

# Welcome to the Pembroke GP!

Dear Incoming Members,

Welcome to Pembroke College, and welcome to your Graduate Parlour (GP). We're the GPC (Graduate Parlour Committee) and we look after the GP: we organise social events, talks, raise money for charities, help you with welfare and equality issues, and represent you to the College and the University, among other jobs. We're writing to give you a bit of an introduction to graduate life before you start. Below this letter we've included some general information about College, the University and what to do when you get here, but you'll also receive more information when you arrive.

Firstly, do make sure you're signed up to the GP mailing list! Details of how to do so are below (see "A 1<sup>st</sup> task for you – join the mailing list!". If you have any questions, feel free to email [gp@pem.cam.ac.uk](mailto:gp@pem.cam.ac.uk) and we'll get back to you as soon as we can. There is also a Pembroke GP Facebook group, if you would like to get a feeling for graduate life and maybe virtually meet some fellow grads before you arrive (<https://www.facebook.com/groups/pembrokegp/>). We regularly share our events and post updates about College life both on the facebook group and the mailing list.

The GP is the body of graduate students at Pembroke, but it's also the name we give our common room (if you're already a step ahead with the Cambridge lingo, don't be confused - what we call the GP, most other colleges call their 'Middle Combination Room' or MCR). The GP is comprised of MBAs, MPhils, PhDs, 4<sup>th</sup> year undergraduates and Associate Members. The GP rooms are located on the ground floor of M staircase in Ivy Court. We hold lots of social events there, but it's a wonderful space to relax as well as work. The GP is always open and our members are free to help themselves to free tea, coffee, snacks, newspapers and magazines, at any time.

The GPC also organises an active social schedule: from informal suppers to black-tie dinners, from parties with live music, to family events, from out-of-town trips to tea and cake afternoons. We hold regular drinks and film nights in the GP, and in the winter, we have an open fire to sit by and enjoy. A regular event worth remembering is BA Dinner, a three-course meal for graduates and their guests, held every Thursday during term.

The GPC also supports Pembroke Papers, a college society run by grads, through which Masters and PhD students give short presentations about their research or other topic of interest each week during term. Previous talks have been on everything from black holes to queer theory. Pembroke Papers provides you with a great opportunity to become acquainted with your friends' research, and if you'd like, to become accustomed to presenting your own work in friendly setting. All talks are followed by BA dinner and ensuing interesting discussions!

The first week in October (before most people start their research or classes) is known as 'Freshers' Week' and we're planning lots of things to do so you can get to know Cambridge quickly and easily, along with everyone else in the GP. A list of events is at the end of this document, and there will also be a paper copy in your pigeonhole (your mailbox in college) at the beginning of the term, and we will send regular email reminders of what is going on.

When you arrive in College please come and meet us! The committee will be running drop-in sessions in the GP every day of the week (with free tea and cake) to greet you and answer your questions. We will be wearing red hoodies all week to help you identify us. The GP is now your GP and we're here to help you make the most of it!

We look forward to meeting you soon! With warmest regards,  
*Sofia Ropek Hewson (GPC President), and the Pembroke Graduate Parlour Committee*

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### **A 1<sup>st</sup> task for you – join the mailing list!**

The GP has a mailing list, where we send you all sorts of information about events, opportunities, and important, official notices. This is NOT the same as the email list that college uses. If you have returned the permission form to college, then they will pass along your @cam.ac.uk email addresses for us to add to the GP mailing list. But if you have not yet set up this email, or would prefer a different email address, or think that you have been missed out, then please email the GPC Vice-President Jenny (jc881@cam.ac.uk) to be added.

There are also several facebook groups that you are welcome to join, but if you don't have Facebook, then don't worry, all information is sent out by email, too:

- The GP group: <https://www.facebook.com/groups/pembrokegp/>
- The JP group: <https://www.facebook.com/groups/1664094547162530/>
- Pembroke Papers: <https://www.facebook.com/PembrokePapers/>
- Pembroke Exchange: <https://www.facebook.com/groups/1882402605318479/>
- Catering feedback: <https://www.facebook.com/groups/131209563604469/>
- Recipes group: <https://www.facebook.com/groups/1749051128655990/>

### **Accommodation**

You should already have received information from college about accommodation. If you have opted to live in college accommodation, this may be situated in the main college grounds, or in one of Pembroke's houses ('hostels') nearby, and college will give you more details.

If you would prefer to live in private accommodation, we recommend the Cambridge University Accommodation Service (<https://www.accommodation.cam.ac.uk/>). Remember: never sign a contract without viewing a property first! If you'll be living in a house occupied only by students, you can apply for exemption from Council Tax – contact Moira Hasset (moira.hasset@pem.cam.ac.uk) for the relevant documents.

## **Abbreviation Absurdity**

**Bop:** Party

**Bedder:** Cleaner. Will vacuum and clean your room once a week (but not make your bed!).

**CamCard:** University Card

**CRSiD:** First part of your University email, i.e. the 'abc123' part of [abc123@cam.ac.uk](mailto:abc123@cam.ac.uk). Also called Raven ID.

