



THE BEAR NECESSITIES

2023



Dear Freshers,

Huge congratulations on gaining a place at Oxford's best college! We are all looking forward to welcoming you into college life and making Teddy feel like home! Making the transition to university can be daunting for all students, but there is lots of support at Teddy Hall to make the process as easy and fun as possible. The community spirit and friendly atmosphere at Teddy Hall is unmatched and we are all here to help. If you have any questions or queries, don't hesitate to reach out.

Please enjoy reading this guide and getting to know Teddy Hall and Oxford a little better – we can't wait to see you soon!

(H)all the love,

Mya and Ellis (JCR Access and Outreach Officers)

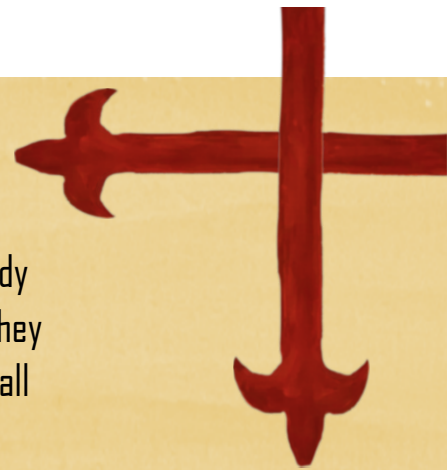


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The JCR Committee

The JCR (Junior Common Room) committee represents the undergraduate body and forms a bridge of communication between the students and the college. They are responsible for organising social events, reporting on happenings in the hall and overseeing the general welfare of the JCR.



President – Brodie Weymouth (jcr.president@seh.ox.ac.uk)

I'm Brodie, I love the Hall and I'm your JCR President. Teddy is my favourite place to be in Oxford and my job is essentially to make it yours too. I'm your middle-man between the student body (that's you) and the senior committee, as well as someone you can just chat to about any and all things you want changing, big or small. Responsibilities include: many meetings, maintaining Hall Spirit, occasionally wearing the Teddy Bear mascot suit.



Vice president – Poppy Buckley (jcr.vp@seh.ox.ac.uk)

Hey everyone, I'm Poppy your JCR VP. I'm the person you can come to for any problems or suggestions about improvements for everyday college life such as food, accommodation and the JCR. My main job is making sure everyone here has the best experience possible by working directly with college staff to make sure that college stuff runs smoothly e.g. formal halls, JCR photos and Christmas dinner. Feel free to drop me a message about literally anything and I'll always do my best to help!



Social Secretaries – Maria Nozdrina & Michael Atife (jcr.socialsec@seh.ox.ac.uk)

Hey (H)all! We're Maria and Michael and we'll be your entz reps till the end of Michaelmas! As I'm sure the avalanche of Facebook notifications will soon make obvious, we're responsible for the organisation and running of social events in the college! These include - but aren't limited to- BOPs (Big Organised Parties), weekly club nights, open mic nights, rounders in the park, boardgames nights, and much more. It's super important to us that the social life at Teddy is accessible and inclusive for everyone so if you have any questions, concerns, or suggestions don't hesitate to message either of us!





Treasurer – Teddy Thompson (teddy.thompson@seh.ox.ac.uk)

Hey guys, My name is Teddy, and I'm your treasurer for this year. My main job is to plan and record the JCR's spending each term. I'm also in charge of getting you guys any reimbursement for any fees from sport, music, or other activities (the forms required for this can be confusing, but please reach out and I'll try to clear things up). I'm looking to make sure we spend our JCR money as best as possible (while not going bankrupt), so please reach out to me with any ideas. I look forward to being your treasurer and working with the rest of the committee.



Secretary - Catherine Gower (jcr.secretary@seh.ox.ac.uk)

Hi, my name is Catherine and I'm your JCR secretary! The biggest part of my role is writing up the minutes for meetings/hustings. I also handle the finalist's yearbook, Trinity punt and college families. Please reach out if you have any questions at all :)



Access officers – Ellis Hall and Mya Hesketh-Bream (ellis.hall@seh.ox.ac.uk / mya.hesketh-bream@seh.ox.ac.uk)

Hey, we are your access officers!! Our role is to make sure that the Hall is reachable and attainable for all, no matter your background, wealth or location. We manage and run an Instagram page (@sehaccess) to give prospectus students a feel for what Teddy Hall is like day-to-day and provide information about Oxford and the application process in general. Recruiting ambassadors happens at fresher's fair - it's a really rewarding job with benefits (free drinks and Ming!) plus you'll make a massive difference to people, especially those who might need that push of encouragement to believe in themselves more than others.



Men's* Officers – Leo Brake and Reuben Kyne (reuben.kyne@seh.ox.ac.uk)

Hello! We are Leo and Reuben and we are Teddy Hall's Men's* officers this year! This means representing the interests of all Men* of the Hall – and of course host MOTH once a term, an event which brings us Men* of the hall together over JCR funded lukewarm lager. Please come to me if you have any Male*-specific welfare needs, or if you feel for any other reason inclined!



