CLINIC IS RUN BY REFERRAL ONLY.

[HTTPS://WWW.SEXUALHEALTHOXFORDSHIRE.NHS.UK/SERVICES/CLINIC-U/](https://www.sexualhealthoxfordshire.nhs.uk/services/clinic-u/)

GP APPOINTMENTS

YOU SHOULD BE ABLE TO ORGANISE EMERGENCY CONTRACEPTIVE CARE, TESTING, AND LONG-TERM TREATMENT THROUGH YOUR GP. IF YOU HAVE REGISTERED WITH AN OXFORD GP, THEY SHOULD OFFER A RANGE OF IN-PERSON AND TELEPHONE APPOINTMENTS. YOU SHOULD BE ABLE TO USE A HOME GP THROUGH TELEPHONE APPOINTMENTS AND THE NHS APP.

YOU CAN COLLECT PRESCRIPTION MEDICATION FROM A RANGE OF PHARMACIES, GPS, AND POP-UP CLINICS IN OXFORD.

COLLEGES

MANY COLLEGE JCRS OFFER FREE CONTRACEPTION RESOURCES. THESE SHOULD BE AVAILABLE EITHER IN THE COMMON ROOM OR ON REQUEST. MOST COLLEGES ALSO OFFER AN ON-SITE COLLEGE NURSE AND COLLEGE COUNSELLOR BY APPOINTMENT, WITH WHOM YOU SHOULD BE ABLE TO DISCUSS ANY QUESTIONS, QUERIES, OR TREATMENTS.

DIAGNOSIS, TESTING, AND TREATMENT FOR STIS ARE EXEMPT FROM CHARGE (EXCLUDING OVERSEAS VISITORS).

**YOU HAVE A RIGHT TO FREE
CONTRACEPTION IN THE UK REGARDLESS OF AGE,
SEXUALITY, OR GENDER.**

WELFARE AND WELLBEING

THERE IS ALSO LOTS OF SPECIALIST 24-HOUR SUPPORT AROUND OXFORD TO HELP WHEN NEEDED

COLLEGE SUPPORT

- **THE PORTERS** - THESE PEOPLE AT THE DOOR TO COLLEGE WILL HELP WITH IMMEDIATE CONCERNS / EMERGENCIES.
- **COLLEGE CHAPLAIN / WELFARE LEAD** - COLLEGE STAFF MEMBER WHO CAN HELP YOU ACCESS SUPPORT AND PROVIDE LISTENING SERVICES.
- **WELFARE JCR REPRESENTATIVES** - THESE ARE THE STUDENT COUNCIL REPRESENTATIVES WHO DEAL WITH WELFARE CONCERNS.
- **PEER SUPPORTERS** - STUDENTS IN YOUR COLLEGE TRAINED TO LISTEN AND DIRECT YOU TO THE RIGHT SERVICES FOR MORE SUPPORT.
- **TUTORS** - THEY HAVE A WELLBEING AND WELFARE ROLE AS WELL AS AN ACADEMIC ROLE. IF YOU FEEL COMFORTABLE, CONTACT THEM IF YOU ARE STRUGGLING, ESPECIALLY IF IT HAS TO DO WITH YOUR WORK/ AFFECTING IT.



WELFARE SUPPORT CONTACTS

THE STUDENT UNION ADVICE SERVICE

AN INDEPENDENT EMAIL AND PHONE ADVISORY SERVICE CATERING TO OXFORD UNIVERSITY STUDENTS, AVAILABLE MON-THURS TERM TIME, 10.30 AM-12.30 PM.

EMAIL: ADVICE@OXFORDSU.OX.AC.UK

PHONE: 07436 225637

THE UNIVERSITY COUNSELLING SERVICE

THE UNIVERSITY COUNSELLING SERVICE CAN OFFER A CONFIDENTIAL APPOINTMENT WITH A TRAINED COUNSELLOR. YOU CAN REFER YOURSELF AND COMPLETE A FORM TO EXPLAIN THE DIFFICULTIES YOU ARE HAVING, AND AN APPOINTMENT WILL USUALLY BE ARRANGED WITHIN TWO WEEKS. THE COUNSELLING SERVICE REGULARLY SEES UP TO 13% OF THE UNIVERSITY POPULATION.