**CUSU:** Cambridge University Student Union

**Easter:** The third term, from April to June

**GPC:** Graduate Parlour Committee (College Student Union)

**GP:** Graduate Parlour, which is (1) the community of graduate students at Pembroke, and (2) the name for the graduate common room in college.

**GP:** General Practitioner (medical doctor)

**Hermes:** The University email system, which uses your CRSiD.

**JCR:** Junior Common Room: undergraduate community and Common Room in other colleges.

**JP:** Junior Parlour, which is Pembroke's name for the JCR

**Lent:** the second term, from January to March

**MCR:** Middle Combination Room. Graduate community and Common Room in other colleges.

**KFC:** Kitchen Fixed Charge

**May Week:** a week of celebrations and events in June.

**Michaelmas:** the first term, from October to December

**NHS:** National Health Service

**Pidge:** Pigeon hole (mail room)

**Plodge:** Porters' Lodge

**Porter:** A steward of the College. Your first point of call for any queries.

**Puboard:** The 'Pub cupboard' located in the GP, selling drinks at cost-price and open for GP events.

**Trough:** Canteen

**Valencian:** A member of Pembroke College

## **Bank Accounts**

To open a bank account, you can use Pembroke College as your main address (Pembroke College, CB2, 1RF). You will need 'proof of residence', which can be obtained by asking Becky Coombs ([becky.coombs@pem.cam.ac.uk](mailto:becky.coombs@pem.cam.ac.uk)) for a 'bank letter'. This should detail your UK address, your home address and include a description of your course. Unfortunately, you can't use your Cambridge acceptance letter. You will also need some form of identification, for example, a passport or a driving license.

Lots of students use Barclays, because they don't charge fees for international students (<http://www.barclays.co.uk/PersonalBanking/P1242557947640>). We recommend making an appointment as soon as possible, because the banks get very busy at the beginning of term. Barclays allows you to fill in an initial application online, and then schedule an 'in-person' appointment in advance.

## College Contacts

Who	Why to contact them	Contact
<b>Emergency services</b>	Emergency!	999, and the porters lodge
<b>Porters</b>	24 hour guardians of the college, all-round source of knowledge, spare room keys	Porters lodge
<b>Becky Coombs</b> College Registrar and Rooms' Tutor	Any queries regarding college administration, particularly accommodation and grants	office in LL becky.coombs@pem.cam.ac.uk
<b>Moira Hassett</b> College Registrar's Assistant	Similar to Becky, plus replacement CamCards	office in LL moira.hassett@pem.cam.ac.uk
<b>Frances Kentish</b> Graduate Secretary	All things related to graduate admin (registration, graduation etc)	Office in LL Frances.Kentish@pem.cam.ac.uk
<b>The GPC</b>	Any questions, comments, worries, or if you just want a chat.	gp@pem.cam.ac.uk Plus individual emails (see "The GPC" section)
<b>Prof. Loraine Gelsthorpe</b> Tutor for Graduate Affairs	General graduate queries, if the GPC is unable to help.	lrg10@cam.ac.uk
<b>The Dean</b> Dr James Gardom	For spiritual issues and general advice.	jtdg2@cam.ac.uk
<b>Dr Dan Tucker</b> Senior Tutor	For issues relating to students at Pembroke, which can't first be resolved by the GPC.	st@pem.cam.ac.uk
<b>Sally Clowes</b> Senior Tutor's Assistant	Overlap with Becky, Moira, and Frances.	sally.clowes@pem.cam.ac.uk Office in LL
<b>Michaela Koseoglu</b> Student Finance Officer	Financial queries relating to college bills.	Office in L Michaela.Koseoglu@pem.cam.ac.uk
<b>Ladan Rastan</b> Finance Officer	Booking formal tickets for people who do not have Upay Chilli.	Office in L ladan.rastan@pem.cam.ac.uk
<b>Jan Brighting</b> College Nurse	Advice about physical or mental health.	Office in G10, open weekdays 10am-12:30pm jan.brighting@pem.cam.ac.uk
<b>IT department</b>	Any computer-related problems.	Office in U10, help@pem.cam.ac.uk
<b>Maintenance department</b>	If something in your college accommodation needs fixing.	<a href="http://www.pem.cam.ac.uk/current-students/facilities-and-activities/reporting-a-problem/report-a-maintenance-issue/">http://www.pem.cam.ac.uk/current-students/facilities-and-activities/reporting-a-problem/report-a-maintenance-issue/</a>
<b>Caroline Adams</b> Head of Housekeeping	Housekeeping queries – moths, bedding etc.	caroline.adams@pem.cam.ac.uk
<b>Catering</b>	For conferences, food queries, and electrical equipment – projectors, microphones etc.	Office in Trough catering@pem.cam.ac.uk
	Formal hall/ society dinner / student catering enquiries	Office in Trough formal@pem.cam.ac.uk
<b>Alice Oates</b> College Recorder	If you have any events or research that you would like documented or shared on Pembroke's social media.	Office in LL alice.oates@pem.cam.ac.uk
<b>Pat Aske</b> Librarian	Library queries	Office in the library library@pem.cam.ac.uk
<b>RMS system</b> Room booking	To book rooms for teaching, events, and guest accommodation.	<a href="https://app.casc.cam.ac.uk/rms_live/">https://app.casc.cam.ac.uk/rms_live/</a>

