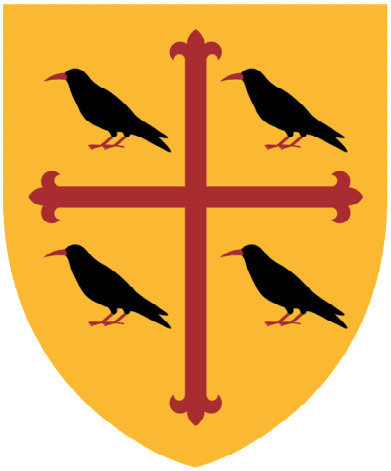


University of Oxford

St Edmund Hall

Postgraduate Freshers' Guide 2026

Welcome from the Principal



It is with very great pleasure that I welcome you to the Hall. This is an incredibly vibrant, friendly and highly committed academic community which you have now joined.

St Edmund Hall/Teddy Hall/the Hall are all names that you will find people using to refer to the college. People will also now sometimes refer to you as an Aularian - all very confusing but I have no doubt that quickly you will take this in your stride, and settle into life at Teddy Hall and Oxford more generally.

The first term will have its ups and downs. This is entirely normal for everyone – moving to University represents a large step in anyone's life. I just want to therefore remind you in this welcome note that we are here to support you in good times and bad. In return, all we ask of you is to fully embrace everything that Oxford and the Hall has to offer, live life to the full, and make the most of your time here. Time passes far too quickly when you are in Oxford!

I very much look forward to meeting you all individually this term.

Very best wishes

Professor Baroness Katherine Willis, CBE
Principal

Welcome from the Tutor for Graduates

Dear Graduate Freshers,

I am writing to welcome you all as members of the St Edmund Hall community.

You will find in what follows some things to read that I hope will prove useful. There is a lot of information here, and not all of it will be directly or immediately relevant to you. So, rather than trying to absorb it all at once, please read it carefully through now, note the sections that are of immediate relevance, and keep the documents to hand for future reference.

As a postgraduate student at the University of Oxford, you will face many rewarding and unparalleled challenges. You are about to start writing a new and exciting chapter in your life, one that will be different in significant ways from your undergraduate experience. Graduate study not only requires a sustained level of motivation, courage, individual initiative, and self-discipline, but also offers tremendous opportunities for generosity, mutual support, and collective exploration with those around you.

During your time here, your Department or Faculty will be your main academic point of reference and your College will be your home for everything else: domestic life, cultural activities, sport, welfare support, and intellectual and social community.

The collegiate environment offers excellent opportunities to interact culturally, intellectually, and socially with your peers, both within your discipline and, crucially, across and between disciplines. Happily, St Edmund Hall is noted across the university for its relaxed, friendly, happy, yet scholarly atmosphere.

Should you need it, the Hall offers a wide range of welfare and other community support and help. This could come from existing postgraduates in the MCR, permanent academic staff in the SCR, your College Adviser, hugely experienced College staff, and the committed College Welfare Team.

You have joined a scholarly community that has its origins in the thirteenth century, is the sole survivor of the medieval Halls that pre-date the establishment of colleges. We currently admit a little over one hundred graduate students a year, and have some 700 students (both undergraduate and postgraduate) in residence at any one time. This means that we are now not only one of the oldest educational institutions in Oxford but also one of the largest and most diverse in several respects. We thrive on the international, inter-disciplinary, and culturally-rich ‘vibe’ at the Hall, and we will do our best to ensure that your time studying and living here is enjoyable, productive, and transformative.

I look forward to welcoming you to St Edmund Hall.

Professor Luc Nguyen
Tutor for Graduates

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The Grey Book

The Grey Book is the name given to the College Regulations for students. When you sign your college contract, you will be undertaking to abide by the regulations in the Grey Book. Read it and get to know it. It will tell you everything you need to know about being a student at St Edmund Hall, from term dates and fees and charges to academic arrangements and College policies on welfare and discipline.

The Grey Book can be found on the College website.

Arrival Information



When should I arrive?

You should arrive at St Edmund Hall by **Wednesday 7 October, no later than 1 pm.**

Your department or faculty may advise you to arrive earlier than this.

Let us know when you will be arriving by filling in the registration form. If you are taking up College accommodation, you should make sure you have discussed your arrival date with the Accommodation Manager.

How do I get to Oxford?