EMAIL: COUNSELLING@ADMIN.OX.AC.UK

PHONE: 01865 270300

THE OXFORD MINDFULNESS CENTRE

THE OXFORD MINDFULNESS CENTRE PROVIDES KEY RESOURCES RELATED TO MEDITATION AND MINDFULNESS, WHICH MAY PROVE USEFUL. THE CENTRE PROVIDES ONLINE GUIDED SESSIONS AND RUNS REGULAR MINDFULNESS COURSES.

[HTTPS://WWW.OXFORDMINDFULNESS.ORG/](https://www.oxfordmindfulness.org/)

OXFORD NIGHTLINE

THE SAMARITANS ARE AN EMERGENCY SERVICE AVAILABLE 24 HOURS A DAY, SEVEN DAYS A WEEK. IF YOU FEEL IN IMMEDIATE DANGER, YOU CAN CALL A VOLUNTEER FOR SUPPORT.

PHONE: 116 123

WELFARE SUPPORT CONTACTS

DISABILITY ADVISORY SERVICE

THE DISABILITY ADVISORY SERVICE (DAS) SUPPORTS STUDENTS WITH PHYSICAL AND NON-PHYSICAL DISABILITIES AT OXFORD. THE DAS CAN HELP YOU WITH A NEW DIAGNOSIS, ASSIST WITH HOUSING PROVISION, OR ARRANGE SPECIAL ACCOMMODATIONS FOR EXAMINATIONS.

EMAIL: DISABILITY@ADMIN.OX.AC.UK

PHONE: 01865 280459

GP SERVICES

YOU CAN REGISTER WITH A GP IN OXFORD, WHICH WILL GIVE YOU ACCESS TO TELEPHONE AND PHYSICAL IN-PERSON APPOINTMENTS AND REFERRALS TO OTHER SERVICES. IF YOU AREN'T REGISTERED IN OXFORD, IT SHOULD BE POSSIBLE TO TAKE TELEPHONE GP APPOINTMENTS AND MOVE ANY PRESCRIPTIONS OR RESOURCES TO LOCAL OXFORD NETWORKS. THIS ALSO GOES FOR OXFORD GPs DURING THE HOLIDAYS.

HARASSMENT ADVISORY NETWORK

IF YOU ARE BEING HARASSED OR BULLIED - WITHIN YOUR DEPARTMENT OR OUTSIDE OF IT - THE HARASSMENT ADVISORY NETWORK CAN PROVIDE YOU WITH CONFIDENTIAL, NON-JUDGEMENTAL SUPPORT. ACADEMIC FACULTIES AND DEPARTMENTS HAVE DESIGNATED HARASSMENT ADVISORS, BUT IF YOU PREFER, YOU CAN REQUEST AN ADVISOR OUTSIDE OF YOUR DEPARTMENT.

EMAIL: HARASSMENT.LINE@ADMIN.OX.AC.UK

WELFARE SUPPORT CONTACTS

VICE PRESIDENT FOR WELFARE AND EQUAL OPPORTUNITIES

THE VP WEO AT OXFORD SU IS A KEY STUDENT CONTACT FOR ISSUES RELATING TO WELFARE AT THE UNIVERSITY AND CAN BE CONTACTED AT:

VPWEO@OXFORDSU.OX.AC.UK

VICE PRESIDENT FOR WOMEN

THE VICE PRESIDENT FOR WOMEN AT OXFORD SU IS A KEY STUDENT CONTACT FOR WOMEN'S ISSUES AT THE UNIVERSITY AND CAN BE CONTACTED AT:

VPWOMEN@OXFORDSU.OX.AC.UK



THE OXFORD GLOSSARY

BATTELS - THE FEES THAT YOU PAY FOR ACCOMODATION, FOOD, FACILITIES ETC. AT THE BEGINNING OF EACH TERM.

