



St Hilda's 2026

FRESHERS'
BOOKLET

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PRINCIPAL'S WELCOME

It is a great pleasure to welcome you to St Hilda's College as you begin what we hope will be an exciting, rewarding and stimulating academic journey. Your time at St Hilda's will offer many opportunities for personal and academic growth, as well as the chance to form friendships that may stay with you for the rest of your life.

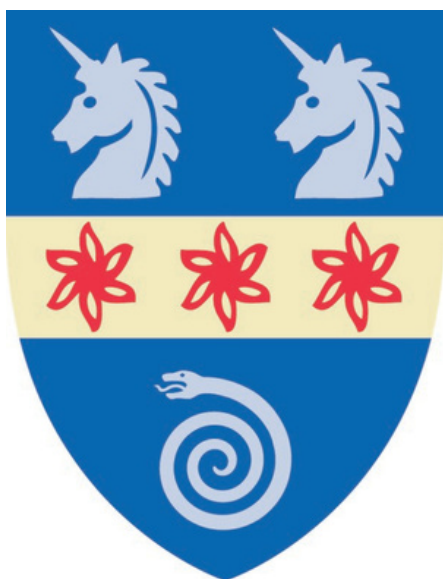
Our guiding principles of Excellence and Equality are at the heart of everything we do. We hope you will embrace and contribute to both as you take advantage of the many opportunities available to you, while experiencing St Hilda's as the welcoming, friendly, progressive and inclusive community that it is. We hope you will feel that you belong.

College life extends well beyond your academic studies. Our students enjoy outstanding facilities for music and artistic performance at the Jacqueline du Pré Music Centre, as well as membership of our college choir. Indeed, the weekly lunchtime recitals are a favourite on the termly calendar. A range of sporting opportunities are supported for the novice through to Varsity team members, enhanced through access to our well-equipped college gym. Last year, we were particularly delighted to celebrate victories in several Cuppers' finals, including successes alongside students from other Colleges. And we welcome scintillating speakers on a range of topics in term time.

As you settle into College life, please remember to take good care of yourself. There is always someone within the St Hilda's community available to offer help, advise or simply to provide a listening ear. Please don't hesitate to reach out, whether to your Tutors, the Welfare Team, Academic Office, your JCR Freshers and Welfare Reps or another member of the College community.

I hope you will make the very most of all that St Hilda's has to offer, and I very much look forward to welcoming you and meeting you soon.

Professor Dame Sarah Springman



1

Where are we?

St Hilda's is located in East Oxford, only a short walk down the High Street from the city centre. Walking distance from shops, libraries and the train station, Hilda's is placed perfectly between the centre and Cowley Road - a multicultural and lively street full of food vendors, clubs and pubs - as well as Iffley sports centre.

2

History

St Hilda's was founded in 1893 and became a women's only college of the University in 1926. St Hilda's was the last women only college to be established and became mixed sex in 2008.

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Library

St Hilda's college library (the Kathleen Major Library or "Shlib") is located in Hall Building, it houses over 70,000 books and is open to students everyday from 7.15am to 1am. Oxford library collections are also available online to each student through the SOLO service where you can reserve, renew, request or read books online.

LIFE AT ST HILDA'S

3

Cycling

Whilst Oxford is a very walkable city, with many departments and libraries within a half hour walk from Hilda's, it is also a cycling city and many students choose to bring or buy a bike for their time here. There are lots of second hand bike shops around Oxford, and up Cowley Road and we would recommend investing in a strong bike lock should you choose to keep a bike in Oxford (there is more information about this on the University website). There are extensive bike lanes across Oxford and many bike racks on main streets and outside all University buildings meaning it is practical and easy to travel by bike in Oxford. In order to keep your bike on college site you will need to register it with the Porters' Lodge, this can be done by:

1. Collecting a yellow bike tag from the Porters' lodge
2. Registering the tag number and bike description on StarRez under 'College Life'.

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Accommodation

First year undergraduates are randomly assigned accommodation in either Wolfson, Garden or South building which are all located on Hilda's main site. Each building has shared bathroom & toilet facilities as well as food preparation areas.

Each room has a single bed with a mattress, desk, lamp and usually two chairs. There is a sink and mirror in each room, as well as storage spaces, this can include a wardrobe, bedside table, shelves and clothes rail. Some of the wardrobes are lockable meaning you can leave some of your belongings in them during vacations (however the rest will need to be moved out).

Kitchens in each building can vary:

- In Wolfson building each floor has a small kitchen area that is shared between 12-14 people on the corridor. With 2 mini fridges, 2 ovens, 4 induction hobs, a microwave, toaster and kettle. Ground floor kitchen has a small table and one large fridge, however there are no separate freezers on any floor of the building.
- Garden building kitchens each have two mini fridges and a freezer, an air fryer, toaster, kettle and microwave are also supplied, however there are no in built cooking appliances (we would recommend organising to purchase a portable induction hob).
- South residents share a kitchen containing 2 mini fridges, 2 ovens, 4 induction hobs, a microwave, toaster and kettle.

It is important to note that the hobs in each building are **induction** hobs meaning that you will need to check that your pots and pans are compatible.

Finally, you can find a washer and a dryer on the ground floor of Wolfson Building as well as three washers and three dryers in Christina Barratt Building (CBB) right next to Garden where you can also find an iron and ironing board. To wash/dry you will need to download the 'Circuit Go' app or pay at the machine in the laundry room. A wash costs £2.80 and a complete dry £1.50.

If you have any specific queries or requests for personal/religious reasons, you should get in contact with the Accommodation Manager, nicky.charles@st-hildas.ox.ac.uk as soon as possible.

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Key facilities

Hilda's has many facilities open to students, these include:

- A small, onsite gym with treadmills, bikes, rowing machines, a variety of weights machines and free weights. You must complete gym induction (which can be booked through StarRez) in order to use it.
- The Jacqueline du Pré Music Building has an auditorium space which hosts college and external music and theatre performances. There are also practice rooms with pianos that can be booked through StarRez Housing under the 'College Life' section and students are usually offered discounted tickets to events.
- The JCR (Junior Common Room) is the main social area for undergraduates and houses the bar, pool tables, football tables, and darts. It is also where the Entz team will host BOPs (Big Organised Parties), where the JCR meetings will be held as well as social and musical events.
- Next to the JCR is the OLL (Old Law Library) where there is a table tennis table, sofas & comfy chairs and welfare activities and relaxed events will be held.
- The JCR bar has a variety of alcoholic and non-alcoholic drinks that are available at cheap prices Monday through to Saturday 7pm-11pm. You can pay using your BodCard or normal payment methods.

- The Sanctuary is the multi-faith room where students of all faiths and none are welcome. It offers an inclusive environment that can be used for personal reflection and/or spiritual practice.
- As a member of St Hilda's you are entitled to a membership at the Iffley Sports Centre which is paid for by college (the only thing you need to do is activate it by visiting the centre). This includes access to a 25 metre pool and fully equipped gym.

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Food

The Hilda's dining hall is open five days a week for breakfast, lunch and dinner and open on Saturdays for brunch and Sundays for dinner (note that most Wednesday evenings are for formals and will not be open if you do not have a ticket).

At the beginning of each term you have to pay £150 in your battels towards your meal credit which is run using the 'UPay' system. This is where you can also top up your credit, book formal dinners and view the menu. You can then tap your BodCard to use your credit, which can also be used in the JCR bar.

Hall is run on a buffet style system where you are charged for each item, with meat mains costing £3.50 and veggie mains £3.20, sides range from £1.20 to £1.80.