Maps, directions and travel advice are available from the University website. If you are taking a bus from central London, or either Heathrow or Gatwick airport, ask the driver for the Queen's Lane bus stop on the High Street, immediately opposite the College.

Is there any parking near the College?

Regrettably, no; parking is very limited in the historic city centre. Cars may be unloaded in Queen's Lane, directly outside the College, but space is limited. To avoid attracting unwanted attention from traffic wardens, obtain a temporary unloading permit from the porters' lodge and don't park in the disabled bay unless authorised.

College accommodation

If you will be living in college accommodation, you will be allocated your room/ flat on confirmation of your admission to the University. Early arrivals pay rent from the day of arrival and may have to move into temporary accommodation until their allocated accommodation is ready.

Where do I pick up my key?

If you arrive at Queens Lane, the porters will issue you with your key and arrange a taxi to your

accommodation. If your accommodation is at Norham Gardens, you can pick up your key directly from the Lodge there between 8 AM – 8 PM.

Where will my room be?

Our graduate accommodation is situated at Norham Gardens, Crick Road, Circus Street and Essex Street. The Manager for outside properties, Greg Zbylut (01565 279080), and the Housekeeping Manager, Eduardo Espinosa (01865 279105), have an office in Norham Gardens and are available during standard working hours.

Registration and joining the University

This section of the guide explains the steps you will take to become a member of the University of Oxford.

The University Card Form

All students must complete the Card Form before they can be registered for access to University facilities, including learning resources and email. The Card Form will be sent to you by your Department. Please ensure that you return this form by email to acreturns@admin.ox.ac.uk as soon as possible so that you are not delayed in gaining access to university facilities at the start of the term.

Online registration

When your University Card Form has been processed, you will be emailed your Oxford Single Sign-On (SSO) account details. Let us know if these haven't arrived by mid-September. Once you have your SSO, you will be prompted to complete the first step of registration online. You should do this **before** you come to Oxford.

College registration and your University Card

College Office staff will help you complete your University registration. Please visit the College Office after your arrival, and when you have all your necessary visa documents. When you complete your registration, you will be given your University (or Bodleian) card. This is your pass to all the University libraries and certain departments. At St Edmund Hall, it also acts as a swipe card for meals and laundry.

You must register with the College by **Wednesday 7 October**.

Matriculation

Matriculation is the traditional ceremony at which you will formally be admitted to the University. Attendance is compulsory, and you will be required to wear full academic dress. This will take place **on Saturday of 1st Week (Saturday 17 October).**

Still got questions about registration or matriculation? Email college.office@seh.ox.ac.uk

Visa information for international students

EU, EEA, Swiss and Overseas students are required to provide evidence that they are legally permitted to study in the UK. You must upload your passport ID page and a copy of your eVisa via the Passport and eVisa Submission Form for checking and recording. You must do this by **Monday 7 September**.

eVisas and Pre-settled/Settled Status

For an online eVisa or pre-settled/settled status, you will need to send us a Share Code. Please visit the following link: https://www.gov.uk/view-prove-immigration-status and complete the checklist to generate a Share Code.

Please upload your **passport ID page and Share Code together** via the Passport and eVisa Submission Form. We will use the Share Code and your date of birth to check your permission to study in the UK through the Home Office online service.

More information on student visas may be found on the University website. You can also contact student.immigration@admin.ox.ac.uk if you have further queries.

University Orientation Information for European and International Students

At the Oxford Student Union Freshers' fair, there will be a visa and immigration stand, and a student information stand for advice about settling into life as a non-UK student. There will also be a huge range of international student societies, alongside various sports, social, and cultural stands.

College Induction



Freshers' Week is packed with a variety of events designed to help you settle into Oxford. There are official induction sessions into the College and your department. The Middle Common Room (MCR) also organises many social events.

Please note that the induction timetable is subject to change. A copy of the current version will be available on the Freshers' website.

Compulsory events will be highlighted in **green** on your timetable. You should prioritise attendance at these events. They have been scheduled to take place during times agreed within the University for College events, but if you also have a compulsory Faculty or departmental engagement at the time of one of these events, please let the College Office know. While we appreciate that this time of the academic year will be particularly busy, we hope you will be able to attend as many compulsory events as possible – with priority given to the Welcome from the

Tutor for Graduates session, the Freshers' Drinks and Dinner, Consent Workshop, the briefing from the College Doctor and matriculation.