## **CUSU and the GU**

Cambridge University Students' Union (CUSU) is the university-wide representative body for students at University of Cambridge. CUSU is a federal body made up of individual College student unions (JCRs and MCRs). With a team of 6 Sabbatical Officers (President, Education, Welfare, Women's, Access and Disabled Students Officer) and staff, CUSU work to make change and support students in the university. They sit on most of the important committees in the university - from the University Council to Admissions Forum - and campaign on student-related issues. When it comes to University matters, contact CUSU to request a change, or ask a question. Any student can submit ideas about possible changes, and the governing body is 'CUSU Council', held every 2 weeks. Any student can attend CUSU Council, and each college has 2 or 3 voting members. CUSU Council is a forum for discussing policy and deciding what campaigns to work on. Please contact CUSU via Facebook, Twitter or email, their contact details can be found on the CUSU website - [cusu.cam.ac.uk](http://www.cusu.cam.ac.uk). They also have a Freshers' website: <http://www.freshers.cusu.co.uk>

The Graduate Union (GU) is the University-wide representative body for graduate and mature undergraduate students at the University of Cambridge. The GU is run by a Board of elected sabbatical and student officers who represent graduate and mature undergraduate students; their focus is on four key areas: representation, services, welfare and events. More information is at: <https://www.gradunion.cam.ac.uk/>

## **Food - Trough**

The canteen in Pembroke is lovingly referred to as 'Trough'. Many graduates take their food from trough to eat in the GP, but you can, of course, also eat in the dining hall. If you pay KFC (Kitchen Fixed Charge), then you can use your CamCard to pay for meals in 'trough' with a 30% discount. If you don't pay KFC, then you must use cash instead, and you won't receive the discount.

Menus are published daily (<http://thepembrokekitchen.blogspot.co.uk/>) and the opening hours are:

<b>Meal</b>	<b>Term time</b>	<b>Holidays</b>
Breakfast	Mon-Fri 8am-10am	Mon-Fri 8am-10am
Lunch	Mon-Fri 11.45am-1.30pm	Mon-Fri noon-1.30pm
Dinner	Mon-Sun 5.45pm-6.45pm	Mon-Sun 6pm-6.45pm, but no Saturday dinner during summer
Brunch	Sat-Sun 10am-1.15pm	Sat-Sun 10am-1.15pm

The JP cafe also serves lunches, snacks and coffee in the weekday afternoons. It's open every night during term-time for drinks.

## **Food - 'Gyp Rooms'**

If you would prefer to make your own food, college rooms will have shared kitchen facilities - either a proper kitchen, or a more limited 'gyp room'. Be very careful not to set the fire alarms off - this could result in a college fine! The nearest large supermarket to Pembroke's main site is Sainsbury's on Sidney Sussex St. There's also a smaller Sainsbury's nearby - just round the corner on Regent Street.

## **Food – Upay Chilli and KFC**

If you pay Kitchen Fixed Charge (KFC, £164 per term) on your termly bill, then food in college can be purchased with an account linked to your CamCard. Your account initially starts with a £0 balance and when you purchase items in trough or the JP cafe these will be subtracted to apply a negative balance. The lowest your balance can go is -£100. You'll then have to pay some of this off to be able to purchase more items. At the end of each term, the negative amount on your card will be added to your college bill, and any positive amount will be credited.

You can 'top up' your card through Upay Chilli (<https://www.upaychilli.com/>) using your full university email address and password (provided by college). On this website you can check your card balance, make top-ups using your personal debit card, set up automatic top up, and purchase tickets to formal dinners.

If you don't live in college accommodation, you can ask not to pay KFC. This means you won't receive a discount on college food, you will have to pay cash for your food, and you won't be able to book formal tickets online (instead email Ladan Rastan in the finance office: [ladan.rastan@pem.cam.ac.uk](mailto:ladan.rastan@pem.cam.ac.uk)). To discuss opting out of paying KFC, please email Becky Coombs ([becky.coombs@pem.cam.ac.uk](mailto:becky.coombs@pem.cam.ac.uk)).

## **Food - Formal Hall/ BA Dinner**

Formal Hall is a 3-course dinner in the Hall every evening during Full Term, at 7.30pm. You can arrive from 7pm onwards. Water is provided, and you can bring your own wine or soft drinks. The dress code is 'formal', and gowns are required. Tickets must be booked in advance and they go on sale a week before the event. For details on booking, see the 'Upay Chilli' section above. Here are the college guidelines for Formal Hall: <http://www.pem.cam.ac.uk/wp-content/uploads/2012/06/Guidelines.pdf>

Grads are welcome to all Formal Hall dinners, but in addition, every Thursday, there is a formal specifically for graduate students called BA Dinner. BA dinners are usually in the Old Library, but occasionally held in the Hall (for example, the first and last BA dinners of term). The dress code is formal, but gowns are not worn, unless the dinners are held in Hall. Again, tickets must be booked in advance. Before most BA dinners there is a 'Pembroke Papers' talk given by a graduate student on their research or other topic of interest, and free drinks are served. The Puboard is open in the GP after dinner, where both soft and alcoholic drinks can be purchased.