Arts and Culture Officers – Bliss, Ella and Eve (bliss.ashley@seh.ox.ac.uk)

Hello! We are Bliss, Ella and Eve, the current Arts & Culture Officers for the JCR. Our main role is to make sure that the creative talent within Teddy Hall is showcased and encouraged as much as possible. There are lots of artistic and musical individuals in the JCR, meaning events that we have put on so far such as drink and draw, open mics and exhibitions, give all members of the JCR, regardless of experience within the arts, the chance to get involved. Check out the arts Instagram @seh.arts where we have posts about previous events held in college. We are also very open to suggestions for other events you might have in mind!



Environment and Ethics Rep – (lenny.bailleux@seh.ox.ac.uk)

Hey, I'm Lenny and I'm the Environment and Ethics (E&E) rep for Teddy. My role generally consists of trying to make the college more sustainable, green and just. This is mainly done through ensuring that our progress is consistent with both university-wide and student union targets. I sit on a few college committees whereby I feed back ideas from any member of the JCR (you!) and give my input where applicable. New ideas are greatly appreciated and welcomed, so please don't hesitate to get in contact with me – through email, Messenger, or in-person – if anything ever comes to mind!



Accommodation Officer – (fizza.zaidi@seh.ox.ac.uk)

Hi everyone, I'm Fizza! I'm a 2nd year English student and also the Accommodation Officer. Whether you have a problem to do with your room, a query about something or need advice about finding housing in second year, I'm here to help! I can also help direct you to another source of information if you're not sure where to start. Feel free to come and chat to me whenever, or just drop me a message via Facebook/email!



LGBTQ+ reps – Harry and Amy (amy.shaw@seh.ox.ac.uk / harry.mcwilliam@seh.ox.ac.uk)

Hey queens! We're Harry (they/them) and Amy (she/her) and we're the current LGBTQ+ reps. We're here (and we're queer) to organise queer events, advocate for queer students, and always be available for any of your queer or otherwise concerns. You can reach out to us through the Facebook group, our flagship Instagram page or at any of our weekly events!



Academic Officer – Weijia Gao (weijia.gao@seh.ox.ac.uk)

Hi guys, I'm Weijia and I'm your academic officer! Each term I take part in several meetings with the undergraduate tutors where we discuss changes that can be made to improve students' academic experience and welfare. I'm also in charge of disseminating information on career events - you'll see me signposting these in our JCR Facebook page. Please feel free to come to me with any suggestions or concerns you have about your course, your tutor, the library, and anything else.



Sports Officers – Alex Burson and Dan Cryer (alex.burson@seh.ox.ac.uk)

Hi, we are Alex and Dan, the JCR sports reps. Our role is to try help you with any sporting related issues including funding and sorting alcohol for fixtures. Also, we try to organise a few fun events including sports days as well as sorting out the stash for everyone to enjoy. Look out for the redbird order from the 7th to 14th October to get better prices (more details on Facebook to follow once term begins)!





International and Visiting Students Officer – Eden Long (eden.long@seh.ox.ac.uk)

你好! I'm Eden, a second-year materials scientist originally from Beijing, China and I serve as the international and visiting students' officer. My job is to ensure that Teddy Hall is a loving and inclusive community for everyone regardless of their cultural backgrounds, help international students settle into life in a new country, and provide support whenever needed. I'm always an email / message away to chat about any questions, concerns, worries etc. should you need a pair of empathetic ears, or simply a point of contact for what / where / why stuff is! (I know this country can be confusing sometimes, but I got you xx).



Womens's* Officer(s) – Eve Guterbock and Charlotte Rich-Jones (eve.guterbock@seh.ox.ac.uk)

Hi we're Eve and Charlotte 3rd years studying fine art! We are here to represent and support women and gender minorities in the Hall. Helping to make college a safe and inclusive space. Also we organise and hold the termly Women* of the Hall (WOTH) event – a great excuse to dress up and meet older years in college!



College Tortoise – Monty

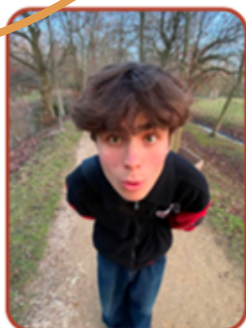
Monty is our resident tortoise and most valued member of the JCR! Monty enjoys eating lettuce, running on grass, and headbutting walls. Come and find Monty in the Welfare Room (Front Quad above the Bar) and say Hello!



Peer Supporters



We've all had over 24 hours of training from the university counselling service, so we are always here to listen. Feel free to contact us for a chat or pop by to our drop ins if you ever need someone to talk to. Everything spoken about can remain confidential.



Joss Carr

joss.carr@seh.ox.ac.uk



Lalou Laredo

lalou.laredo@seh.ox.ac.uk



Simone Balakrishna

simone.balakrishna@seh.ox.ac.uk



Thomas Henning

thomas.henning@seh.ox.ac.uk



Ambra Speciale

ambra.speciale@seh.ox.ac.uk



Jasmine Laing

jasmine.laing@psy.ox.ac.uk



Siddhant Dhingra

siddhant.dhingra@chem.ox.ac.uk

BAME Community at the Hall!