Academic Information

As a Postgraduate student at Oxford, you will find that much of your academic life will be directed through your University department. However, your membership of St Edmund Hall will provide valuable opportunities to engage with people working in other disciplines, as well as with undergraduates, academics, and postgraduates at different stages of study within your own discipline. The College will also monitor your progress and provide you with academic advice and support which is independent of your Department.

You will have access to several resources, including:

The College Advising System

The College allocates each postgraduate student to a *'College Adviser'* who is responsible for the general welfare and is able to provide advice with any practical, social or academic problems. You will find out more about the advising system - and the name of your Adviser - nearer the start of the term.

The College Library

This is housed in the 12th Century church of St Peter-in-the-East. The stock tends to focus on texts required for undergraduate degrees, but you may nevertheless find it a source of useful material and a convenient environment in which to work. You should attend the virtual University Libraries induction and contact the Librarian, James Howarth, if you would like an induction into using the Library.

Collections

As a postgraduate student, you will normally be required to attend Collections once a year. In these sessions, your supervisor's termly reports are read out in your presence, and your academic progress is discussed. Collections with your adviser will happen each year, and in some years, you will have Collections with the Principal and Tutor for Graduates. Permission not to attend Collections will be granted only in exceptional circumstances.

Living Arrangements

Rooms

If you have been allocated a room in college accommodation, you should receive a licence agreement directly from the Accommodation Manager.

If you are living in single graduate accommodation:
Your room is fully furnished, but you are expected to supply your own bed linen, including a duvet (or blankets) and pillow(s). However, bedding packs can also be purchased from the College at a cost of £55 (single) or £70 (double). You need to bring towels, and you can bring any personal decorations and accessories if you wish, but these cannot be affixed to the walls.



Any electrical equipment brought into college and used by you must be safe to use and must conform to UK safety standards. All appliances must bear the British Standards 'kite-mark' or equivalent and must either be new or have been PAT-tested. If in doubt, consult the Bursary. Fire regulations forbid the use of kettles, rice cookers, toasters, irons, heaters, etc. in any room other than the official kitchens, pantries, and laundry rooms to be found throughout the College. Candles or incense sticks are not permitted in student rooms.

You may of course bring audio and visual equipment with you, but they must be operated at a low volume only and not outside music hours. Televisions need a UK television licence. Overseas students should note that UK electric supply is 240 volts and plugs are of a three-square-pin type.

You may bring a fridge into your room if you wish to do so; you must apply in writing to the Accommodation Manager. An £80 deposit must be lodged against disposal costs, and it must be removed from College premises when you leave at the end of Trinity Term. If in doubt, consult the Bursary.

If you have a TV or will be streaming content, you will need a TV licence.

If you will be living in a student flat:
Your flat is furnished, including kitchen appliances (cooker, fridge, kettle, toaster, and microwave). Bedding packs can be purchased from the College. You need to bring your own crockery, cutlery, and cooking equipment, along with personal decorations and accessories. Any electrical equipment you bring must be safe to use and must conform to UK safety standards.

Rent is charged per calendar month and is to be paid in advance. Rent excludes utilities (gas, electricity, and telephone). Utilities are invoiced monthly at a charge of £80. Please contact the Accommodation Manager to inform them of your arrival date so that your flat may be prepared for you.

If you will be living in privately rented accommodation:
If you have not already made your own arrangements, you may like to contact the University Accommodation Office. They can provide lists of available University-owned or private accommodations. Your accommodation must be within 25 miles from Carfax Tower in the centre of Oxford to comply with University residence requirements, and the address must be notified to the College Office by the end of the first week of Michaelmas Term. If the College can

help by way of providing a temporary room during the vacation while you are house hunting, it would be glad to do so.

Meals

All students are expected to have a certain number of meals in College: those who live in College, including annexes and University Accommodation secured by St Edmund Hall, will be charged £150.00 each term for meals, while those living in private accommodation will be charged £50.00 each term. The sum can be used to pay for breakfast, lunch, brunch, servery dinners and all formal halls. There will be **no refunds** at the end of each term. The balance at the end of MT and HT will be rolled over to the next term. Any remaining balance on the account at the end of TT will be written off.

Laundry

There is a laundry on each site. The Norham St Edmund laundry is in 26 Norham Gardens. Payment for laundry is through an app or debit/credit card (see posters in the laundry room).

Insurance

The College insurance policy only covers loss due to fire and flood. It does not cover your personal possessions against theft, and you must make your own provision for your belongings.

