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Welcomes

Principal – Professor Tom Mole

Welcome to Durham University and to Van Mildert College. For the next three years – four years for some of you – this will be the place where it happens. Where what happens? That very much depends on you. Mildert is all about what you make of it.



We aim to empower and inspire all our members to grow and develop in their own ways, to make friends and embark on new projects together, and to think about the kind of impact they want to have on the world. In the process, we also want you to reflect on what you've learnt – both as part of the curriculum and beyond – and to be able to articulate that learning to your families, friends, future employers, and yourselves.

The Junior Common Room is an integral part of the college, and represents all our undergraduate students. Together with the Middle Common Room (for postgraduates) and the Senior Common Room (for university staff and friends from the local community), it works alongside the college staff to ensure that everything at Mildert runs smoothly. I encourage you all to join the Junior Common Room, and to support its activities. Your elected JCR committee have been working hard to put together an amazing welcome week for you. But their work carries on all year round to support our community, with sports teams, music groups, events, societies and committees. So please get involved and help to make Van Mildert the best college in Durham!

As a member of Van Mildert, you have a responsibility to help create the kind of community you want to be a part of. My vision for that community is that it should be a place where everyone brings something, and everyone takes something away – where everyone can contribute in their own distinctive way, and where everyone can benefit from joining in. I look forward to meeting as many of you as possible, and to learning about what you will bring to our college community.

JCR President – Lucy Egan

First things first, let me say this: welcome to Mildert! I am sure many people will have congratulated you on your place at Durham University, but I want to take this opportunity to warmly invite you into the vibrant, weird, inclusive, and wonderful community that is Van Mildert JCR, or Junior Common Room.



So, what is the Junior Common Room? The JCR is not only the name of a room in the main college building, but more importantly, it is the undergraduate student body in the college. In the JCR, we have over 120 sports, societies, committees, and volunteering projects, a bar, gym, and shop, a calendar full of events, and even our own theatre company. On top of all of this, we have several strange traditions, a handful of ducks, and lots of incredible people. Also, it is important to emphasise that everything we do is run for students by students. We have our own elected executive committee which oversees things around here within the JCR, and there are countless positions and roles up for grabs in all areas of the JCR if you fancy getting involved. What we do here in Durham is truly unique, and I could not be more excited for you all to experience it!

Anyway, my name is Lucy and I am the JCR President. I was elected in January to lead the JCR this year. Having just come out the other side of my degree, all I can say is that you are about to embark on three (or four) truly unforgettable years. You will make such a diverse group of friends, learn so much about yourself, experience amazing things, and so much more... but it will fly by. Savour every moment. And please do not hesitate to ask for help or chat to someone if you want to. Talk & Support, college staff and myself are here to support you in Freshers' Week and beyond. It has been a weird year and a half, but we really hope that things will be a lot more normal this year... and all of our Freps are very excited to meet you and experience the first week or two with you! The accepting and friendly, yet relentlessly energetic atmosphere of the Mildert JCR is extremely special and I have never witnessed anything even remotely like it. I know for certain that this is in no danger of disappearing any time soon, whatever the next year has in store.

I hope this handbook provides you with a taste of what is to come, and don't hesitate to get in touch with me on vm.president@durham.ac.uk if you have any questions before you arrive!

Lucy x

Senior Frep – Harrison Newsham

Ahoy there,

Let me first of all congratulate you all on everything you have achieved over the past 18 months, despite the difficulties thrown at education during the pandemic. You have faced glaring uncertainty and inconsistent working environments. Whatever style of course you completed (whether A-Level, Ebacc, or otherwise) you've probably not had the experience you wanted or expected. However, despite these challenges, you've pulled through, you've got some smashing results, and you totally deserve them – be truly proud!



We cannot wait for you to find your place within the Mildert community, whether you applied to us directly or were reallocated. I totally understand that Mildert may not have been your top preference, but we're here to welcome you into our fold and we hope to kindle in you a sense of belonging alongside us.

Our community is wacky, weird and wonderful and for many of us it's a home away from home.

Firming Durham – or should I really say Mildert – was the best decision I could have ever made. And despite the pandemic, my love for college has still remained strong. I must also caveat that, although we hope Mildert provides all you could ever wish, if you feel Mildert isn't your bag when you arrive here, there are countless people to befriend and thousands of opportunities just waiting for you in the wider university community.

We have a lot to be proud of at Mildert; we pride ourselves in being inclusive, endeavouring to create a welcoming environment for everyone irrespective of their race, colour, background, religion, sex, age, sexual orientation, gender identity or expression, nationality or disability. We are also proud to have been recognised as climate leaders in the Durham (and international) community. Nevertheless, we still have many challenges to face: namely, rebuilding and re-establishing ourselves after the struggles that Covid has presented us with. That's why we're so excited to welcome you: a new post-coronavirus generation of Mildertians.

So, moving back to Freshers' Week, our task as a Freshers' Representative Team (aka Frep team) is hopefully to provide you with some sort of respite after the difficult few years past and settle you into the next step of your academic journey (though, I

must say, a step that I hope will be much broader than just academia). We want to provide for everyone – running events everyday throughout the week to welcome you to our wonderful, inclusive – yellow – community here at Van Mildert. We will be running at least two events every evening and daytime activities, in that hope that we cater for all of your interests.