**BAME Reps –
Aminah Dixon and Usmaan
Nadeem**

Our role is to look after everyone who is an ethnic minority in Teddy Hall. From putting on events, making changes within college and being a friendly face to chat too, we want to make Teddy Hall as friendly and inclusive as possible for everyone. Make sure to stop us and say hi at any point, we are both always up for a chit chat and mingle. Last term, we put on a very successful BAME rounders and BAME picnic. Next term look forward to BAME formal and many more welfare and chill events. If you have any issues or changes you would like to see within colleges relating to the ethnic minority community, we are the people to reach out too. See you in October! Love, Aminah and Usmaan <3 xx



**Welfare officers –
Lalou Laredo and
Joss Carr**

Welfare at the Hall

Welfare events vary throughout the terms, but one constant event we put on is JCRT. This essentially involves a massive weekly TESCO delivery food to college which we put in the graveyard or JCR (the room) every Friday afternoon. The order typically consists of cakes, chocolate, sweets, savoury snacks, smoothies and much more (including gluten free and vegan alternatives). Everyone is welcome to come and dig in, have a bite to eat and catch up with friends. For other events, we often team up with the Entz reps or other members of the JCR committee. In the past, events have included Pimms in uni parks, a sports day, art and craft events and open mic nights. Overall, we simply help to make college a warm environment. We usually notify people of events on the JCR Facebook group

Peer supporters are students who have chosen to undergo 24 hours of training delivered by the university counselling service so that they are able to provide confidential support to peers. At Teddy Hall, we typically have between 3-8 trained peer supporters but this number varies term to term as people come and go. We ourselves are both trained. Peer supporters are (obviously) not professional counsellors but we are there to listen if you have any issues, and we can direct you to more specialised support if you wish. Posters around college display who the current peer supporters are. There is also information on how to contact peer supporters at other colleges if you would prefer. As well as us, Teddy Hall has a counsellor, a senior welfare officer, a nurse, a dean and several sub-deans, who provide more formal support. Information regarding all welfare contacts in college can be found on the college website. The university counselling service is also available by appointment (see the university page). [See on the previous page the list of current Peer Supporters!]

Finally, we organise the provision of sexual health products (condoms, lubricant and pregnancy tests). These are found in a box outside the welfare room (a room off front quad) and anyone can take anything for free. There are also sanitary products here (also free) courtesy of the Womens* reps. We are also able to reimburse any emergency contraception confidentially.



Joss and Lalou
joss.carr@seh.ox.ac.uk / lalou.laredo@seh.ox.ac.uk

Freshers week!

Meet your Freshers' Reps!



Meet Rachel Chia (left) and Charlotte Lai (right) the 2023 Fresher's Reps:

Our favourite things about teddy: the graveyard, wisteria and the (live) people!



Meet your Freshers' Helpers

This is your freshers' team who have been helping Michael and Maria plan all the fun things coming your way in Freshers Week! We will hopefully have something for everyone, whether you're to be found in Bridge dancing the night away every Thursday or you prefer to spend your evening with a bag of popcorn and a movie in the JCR or anything in between.

'Lib, Laugh, Love' — Suchir



Charlotte Ward, 2nd year French and German, my favourite thing about teddy is brunch!



Fav thing about the Hall: JCRT obsvs and graveyard picnics – Emma



'pre-drinks over prelims'

'Go Hall or go home' — Lottie



Tobias Lloyd, 2nd year chemistry, my favourite thing about teddy is brunch at the weekends and JCRT!

The JCR – Junior Common Room

Next to the Wolfson Hall, at the bottom of Emden, is our common room – the home of the TV, pool table and the most infamous chocomilk machine. Normally this room is at the centre of undergraduate College life, with everything from viewings of World Cup Finals to JCR Tea. It's the perfect place to take a lunch hour (or two, or three ...) away from the library – but it's hard to resist the pull of the sofas and endless movies (and The Chase) playing on the TV. It's also the heart of the college after a night out – it's inevitable that you'll stumble into the JCR with an Ahmed's in hand at some point in freshers' week.

The JCR also has a committee and funds; meetings are held three times a term in the JCR, where members of the JCR (i.e. you) are able to propose motions on how the JCR money is spent or how the JCR constitution works. JCR elections are held at the end of Michaelmas and Hilary term, and anyone can run.

The JCR



The MCR

The MCR – Master Common Room

The graduate student's version of our common room found to the right of the bar is classier than the JCR with comfy sofas and chairs and an array of bottles waiting to accompany the evening's rather stimulating conversation by the fire. We'd probably just end up feeling uncomfortable...



The SCR – Senior Common Room

The mysterious area of college where only senior common room members (i.e. your tutors) are admitted. If you ever receive the opportunity to go up there/ manage to sneak in, please do tell us what it's like, as we're all dying to know

The SCR

Packing

When you first arrive to Teddy, freshers' helpers will be there to help carry all of your things up to your room. Don't forget that you will need to move out of your room at the end of each term, so pack seasonally.