Several times a term, we offer you the opportunity to attend Formal Hall at other colleges: these dinners are called 'swaps', and your external officer, Helen Brooks will be in touch at the beginning of term with details on how to sign-up. There are also several opportunities every term to attend High Table with the Fellows, and your VP, Jenny Chalmers will be in touch at the beginning of term with more details.

## **Gowns**

Gowns can be rented or bought from:

- Ryder and Amies - <https://www.ryderamies.co.uk/>
- Ede and Ravenscroft - <http://www.edeandravenscroft.com/>
- Second-hand from the GU - <http://www.gradunion.cam.ac.uk/facilities/gown-shop>

The gown you wear depends on your age and previous degree status. Check out the GU's guide to find out what you need: <http://www.gradunion.cam.ac.uk/facilities/gown-shop/gown-guide>

## GPC

Our main job is to represent you to college! If you have any questions, comments, worries or if you just want a chat, then please feel free to contact any of us confidentially. GPC members go to various College meetings, Graduate Tutor meetings, Food Committee meetings, and GU and CUSU meetings, so let us know if you would like any issues raised. We will be wearing red hoodies throughout freshers week to help you identify us!



**President**  
Sofia Ropek Hewson  
sar80



**VP**  
Jenny Chalmers  
jc881



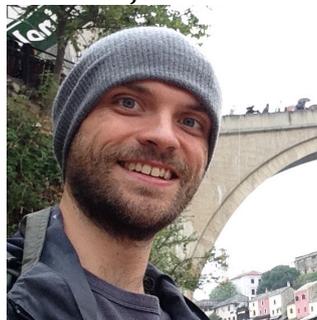
**Treasurer**  
Cansu Karaybiyik  
ck502



**Events**  
Joana Migui Ferreira  
jmgf2



**GP Steward**  
Naciem Nikkah  
nn283



**GP Steward**  
Damien Pollard  
dp540



**Housing**  
Ben Jackson  
bmj28



**External**  
Helen Brooks  
hyb20



**International**  
Alyssa Silva-Cayetano  
as2632



**LGBTQ+**  
Florent Dyé  
fsd23



**Women**  
Sophia Borgeest  
gsb41



**Welfare**  
Eleanor Russell  
emr52



**Charity**  
Abby Shea  
aes88



**IT**  
Chris Howland  
cjh225



**Environment**  
Anna Gunnarsdóttir  
abg32



Interested in joining the GPC? Apply to be 4<sup>th</sup> year rep, events officer, or secretary!

## **GP – The Community**

Confusingly, the Graduate Parlour (GP) refers to both the room and the whole community of graduate students at Pembroke College. As a graduate student, you are automatically a member of the GP, as well as the JP which includes the undergraduates too.

## **GP – The Room**

The GP is a common room just for graduates, located in M staircase. It's always open, and you're welcome to come in at any time. There's always free tea, coffee, biscuits and savoury snacks, as well as free newspapers and magazines to read, and board games to play (these can't be removed from the GP!). There are also lots of books to borrow. At meal times, many graduates bring their food to the GP to eat. Most of our organised events take place in the GP, too.

The GP comprises 3 rooms:

- The Puboard Room: the room at the end of the GP which hosts the Puboard, and (limited) kitchen facilities. Coffee machine instructions are available. If you would like access to the puboard, you can apply to be a steward in return for serving drinks at events – talk to Damien and Naciem, our GP Stewards.
- The TV Room: the middle room hosts the TV, sofas and chairs. People are welcome to use the TV whenever they wish (within reason – there are student rooms nearby) and people will often gather to watch sports or popular shows. We also have a Netflix subscription.
- Study Room: this is a quiet room, reserved for people who want to work. There's a printer which you can use for free, although please be considerate of others and don't print too much - we only have limited supplies of paper and ink.

***It's our collective responsibility to keep the GP clean and tidy. This includes washing all dishes/cups you use, and tidying up after yourself.***

## **Graduate Tutors**

College will assign you a Graduate Tutor: a College Fellow who can act as a personal advisor and help with pastoral and academic problems as required.

## **Grants**

Graduate students can apply for lots of grants (e.g. for travel and books). A full list is available here: <http://www.pem.cam.ac.uk/current-students/graduates/money/>

## **Health**

In an emergency, dial 999, and then inform the porters. There's also a 24hr NHS advice line, where you can be advised on appropriate action to take – dial 111. As part of joining Pembroke, you must sign up with a local doctor's practice – college will provide information on the best way to do this. The nearest NHS pharmacy is Boots on Petty Cury.

The college nurse, Jan has a surgery (is open for meetings) in G staircase: 10am-12:30pm on weekdays, or you can email her for an appointment at other times (jan.brighting@pem.cam.ac.uk).

The nearest NHS Reproductive and Sexual Health Clinic is iCASH. Contraception is also available for free in the GP toilets and in Welfare Officer pidges.