The frep team is a diverse group of 60 Mildert students who bleed yellow and black and have spent our summer planning a Freshers' Week that we hope you'll all get something important out of. We yellow-shirted weirdos are here to help you throughout the week (and beyond!), give you tips and tricks for Durham-living, but most of all be your friends – we're not here to police you!

Within the team we have the JCR Executive committee, Talk and Support Freps (who are there to support you and the whole team regarding all things welfare), and an International Frep team. Each of the corridors you will be living in during your fresher year will have a frep duo assigned to it, and within each block will be a Talk and Support Frep also, so there will always be a port of call for you throughout the week. Nevertheless, all of us are friendly faces and are more than willing to point you in the right direction whenever and whatever.

All I've said – and this whole handbook – may make for some daunting reading. You're being inundated with a billion bouts of newness, and I totally understand that coming to Uni might make you brim with apprehension. So, I want to end by telling you to make this Freshers' Week (and your whole university experience) whatever you want it to be – there are no expectations to complete, no tick boxes to fill. Do what makes you feel happy and comfortable, and if you are ever in a situation where you feel pressured to do something you don't want to, do chat to me or any of the frep team. Uni's too short to do things you don't want to do.

Can't wait to meet you when you arrive!

Harrison  

P.S. If you have any queries at all regarding Fresher's Week, Uni life and beyond do send me an email on seniorfrep@mildert.co.uk, and/or follow my Instagram: @vmseniorfrep (got to get those followers up, you know).

Senior Welfare Officer – Sophie Bodenham

Welcome to Mildert! I'm Sophie, a third year history student and your Welfare Officer this year! Firstly, a huge congratulations on all your effort and hard work in getting here. You've already achieved so much, and you'll achieve so much more in your next few years here. I hope your time here at Mildert will bring you some everlasting memories for life, new friends, new stories to tell, and most importantly, a real sense of fulfilment and happiness here.



As your Senior Welfare Officer, my role over the next year is to support everyone in Mildert with their well-being. Our student-run welfare system is named JCR Talk and Support, as that's what we hope to provide, to help you and anyone who needs it. Our entirely volunteer-run service offers a friendly chat when you need it most, or a piece of advice that sticks with you through hard times. We can do a wild night, thanks to our annual SHAG Bop (that's Sexual Health And Guidance, obviously...) but also a late night call if you are feeling low. Whatever the issue, no matter how small, or how overwhelming, you can call, message, email or drop in with one of our trained pastoral team members. With both our Pastoral and Campaigns Teams made up of other Mildert students, we are here for you as fellow human beans, just figuring life out as we go :))

So, with that in mind, feel free to drop in to one of our bi-weekly sessions over the next few terms! We will be running a myriad of drop-ins both online and in person, at Mildert. Or, if you can't make those, you can instead message us on Facebook as Van Mildert College Talk & Support, text us on +44 7964 591 656, or dm us on Instagram @vmtalkandsupport. If you'd prefer, please do email me (Sophie) at welfare@mildert.co.uk if you want a query answering or just to chat. Spot us also in Freshers Week, where 8 lovely Talk and Support Freps are available to chat about anything you wish- just look for the Talk and Support sign on our yellow shirts! Finally, feel free to get involved with the team yourself, as we are running applications and interviews in October of Michaelmas term- so get following our social media!

Have a fab Freshers' Week and look forward to meeting you very soon!

Soph x

International Officer – Wendy Liu

Hi all!

I'm Wendy and I'm your International Officer!

Welcome to Van Mildert College! Let me just start by saying, you've really lucked out. I can honestly say that Mildert has become a second home to me, and I hope that over time it can provide the same for you. It is a big college but don't be intimidated, it genuinely is one big happy family here.



My role as International Officer is a new one to the JCR this year. I'm here to provide support to the international students in many ways. I will be working with Talk and Support to personalize campaigns and offer support to the differing needs of international students. As well as this, I will keep the international students connected throughout the year and make sure we have a strong network of peer support. Coming to Durham is a long and intimidating journey for some of us, but with such a large and reliable existing international community at Mildert, you'll know that you are never alone.

Additionally, a big part of my role is to act as your Head International Frep. As such, I work with the international frep team to organize and run International Freshers as well as provide support for international students during regular Freshers. We have a strong team of international freps who are determined to provide a great experience whether online or in person.

You are about to embark on an incredible journey as a student and as a person. You will face challenges you've never faced before and meet people you never thought you would meet. Whether you come from 30 miles away or 3000 miles away, there is no doubt in my mind that this little college on the hill is where you belong.



Nightline



9 pm - 7 am every night of term

Welcome to Durham! Durham Nightline is a fully student-run **listening support service** exclusively for Durham students—you can contact us about absolutely anything, and we'll listen and talk things through with you. We are available to all Durham students, from any college.

We have a **phone line** (number on your **campus card, DUO and keyring**) as well as an instant messaging service available through our website.