Essentials

- Toothbrush
- Toiletries
- Towels
- Clothes
- Duvet and pillow, with covers (most beds are single)
- Laundry basket/ bag
- Plate, bowl, mugs, saucepan
- Cutlery
- Sub Fusc
- Doorstop
- Formal wear

Non-essentials

- Decorations and plants
- Clothes drying rack
- Flip flops/ crocs for the showers
- Lamp
- Blankets
- Speaker
- Fancy dress
- Sports clothes
- Your favourite snacks!

What not to pack

- Candles and incense are not allowed
- Irons, kettles and toasters are banned from rooms, but are provided in the kitchenettes

Accommodation and moving in

First year students are allocated a room in either Emden, Kelly, Staircase 8, or Whitehall buildings. All the fresher's accommodation are on the main site in college and the rooms are all very similar, with a desk, wardrobe and sink. There are communal bathrooms and kitchenettes on each floor.

All rooms are bright and spacious, and all are equally sized and furnished, to ensure that everyone has an equal quality of accommodation.

When you first arrive, make sure to meet everyone on your floor either by propping your door open or being bold and knocking to introduce yourself to others. Teddy Hall's small site means you'll be bumping into people all the time which means it's super easy to meet everybody. Wherever you are you will have an amazing time, get to know so many people and make great friendships!

College do not allow you to switch rooms once they have been allocated, but if you have a serious medical or personal reason as to why you need to, please get in contact with the JCR accommodation officer (fizza.@seh.ox.ac.uk) or Belinda Huse (accommodation.officer@seh.ox.ac.uk). We will try everything possible to make everyone happy!

The Fresher's Buildings

Kelly



Whitehall



Emden



Staircase 8



Food at Teddy

Food outside of college

Teddy Hall is close to lots of cafes and shops too. Just outside of college there is a café called Queens lane coffee shop which is the oldest café in Europe!

The college is just off the main high street with many places to eat, and just a short walk away are streets such as Cornmarket and George street and are home to restaurants and cafes like Franco Manca, Pizza express and Nero. There is also the covered market a five-minute walk away which has many food stalls and shops.



Food in college

The food at Teddy Hall is lovely, and it's a great time to relax and catch up with your friends. During the week you can get three meals a day, on Saturdays there is brunch and dinner and there is no food on Sundays.

Your credit is held on your BodCard so make sure you bring it with you and have it topped up to avoid the inevitable awkward moment at the front of the queue when you can't actually pay... Freshers have to prepay for a certain amount of meals. CashforMing is a student Facebook group which is a useful way of selling any excess ming to hungry second and third years when it nears the end of term... Be sure to let the server know any dietary requirements so that you can enjoy ming as much as the next person, and look into a booking onto a formal once or twice a term for the fancier version of eating with friends (nicer food, wine, latin stuff and candles).

Kitchenettes

Kitchenettes consisting of a microwave, kettle, hob, and toaster are available on every floor of accommodation for first years in college this means you have the basics to cook for yourself on Sunday evenings when Ming (Hall food) isn't served!

The Library

Just to confuse you, the Teddy Hall library can be found inside the Norman Church (bragging point: it's the oldest church in Oxford), which you'll find through the first arch on your left in the front quad. It's well stocked and the collections of past exam papers come in very handy, but let's avoid all of that for now... There's a photocopier, computers and printers too. We recommend going to your library induction tour though, otherwise you could spend an embarrassingly long time figuring out how to take out a book (speaking from previous experience!).

The library is a good place to work, with a quiet atmosphere, plug space for laptops, a good amount of desk space and open 24-7. It's also very close to the JCR coffee machine and sofas if you're need of a strategic study break with friends. If you find yourself doing more people watching than work, then do remember that the library tower is usually far emptier than downstairs and there's very little to distract you up there. There's also our IT Room which is another great place to work if the library ever gets too full – a little bit more chilled out than the dead silence of the library!

There are also many, many other libraries in Oxford, so if you end up getting a bit tired of Teddy Hall's library, definitely go out exploring for more exotic places to work in – the RadCam (Radcliffe Camera) and the Bodleian are just a short walk away.



College amenities

Bar

Our bar may not be the biggest in Oxford, but that just means it's always lively. You can get just about anything you fancy here – all the usual booze, soft drinks, tea and coffee, crisps and sweets, all at a lower cost than high street pubs and bars, plus Teddy's own cocktail. Photos of previous sporting victories are hung up on the walls of the two halves of the bar (the Buttery on the left and the Well on the right) and clubs/societies often meet here for a drink, or just to use it as a cosy meeting spot. It's a great place for an open mic night as well. Hayley is in charge in the bar and would love to meet you and help you organise any events in the bar, as long as you stay on her good side...