BLUE - A SPORTING AWARD

BOD - THE BODLEIAN OLD LIBRARY

BODCARD - YOUR UNIVERSITY ID CARD, USED TO GAIN ACCESS TO LIBRARIES AND COLLEGES

BOP - STANDS FOR 'BIG ORGANISED PARTY', COLLEGE PARTIES ARRANGED BY YOUR COLLEGE ENTZ COMMITTEE

BUMPS - A ROWING TERM; PURPOSELY BUMPING THE BOAT IN FRONT TO ADVANCE IN THE RACE

CHAPLAIN - THE PERSON WHO RUNS THE COLLEGE CHAPEL, ALSO INVOLVED IN WELFARE

CREWDATE - A NIGHT OUT ORGANISED BETWEEN TWO SOCIETIES. EXPECT TO GET VERY DRUNK AND DRINK OUT OF YOUR SHOE.

DEANED - A DISCIPLINARY MEASURE IN WHICH YOU GET SENT TO THE DEAN

DON - AN ACADEMIC SENIOR MEMBER OF COLLEGE , YOUR TUTOR, PROFESSOR, FELLOW ETC.

EIGHTS - SHORT FOR SUMMER EIGHTS, AN INTER-COLLEGIATE ROWING COMPETITION HELD EACH TRINITY.

ENTZ - ENTERTAINMENT AND EVENTS RUN BY YOUR COLLEGE'S ENTZ OFFICERS. SILLY OX FORD WORD, BECAUSE WE CAN'T BE BOTHERED PRONOUNCING MORE THAN ONE SYLLABLE PER WORD.

FINALS - THE EXAMS AT THE END OF YOUR DEGREE THAT DECIDE YOUR DEGREE CLASSIFICATION(AND WHAT I'M PROCRASTINATING BY WRITING THIS GUIDE)

FORMAL - A FANCIER VERSION OF A MEAL IN HALL THAT YOU WEAR YOUR GOWN TO

HACKING - USUALLY SEEN IN THE 7TH WEEK OF EACH TERM. THOSE RUNNING FOR ELECTION AT THE OXFORD UNION MAY MESSAGE YOU ASKING FOR YOUR VOTE (SOME FIND THIS VERY ANNOYING)

JCR - SHORT FOR JUNIOR COMMON ROOM, THE UNDERGRADUATE REPRESENTATIVE OF YOUR COLLEGE BUT ALSO THE PHYSICAL COMMUNAL SPACE IN YOUR COLLEGE.

MATRICULATION - A CEREMONY THAT MARKS YOUR OFFICIAL INITIATION INTO THE UNIVERSITY.

OXFESS - AN ANONYMOUS CONFESSION PAGE ON FACEBOOK. LOTS OF DRAMA, RANTS, AND ARGUMENTS TAKE PLACE THERE, SO USE IT AT YOUR OWN RISK. IT'S A GOOD WAY TO PROCRASTINATE AN ESSAY THOUGH...

OXLOVE - YOU MAY HAVE SEEN 'RUSH HOUR CRUSHES' IN SOME NEWSPAPERS COMMUTERS WRITE ABOUT A CUTE PERSON THEY SAW ON THEIR WAY HOME FROM WORK. THIS IS OXFORD'S ANSWER TO THAT. OXLOVE IS OXFESS' MORE WHOLESOME (AND MORE SEXUALLY FRUSTRATED) SIBLING.

PIDGE - YOUR PIDGE ROOM IS WHERE YOU WILL FIND YOUR PIGEON HOLE, WHERE ALL YOUR MAIL WILL ARRIVE.

PORTER - A MEMBER OF STAFF AT COLLEGE WHO WORKS IN THE PORTERS' LODGE. THEY TAKE YOUR POST TO THE PIDGE ROOM, LOOK AFTER SECURITY AND ACCESS TO THE COLLEGE, AND ARE USUALLY THE FIRST PORT(ER) OF CALL SHOULD YOU NEED ANYTHING!

PUNT - A LITTLE WOODEN BOAT THAT YOU CAN... PUNT? DOWN THE RIVER IN OXFORD WITH A LARGE POLE. THIS IS ESPECIALLY POPULAR ON MATRICULATION AND IN TRINITY TERM, BUT YOU NEED SOME SERIOUS UPPER BODY STRENGTH...

QUEERFEST - AN ANNUAL LGBTQ+ PARTY HELD IN WADHAM COLLEGE'S GROUNDS.