Regrettably, thefts are quite frequent in Oxford, and some have occurred in College, usually as a result of rooms being carelessly left unlocked or property unguarded in a public place. You must be very security conscious. Never leave your room unlocked, even for a minute. Remember this, especially on the day you arrive. Thieves know the dates on which students arrive and take advantage of the general chaos to help themselves. It has been known for thefts to occur while students are going back and forth ferrying their belongings from their cars to their rooms. It is also important that you ensure that the boot and doors of your car are locked at these times.

Can I have a car? Although we don't have rules about ownership of cars, motorbikes, etc., they are more of a liability than an asset in this congested city. The College has no parking available and parking permits are very restricted.

Bicycles

Most people find cycling the easiest way to get around Oxford.

All bicycles must be registered with the Porters' Lodge soon after arrival. Only one bicycle per student is permitted. Any unregistered bicycles will be removed from the College.

You can find some advice on cycling in Oxford on the University Website and also further advice on Efficient Cycling.

College IT

Wi-Fi/Internet

Your College username/password will grant you access to the SEH Students' Wi-Fi.

Please note that your Internet access is monitored. Downloading illegal material (such as copyrighted films or music that you have not paid for) is strictly prohibited and, if caught, you will be fined £100/offence.

Printing

You can either print from any of the onsite computers at St Edmund Hall, or you can log on to the St Edmund Hall Printing Service from your own computer. From here you can check your printing charges and submit them to the JCR, Library or NSE printers.

Paper is available from the Lodge.

Computers

There are computers available for you to use in the MCR Computer Room (opposite the Common Room on staircase 4). Your username/password will be emailed to you shortly before you arrive.

Please note that it is important that you do not share these details with anyone. It is used to track who had access and made changes to specific information. You are responsible for everything done on the system using your username and password.

If you bring a computer, you are strongly advised to specify it as a separate item on your insurance. You should make sure to back up your work regularly and not leave laptops unattended.

Connection to the College network is via a wireless or an ethernet port. Do not bring a router/modem yourself. Please note that most of the College is afforded with good Wi-Fi coverage, but there are a small number of 'dead spots'. You will need to plug into the ethernet network in these locations. All computers without wireless capabilities require an RJ-45 network port to connect to the network. If you do not have one, we can provide you with an adaptor for temporary use.

Students connecting their computers to the College network should install and regularly update anti-virus software. Sophos anti-virus software is available for free from the University Computing Services.

Finance and Fees

The deadline for payment of your tuition fees is **Friday of 1st Week (16 October)**. Full instructions on payment options are available on the College website.

Please contact the Finance Department if you have any queries: fees@seh.ox.ac.uk or (01865) 279002.

Opening a Bank Account

If you don't already have a bank account in the UK, it is essential that you open one. Overseas students should start preparing before they leave for the UK: large banks usually let you begin the application procedure online.

Information regarding money matters for overseas students will be shared at the Oxford Student Union Freshers' fair. There is a bank guide for you to view online which contains further information, including a step-by-step guide on setting up an account and common terms for bank accounts in the UK.

Health and Welfare

Students' health and welfare needs are supported by several members of the Welfare Team. Information about some of these services is included in this section. For more information, please visit the College website.

Summertown Group Practice

Dr Siobhan Becker
Dr Matthew Cheetham
Dr Lorna Monteith
Dr Dave Triffitt
Dr John Monach
Dr Charles Luo

SUMMERTOWN HEALTH CENTRE
160 BANBURY RD
OXFORD
OX2 7BS
Tel 01865 515552
Email: bobicb-ox.summertownhc@nhs.net

We are writing to welcome you to Oxford and to introduce ourselves to you as your College Doctors. St Edmund Hall has appointed Summertown Group Practice to provide health care for you while you are at college.

To register with Summertown Group Practice, please complete our online registration form, which you can find at www.campusdoctor.co.uk/oxford

During term time we offer surgeries at the college, you can also be seen at Summertown Health Centre. If you need to see a doctor whilst you are at home, you should go to your home GP and register as a temporary patient.

Our services are strictly confidential. While we have a link to your college, we do not discuss your medical issues with anyone in the college, your friends, or your family unless you ask us to do so.

All students who are studying in the UK for longer than six months duration are entitled to register with the NHS. This is a Government-funded service, paid for by British tax-payers. Please go to www.nhs.uk for more information. As a patient, you generally access the NHS through your GP. In the UK you cannot consult a medical specialist without going through the GP first. If you are from abroad and have a pre-existing health condition, we request that you bring copies of your medical records and diagnoses with you to help us to help you, and to file a copy in your medical records here.