Gym

This year college are renovating the buildings at Norham Gardens (where the gym used to be), because of this everyone is going to be able to get a free membership to Iffley Sports Centre on Iffley Road in Cowley just over Magdalen roundabout – so keep eyes out for a more detailed Facebook Post from Brodie (President) about this!

Music Room

You can pick up the key to the Music Room at the Porter's Lodge, and then it's all yours for any musical ortheatrical needs – although be sure to book to avoid disappointment. It's set underground so you can makeplenty of noise without disturbing anyone, and boasts a wide array of instruments and sound tech. It's also the perfect place to practise if you're doing any drama, especially if you enter the cuppers competition – you'll hear more about this at the start of term through your Arts and Culture Reps.

IT

The JCR computer room is now located in what used to be a Podarock shop and it can be accessed from the High Street during the day and from the Kitchen quad at night. The computer room is great for emergency essay printing if you don't have a printer of your own (much easier than traipsing up the library tower where the other printers are) and is usually paper ready. It is also a very nice workspace, and alternative to the library.

Nurse

Whatever the reason for your visit may be, the college nurse is there to offer you support – whether you need to talk through a problem or are in desperate need of a paracetamol. You will get an email to let you know the hours when the nurse is available, and it might be best to email them arrange an appointment time, just to make sure. The nurse's room is also where you'll see the college doctor if you've made an appointment (On Whitehall first floor). A doctor from the Summertown practice (you'll register with them at the start of term) comes to the college weekly and you can book an appointment online. All information regarding this is on the SEH website in the 'current students' section.



Oxford nightlife

Plush

Great central location on Cornmarket Street, Plush is an LGBTQ+ venue in Oxford with Oxford's LGBTQ+ society leading a club night there every Tuesday. Every other night of the week, all are welcome for their famous 3 for £5 jagerbombs (£1 shots on Thursdays). Sweaty n vibey, with the occasional great DJ event. You'll know it's a good night when sweat starts dripping off the ceiling...

Bridge

An iconic Thursday night and the home of the existential crisis. Easily got the best smoking area in Oxford and it's here you'll see everyone you've come to know (for better or for worse). Early arrival through Anuba (or Spirit if we want to get technical), the down-stairs sister bar, is essential for cheap drinks and avoiding queuing for years... We sell tickets for Bridge Thursday every week for a discounted price – watch out for the google forms and we'll see you in Anuba!

Park End

This place hasn't actually been called Park End for years, but God forbid you call it by its real name ... Atik. The home of uni sports teams and VKs on a Wednesday or a rogue Brookes night on a Monday. Either way, a lot of fun with a great cheese floor.

Glamorous

A recently opened LGBTQ+ venue on Magdalen roundabout – a great alternative to Plush!

Varsity Club (TVC)

Has an impressive rooftop terrace, but also boasts a very pricey drinks menu. Nice for an occasional treat or to impress visiting friends...always the venue for any posh society drinks.

Bullington Club & O2 Academy

Gig venues out in Cowley. They host themed club nights throughout term too that can be a lot of fun!

Thirst

Opposite Park End, has a bar and dance floor, good for when Parkends full or you feel like a random night with cheesy music. Nice outdoor area and snazzy cocktail options.

Pubs

Oxford is also known for its many cute and quirky pubs. Some of the main ones like 'Turf Tavern', 'King's Arms' and 'Bear Inn' are found in central, but there are also many in Cowley just over the bridge like 'Cape of Good Hope' and 'The Star' or even in Jericho/North Oxford like 'Lamb and Flag' (near St John's College) or 'Jude The Obscure'! Pubs can be a great alternative to clubbing if that's not your thing!

During term Michael and Maria will be organising lots of fun events for everyone whether you drink or not! Watch out for BOPs, Open Mic Nights, chilled nights in the JCR or weekly club tickets.

Keep your eyes on the JCR Facebook to stay up to date with all the events taking place!

Our annual 'SEH BOP' whereby freshers dress as something beginning with 'S', second year's something beginning with 'E' and third years 'H' will take place in Michaelmas – so get thinking about your costumes now!

More information from Michael and Maria (Entz) to follow soon...