Many personal decisions are made and problems solved through discussions with friends, family, a College Tutor, a Nurse, Chaplain, colleague, or a GP. However, at times it is right to seek help away from one's familiar daily environment. The University Counselling Service exists to meet such a need. Seeking counselling is about making a positive choice to get help by talking confidentially with a professionally trained listener who has no other role in your life. The Service is staffed by a team of trained and accredited counsellors and therapists. The counsellors are all experienced in helping people from many different backgrounds and cultures, and with a wide range of personal and work issues. <https://www.counselling.cam.ac.uk/>

## **Internet**

2 WiFi systems are available in college:

- Eduroam is a world-wide system to allow academics to connect to the internet in any institution. There is extensive eduroam coverage around the city and in all libraries. For information on connecting to Eduroam, please see the University Computing Service's wireless webpage: <http://www.cam.ac.uk/cs/wireless/>.
- PEM-Member is a network specific to Pembroke College. Only registered devices can access this network. To connect to the college PEM-Member network, enter the password 'ad0615f1d0'. Once you have joined this network, you need to register your device by browsing to <https://register.pem.cam.ac.uk>.

The University will send you information about your CRSiD and how to access your email.

## **LGBTQIA+**

There's a specific LGBTQIA+ mailing list and a Facebook group. If you would like to be added to either, please contact our LGBTQIA+ Officer, Flo ([fsd23@cam.ac.uk](mailto:fsd23@cam.ac.uk)). Flo, will also provide you with support and representation during your time at Pembroke, along with organising regular social events. Flo can also direct you to other relevant support networks, whether social, pastoral or health-related.

## **Library & study rooms**

Graduates are free to work in the Pembroke library, which is open 8am-midnight. There's also the study room in the GP, and the 'bat cave' opposite the GP.

## **Partners**

If you're moving to Cambridge with a partner, they may be interested in Associate Membership of the GP. For a small fee, this allows them to attend all GP events. Please contact Jenny ([jc881@cam.ac.uk](mailto:jc881@cam.ac.uk)) for more information.

## **Pembroke Papers**

Each week before BA dinner, there's a talk given by a grad student or alumnus about their research, or another topic of interest. These are informal, and free drinks and snacks are provided. Here's the website, which includes videos of past talks: <https://www.facebook.com/PembrokePapers/>. If you would like to give a talk, or help to organise the series, please contact Jenny ([jc881@cam.ac.uk](mailto:jc881@cam.ac.uk))

## **Phone Contracts**

All mobile networks in the UK offer SIM-only plans which can be used with an unlocked phone. The main networks are EE (Everything Everywhere), O2, Vodafone and 3/Three. Urban areas of the UK have good 4G mobile coverage, but the (very thick) stone walls in Cambridge mean that only 2G signals can reliably provide coverage inside many buildings. The network '3/Three' provides only >3G signal and many students report being unable to use their phones inside Pembroke buildings. For those not wishing to be tied to a long-term contract, 'pay as you go' options are available on all networks. GiffGaff is popular, allowing 'pay as you go' credit to be converted to 'contract-equivalent' month-long minute, text and data allowances. Plusnet also offers cheap SIM-only/ contract plans.

## **Recycling**

Most items suitable for recycling will have a recycling symbol on them. Recycling is an important part of living a sustainable lifestyle; it keeps our waste out of the wider ecosystem where it can cause damage, and puts it to good use as a fuel source, or to create new products. In the UK, the recycling services available vary according to different local government districts – accordingly, in Cambridge, our waste recycling is managed by Cambridge City Council. Below is a handy guide on how to deal with your waste during your time at Pembroke.

### College accommodation:

- The college provides large black crates for the collection of mixed dry waste in all kitchens. Each staircase will have a Fire and Environmental Warden who is responsible for transferring waste collected in the crates to the main purple bins (see below).
- All food waste, and non-recyclable material can be placed in the waste bins provided.
- Spent batteries can be recycled at the Porters Lodge.

### Public spaces and the GP

- Within the GP, mixed dry waste can be deposited in the black box in the foyer inside the rear door.
- If you discover this box is full, then empty it into the purple bins, nearest to the GP in Chimney Court (just outside the back door of the GP on the left hand side).

### Private accommodation

- If you are living in Private Accommodation, your waste will be collected by the City Council:
- Mixed dry recycling is put out in blue bins.
- Food and garden waste in green bins, a green caddy bin can be collected for free in Cambridge City Council, Regent Street.
- Waste for landfill (anything that can't be recycled by the council) in black bins.
- To find out more, see: <https://www.cambridge.gov.uk/bins-rubbish-and-recycling>

The following materials can be recycled in these containers:



Blue (or black) boxes :

- Plastic bottles (Cleaner and detergent bottles, milk bottles, drinks bottles, toiletries and shampoo bottles)
- Plastic packaging (Carrier bags, clingwrap, food pots and tubs, margarine tubs, plastic trays, plastic wrappers, yoghurt pots)
- Cardboard (cardboard egg boxes, cardboard fruit and veg punnets, cardboard sleeves, cereal boxes, corrugated cardboard, food and drink cartons, toilet roll tubes)
- Paper (brown envelopes, junk mail, magazines, newspapers, telephone directories, window envelopes, yellow Pages)
- Glass (glass bottles and jars)
- Metal packaging (Aerosols, drinks cans, food tins, metal lids from glass jars)
- Foil (aluminium foil, foil tray )