RUSTICATION - SUSPENDING YOUR STUDIES FOR A YEAR

SHARKING - THE EXPLOITATIVE AND PREDATORY ACT OF AN OLDER STUDENT PURPOSELY AIMING TO GET WITH A FR WITH A FRESHER.ESHER.

SCONCE - YOU'LL SEE...

SUBFUSC - ACADEMIC DRESS, CONSISTING OF A GOWN (COMMONER'S OR SCHOLAR'S), TIE/ RIBBON, AND MORTARBOARD. UNDERNEATH, YOU'LL EITHER WEAR A DARK SUIT OR A WHITE SHIRT AND BLACK TROUSERS/A SKIRT WITH DARK TIGHTS. WORN TO MATRICULATION AND EXAMS.

STASH - COLLEGE, UNIVERSITY, OR SOCIETY MERCH. PUFFER JACKETS ARE PARTICULARLY POPULAR. AND OFTEN CITED IN OXLOVES.

TESCOLATOR - THE ESCALATOR IN THE MAGDALEN STREET TESCO, WHICH GIVES ACCESS TO THE LOWER FLOOR.

THE UNION - A DEBATING SOCIETY AND MEMBER'S CLUB THAT HOSTS SPEAKERS AND EVENTS, LOCATED ON ST MICHAEL'S STREET

VAC - THE OXFORD WORD FOR THE HOLIDAYS. WE HAVE CHRISTMAS VAC, EASTER VAC, AND THE LONG VAC (SUMMER).

VARSITY - A COMPETITIVE EVENT BETWEEN OXFORD AND CAMBRIDGE; YOU'LL PROBABLY FIRST HEAR OF THIS IN REFERENCE TO THE VARSITY SKIING TRIP THAT TAKES PLACE IN THE CHRISTMAS VAC

THE HISTORY OF THE OXFORD BLUE

THE OXFORD BLUE IS A STUDENT NEWSPAPER THAT WAS ESTABLISHED IN 2020, IN RESPONSE TO CRITICISMS OF STUDENT JOURNALISM AT OXFORD AS BEING ELITIST AND INACCESSIBLE. EVER SINCE, WE HAVE STRIVED TO BE TRAINING AND ACCESS-ORIENTED, AND ACTIVELY ENCOURAGE THOSE OF ALL EXPERIENCE LEVELS AND BACKGROUNDS TO GET INVOLVED. WE WANT YOU, REGARDLESS OF WHO YOU ARE. AND FUNNILY ENOUGH - WE'RE RECRUITING AS YOU READ THIS!

AND NOW FOR THE SHAMELESS SELF-PROMO...



HOW TO GET INVOLVED...

- **JOIN OUR WRITER'S GROUPS ON FACEBOOK TO SEE WEEKLY COMMISSIONS FROM EACH OF OUR SECTIONS**
- **PITCH AN ARTICLE TO ONE OF OUR EDITORS. WE ARE ALWAYS RECEPTIVE TO NEW IDEAS AND HAPPY TO WORK WITH YOU TO DEVELOP YOUR PIECE.**
- **APPLY FOR A JUNIOR EDITOR ROLE. NO EXPERIENCE IS REQUIRED.**
- **APPLY TO BE A REPORTER OR STAFF WRITER**
- **APPLY FOR A ROLE IN THE BUSINESS, TECH OR CREATIVE TEAM.**

AND OF COURSE - KEEP READING THE BLUE! WE PUBLISH NEW CONTENT ONLINE REGULARLY SO WHETHER YOU ARE INTERESTED IN POLITICS, CULTURE, FOOD, TRAVEL, LOCAL EVENTS OR SPORT (TO NAME BUT A FEW), WE HAVE SOMETHING FOR YOU!

GET IN TOUCH...

SENIOR LEADERSHIP TEAM:

EDITORS IN CHIEF: LUCAS HASKINS & MADALEINE PEARCE

MANAGING DIRECTOR: FLORA PRIDEAUX

SENIOR EDITORIAL TEAM:

GLOBAL AFFAIRS: BEN NOLAN & DAVID YANG

CULTURES: KENGYU LAI

OXFORD NEWS: MAISIE MILLS

OPINIONS: FRASER GILLIAT AND JEANNIE MCGUINNESS

FEATURES: JESS TAYLOR

COLUMNS: LIV EKDAWI

IDENTITY: OLLY DEHERRERA

ENVIRONMENT: USHIKA KIDD

LIFESTYLE: ZHAO CHANGXIAN

PODCASTS: HOLLY BOSTOCK

SPORTS: KAT BAKER



A FEW WORDS FROM GLOBAL AFFAIRS...