Unofficial glossary

- **Ahmed's or Best kebab van:** Two Legendary Kebab vans near college. Enemies or lovers – you decide. Seems like a great idea after a night out, but is arguably regrettable the morning after when your room smells like garlic. 'I'm never eating that again', you vow. Oh, but you will. A portion of chips on the way home has been known to save even the messiest night out and is the fuel needed for the long journey back to Cowley in second year.
- **BOP:** Big Organised Party. Shame? Modesty? Good taste? BOPs are where you'll take a picture of the next big name in politics dressed in something entirely inappropriate that you can sell to the Daily Mail for a mint in 20 years' time. Unusual themes must be met with creative costumes, whether it's a witty piece of paper attached to your chest, writing across your face with eyeliner (I personally don't recommend permanent markers), a group effort, or an impeccably crafted (sustainably sourced) piece of art that you managed to pull together in the 30 minutes between your last tute and pres.
- **BNOC:** Big Name on Campus. Prepare to not know who any of these self-proclaimed BNOCs actually are. They all peaked in sixth form and are just trying to keep living that dream. They lurk on Oxfess.
- **Blues (5th week):** point in term time everyone gets a bit homesick and tires so need some 5th week treats, provided by our great JCR welfare team!
- **Crew Date:** Oxford tradition where two groups go out for a boozy meal. Prepare for various drinking games and other assorted fun. A brilliant way to learn things about your new friends that you never wanted to know, but are secretly glad that you do.
- **Hustings:** a big informal meeting where the JCR get together and listen to the speeches of potential incoming committee members, get to ask questions, and more importantly – free food!
- **Chocomilk:** The nectar of the Gods.
- **Collections:** Exams at the start of every term to check you haven't been slacking off over the holidays. They don't matter. Don't panic.
- **Cuppers:** Everyone's favourite sporting event. Whether you play it or you don't, watching inter-college cuppers sports will either be the best or worst experience of your life.
- **JCR Tea:** Everyone's favourite moment of the week. Arrive early to secure your share of tiger bread, guacamole, capri suns and frubes or other treats £100 of the JCR budget has bought everyone.
- **Keble:** Otherwise known as K%ble. The enemy. You'd rather go to Cambridge than to K@ble and that's all you need to know.
- **Kelly:** Literally Mount Everest. (Apparently the highest building in Oxford without a lift???)
- **Michaelmas, Hilary and Trinity:** The embarrassing names we have for winter, spring and summer terms. Avoid using around friends from home, you will be laughed at.
- **Ming:** Our affectionate name for dinner / evening meal served in college (btw. college staff don't like the name Ming so refrain from use in front of these important people).
- **Monty:** our recently acquired college pet – a tortoise! He lives in the Welfare room and would love a visit.
- **Pidge:** Your own pigeon-hole, where post and leaflets are received. Enjoy checking this multiple times a day until the novelty wears off.
- **Plodge:** Term for the porter's lodge, for those of us who don't have enough time on our hands to say the whole thing.
- **Prelims:** Refers to the 'preliminary examinations' you will sit in Trinity term (summer) at the end of first year! If you do well you get to wear a different 'Scholars' gown – just to show you are extra clever!
- **Rowers:** 'Oh, I didn't realise they rowed' is a phrase you will literally never, ever hear because anyone who has been on the river will tell you about it every time they see you. (Also a nice community and exercise I guess is good for you)
- **Trashing:** An Oxford tradition where students, having finished their exams, are covered in the likes of shaving foam, silly string, confetti and some sort of fizzy alcohol. The higher ups don't like it because they don't like fun, but there are ways around this....
- **Scout:** So much more than a cleaner. The only reason your room doesn't become an actual hovel.

Sports and Societies

Netball – katelyn.hartigan@seh.ox.ac.uk

Whether you're an experienced player or have never played netball before, there is a place for you on the netball team. We hold a training session every week which we aim to make as fun as possible so please come along and give it a go! During the first two terms we also play in an intercollegiate league, usually playing one match a week. These matches are a fun way to put our training into practice, however, do not feel pressured to join in with matches straight away – even if you just want to take part in training sessions, we'd love to see you there! We also hope to have regular social events such as crew dates and social sports nights. In Trinity term, we also take part in Cuppers, a fun knockout tournament between all the colleges over a day or two, a great way to end the year. Looking forward to meeting you at the freshers fair and hopefully seeing a lot of you on the court this year!



Women's Football – mara.wuelfing@seh.ox.ac.uk

Hey guys!! Pack your shin pads and get out your old studs as a new footballer has entered Teddy Hall. It's you! We are the Teddy women's* football team. We're a very friendly and sociable club and welcome players at any skill level! Despite our questionable cuppers result last year, our team spirit is never in doubt (our spirit is definitely higher than your football socks!). This year we are joining with Oriel and Trinity for our matches, so joining would be a great way to meet people from different colleges and different years! We have weekly drinks and great fun at crewdates (crops are never accepted), so there's fun to be had both on and off the pitch! Come find a captain if you want to join!

Varsity Ski Trip – michael.atife@seh.ox.ac.uk

As your Varsity Rep this year I'll be your first point of call for all things related to the ski trip! This legendary event happens once a year with the coming trip marking the 101st! The trip embodies the partnership between Oxford and Cambridge with students from both heading to Tignes! Teddy especially typically has quite a big turnout! Something that I hope to maintain. The trip truly is open to all skill levels with lessons available on arrival – something I will be taking advantage of personally! The trip is pretty well subsidised, best value ski trip you'll ever get so do take advantage. It's a great opportunity to have a holiday with mates since the whole thing was made from the ground up for you guys! I'll be recruiting some fresher reps to help me organise the trip so if you're at all interested in skiing, après, or puffer jackets do get in touch! In the meantime, make sure you join the "Teddy Takes Varsity" Facebook group to stay updated! See you on the slopes!