Blue Bin:



Cambridge recycling: <https://www.cambridge.gov.uk/bins-rubbish-and-recycling>

Recycle now – everything about recycling! <https://www.recyclenow.com/>

Packaging symbols explained: <https://www.recyclenow.com/recycling-knowledge/packaging-symbols-explained>

## **Social**

The GP is always open, so drop by any time and you'll usually find people there! At meal times, many graduates bring their food to eat in the GP. In addition, during term, your events officer, Joana will organise at least one event every week. These include low-key events, for example, food tastings and film nights, as well as 'bops' – dance parties. Some events which run every week during term:

- Every Thursday at 6.30pm, Pembroke Papers runs talks in the Nihon Room. A graduate, alumnus, or external speaker will discuss their research/ an interesting topic, with free drinks provided.
- Following Pembroke Papers, BA dinner is served every Thursday at 7.30pm, usually in the Old Library
- 'Tea and Cake' takes place every Sunday at 4pm in the GP, where free tea, cake, fruit, savoury snacks and home-baked goods are served.

Events continue out of term, although at a slower rate. Contact Joana if you have any suggestions or requests. Pembroke also has many societies which support sports, drama and music, amongst other interests, which you can join at the 'Freshers Squash'.

## **Welfare**

We hope that being a member of the GP will provide you with many opportunities for personal and professional development. However, sometimes you may find yourself facing various challenges. Members of the Welfare Team will always be pleased to chat to you confidentially about any concerns you have, either in person or via email. Additionally, there are a number of more formal sources of support within Pembroke, the University and beyond. If you would like advice about how best to access and use these resources, please feel free to email or speak to any member of the Welfare Team.

Welfare Team:

- Sofia Borgeest (gsb41) - Women's Officer
- Florent Dyé (fsd23) - LGBTQ+ Officer
- Alyssa Silva Cayetano (as2632) - International Officer
- Eleanor Russell (emr52) - Welfare Officer

Two useful webpages:

- <http://www.srcf.ucam.org/pemgp/graduatelife/welfare/useful-contacts-links/>
- [www.pem.cam.ac.uk/current-students/welfare/personal-and-emotional-problems/](http://www.pem.cam.ac.uk/current-students/welfare/personal-and-emotional-problems/)

Other sources of support:

- College Nurse: Jan Brighting: Red Buildings G10, [jan.brighting@pem.cam.ac.uk](mailto:jan.brighting@pem.cam.ac.uk)
- Pembroke Listening Scheme: [www.srcf.ucam.org/pemgp/about-the-gp/welfare/peer-support/](http://www.srcf.ucam.org/pemgp/about-the-gp/welfare/peer-support/)
- Tutor for Graduate Affairs: Professor Loraine Gelsthorpe (lrg10@cam.ac.uk), trained counsellor & psychotherapist
- Your Graduate Tutor: <http://www.pem.cam.ac.uk/current-students/.../graduate-tutors/>
- University Counselling Service: [www.counselling.cam.ac.uk](http://www.counselling.cam.ac.uk)
- Support groups: [www.cambridgestudents.cam.ac.uk/welfare-and-wellbeing](http://www.cambridgestudents.cam.ac.uk/welfare-and-wellbeing)
- CUSU Welfare: [www.cusu.cam.ac.uk/sabbs/welfare.html](http://www.cusu.cam.ac.uk/sabbs/welfare.html)
- CUSU Women's Welfare: <http://www.womens.cusu.cam.ac.uk/welfare/>
- CUSU LGBT+ Welfare: <http://www.lgbt.cusu.cam.ac.uk/welfare/> Links for international students:
- CUSU International students mailing list: <https://lists.cam.ac.uk/mailman/listinfo/cusu-international-colleges>
- Pembroke's International Students' Facebook page: <https://www.facebook.com/groups/253840968106420/>

# A Map of Pembroke



## **Freshers Week Schedule**

This is the 2017 Freshers Week timetable, detailing events being run by the Graduate Parlour (GP). The events are a great opportunity for meeting people at the start of the year and are almost entirely free or subsidised. Events in red italic letters are compulsory to attend! Please feel free to ask any questions you may have as you settle in and find out what the GP and Pembroke has to offer during your time here. We hope your schedules aren't already filling up too quickly and that you'll be able to attend as many of the events as possible. We can't wait to meet you all!

**Joining a College Family – asap.** As part of freshers week, you will be assigned a college “family”. On Wednesday 4<sup>th</sup> October your “parents” (current grads at Pembroke) will organise an evening for you and your “siblings”. If you would like to take part, please fill in this form:

<https://docs.google.com/forms/d/e/1FAIpQLScy9H05riBg1G6kTUcUCvRsFToM3mt-ybxu8f7xia47Ajd7g/viewform>

If you have any questions, please email Ben (bmj28@cam.ac.uk) or Abby (aes88@cam.ac.uk).