We have a comprehensive website at www.summertownhealthcentre.co.uk where you can find out about the services we offer and surgery times. If you have any queries, then our reception staff will be very happy to help you.

Immunisations

It is particularly important that you have had all your immunisations before you arrive. In particular, the Measles, Mumps and Rubella (MMR) vaccine and the Meningitis ACWY vaccine (for students up to age 25) are strongly recommended as these infections circulate rapidly in the student community. Over recent years Oxford has had several mini epidemics of Measles and Mumps. In the UK these vaccines are available through any GP practice. Please arrange to receive these vaccines over the summer so that you have immunity on arrival in Oxford. If you are from a country where these immunisations are not available, please contact us when you arrive in Oxford to arrange appointments for them.

Registering with the Practice is IMPORTANT for both your assurance and the College.

We wish you good luck with your studies in Oxford.

Welcome from the Welfare Dean and College Nurse



Dear Fresher,

My name is Clare Woolcott, and I work at St Edmund Hall as the Welfare Dean and College Nurse. I work closely with Jane Armstrong, our Senior Welfare Officer and form part of the Decanal team.

I can support you with your physical and mental health needs such as contraception advice, minor illness support, wound care and phlebotomy. I can also act as a first point of contact for problems such as Anxiety and Depression, Eating Disorders, Homesickness and Bereavement. If you have any long-term health concerns such as diabetes or severe allergies, please do come and see me. I offer daily clinics in college during term time. You can book an appointment by going to http://wellbeing.seh.ox.ac.uk/ and follow the link to the Welfare Dean and Nurse appointments.

We have a college counsellor who can be contacted by emailing counsellor@seh.ox.ac.uk, or you can self-refer to The Oxford University Counselling Service by following the link on this website: https://www.ox.ac.uk/students/welfare/counselling.

I work closely with the College Doctors who run a clinic in college on Tuesday mornings during term time. To book an appointment with the College Dr, go to http://wellbeing.seh.ox.ac.uk/ and follow the link to the doctors' appointments. If you haven't done so already, please register with the College Dr's (Summertown Health Centre). Follow this link: https://www.campusdoctor.co.uk/oxford/ and click on St Edmund Hall.

I offer a strictly confidential service. I will not share any information without your permission unless in extreme circumstances where there is concern that you may be putting yourself or others at risk. If this were the case, I would always discuss disclosure with you first.

I recommend keeping a small first aid kit in your room consisting of some analgesia such as paracetamol, a thermometer and some plasters.

Above all, may I welcome you to St Edmund Hall and wish you a happy and successful time while you are with us.

Best wishes,
Clare Woolcott
Staircase VI, Welfare Suite (Front Quad)
clare.woolcott@seh.ox.ac.uk
nurse
01865 279063

Nurse Clinic Hours:

Monday 08:30-12:00 and 12:30-15:00
Tuesday 11:30-12:00 and 12:30-15:00
Wednesday 08:30-12:00 and 12:30-15:00
Thursday 8:30-12:00 and 13:00-15:00
Friday 8:30-12:00 and 14:00-15:00

The Middle Common Room (MCR)

Hello everyone,

Welcome to Teddy Hall! Whether you're brand new to Oxford or just joining us from a college around the corner, we're excited to have you here and looking forward to meeting you!

Oxford University is totally unique, and filled with historic traditions and events, so we'll help you navigate some of the fun and occasionally archaic language and traditions.

To get you started, the Middle Common Room (henceforth MCR) is the postgraduate community at Teddy, as well as the name of our common room on the main site at Queen's Lane. You'll get access to it once you pick up your University (Bod) card from the College Office. Inside, you'll find sofas, a coffee machine, and usually someone around to chat or help you settle in. There's also a separate MCR Study across the corridor if you want a relaxed space to work.

Alongside the physical space, the MCR is the heart of your social life at Teddy. We organise everything from formal dinners and high teas to BBQs, pub trips, salsa classes, garden parties and more. We try to offer something for everyone, and if there's something you want to see, we're always open to suggestions.

Here's this year's committee:

President – Sophie Mason
Vice President – Sam Thompson
Social Secs – Isabel Quinn, Ali Mort
Welfare Reps – Samantha Foster, Tosin Alatise
Treasurer – Tom Dannaher
Academic Rep – Leah Tavasi

You'll be hearing from us by email throughout the year with important updates, weekly events, and committee notices. But to stay in the loop, we recommend joining the MCR WhatsApp chat.