ESCAPE OXFORD WITH GLOBAL AFFAIRS

FINALLY, YOU'VE ARRIVED IN OXFORD. BIT BORING ISN'T IT? WITH THE GLOBAL AFFAIRS SECTION WE PROVIDE THE OPPORTUNITY TO LEAVE IT.

UNFORTUNATELY WE'RE NOT OFFERING FREE HOLIDAYS (UNLESS YOU CAN FIND A £1 RYANAIR FLIGHT). HOWEVER, THE GLOBAL AFFAIRS SECTION IS LOOKING FOR PEOPLE TO WRITE ABOUT ALL THINGS... GLOBAL.

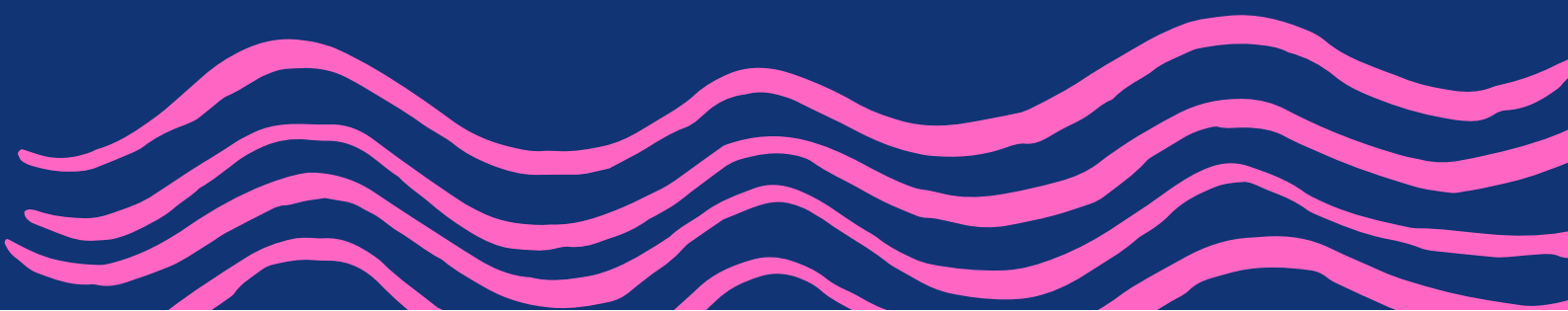
INTERESTED IN INTERNATIONAL AFFAIRS, GLOBAL CULTURAL COMMUNITIES OR AN OPPORTUNITY TO POP THE 'OXFORD BUBBLE'? WE'RE LOOKING FOR CONTRIBUTORS TO OUR WEEKLY COLUMNS ON GLOBAL AFFAIRS 'OUTSIDE OX1', OR TECHNOLOGY AND ECONOMICS 'IT'S THE ECONOMY STUPID' AS WELL AS THOSE LOOKING TO WRITE LONGER FORM ARTICLES.

SO FAR WE'VE COVERED EVERYTHING FROM AI, GLOBAL SUMMITS AND THE WAR IN UKRAINE TO ITALIAN GRAFFITI AND THE PROSPECT OF MINING THE MOON. HOWEVER WE'RE ALWAYS LOOKING FOR MORE GLOBAL OR INTERNATIONAL STORIES AND WANT YOU TO BE A PART OF THIS.

IF YOU'RE INTERESTED IN WRITING FOR OUR COLUMNS OR LOOKING FOR AN OPPORTUNITY TO WRITE ABOUT A GLOBAL ISSUE THAT'S IMPORTANT TO YOU THEN CONTACT SENIOR EDITORS BEN NOLAN OR DAVID YANG.

BEN - BENJAMIN.NOLAN@ORIEL.OX.AC.UK

DAVID - DAVID.YANG@WADHAM.OX.AC.UK



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