**Q&A Drop in Session – Everyday 10am-12pm, GP.** Any questions that the GPC might be able to help you with? There will be a few of us in the GP ready to answer your questions and queries. These sessions can be particularly useful for International students – a large proportion of the Committee are from countries outside the UK, so if you have any questions, we'll be able to help you out.

**Tea and Cake – Everyday 4pm, GP.** Every day at 4pm in the GP free tea, cake and fruit will be served.

**Pubboard open for drinks most evenings, GP.** Our pub in a cupboard ('Pubboard') serves a variety of alcoholic and non-alcoholic drinks as well as some snacks. It will be open most nights during Freshers' Week, so do stop by.

**Scavenger Hunt – Sunday 1<sup>st</sup> October 11am.** Details tbc

**Brunch – Sunday 1<sup>st</sup> October 12 noon, GP.** Grab a tray of brunch from Trough and join us in the GP to eat - we recommend the waffles!

**Cambridge Useful Tour – Sunday 1<sup>st</sup> October and Monday 2<sup>nd</sup> October 2pm, Plodge.** Meet at the Plodge (Porters Lodge) for a Cambridge tour showing all the useful bits like banks and supermarkets.

**Pembroke Tour – Sunday 1<sup>st</sup> October and Monday 2<sup>nd</sup> October 3pm, Plodge.** Meet at the Plodge for a Tour of College - we'll show you where all the important stuff is.

**Charity Sale - Sunday 1<sup>st</sup> October 3.45pm, GP.** Many students who left Cambridge in the Summer have donated their stuff (e.g. kitchen equipment, furniture, bikes) for you. So come and take what is on offer and make a donation to charity in return!

**Subject Suppers – Sunday 1<sup>st</sup> October 8pm.** This is an opportunity to meet other students in your field for a nice dinner. You will receive an email from a current graduate student with further details.

**Pembroke Societies 'Squash' – Monday 2<sup>nd</sup> October, time tbc – New Cellars.** Known as a 'squash' because there isn't much space, come along to the New Cellars in Foundress Court to find out more about Pembroke Societies and get signed up.

**Welcome/Induction Talk – Monday 2<sup>nd</sup> October 5:30pm - Old library - COMPULSORY.** A welcome to Pembroke and induction by the key figures in College, and a chance to ask questions.

**LGBT+ Night – Monday 2<sup>nd</sup> October 9pm.** This is a good event for meeting graduates from the Pembroke LGBT+ community. Plan tbc

**CUSU Societies Fair – Tuesday 3<sup>rd</sup> October and Wednesday 4<sup>th</sup> October – Kelsey Kerridge.** The University’s societies fair in Kelsey Kerridge, is run by CUSU. This is where you can sign up to societies or just turn up for some freebies! See <https://www.cusu.co.uk/events/cusu-freshers-fair-b674> for further details.

**Matriculation Photograph – Tuesday 3<sup>rd</sup> October, noon.** A photograph of your matriculating year will be taken at 12 noon – make sure you organise your attire in advance! The dress code is ‘formal’ (including black shoes) and you need to wear an academic gown. Don’t leave it until the last minute to get what you need!

**Matriculation – Tuesday 3<sup>rd</sup> October, check info. boards near Hall for your time – COMPULSORY.** Matriculation is the compulsory registration ceremony administered and run by the College. It’s the traditional and ritualistic part of your induction into Pembroke College and Cambridge University. You’ll have to check the boards by the Hall for which time slot you have been allocated. The dress code is ‘formal’ (including black shoes) and you need to wear an academic gown. Don’t leave it until the last minute to get what you need! If you find you have a clash with a Departmental or Faculty engagement, let us know and we will help you work it out. If you have any questions about matriculation, please don’t hesitate to ask Frances Kentish.

**4<sup>th</sup> Year Induction – Tuesday 3<sup>rd</sup> October 5.30pm - GP.** With 4<sup>th</sup> year undergraduates now officially part of our GP, we would love to welcome you into our community and introduce ourselves to you.

**Pub Crawl – Tuesday 3<sup>rd</sup> October 7pm - meet in the GP.** A great chance to have some drinks (alcoholic or non-alcoholic), let your hair down with some new friends, and sample some of the many, many pubs that Cambridge has to offer.

**Film Night – Tuesday 3<sup>rd</sup> October 7pm – GP.** Meet in the GP and we can watch a film, chat and eat snacks.

**Cambridge Historic Tour – Wednesday 4<sup>th</sup> October 2pm, Plodge.** There will be a tour of Cambridge showing the historic sites of our city. Meet at the Porter’s Lodge (‘Plodge’).

**Fitzwilliam Museum Tour – Wednesday 4<sup>th</sup> October 3pm.** Details tbc

**Welfare Talk – Wednesday 4<sup>th</sup> 7pm – GP.** Before you meet your family, gather in the GP for a nice chat about our community and enjoy some snacks!

**Family Night – Wednesday 4<sup>th</sup> 7.30pm – GP.** Above, there is a questionnaire about which kind of college ‘Family’ you’d like to be part of. You will be allocated a Family made up of continuing Pembroke graduates (your Parents) and other new grads (your Siblings). The idea behind our college Families is to help everyone settle in to Pembroke and Cambridge, and to give you a number of friendly faces to whom you can turn to for advice, hang-outs or whatever else you choose. Your Family can be everything from a support network to a social group or a source of academic inspiration. Your Parents will be in contact with you to organise the evening they’ve got planned for you.