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Sub fusc

Sub fusc is the clothing you wear under your academic dress and one of Oxford's most traditional elements. It is a uniform consisting of;

- a dark suit with dark socks
- or, dark skirt with black tights
- or, dark trousers with dark socks
- dark jacket (if required)
- black shoes
- plain white collared shirt or blouse with sleeves
- white bow tie, black bow tie, black full length tie or a black ribbon
- a commoners academic gown
- mortar board or soft cap

The gown and mortar board, as well as the bow tie and ribbon can be purchased from various shops across Oxford and the freps will organise a trip to purchase your sub fusc during freshers' week.

Sub fusc will be worn during all formal examinations throughout your degree, you will also need to wear it during Matriculation at the end of Week One and you will wear your gown over a dress or suit during formal dinners (though this isn't always enforced however you will need to wear it for the freshers' formal dinner). At the beginning of each term in week 0 you will sit Collections (mock-style informal exams) that you also need to wear your gown for, over your normal clothes.

Battels - the fees paid to college at the start of each term (this includes rent, catering credits, insurance and JCR membership).

BOP - 'Big Organised Party', held in the JCR and organised by the Entz team they have a different theme each time (the freshers one will be on the Saturday of Freshers' Week).

Bod Card - your university card can be used to get into University buildings, colleges, libraries and to pay for food in hall.

Collections - mock exams at the start of each term which allow tutors to check on your progress.

College Family - freshers are matched with second years studying the same (or similar) degrees who would be there for any questions you might have.

College Marriage - two or more friends 'proposing' to each other and starting a college family, this can be done at any point in the year so don't rush into it!

Crewdate - when two different teams or societies go out together, normally for a meal and drinks (drinking games are included).

Cuppers - intercollege sports competitions.

Matriculation - a ceremony on Saturday of Week 1 which officially enters you into the University - traditionally followed by punting and prosecco!

May Day - on the 1st of May students traditionally stay up all night into the morning to hear the Magdalen choir sing at the top of the Magdalen tower at 6am.

Michaelmas, Hilary, Trinity - the three terms of the Oxford academic year in order.

Oxmas - Christmas at Oxford comes early because of the short term times but it's a magical time and Hilda's is full of amazing traditions.

Pidge - short for pigeon hole, this is where your mail is left for you in the Porters' Lodge.

Plodge - short for Porters' Lodge.

Porters - the people at plodge who make sure everything around college is running smoothly and can be your first point of contact for any questions or concerns day-to-day.

Prelims - preliminary exams that are taken at the end of first year usually in Trinity term (except for Law And Classics students who will sit Moderations at the end of Hilary for Law and second year for Classics).

Scouts - the people who clean your room and the rest of your floor.

Sharking - predatory behaviour from an older student on a fresher. This is NOT accepted and is dealt with very seriously so if you believe you are being sharked please talk to the Welfare team.

Shlib - the St Hilda's library, it is common for other college words to be fronted by 'Sh' to associate them to Hilda's (e.g. Shawn - St Hilda's Lawn)

Sub Fusc - the uniform that is used to matriculate, sit exams and graduate.

Suspension - to 'drop-out' for a year and resume where you left off when you're back.

Teabag - the college cat who lives in the Porters' Lodge and is beloved by all (even if she doesn't love us back).

Trashing - post formal exams tradition where you're thrown at with coloured powder, confetti and prosecco by your friends and then jump in the river.

Tute - short for Tutorial.

Week x - Oxford terms are 8 weeks long, with Week 0 being when you usually move in and Week 1 when teaching starts. All weeks start on Sunday.

MEET THE FREPS:

Hello incoming Freshers, we are your Freps team (Freshers & Finalists reps) for this year and we are super excited to help welcome you to the University and the St Hilda's community. We truly believe that it's the best college in Oxford and we can't wait to share that with you.

We are here to support the transition and help you come to grips with your new life; from moving into buildings, finding your way around a new city and understanding how to sign up to the Eduroam Wifi, we'll hope to offer you the best help, advice and support that we can. The Freshers' timetable has been organised in the hopes that it'll give you a chance to meet new people and enjoy some fun activities to help break the ice so please take advantage of all the opportunities (and free food) on offer and enjoy your Freshers' Week!

If you have any concerns or questions, or just want someone to talk to, please feel free to reach out or come up to any of us at any time - we're here to help you! In that spirit, we hope you're as excited as we are and we really look forward to meeting you in October.

FLORA

Course: English Language and Literature

Fun fact about me: I'm Women's Side Captain for SHCBC next year!

Favourite study spot: Taylor Institution Library

Snake or unicorn: Unicorn

Tips for freshers: Put yourself out there in freshers week, try everything, get to know everyone, make the most of your first year! (Also join rowing xx).

Favourite freshers memory: Day 3 of summer eights when we bumped Anthony's W1, and actually crashed into them! Or the night out with the rugby girls after we won cats varsity.



BREEZE



Course: Law

Fun fact about me: I'm determined to bring back the dab

Favourite study spot: The Schwarzman or Black Sheep

Snake or unicorn: Unicorn

Tips for freshers: Maintain a good balance of stepping outside your comfort zone and making time for things that recharge you; and don't be afraid to talk to new people - it's everyone's first time at uni!

Favourite freshers memory: So many!! Sitting on the Shlawn during Trinity, Wolfson ground floor time, and going to formals at different colleges

ZAYNA

Course: Economics and Management

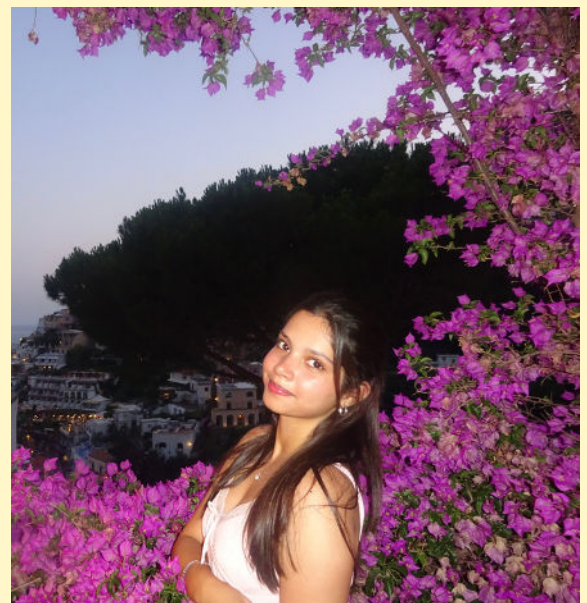
Fun fact about me: I love scuba-diving and swimming

Favourite food spot: Best kebab van outside Exam Schools (truly a healing experience on a night out)

Favourite study spot: Either the Glink or the G&Ds on Cowley

Snake or unicorn: Unicorn!

Tips for freshers: Don't be scared if it doesn't feel right immediately and make sure you talk to as many people as possible, since you never know who you'll hit it off with :)



MEET THE JCR

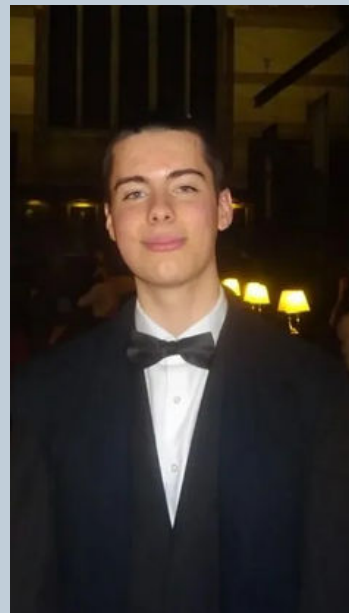
President - Jonathan

Course: Law

Fun fact about me: I tripped into one of my favourite Premier League footballers when standing next to him at a urinal

Tips for freshers: Use the JCR and bar as much as you can, it's a privilege to have it and a great place to socialise. Don't feel concerned if your floor isn't your friend group, you will find your people elsewhere in college or outside college

Favorite freshers memory: Football Semi-Final, Rugby Cuppers final and Hilda's Ball all in one day



Vice President - Natalie

Course: Medicine

Fun fact about me: I'm from Australia

Favourite study spot: Shlib

Snake or unicorn: Unicorn

Tips for freshers: Try as many things as possible and cherish your time - first year flies by!