Before term officially starts, there'll be a **Pre-Freshers' Week (28 Sept - 3 Oct)** for anyone who is already in Oxford with some relaxed social events where you can meet everyone. **Freshers' Week itself is 4 - 11 Oct**, and we've got a full set of activities planned for you! You will also have your department inductions and college welcome events in Freshers' Week. You'll get the full timetable soon via email.

We're really looking forward to meeting you all very soon. Please don't hesitate to get in touch if you have any questions in the meantime.

All the best,
Sophie & the MCR Committee
MCR President 2026-27
mcr.president@seh.ox.ac.uk

Welcome from the MCR Welfare Officers

Welcome MCR Freshers!

Hello all, we (Sammy and Tosin) are your **MCR welfare officers** for this year! So here are some of the things our role involves and how we can help you over the next few months!

Welfare officers are elected by the MCR (Teddy Hall postgraduates) at the end of Hilary Term and start their role starts at the beginning of Trinity. Our role is centred around you and your fellow MCR members, as well as organising welfare events throughout the term.

Welfare officers are part of the wider college welfare team, who provide formal welfare support at college. This team is composed of the **senior welfare officer** Jane Armstrong, **the college counsellor** Beenish Chaudry, **nurse and welfare dean** Clare Woolcott, and the **deans and sub-deans**. Their contact details can be found at the bottom of this document (for more information visit the St Edmund Hall website).

In college we also have **peer supporters**. These are students who have undergone extensive 24-hour training delivered by the university counselling service to be able to provide confidential support to peers. They are there to listen to any of your concerns or worries, whether academic or personal matters, and can direct you to more specialised support if necessary. They are not qualified counsellors, but they are there to help you and your conversations are completely confidential unless there is a serious risk. Currently, there are five MCR peer supporters (Sammy, Tosin, Piya, Leah, Kieran, Alba and Shivani; contact details at the end of this document). There are also six peer supporters in JCR (Teddy Hall undergraduates). You can find posters of peer supporters with contact details around college (especially in common areas and toilets) and on the St Edmund Hall website. Don't forget that you can also speak to peer supporters from other colleges.

Welfare events are quite diverse! We often organise activities ranging from international takeaway nights to oil painting workshops. Our most memorable events are our high tea each term and weekly yoga sessions! Additional events we may host include board games night, movie nights, tea and cake events. We're always open to suggestions from the MCR for events, so don't hesitate to let us know if you have any ideas. We will post all upcoming events in the MCR WhatsApp group, and these will also be on the weekly Vice-President email!

Lastly, we also provide **sexual health supplies** including condoms and **sanitary products** in the college MCR room, 17 Norham Gardens, and Crick Road accommodation. We also reimburse for pregnancy tests and emergency contraception.

After you have read all of this, we just want to let you know we are here whenever you need us. From offloading your academic worries to giving advice on the best place to get a coffee and a pastry! If fresher's week or start of term get overwhelming, there is always somebody you can talk to. Feel free to contact us at any point if you have any questions or welfare concerns. You can

also email us either on the welfare email or our personal Teddy emails, or stop us for a chat whenever you spot us! We cannot wait to meet you all in person!

Sammy Foster and Tosin Alatise 😊
MCR Welfare Officers
mcr.welfare@seh.ox.ac.uk

USEFUL WELFARE RELATED CONTACTS:

MCR Contacts:
MCR Welfare Officers (Tosin Alatise and Sammy Foster) mcr.welfare@seh.ox.ac.uk

Peer Supporters
Sammy Foster email: samantha.foster@seh.ox.ac.uk
Tosin Alatise email: oluwatosin.alatise@seh.ox.ac.uk
Piya Rajendra email: lokuwattage.rajendra@seh.ox.ac.uk
Leah Tavasi email: leah.tavasi@seh.ox.ac.uk
Shivani Suresh email: shivani.suresh@seh.ox.ac.uk
Kieran Storer email: kieran.storer@seh.ox.ac.uk
Alba Gonzalez email: alba.gonzalez@seh.ox.ac.uk

Welfare:
Alexandra Lloyd Senior Dean dean@seh.ox.ac.uk
Clare Woolcott Welfare Dean and College Nurse nurse@seh.ox.ac.uk
Beenish Chaudry College Counsellor counsellor@seh.ox.ac.uk
Jane Armstrong Senior Welfare Officer welfare@seh.ox.ac.uk