Men's Football – lenny.bailleux@seh.ox.ac.uk

thomas.champion@seh.ox.ac.uk

Hey, we're Lenny and Tom, and we will be sharing the captaincy for the 1st XI of the men's* side of St Edmund Hall AFC (SEHAFC). We are a very active college society, running a 1st, 2nd and 3rd XI in order to cater to players of any level. Anyone interested in picking up their boots, regardless of how rusty you may be, is very welcome. Matches are generally weekly, and each team competes within their own division and within the college-wide knockout tournament, cuppers. Both competitions consist of roughly evenly matched teams, ensuring competitive football for all teams. For the main cuppers competition, the 1st XI only made it to the quarter-final and semi-final in the last year and the year before respectively, suffering narrow losses after conceding goals in the dying stages of both games... As ever, our aim this year will be to take the trophy home. Cuppers matches are often a huge college event, with many Teddy Hall ultras on the sidelines, making a special atmosphere to play in. As a club we also tend to hold a weekly 'football drinks' every Thursday, which is always a good social event and is open to anybody interested within college, footballers or not, as most people who come don't even play football! A link to the SEHAFC 2023/24 group chat will be sent on the JCR Facebook page soon. Do join and get yourself involved in the club, whether it be for the sporting or social aspect, it's a great and easy way to get to know some familiar faces within the Hall and to have fun throughout your time here! We look forward to meeting you all soon!

Christian Union – Ioan and Christina

The Christian Union (CU) in Teddy is a great part of college life. We meet at least twice a week to explore bible passages, pray together and just have some fun – we especially like doing picnics if the weather is nice! Teddy CU is joined with Queens CU which means it's a great place to meet people and make friends from other colleges. Whether you're already a believer or not, we'd love to welcome you to our CU to explore what it means to be a follower of Jesus – We'd love to help you settle into Oxford and feel at home here quickly so please do reach out if you have any questions or would like us to help you to find a church. My Facebook is Christina Herold and email is christina.herold@seh.ox.ac.uk or DM us on Instagram: teddyxqueens_cu

College-level rowing is probably one of the most accessible places to start the sport. As the largest sporting society at Teddy Hall, we value participation just as much as performance. The majority of Teddy Hall rowers and coxes learnt as freshers and all play their part in making up an incredibly welcoming club - so don't worry about not having prior rowing experience! We thrive on those who arrive at university keen to try a new sport, and we cater for those joining purely for the fun of it as well as those aiming to out-perform other colleges and universities in races across the country. Whether you want to row once a term or five times a week, we'd love to hear from you. Through joining SEHBC you can also try your hand at coxing. The cox is the person in the boat who takes charge of steering and issuing commands - it's a lot of fun, especially in Oxford's bumps style regattas. We have a large women's and men's side of the boat club, and we pride ourselves on being an incredibly integrated club, in both training and social aspects.

Teddy Hall boat club has a fantastic social scene and we regularly hold games nights, BBQs, and crewdates, as well as boat club dinners once a term. So, whether you're rowing through Oxford in glorious weather with your friends, winning big races, or celebrating at end of term dinners, rowing is a very unique and welcoming sport. We would be delighted for you to get involved!

Badminton - john.duale@seh.ox.ac.uk / tehilla.campbell@seh.ox.ac.uk

Hi hall! The badminton club is first and foremost a casual club for all levels of players. Whether you're a total beginner or a seasoned expert, come give college badminton a shot! We will organise some casual play sessions just between ourselves, as well as non-competitive league games with other colleges throughout Michaelmas and Hilary. This is a chance for anyone to play some inter-college badminton. Otherwise, the university runs regular clubnight sessions at Iffley Centre that are open to everyone. Later in the year, we will compete in college cuppers, which is for more experienced players. We would love to put together a woman's/ mixed team this year, as we were sadly not enough in numbers to do so last season. Hope to see you soon! Tehillah and John x

Jewellery - rose.morley@seh.ox.ac.uk

For those more artistically inclined you can get involved in jewellery society. Happening about every other week, jewellery soc is a group that gets together to make bracelets, earrings, and necklaces. We head to one of the nice old rooms in college, armed with some good snacks from Tesco and sit for about an hour and a half making jewellery. One of the most popular clubs at teddy, it always has a waiting list, but is definitely worth it once you get here! No prior experience is needed, as we will teach you everything you need to know there. You can also bring your own jewellery to repair, or any beats of your own if you'd like to make something with some jewellery you already have. In a very teddy fashion, it's all about reuse reduce recycle!

Gender and Race Equality At Teddy - anandita.abraham@seh.ox.ac.uk

GREAT was created with the belief that at Teddy, equality and empowerment should be for all. While gender and racial equality is at the heart of our cause, we're also an open space for all Teddy Students to come and talk about intersectional issues

close to their heart, a place to celebrate diversity, and an advocacy platform to ensure all our voices are heard. Come to our events to meet other students who care about the same issues, to make new friends, and to take action to make Teddy an inclusive place for all.