Secretary - Nabila

Course: History and Politics

Fun fact about me: i don't like ice cream x

Favourite food spot: franco manca (with a picnic in uni parks)

Snake or unicorn: unicorn x

Favourite freshers memory: last night of hellary, getting together in someone's room and letting all the stress from the term go



MEET THE JCR

Treasurer - Oliver

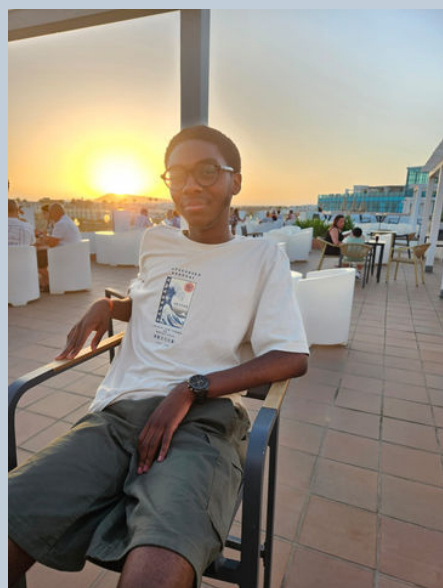
Course: PPE

Fun fact about me: I've won the London Youth Games for tennis and am now a qualified tennis coach

Favourite study spot: KB Chen China Centre Library

Snake or unicorn: Snake

Favourite freshers memory: End of prelims celebrations



BAME rep - Joshua

Course: Chemistry

Fun fact about me: I like creating things — whether that's music, stories, or random creative projects.

Favorite study spot: The Shlib

Tips for freshers: Try out as many things as you can! Whether it's societies or other opportunities, there is so much to do at the university and in college. Even if something is outside your comfort zone, give it a go - you might just find a new passion!

Arts - Thomas

Course: French and Linguistics

Fun fact about me: I've been obsessed with Taylor Swift since I was five and my favourite song is All of the Girls You Loved Before

Favourite food spot: The Larder on Iffley Road

Snake or unicorn: Unicorn (I have to I'm from Scotland)

Favourite freshers memory: Going to choir and being part of all the performances and services we did last year!



MEET THE JCR

Internationals - Luise

Course: Geography

Fun fact about me: I've never missed a St Hilda's Saturday Brunch

Favourite study spot: Vere Harmsworth Library

Tips for freshers: Try everything out as you never know what will spark your interest!

Favorite freshers memory: St Hilda's Ball and Kebab van trips



Womxns - Rosa

Course: Classics

Fun fact about me: Our family once had a hermaphrodite sheep

Favourite food spot: Mamma Mia in Summertown!!

Snake or unicorn: Unicorn

Tips for freshers: Do not trust the jungle juice

Favourite freshers memory: The jungle juice

Trans rep - Milo

Course: Classics

Fun fact about me: I'm a member of the Oxford Guild of Assassins (disclaimer - this is a society, I am not actually killing anyone) so can often be found sneaking around while looking suspicious, running away from someone wielding a nerf gun or duelling my friends on the front lawn with rulers. All in the name of the game.

Snake or unicorn: Probably more of a snake



MEET THE JCR

Welfare Reps

Clara

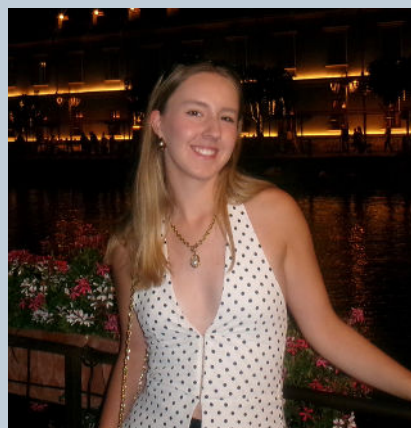
Course: Classics

Fun fact about me: I can write with both hands

Favourite study spot: Old bod

Snake or unicorn: Snake ;)

Tips for freshers: Immerse yourself fully in the Oxford experience and try EVERYTHING



Yasmin (Yaz)

Course: History and English

Fun fact about me: Is climbing Kilimanjaro in 2027 AND you can join her!!! Is Northern. (ask her about about Man City we dare you)

Snake or unicorn: Unicorn (Takes this seriously)

Favourite freshers memory: Too many to choose from!! Old girls dinner with the Hilda's netball alumni...mixed lacrosse cuppers...netball cuppers...summer nights on the shlawm...Hilda's Ball...

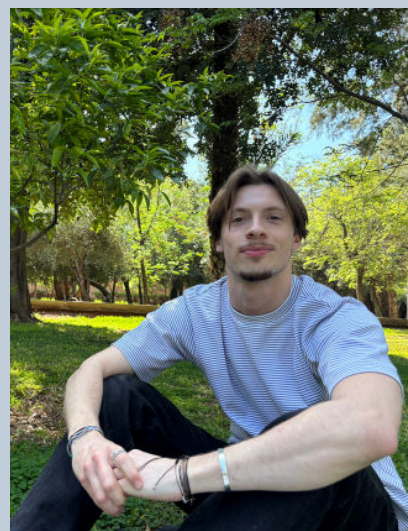
Stan

Course: Arabic and Hebrew

Fun fact about me: I speak four languages! Hopefully five by the end of my degree :)

Favourite food spot: Pan pan! One of my all time favourite places in Oxford (you need to try the Korean Fried Chicken...)

Tips for freshers: I would definitely try out something new. It's such a good way to meet people from other colleges and to branch out. I would definitely recommend the different magazines like Industry and The Isis — there are several positions that can suit everyone!



MEET THE JCR

Entz

Amelia Ralls

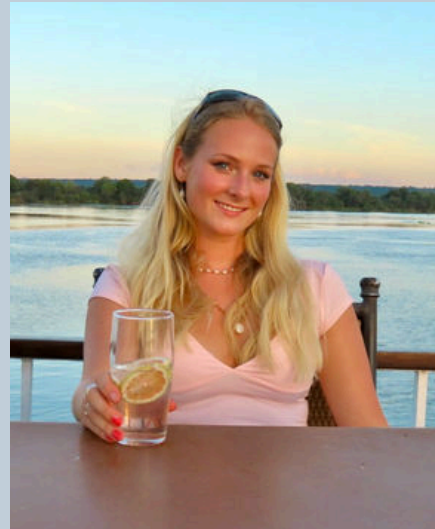
Course: English and French

Fun fact about me: Recently discovered croquet champion

Favourite study spot: Performative Rad Cam go-er

Snake or unicorn: Walked into a door in freshers and gave myself a real life unicorn horn the night before matric 🦄

Favourite freshers memory: Hilda's Hilda's crew date



Maggie

Course: Economics and Management

Fun fact about me: OG Hilda's applicant (and follow @sthildasnetball)

Favourite food spot: Taylor's

Favourite study spot: Duke Humfrey's Library

Snake or unicorn: Unicorn

Favourite freshers memory: Halloweekend

Amelia Blake

Course: Psychology and Linguistics

Fun fact about me: I've held a crocodile! 🐊🐊

Favourite food spot: Kazbar (feels like holiday even though you're only down Cowley)

Favourite study spot: Nepa! Matcha + anki = my dream date

Tips for freshers: Give everyone the time of day!! It's never a waste to make connections with the people around you and you may be surprised by who you end up clicking with the most



MEET THE JCR

Bar Managers

India

Course: Biology

Fun fact about me: I have two cats- a grumpy old cat called Sansa and a spritely young cat called Nellie.