Junior Dean and Assistants Junior Dean:
Antonin Charret Junior (Discipline) Dean (WRM) junior.dean@seh.ox.ac.uk
Aneesh Aggarwal Assistant Junior Dean (Queen's Lane) aneesh.aggarwal@wrh.ox.ac.uk
Sam Allen Assistant Junior Dean (Tamesis) samuel.allen@seh.ox.ac.uk
Vittoria Baglieri Assistant Junior Dean (Queen's Lane) vittoria.baglieri@wolfson.ox.ac.uk
Alexander Martin Assistant Junior Dean (NSE) alexander.martin@queens.ox.ac.uk
Zoe Stamoulis Assistant Junior Dean (NSE) zoe.stamoulis@hmc.ox.ac.uk

The University Counselling Service
Available by appointment - for information about welfare contacts, visit the following website: https://www.ox.ac.uk/students/welfare/counselling.

Outside of University Support:
Oxfordshire NHS Mental Health Helpline 01865 904997 Available 24/7
Nightline 01865 270270
Samaritans tel. 116 123 or email jo@samaritans.org

Academic Dress and Dress Codes

Full academic dress at Oxford is known as 'sub-fusc'.

It consists of the appropriate gown (the University outfitters will advise), a mortar board or soft-cap, and your preferred items from:

1. One of
    - Dark suit with dark socks, or
    - Dark skirt with black tights or stockings, or
    - Dark trousers with dark socks
2. Dark coat if required
3. Black shoes
4. Plain white collared shirt or blouse
5. White bow tie, black bow tie, black full-length tie, or black ribbon.

Students serving in H.M. Forces are permitted to wear uniform together with a gown.

The first time you will need to wear full sub-fusc is at Matriculation on Saturday of 1st week. You probably won't wear full sub-fusc again until your exams, but you will wear your gown at some formal dinners and formal academic appointments, such as meetings with the Principal. Gowns are not worn to Freshers' Dinner.

Dress Codes

The following guide has been created by the MCR to help you better understand different dress codes. You'll quite often get invited to things where there is a dress code in Oxford. Knowing what to wear can be a nightmare, so here's a guide:

Casual	You can wear what you like (within reason). Jeans and trainers are acceptable.		
Smart casual	Collared shirt, smart trousers (avoid wearing jeans if possible), black or brown shoes (avoid trainers if possible), and a jacket or plain jumper if you like. A tie is not necessary.	OR	Smart top or blouse, jacket, or cardigan if you like, smart trousers/skirt to match jacket and tidy shoes or boots (avoid trainers if possible).
Lounge suit or **Smart**	A dark suit (with matching jacket and trousers), collared shirt and tie (but not bow tie), and black shoes are required.	OR	Cocktail dress (length just above the knee to just above the ankle).
Black tie	Black tuxedo (silk or satin lapels and ribbon seam on the outside of the trouser legs to match jacket), white dress shirt with cuff links, black silk or satin bow tie, and black shoes. A waistcoat or cummerbund is optional.	OR	A long flowing dress or cocktail dress is typically more elegant than worn for a lounge suit dress code. At balls a long ball gown is appropriate.

	Formal national dress is also acceptable.		
White tie	White cotton pique bow tie, black jacket with tails, dress shirt with cuffs and winged collar, black trousers with two satin seams along the outside trouser legs, white waistcoat, white silk handkerchief and black shoes. A black top hat and white gloves are optional. Formal national dress is also appropriate.	**OR**	A long ball gown reaching at least the ankles or the ground.

There are a number of University outfitters in Oxford:

Ede & Ravenscroft, Walters, Shepherd & Woodward, and the Oxford University Shop. By including these reproductions of their promotional material, we are not endorsing one supplier over the others.


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• College Cufflinks	£29.69	£32.99
• College Crest Tie (Silk)	£31.49	£34.99
• College Crest Tie (Poly)	£17.99	£19.99
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• College Stripe Tie (Poly)	£17.99	£19.99
• White Lab Coat (100% Cotton)	£31.49	£34.99

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(White Cotton) Size XS - XXL	

Development and Alumni Relations



Welcome to Teddy Hall

from the Development and Alumni Relations Office

Welcome! You are now a part of the worldwide community of Aularians. Every student of St Edmund Hall, past and present, is known as an 'Aularian', a term that derives from the word 'aula' (Latin for 'Hall'). Aularians form a network with over 11,000 members, and the Development and Alumni Relations Office (DARO) is there to keep you in touch with each other and the College past graduation.