Gymnastics - robert.hardwick@seh.ox.ac.uk

Teddy Hall are the reigning cuppers gymnastics champions and have been for the last few years so we have a bit of a legacy to uphold! Gymnastics cuppers is a great event to be part of and Teddy always has the biggest college turn out so let's keep this up! No actual gymnastics skill or any prior training sessions are required as you get points by simply turning up and getting in the hall spirit so it would be great to see as many people repping this the college this year as possible! For anyone who is more of an experienced gymnast or wants to get more involved, the university gymnastics club offers regular training sessions at both Iffley road sports centre and full equipment sessions at Abingdon gymnastics club as well as an opportunity to represent the university at competitions throughout the year.



Darts - alexander.whitmarsh@seh.ox.ac.uk

Hello there, prospective dartists. Studying Darts is a time-honoured tradition at this Hall, it is said that before the first foundation was laid for the Hall a game of darts was played all over the proposed expanse of the hall. Game after game was played all over the proposed quad until the first 180 was hit and the location of that board used as the site of the legendary well-side darts board and upon achieving this feat Sir Manasse of Saul took out his sizeable broadsword and etched his name into the rafters of the bar with all the might of one hundred thousand years of Teddy Hall darts to come. In recent memory, the Hall were threepeat champions of Darts coppers led by titans of the game lost to antiquity. Throwing tungsten at felt in front of adoring fans at the now lost ground of the circus nightclub to seize the trophy. But alas, it seems as though darts fever has waned somewhat in the wake of the pandemic. For too long, we were locked inside away from the boards in our local pubs forced to spend time with family and the tungsten was neglected. Never fear though, the club needs fresh blood, players of all ages and ability are invited to meet in the bar with the lofty ambition to rekindle the love of darts in the hall. Drown your sorrows after a tough loss and celebrate your success with a variety of flaggons of ale or cider or soft drink of your choice as we train (drink and throw darts) every Tuesday in the well side of the bar (the side of the bar closest to the well).

Cricket

Cricket at the Hall has seen an upsurge in recent years, with SEHCC winning Coppers in 2017, and finishing runners up in 2018 after tying the final and losing out in the super over (very ICC World Cup like). The Cricket Coppers final has established itself as a significant date in the Hall sporting calendar, with large number gathering in the Parks to support the Hall. Outside of Coppers, we field 2 league sides on a weekly basis in Trinity, with players from all abilities encourages to join, even if it's your first time swinging a bat. As an added bonus we also have claims to some of the best sporting stash in college.



Drama - rose.morley@seh.ox.ac.uk

Teddy has historically had great success in drama at Oxford. The first big drama event of your theatrical careers is Drama Coppers. An intercollegiate competition in the first half of Michaelmas term, it involves coming up with a (usually very silly) play or musical which should last for about 20 minutes. You get perform it at the BT, one of the smaller student theatres in Oxford to a live audience, and at the end of the day nearly everyone gets a prize. It's one of the best way to meet people who are into drama, and learn about the Oxford drama scene. If you think you'd like to get together a team and enter, reach out to Rose Morley on Facebook for advice, or check out the OUDs facebook page.

Rugby - alexander.burson@seh.ox.ac.uk

St Edmund Hall RFC is the most successful rugby club in Oxford's long history of college sport. Having won over half of every Coppers tournament we have ever entered, we have a big rugby legacy that we are striving to continue. After another win in last years competition, we will be looking to go back to back and ensure the trophy remains where it belongs. The Coppers tournament offers colleges competitive, hard-fought rugby. Past campaigns, including last years, have always ended with fans storming the pitch in celebration, beer flying everywhere, players and supporters alike in tears of joy. It is this scene which symbolises how much rugby means to the Hall.

However, it is not all competitive; we accommodate players at any level, from beginners right up to those with professional contracts. As well as this the club seeks to emphasise both performance and a healthy social aspect.

Across the season we offer a great mix of serious rugby as well as friendly and a more Sunday league style as well, so we look to get everyone involved. As a result, we consider ourselves one of the most inclusive clubs as well as successful. The college is very proud of its rugby team and games often attract large crowds of supporters. On

the Saturday of fresher's week, we will take on the Teddy Hall Old Boys so we will be looking to get as many freshers involved either playing or watching. After every match on a Saturday rugby drinks is held in the college bar, which we will be looking to intersperse with a few crew dates (boozy meals with women's sports teams) and themed socials. These drinks are great fun and enable a good social mixing for people from all over college. We will also look to put teams out for the coppers 7s tournament and the coppers touch rugby tournaments. Finally, after the success of last years event, we will be looking to arrange a European tour to an undisclosed location. This promises to be a couple of the best days of the year and we expect large participation from both those more rugby inclined and those more socially reclined. Rugby is the soul of Teddy Hall and I can't recommend getting involved in any capacity enough. Please do feel free to contact me if you have any questions about the rugby club and please join the Facebook group which will be advertised on the JCR page whether you are interested in playing or simply coming along to drinks.

**Find out more about
our societies at the
Teddy Fresher's Fair
taking place during
Fresher's Week...**

We are very excited for your arrival to the BEST college in Oxford and to welcome you to your exciting new home for the next few years!