Favourite food spot: Roxana- a Lebanese Wraps place

Favourite study spot: On the shlawn (St Hilda's Lawn) in front shlib (St Hilda's library)

Favourite freshers memory: Tango and Samba classes with friends, where we all had no idea but all the confidence- as it should be.



Alfie

Course: Maths

Fun fact about me: Can juggle

Favourite food spot: Greggs

Snake or unicorn: Unicorn

Massimiliano

Course: Music

Fun fact about me: Big fan of Catan

Snake or unicorn: Unicorn

MEET THE JCR

LGBTQ+ Reps

Emma

Course: English

Fun fact about me: had pneumonia twice in first year

Favourite food spot: green routes

Favourite study spot: law library

Snake or unicorn: unicorn

Tips for freshers: come to the lgbtq+ events x



Euan

Course: Classical Archaeology and Ancient History

Fun fact about me: I share a name with a certain US founding father

Favourite study spot: Old Bodleian reading rooms

Snake or unicorn: Snake ever since meeting cowley snake man

Tips for freshers: Try out tuesgays

Music - Adam

Course: Music

Fun fact about me: Huge volleyball fan

Favorite food spot: Edamamé

Snake or unicorn: Probs snake

Tips for freshers: Your tutors don't expect you to be perfect, be kind to yourself about how much work its actually possible to do while also getting enough sleep



MEET THE JCR

Ball Presidents

Olive

Course: Biomedical Sciences

Fun fact about me: I hate olives

Favourite study spot: Radcliffe science library (and shlib sometimes)

Tips for freshers: go to as many events as possible and get on the ticket selling gc

Favourite freshers memory: Wolfson ground floor

Amelia

Course: Modern Languages - German & Italian

Fun fact about me: i'm a tea fanatic x

Favourite food spot: Taylor's 🤪

Favourite study spot: Glink 🐱

Snake or unicorn: unicorn

Favourite freshers memory: discovering plush



Environment & Ethics - Mona



Course: English

Fun fact about me: I was named after a cartoon vampire

Favourite study spot: The shlawn by the river

Tips for freshers: It's okay to feel a little bit out of place at first. Be kind to yourself and others and Hilda's will feel like home in no time :)

Favourite freshers memory: The first Tuesgays!

MEET THE JCR

Charities

Emily

Course: Biomedical Sciences

Fun fact about me: I can cook v yummy Chinese food 🍲

Favourite food spot: Ramen Korner

Tips for freshers: Enjoy the clubs when it is packed during freshers....

Favourite freshers memory: Proposing to my wifey and having a picnic w all my friends on the lawn 💕



Esh

Course: Maths and CS

Fun fact about me: i can nap anywhere

Favourite food spot: taylor's sandwiches are for sure my favourite

Favourite study spot: RSL (honourable mention to the CS department)

Favourite freshers memory: port meadows after exams

Access & Equal Opportunities - Zahra



Course: Experimental Psychology

Fun fact about me: I've lived in four different countries!

Favourite food spot: I love najars!

Snake or unicorn: definitely a unicorn!

Favourite freshers memory: So many!! Jumping on the bouncy castle at the hilda's ball in a full formal gown, taking a study break from the shlib (hilda's library) to meet the alpacas we had in college for welfare week, and playing ice hockey!

MEET THE JCR

Women's Sports - Yoyo



Course: PPE

Fun fact about me: I've never eaten a kebab

Favourite food spot: Shiraz

Snake or unicorn: snake

Tips for freshers: friendship is the most important relationship (and go to Shiraz)

Favourite freshers memory: Shilax sessions and my first time in Shiraz

Men's Sports - Jacob

Course: PPE

Fun fact about me: Follow shcc_26 (St Hilda's Croquet)

Favourite food spot: Thaikhun

Favourite study spot: Balcony Rad Cam

Tips for freshers: It's only an awkward introduction if you believe it is. Remember people's names to win 2nd interactions. Go to the croquet session



Your first year of Uni everyone is getting to grips with a change in environment and lifestyle and every experience is unique. But making memories and forming new friendships is just as important as your University work so make sure to have fun (as well as work hard).

FRESHERS' TOP TIPS

Not everything has to be perfect - University is about learning and some of the essays and problem sheets you will have to complete will be difficult - but that's completely normal. Your tutorials will give you a chance to engage with your classmates and tutors and the best way to learn is to ask questions. It's okay not to know everything!

A lot of time is spent studying, whether in a library or in your room it can quite often be independent and can feel a bit lonely. Remember to try and interrupt your studying with some fresh air or organise to go to the library with a friend. It's important to have a good work-life balance but it doesn't need to be isolating.

Your first year is a great opportunity to try as many new things as possible - there are plenty of uni-wide societies that you can try. Most societies usually run taster session during the first couple weeks of term and the Freshers' Fair gives you the chance to see all the societies on offer and sign up to any that may interest you.

As exciting as it is to be moving away from home it's important to remember that you have to move out of your room at the end of each term, so don't overpack! There is some lockable storage in your bedrooms but it will not fit all of your belongings.

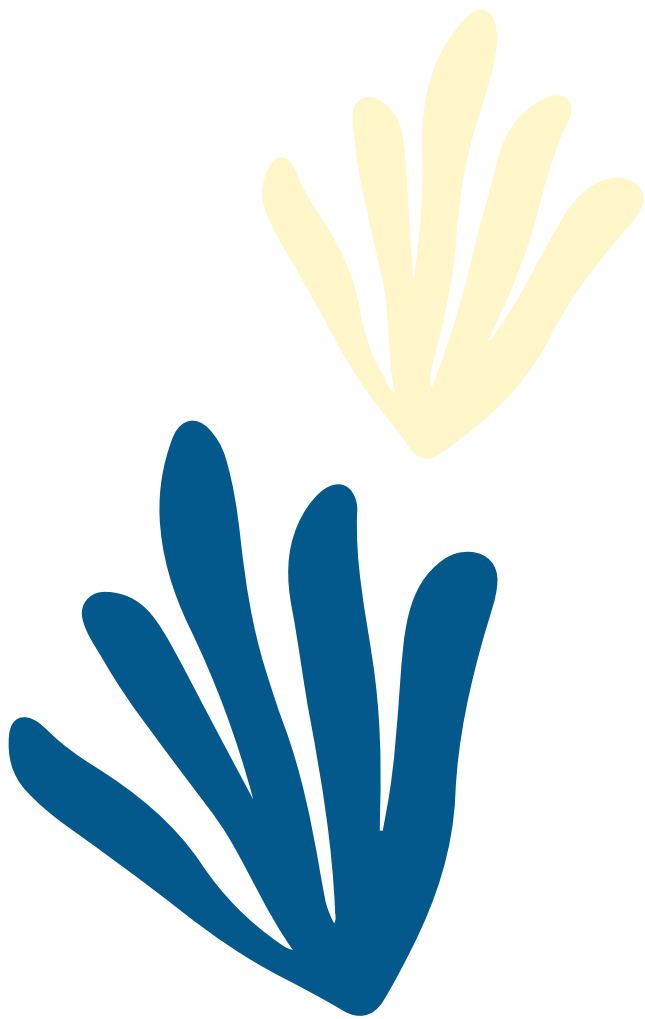
Utilise our location! Hilda's is perfectly placed between the city centre and Cowley Road which means it's very easy to get into Headington and there's so many options of supermarkets and restaurants down Cowley Road.

Don't get into college marriages in Freshers' Week! On a serious note friendships change or can take time and that's perfectly okay. You won't be alone and lots of other people will find it difficult to make new friends, so be the instigator. Ask someone if they want to go to a cafe with you, or explore the glink, it's a great way to start conversation.

The workload can be intense and meeting deadlines for work can sometimes be difficult but it's okay to reach out to your tutors to ask for an extension and for joint honours degrees students the separate departments do not always communicate with each other so the workload can get pretty crazy - don't be afraid to advocate for yourself!