To keep you in touch, DARO delivers a programme of over 30 national and international events for all members of the Hall community and the alumni newsletter, The Aularian.

DARO runs the HALLmarks Campaign, fundraising for the physical, intellectual, cultural, and pastoral priorities of the College, and ensuring Teddy Hall continues to deliver a truly aspirational and inclusive experience for all. You can read more about the Campaign and its goals at hallmarkscampaign.seh.ox.ac.uk.

Philanthropy

The Hall has enjoyed generous support from Aularians and friends, with many past graduates assisting our current students:

1 out of 4 undergraduates receives a donor-funded bursary; the College offers over 20 graduate scholarships, as well as over 150 awards and prizes. Many of our extracurricular clubs and activities, including sports, have been kindly supported by donations.

We believe that philanthropy is in true Spirit of the Hall and it exemplifies the HALLmarks chosen for our Campaign: Care, Community, Continuity, and Camaraderie.

St Edmund Hall
University of Oxford

The St Edmund Hall Association (SEHA)

All Aularians are members of the St Edmund Hall Association (SEHA), the body that represents the Hall's alumni. A small Executive Committee manages the SEHA (both the JCR and MCR Presidents sit on the Committee) and any Aularian may stand for election. The SEHA is independent from, but works closely with, DARO.

The Association exists to promote alumni relations and encourages Aularians to:

- Foster friendship and the spirit of collegiality through social and educational events
- Create and encourage professional and social networks
- Collect and disseminate news of alumni and SEHA activities



Keep in touch

We will continue to keep you updated with news from the Hall and invite you to regular events. So that we can make sure you receive all the latest news and invitations, we'll add you to our database when you arrive (please see the data protection information below).

If you would like to know more about the work of DARO, please contact us at alumni@seh.ox.ac.uk or visit us in person in our office in Staircase 6, above the Bursary.

Queen's Lane, Oxford
OX1 4AR

alumni@seh.ox.ac.uk
+44 (0)1865 279087

Full details on how your data is held and used are set out in our Data Protection Statement at www.seh.ox.ac.uk, under Policies, Accounts and Legal Documents. You can request a hard copy from the address below. Some sensitive personal data may be held in the DARS database. If at any time you have any queries about the use of your personal data in DARS, or wish to change the fact of, extent of, or use of your personal data, please contact the Development and Alumni Relations Office at alumni@seh.ox.ac.uk.

What to do in the event of an attack

by an armed person or persons

The purpose of this guidance is to alert and not to alarm – it is not being provided in response to any specific information. Staff and students should remain alert to the danger of terrorism but should not let the fear of terrorism stop them from going about their day-to-day life as normal.

Be PREPARED
Stay CALM

In the event of an incident, quickly determine the best way to protect yourself:

Evacuate

- If it is possible to do so safely, exit the building or area immediately
- Have an escape route in mind (Fire Exit signs are a good point of reference)
- Evacuate regardless of whether others agree to follow
- Help others, if possible
- Prevent others from entering the area of danger
- Do not attempt to move wounded people
- When you are safe, call 999 and ask for the police



Hide

- If evacuation is not possible, find a place to hide where the offender is less likely to find you
- If you are in a room/office, stay there
- If you are in a corridor, get into a room/office
- Lock the door and blockade it with furniture
- Silence your mobile phone and remain quiet
- Turn off the lights and draw any blinds
- Hide out of view and behind something solid (desk or cabinet)
- If it is possible to do so safely, call 999 and ask for the police



Inform

When you contact the police provide the following information:

- Location of and the number of offenders
- Any physical descriptions of the offenders
- Number and type of weapons used by the offenders
- Number of potential victims at the location
- Your location



Stay SAFE

Further information and advice is available from
Oxford University Security Services
01865 (2) 72944
security.control@admin.ox.ac.uk

UNIVERSITY OF OXFORD

Finance Department: fees@seh.ox.ac.uk
For any questions about fees and bills

Laura Andres: accommodation.manager@seh.ox.ac.uk
For any questions about College accommodation or collecting keys

Melody Njoki, Alena Nemeckova, Melanie Brickell, and Martina Stankovianska:
college.office@seh.ox.ac.uk
For questions about returning your forms, Freshers' Week, registration, academic matters, and anything else you can think of!