**BA Dinner Drinks – Thursday 5<sup>th</sup> October 7pm – GP.** Free sherry or cava as well as non-alcoholic drinks will be provided in the GP from 7pm, so people can gather and socialise ahead of the first BA Dinner of the year.

**BA Dinner – Thursday 5<sup>th</sup> of October 7:30pm - Hall.** Graduate Dinner in the Hall. You need to have booked a ticket in advance (see the “Food - Formal Hall/ BA Dinner” section above). Dress code is black tie, so no gowns required.

**Pembroke Puboard Quiz Night! – Friday 6<sup>th</sup> October 8pm – GP.** The Pembroke Puboard Quiz is a regular event in our GP. Come along for a fun and relaxed night!

**Walk to Grantchester – Saturday 7<sup>th</sup> October 11am – meet in GP.** Grantchester is a lovely village on the River Cam, about 2 miles South of Cambridge. Meet in the GP to enjoy a lovely walk along the river and maybe try some scones at the Orchard.

**BOPbusters – Saturday 7<sup>th</sup> October 9pm - New Cellars.** If you read your guide, you will now know Bop stands for party! Our theme is Blockbusters, so if you are feeling creative, why not dress up as your favourite movie character? There will be popcorn, drinks, and some amazing dance moves.

**Event for Families – Sunday 8<sup>th</sup> October 1pm – GP.** For those of you moving to Cambridge with your families, bring them along to the GP for a relaxed afternoon with our community.

**Punting – Sunday 8<sup>th</sup> October 2pm – meet in GP.** Come for a traditional river tour of Cambridge on punts, with the chance to try steering them for yourself! (Weather-dependent)

**Pizza Night – Sunday 12<sup>th</sup> October 6pm – GP.** Free pizza in the GP, cooked by the Pembroke Kitchen

**Game Night in the GP – Sunday 12<sup>th</sup> October 7.30pm – GP.** Game Night is the perfect end to a busy week. There will be snacks, drinks, and challenging games to remind you of your inner child!

**A Last Task for you – join the mailing list!**

Sorry to keep repeating this, but it really is very important! The GP has a mailing list, where we send you all sorts of information about events, opportunities, and important, official notices. This is NOT the same as the email list that college uses. If you have returned the permission form to college, then they will pass along your @cam.ac.uk email addresses for us to add to the GP mailing list. But if you have not yet set up this email, or would prefer a different email address, or think that you have been missed out, then please email the GPC VP Jenny (jc881@cam.ac.uk) to be added.

Time	Saturday 30th September	Sunday 1st October	Monday 2nd October	Tuesday 3rd October	Wednesday 4th October	Thursday 5th October	Friday 6th October	Saturday 7th October	Sunday 8th October
Morning	10-12pm: Drop-in Q&A (GP)	10-12pm: Drop-in Q&A (GP)	10-12pm: Drop-in Q&A (GP)	10-12pm: Drop-in Q&A (GP)  10-4pm: CUSU Fresher's Fair	10-12pm: Drop-in Q&A (GP)	10-12pm: Drop-in Q&A (GP)	10-12pm: Drop-in Q&A (GP)	10-12pm: Drop- in Q&A (GP)  11am: Walk to <del>Grantchester</del>	10-12pm: Drop-in Q&A (GP)
		11am-6pm: Scavenger Hunt  12pm Welcome brunch	Pembroke Societies 'Squash' (New Cellars)	12pm: Matriculation Photo  <i>Matriculation</i>	2pm: Historical Tour ( <del>Plodge</del> ) 3pm: Fitzwilliam Museum Tour				1pm: Graduates with Families (GP)  2pm: Punting (GP)
Afternoon		2pm: Useful Tour ( <del>Plodge</del> )  3pm: Pembroke Tour ( <del>Plodge</del> )	2pm: Useful Tour ( <del>Plodge</del> )  3pm: Pembroke Tour ( <del>Plodge</del> )	4pm: Tea & Cake (GP)	4pm: Tea & Cake (GP)	4pm: Tea & Cake (GP)	4pm: Tea & Cake (GP)	4pm: Tea & Cake (GP)	4pm: Tea & Cake (GP)
		3.45pm: Charity Sale (GP)  4pm: Tea & Cake (GP)	5.30pm: <i>Induction &amp; reception (Old Library)</i>  9pm: LGBT+ Night	5.30pm: 4 <sup>th</sup> Year Induction (GP)  7pm: Pub Crawl OR Movie Night (GP)	7.00pm: Welfare Talk (GP)  7.30pm: Family Night	7pm: Pre- drinks (GP)  7.30: BA Dinner (Hall)	8pm: Pembroke Quiz Night! (GP)	9pm: <del>BOPbusters!</del> (New Cellars)	6pm: Pizza (GP)  7.30pm: Game Night (GP)
Evening	8pm: Welcome Drinks! (GP)	8pm: Subject Suppers							