Protect your mental health - there are lots of services and people you can contact in college or in the University if you are struggling or need some support - whether it's Uni related or personal. You can always talk to the Welfare team or Nightline (an anonymous phone line).

Get into healthy habits - try to attend every lecture if possible (it is very difficult to catch up once you start missing them), get good sleep, eat healthy (most of the time), and try to keep on top of reading and work so that you don't fall behind.



WELFARE AT HILDA'S

Welfare is at the heart of St Hilda's, and our priority is to ensure you feel supported at all times. As your Welfare Reps, our role is to be the key link between you and all the welfare-related support provided by college. We also (very importantly) provide you with sweet treats every Sunday at Welfare Tea. Outlined below are our main roles:

Confidential Chats

Part of our responsibility as Welfare Reps is completing a peer support qualification. This means that we are trained to support you to seek help for any welfare concerns you may have. We firmly believe sharing a problem with someone helps ease the burden, even if this is just the beginning of a longer process. We have all chosen this role with this in mind, and therefore are committed to providing you with the best possible advice and guide you to a solution that ensures that you feel safe, comfortable and heard.

It is also important to outline that our wonderful Womxn's, LGBTQ+, BAME and Disability Reps will also undergo peer support training. You may feel that your issue is more pertinent to the respective communities that they represent; nonetheless we are also more than happy to address any issues you have during the year, and work closely with these reps to ensure Hilda's is a place where you feel comfortable.

Financial Support

The JCR offers a financial hardship fund to all of its members. This is managed by us, your Welfare Reps. To apply for this, you need to submit an application via a form that can be found on the college website, and we are more than happy to help with this process.

Ways to get in touch
The easiest way to get in touch with us is through the welfare Instagram page (@sthildaswelfare2026).

Other useful welfare contacts are signposted around college. On the St Hilda's website (<https://www.st-hildas.ox.ac.uk/student-life/current-students/health-and-welfare>) you can find the comprehensive list of welfare contacts available to you.

WELFARE AT HILDA'S

Welfare Tea

Every Sunday afternoon, we invite you to take part in welfare tea which is the most regular fixture in the welfare calendar. Everyone is welcome to come down to the JCR and have some free snacks, chill with friends on the sofas or play a game of pool - it's difficult to name a better way to spend a Sunday afternoon! It is the perfect time to take a break from studying, and is a great way for cross year bonding to happen, enabling a strong sense of community within college.

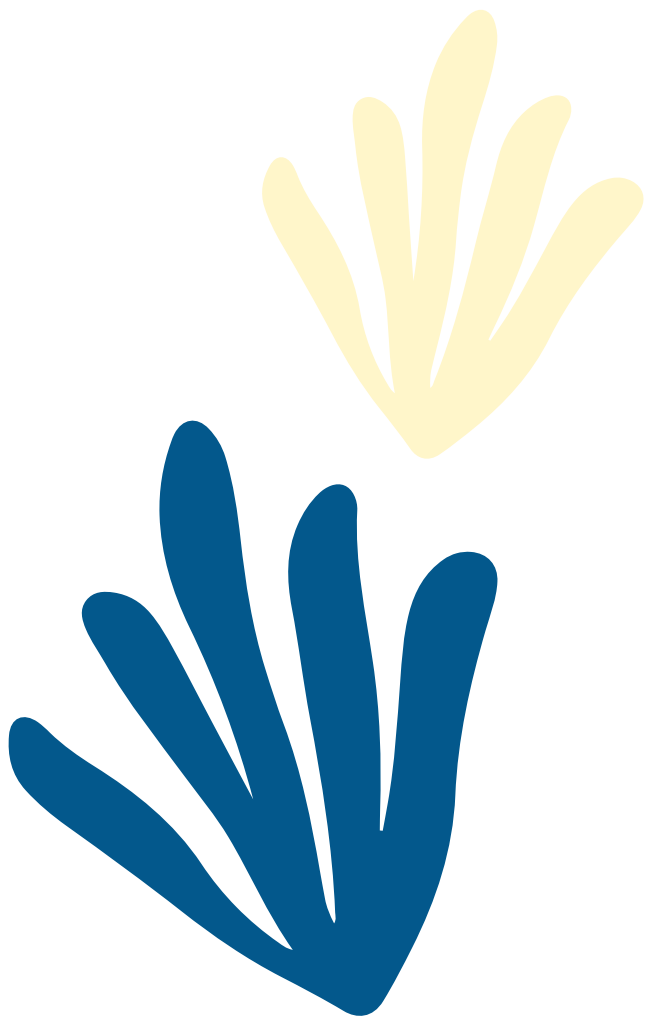
Welfare Weeks

Understandably, the intense eight week terms can take their toll on all of us. This usually comes around half way through the term and is colloquially known amongst Oxford students as 'The 5th Week Blues'. Luckily, the welfare team are on hand to provide a bit of light hearted fun during this week. We organise events every day during Welfare Week, and are always open to suggestions from the college community for activities you want to see! Including cupcake decorating, sweet treat trips (on the welfare budget!), pottery painting and petting farm animals (a guaranteed crowd pleaser), this week is designed to remind you all that life continues outside of any degree worries or essay deadlines!

We are also aware that we may not always be able to supply you with a solution to any issue which you face during our time as Welfare Reps. This means that another important role of the welfare team is to act as your first point of call if you require direction to help which best suits your needs. We work closely with the wider College and University services to ensure we can effectively discuss your options for support and signpost you to the service that's best for you. This might be to our college counsellors, in-house nurse, doctor, welfare officer, or an appropriate external service which we think might be of help to you. We also have regular meetings with the Dean and Junior Deans should you wish to approach them with our support. We take our role as Welfare Reps very seriously, and endeavour to do everything in our capacity to ensure you feel supported here at Hilda's.

Welfare love! Yaz, Stan and Clara💕





BAME AT HILDA'S

I'm Joshua, a second year Chemistry student and your BAME Rep for this year at St Hilda's. I'm really excited to meet you all and help create a community where everyone feels comfortable being themselves.

Starting university is a new experience for everyone, and I know that finding your place in a new environment can sometimes feel daunting. My aim as BAME Rep is to make sure students have a space where they can connect with others, share their experiences, celebrate different cultures, and feel supported throughout their time at Hilda's.

This year, I'd like to build on the great work previous BAME reps have done by creating more opportunities for people to come together, whether that's through social events, cultural celebrations, food outings, or simply having a space to chat and meet new people. I also want to hear from you about what you'd like to see from BAME at Hilda's, so please don't hesitate to share your ideas.

If you have any questions, suggestions, or just want to say hello, feel free to reach out! Updates and announcements will be shared through our Instagram **@sthildasbame** and the BAME WhatsApp group.

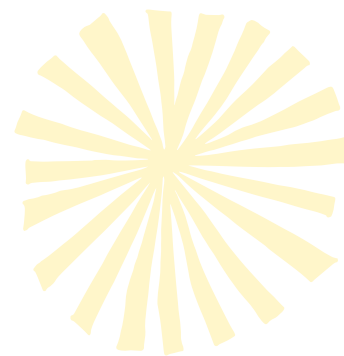
I'm looking forward to meeting you all in October and making this year a great one!

LGBTQ+ AT HILDA'S

We are Emma and Evan, your LGBTQ+ Reps for this year! We're very excited to host a range of activities throughout this term, while also being friendly faces to offer advice and support for any issues or questions you may have.

Your LGBTQ+ and Trans Reps are here to organise a range of activities:

- LGBTQ+ picnic and card games at 15:00 on Thursday of Freshers' Week - come along to meet other queer or questioning freshers!
- Tuesdays pres at Hilda's bar before walking as a group to Tuesdays (at another college or at the Jolly Farmer's - location changes weekly). Bar tab may be included!!!!
- Meeting and going to the Uni-wide Trans and NB tea as a group
- Welfare trips and teas throughout the term
- Queer movie nights
- LGBTQ+ Sports - Organised trip to Futchball in Week One and other queer friendly sports events (tennis and ice hockey, plus more)
- Trans fund (managed by the Trans rep - essentially a fund that can be used to help pay for non-medical items related to gender expression. More information will be put on the Instagram to know when this can be accessed)
- LGBTQ+ book club and other non drinking social events throughout term
- Keep an eye out for a potential Pride BOP and LGBTQ+ formal later on in the year



Rainbow Families

Rainbow families operate similarly to college families, except you are matched with a rainbow parent based on your sexuality and/or gender identity as well as your personality/shared interests. Your rainbow parent(s) will be an additional source of support and an introduction to queer life at Oxford! We hope to run a rainbow family event each term where families can get together with the rest of the LGBTQ+ community at Hilda's. The programme was workshopped last year; follow our instagram and join our WhatsApp group for developments on this!

Uni-wide Events

The OULGBTQ+ Soc is University-wide and runs events to bring the queer community from different colleges together. The most popular one of these is Tuesdays drinks which is hosted at a different college every week (on Tuesday) and is very well attended. This is hosted before those who want to go to Plush (Oxford's biggest LGBTQ+ club) go out. We will be here to help anyone who has any issues, or is looking for people to go out with! The society also hosts talks, socials and other smaller-scale events for the whole community as well as for specific identities for example trans & non-binary tea. There are other uni-wide LGBTQ+ events throughout the year to keep an eye out for, like Queerfest at Wadham.



LGBTQ+ AT HILDA'S

Safety

As your reps, we are always here to talk about anything you would like to. Feel free to message us for a chat or approach us in college at any time. At least one of us will always be doing the walk from college to Tuesgays for the first term and will be present there so please come to us if you run into any issues. You are welcome to join us at any point from Hilda's to the Tuesgays venue, or to Plush. We are also here to walk home with you from anywhere in Oxford for the first term, so feel free to call us at any point to access this. Feel free to drop any of us a note in our pigeon holes or email us at:

evan.hamiltonest-hildas.ox.ac.uk

emma.lynchest-hildas.ox.ac.uk

if you need any support throughout the year.

LGBTQ+ Spaces

Oxford has queer clubs, pubs, and bars which will always provide a welcoming space, as well as any events the LGBTQ+ Soc will hold.

- Plush: The LGBTQ+ night club is in the centre of town, and famous for Tuesgays Skittles night which is a super cheap night out right after Tuesgays.
- The Jolly Farmers: An Oxford Institution. 40-year-old LGBTQ+ pub just behind Westgate with chill vibes, frequent drag shows and other events such as LOVE lesbian night.
- Glamorous: LGBTQ+ bar/club on Cowley roundabout, so super close to Hilda's, that has fun and cheap nights out attended frequently by Hilda's people.



DISABILITY AT HILDA'S

Hello everyone! I'm Zahra, a 3rd year Experimental Psychology student and your Disability Rep this year! I'm here to help with any questions you might have about disability support, and to make sure you know where to go if you need a little extra support during your time at Hilda's. I'm really excited to meet you all and hopefully help make your time here as accessible and enjoyable as possible!

University Wide Support: the DAS

The Disability Advisory Service (DAS) is the university-wide service responsible for disability support. (It's not the same as DSA, the Disabled Students' Allowance!) You'll need to register with the DAS to access university-level support.

The DAS can help put support in place across the university, and there are disability drop-ins throughout the year, including during Freshers' Week. They are also responsible for approving exam access arrangements.

Once you've registered, a Student Support Plan (SSP) can be put in place. This helps your tutors, college and the university understand what support you may need and how best to support you.

Support at Hilda's

There is also a college-level disability support system, which can help with your day-to-day life at Hilda's and make sure you have the support you need within college.

David Tew is our Disability Fellow, and Becky Unwin is the Disability Coordinator. Becky is the person to speak to about applying for exam access arrangements, as well as putting in place support on a college level.

Your Personal Tutor is also there to support you, and it can be helpful to CC them into emails about your support so that they know what's going on and can help if needed.

You don't need to have everything figured out straight away! The Oxford disability support system can feel like a lot to navigate, so if you have any questions or just want someone to point you in the right direction, please feel free to reach out to me. There's no such thing as a silly question, and I'll always do my best to help!

I'm really looking forward to meeting you all and hope you have a brilliant Freshers' Week and enjoy your time at Hilda's!

Key Links and Contacts for disability support:

DAS:

<https://academic.admin.ox.ac.uk/disability-advisory-service>

01865 280459

disability@admin.ox.ac.uk

College:

<https://www.sthildas.ox.ac.uk/student-life/current-students/health-and-welfare>

david.tew@st-hildas.ox.ac.uk (Disability Fellow)

rebekah.unwin@st-hildas.ox.ac.uk (Disability Coordinator/ Academic Registrar)

victoria.manellari@univ.ox.ac.uk (College Nurse)

nicky.charles@st-hildas.ox.ac.uk (Accommodation Manager)

garry.luke@st-hildas.ox.ac.uk (Catering Manager)

Disability Rep:

zahra.aly@st-hildas.ox.ac.uk





INTERNATIONALS AT HILDA'S

Accommodation

All freshers have their own room on the St Hilda's campus in one of three buildings: South, Garden, or Wolfson. You will be assigned a room (no need to ballot or sign up in your first year) and sent a room contract some time in September. People receive their room contracts at different times, so don't worry if others get theirs before you do. All rooms, no matter the building, are relatively the same so don't worry too much about which room you get. Be sure to contact the college in case you have special requirements for your room, such as for accessibility reasons.

The beds in first year rooms are English singles (90cm by 190cm / 3ft by 6ft 3in). If you already have sheets that would fit these dimensions (especially fitted sheets), I would recommend bringing them with you. When I was shopping for essentials like sheets, cutlery or pillows in Oxford, many of these were sold out already.

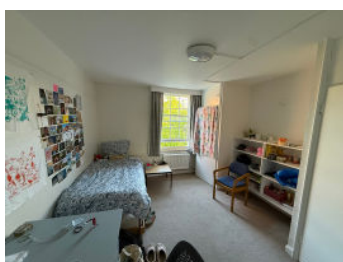
Hello international/overseas students! I'm Luise, a 2nd year Geography student from Germany and your international/overseas rep for this year. This time last year I was equally excited and nervous to start my studies abroad, so I have compiled some of the things I wish I had known before arriving at St Hilda's. Many of the things here are based on my personal experience as a fresher at Hilda's, so some things might change now. Enjoy, and please feel free to reach out to me if you have any questions!

Airports/transportation

There are a few international airport options around London. Most students typically fly into either Heathrow or Gatwick, as they have direct buses to Oxford, however Stansted, Luton, Southend and London City also have some international flight options.

The most convenient and relatively efficient (1.5-2 hour ride from Heathrow, 2.5 hours from Gatwick) bus system is called "the Airline" that goes straight to Oxford. If you take the bus from here (highly recommended) get off at the St Clements stop as this is only a five minute walk from our college. If you want to go into Oxford's city centre by bus, for example because you are staying a night in a hotel, I would recommend the stop Queens Lane which is only one stop further than St Clements. Another popular bus line is called "The Tube" which goes directly from central London to Oxford's city centre.

You can also take the train, the station is about a 25 minute walk away from the college. You can book tickets via Trainline or at the station.



Average Wolfson room
layout



Average Garden room
layout + kitchen



Arrival

If you are arriving in Oxford by bus or train (or a taxi dropping you off by the entrance), you don't have to worry about signing up for move-in time slots like domestic students do; you only need to do this if you plan to arrive in a car that will stay parked on campus while you move in. However, you should be in contact with Nicky Charles (she's in charge of accommodation) about your preferred move-in date; international freshers have a bit of flexibility around this for the start of their first term. From personal experience, most international students moved in on the Saturday or Sunday before Freshers Week, meaning they had the opportunity to get to know each other before the domestic students arrived. We have also planned a day of activities on Sunday for the international students, meaning they get an extra day of Freshers Week ;).

It is important to note that in all following terms you will be charged the standard fee for any extra days spent in accommodation, outside of term times (likely around 30 pounds per night). At the end of each term you will be asked to inform the college what date you are leaving the college, which is done through the 'sign down' process (this will all be explained in more detail towards the end of term).

Shopping

You should be able to find almost anything you need in or around Westgate Mall. John Lewis has a whole assortment of useful things to get you set up in your room (pots and pans, bedding, etc) and Ryman is great for stationery essentials. Once you have your university email you can also use student discount codes, apps such as Unidays show you what shops offer these codes.



An idea of what to wear to a formal dinner or ball

INTERNATIONALS AT HILDA'S

Storage

After I found out that you have to move out of your room after each term ends, I was confused as to where I could store all of my belongings, luckily there are multiple places for storage. Most rooms have lockable cupboards that you can use during the vacations. You can ask the porters lodge for the key if it is not in the room already. International and overseas students are also eligible for extra storage. For us we were allowed to store up to 6 items there, an item could be a suitcase, a storage box, a guitar... Be sure to book this storage about a week before the term ends on the college portal, but don't worry, you will be reminded of this again when the time comes around. You will then pick up labels from the plodge that you put onto your items and the storage room key. Any unlabeled items in storage get disposed of, so make sure you have labeled them properly with your name and room number.

Weather/clothing

The temperatures in Oxford are pretty mild, in the winter it rarely goes below freezing and in the early summer it usually gets up to 25C but can get up to 35C, meaning pack for a range of weather. For the cold the college puffer (check the group chat for information on ordering it) is a good option and is a very popular purchase amongst Oxford students and a great opportunity to rep the St Hilda's crest!

Though Oxford has a bit of a reputation for being fancy, don't worry about having to dress particularly fancy very often, for example there is no dress code for lectures or tutorials. Oxford does however have many events such as formal dinners, balls or drinks where you can dress up! I would recommend bringing clothes that would fit an occasion like that, such as a suit or dress. You will also need to have academic dress on hand for exams or matriculation for your "sub fusc" so check if you want to bring some with you from home, otherwise there are many shops here in Oxford where you can buy it.

Food

The most popular food shopping locations for St Hilda's students are:

- Sainsbury's Local: the closest one is about a 10 minute walk away
- Tesco: about a 15 minute walk, large selections

St Hilda's is very close to Cowley Road which has plenty of smaller and international shops such as Seoul Plaza, a Korean supermarket, fruit and vegetable stalls or a shop selling classic Baltic food. There is tons of variety here and there is something for everyone.

There are tons of independent cafes, restaurants and delis found on Cowley Road too and Oxford in general. Some of my years favourite spots are:

- **Najar's Place:** a classic Oxford spot; Lebanese falafel and sandwiches, worth the queue
- **G&D's:** some say the best ice cream in Oxford. With three across town, it's the perfect spot for late night ice cream
- **Moo Moos:** I humbly say the best stall in Covered Market. They have great milkshakes and smoothies and it's best reward after an exam
- **The Greek Takeaway:** as the name suggests good Greek food, very popular for dinner on Wednesdays as hall food isn't available then
- **Taylor's:** a chain of cafes in Oxford that have great sandwiches
- **Cafe Coco:** Brunch spot close to college on Cowley Road



INTERNATIONALS AT HILDA'S

English terms/phrases that confused me

- **GCSEs:** courses typically taken by students in the UK in years 10 and 11, exams taken at age 16ish.
- **A-levels:** courses typically taken in years 12 and 13 ("**sixth form**"), exams at age 18ish; people usually take 3-4, and they're scored with A* ("A star") as the highest grade, then A, then B, etc. These are *sort of* equivalent to APs, IB, or whatever subject-based scores you submitted when applying to Oxford.
- **College:** Not the same as university; could refer to a sixth form educational institution (often with boarding program), or a part of a University e.g. St Hilda's College.
- **Fancy dress:** refers to costumes (of Halloween/party ilk), NOT fancy clothes like what you might wear to a formal or ball
- **Units** (of alcohol): one unit = 10ml/8g of pure alcohol, e.g. 1 shot = 1 unit, 1 pint of beer = 2.3ish units, etc.
- **The names of basically any English candies (e.g. Maltesers, Candy Kittens, etc):** I advise taking any lack of knowledge of English sweets as an opportunity to go "what is that???" I've never heard of them" and subsequently receive free candy from your friends :)



INTERNATIONALS AT HILDA'S



Bank account and phone number

I would highly recommend setting up a UK bank account or a domestic card that doesn't have international transaction fees. There are multiple banks in the city centre that offer these services for international students such as HSBC. Many students choose to have bank accounts from digital providers such as Revolut or Wise.

Once you have set up your bank account or app, you might want to look into getting a UK phone number, as international rates can be quite pricey. Occasionally there are times where you can only sign up for things using a UK phone number, however I have not faced this issue yet. I personally do not have a UK number as my German one works here as well, meaning it is worth checking your phone contract, especially if you are from the EU, to see whether you can use your mobile data and phone in the UK without upcharge.

Miscellaneous

- When you have upcoming collections (mock exams at the beginning of term), try to adjust to jet lag as fast as you can once you've arrived in Oxford so you don't end up sleeping at weird times and having to study at night. Arriving a few days early can help!
- My advice regarding the Student Visa is to apply well in advance and as soon as the college sends you the important information. There can be some delays, which are normal, but doing it in advance gives you time to apply without stress.
- If there are any upcoming elections in your country of residence, look into how you can vote from afar (e.g. mail-in ballots)!

And a friendly closing notice...

Don't panic! There may be some delays in getting your SSO (single sign on; gives you access to University email address and Canvas login, among other things), room contract, etc. I didn't get my SSO until the day before I moved into college, and they didn't have my bod card ready on time either. I know how frustrating it can be to suffer at the hands of disorganized administration, but if this happens to you, none of it is your fault. Genuinely, don't panic. Everything will be okay.

Contact

If you have any questions, comments, or concerns, or just need to talk to someone, please feel free to reach out to me on the St Hilda's international Instagram page (@hildasinternational)! Can't wait to meet you all, and safe travels!



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Food

- **Najar's** - Lebanese wrap stall opposite the Taylorian library with a large variety and very decently priced, usually around £5.
- **Alternative Tuck Shop (ATS)** - Sandwich shop opposite New College with lots of options. Very popular amongst the science students because it's so close to their labs.
- **ItaliAmo Deli** - Italian deli with a huge variety of snacks and lunch foods, from calzone pizzas (that they will heat up for you), focaccia sandwiches, arancini and a huge variety of cannoli with very good prices. Two locations in Oxford; High Street and Broad Street.
- **Gloucester Green Market** - with a huge variety of different stalls and cuisines the market is perfect for a lunch stop. Open Wednesday-Sunday
- **Westgate food hall** - with several different fast food shops it's an easy and quick place to find food while out and about.

Shops

- **Covered market**
- **Tesco** - there are two Tescos in Oxford, one on Cowley Road and one near the Taylorian on Magdalen Street
- **Sainsbury's** - there's a large Sainsbury's in Westgate shopping centre
- **Lidl** - there is a Lidl in Oxford approx 35 minute walk from college up Cowley Road.

OXFORD RECOMMENDATIONS

Cafes

- **The Independent Cafe** - just on the other side of Christ Church Meadow.
- **Ole & Steen** - found on the bottom floor of the Westgate shopping centre.
- **G&Ds** - Oxford bagel & ice cream shop with multiple locations across the city.
- **Peloton Cafe** - found up Cowley Road and serves good coffee and doughnuts, with a garden out the back.

Other

- **Christ Church Meadow**
- **Botanical Gardens**
- **Port Meadow**
- **Westgate shopping centre**
- **South park at sunset**
- **University Parks**

Room Essentials

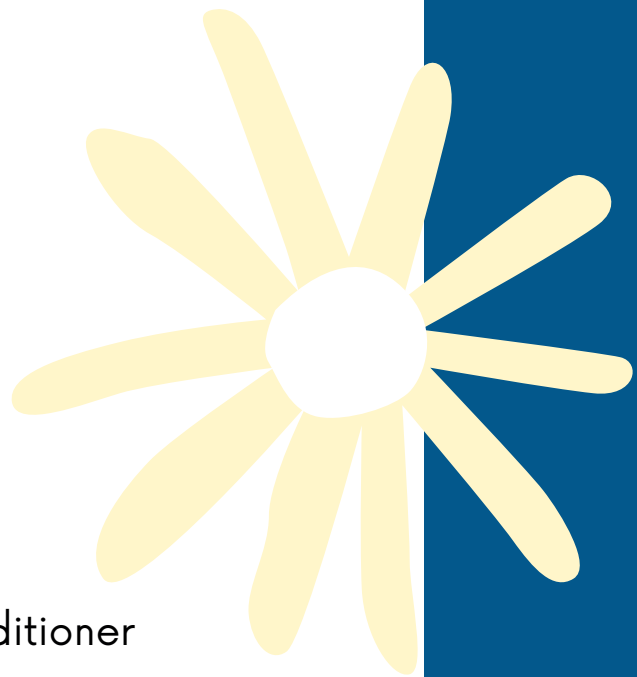
- Duvet
- Duvet cover
- Base sheet
- Pillow(s)
- Pillow case(s)

Room Extras & Recommended

- Extra duvet covers, sheets & pillow cases
- Mattress protector
- Mattress topper
- Photos of home
- Storage boxes
- Cushions
- Blankets
- Decorations
- Push pins / bluetac
- Plants
- Fairy lights
- Door stop

Bathroom Essentials

- Shower gel, shampoo & conditioner
- Tooth brush
- Tooth paste
- Towel
- Sliders for the shower
- Hairbrush / comb
- Nail clippers
- Tweezers



PACKING LIST

Bathroom Extras & Recommended

- Medicines & vitamins
- Hand soap
- Shower mat
- Makeup
- Sanitary products
- Skincare
- Haircare
- Perfume / body spray
- Sexual health products
- Razors

Laundry Essentials

- Laundry basket
- Laundry tablets / soap

Laundry Extras & Recommended

- Clothes ailer
- Stain remover

Kitchen Essentials

- Glass
- Mug
- Plate
- Bowl
- At least one set of cutlery
- Tea towels
- Washing up liquid
- Sponges
- Tupperware
- Scissors
- Water bottle



Kitchen Items for Cooking

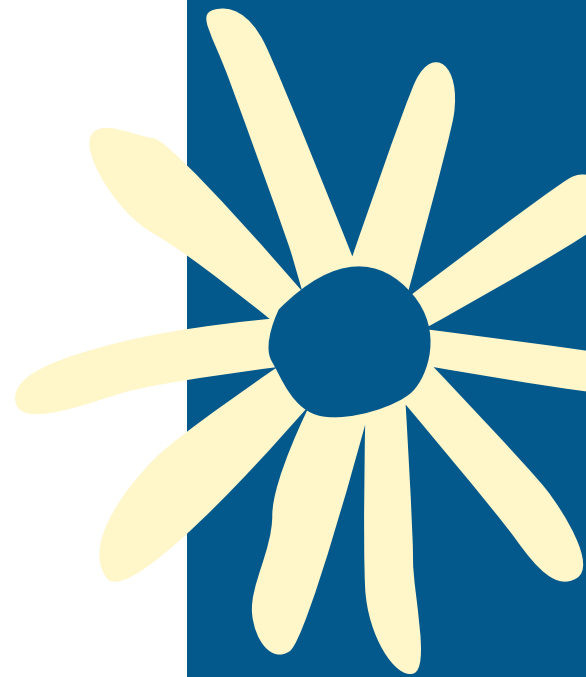
- Saucepan
- Frying pan
- Spatula
- Colander
- Wooden spoon
- Knife
- Chopping board
- Peeler
- Tongs
- Can opener

Kitchen Extras & Recommended

- Insulated travel cup
- Mini fridge
- Baking tray
- Tinfoil
- Cling film
- Bottle opener
- Cheese grater
- Oven gloves
- Silicone air fryer liner
- Kettle for your room
- Induction stove (Garden building)

Electronics Essentials

- Phone
- Phone charger
- Laptop
- Laptop charger



Electronics Extras & Recommended

- Headphones
- Portable charger
- Laptop case
- Batteries
- Hair dryer/straightener/curler
- Speaker
- Extension lead

Wardrobe Essentials

- Clothes hangers
- At least...
- 10 t-shirts
- 4 jumpers
- 5 pairs of jeans/trousers/skirts
- 10 days worth of underwear & socks
- Everyday shoes
- Black shoes for Sub Fusc & formals
- Trainers
- Sports clothing
- Winter coat
- Rain coat
- White shirt for Sub Fusc
- Dark coloured trousers/skirt/suit
- Formal suit or dress for Freshers' Formal

Wardrobe Extras & Recommended

- Fancy dress & costume accessories for BOPs
- Swimming costume
- Scarf/hat/gloves



Documentation Essentials

- Passport
- ID e.g. driving licence
- Any VISA documentation
- Student Finance documents

Bags & Luggage Essentials

- A backpack or uni bag
- Suitcases for clothes
- Bags and boxes to move in with
- A small bag for clubbing

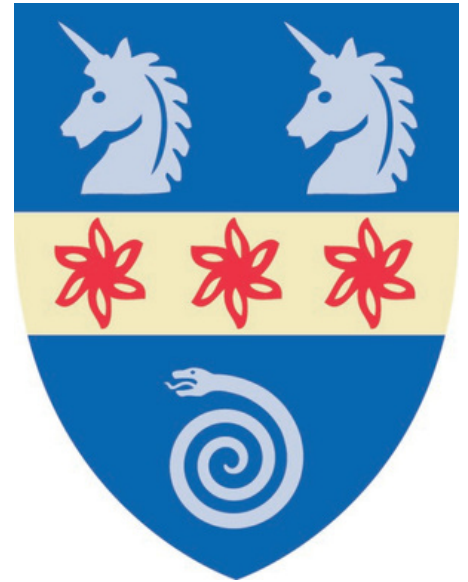
Miscellaneous

- Purse/wallet and bank cards
- Stationery/notebooks & books
- Calculators (if required)
- Earplugs
- Bike, bike lights and bike lock
- Games/cards
- Music instruments

This is not an exhaustive list and it's important to remember that there are shops in Oxford - you don't need to pack your entire house!



USEFUL CONTACTS



JCR Instagram Accounts

@sthildasfreshers26
@sthildasoxfordjcr
@sthildaswelfare2026
@sthildaswomxns
@shil_bar
@sthildasentz
@sthildas_sport
@sthildascollegemusic
@sthildasartsrep
@st_hildas_disability
@teabag_the_hildas_cat
@sthildasbame
@hildasinternational

Freps' Email Addresses

Flora - flora.gillies@st-hildas.ox.ac.uk
Breeze - breeze-kate.juellich@st-hildas.ox.ac.uk
Zayna - zayna.ahsan@st-hildas.ox.ac.uk

College Emails

Academic Office - college.office@st-hildas.ox.ac.uk
Bursar - bursar@st-hildas.ox.ac.uk
Accommodation - nicky.charles@st-hildas.ox.ac.uk