We **don't give advice**—we're here to support you through your **own decisions**, at the end of the day you're in control; we can never know your full situation, or what the right thing for you might be. We're a **fully anonymous and confidential** service—we can't trace your call or know anything beyond what you tell us, and that information never goes beyond the volunteer you speak to; we don't pass information along.

No volunteer will ever judge or assume your situation, regardless of what you want to talk about we're here. We're not linked with any religion/political group/other societies; you can talk to us about anything.

It could be you're in a really difficult situation and need support, or that you're walking home alone and would rather have someone to talk to. We train new volunteers three times a year, so follow our social media or drop us a message for more information on volunteering with us. We hope your time at Durham is absolutely amazing, but there may be moments where it's a little less than that, so if you need someone to talk to, **we're here**.

Facebook: [@durhamnightline](#)

Instagram: [@durhamnightline](#)

Email: nightline@durham.ac.uk

Website: durhamnightline.com

Phone Number: [0191 334 6444](tel:01913346444)





Meet the Freps



Harrison Newsham – Senior Frep

Subject: English Literature

Year: 3

Ask me about: College rowing, Young Persons' Project, Talk and Support, the death of Pool Soc, Feather Theatre Company, the wider Durham drama scene, Palatinate, being Northern, the second largest bus station in Europe, Cinnamon and Raisin bagels, pandemic trims, German pop music

Desert island luxury: My Tesco Clubcard

Mildert in 3 words: My left arm

Never have I ever: embarked on a quest to the Poostinov and regretted it



Lucy Egan – President

Subject: The JCR (but Liberal Arts before)

Year: 5 lol

Ask me about: anything and everything Mildert!!!

Desert island luxury: college instant coffee

Mildert in 3 words: my favourite place

Never have I ever: been left stranded overnight at the ball venue

Sophie Bodenham – Senior Welfare Officer

Subject: History

Year: 3

Ask me about: Vm fashion show, Dance soc ☐☐, Ball comm and the need for an Epiphany ball, how to beg seconds at college dinner, best Durham walks to procrastinate summatives, why we should be a gowned college, anything history related ☐ and college welfare (obvi!)

Desert island luxury: everlasting phone battery

Mildert in 3 words: swamp is life

Never have I ever: avoided getting covid, thank you FW 2020 ☐





Wendy Liu – International Officer

Subject: Law

Year: 3

Ask me about: Canada, Canadian Society, Mildert Frisbee, DU Family Law Network, how to get through a law degree despite not knowing a single law

Desert island luxury: Stardew Valley

Mildert in 3 words: duck duck swan

Never have I ever: had an accent crisis

Alastair Hargreaves-McManus – FACSO

Subject: Natural Sciences

Year: 5, kind of

Ask me about: JCR, JCR and more JCR

Desert island luxury: A comfy bed

Mildert in 3 words: Your second home

Never have I ever: filled a corridor with rubber ducks



Kate Iley – Assistant Senior Frep

Subject: Behavioural Science

Year: 2

Ask me about: Van Maidens rugby, Mildert netball, the Environmental Conservation Committee (ECC)

Desert island luxury: sudoku puzzle book

Mildert in 3 words: where it's at

Never have I ever: stolen someone's mattress and put it outside

Tab Ellis – Formals and Experiences Officer

Subject: Theology and Religion

Role: Frep

Year: 2nd

Ask me about: College rowing, Dunelm loyalty cards, DU women's cricket, Palatinalps, How to get the message across that you don't want to be a priest because you do theology, FemSoc.

Desert island luxury: Bear Grylls (does that count??!!)

Mildert in 3 words: Fun and Frolics

Never have I ever: Turned down a day drinks invite



Mim Allardice – Events Officer

Subject: Chemistry

Year: 3

Ask me about: Anything events related (Balls, BOPs, Fashion Show, Mildert Day etc...), the resurrection of Tech Comm, making Mildert your personality for 2 years, the mighty Welsh, Tinchy's fave backstage food and bevs, and finally Chemistry!

Desert island luxury: Desiccated coconut (I'm having a coconut phase)

Mildert in 3 words: Pretty bloody perfect



Ed Thorpe – Sports and Societies Officer

Subject: Geography

Year: 2nd

Ask me about: Geography, anything sports based, rugby, anything exec related, being from the north, choices of pint

Desert island luxury: A radio

Mildert in 3 words: Where's Van Mildert?

Emily White – Outreach and Fundraising Officer

Subject: Physics

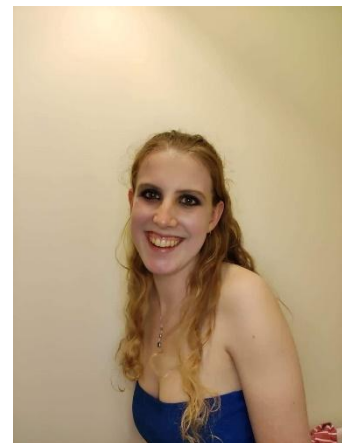
Year: 4

Ask me about: Outreach at Mildert, Primary School Project, VM badminton, VM squash, if Bromley is in London or Kent

Desert island luxury: sun-cream

Mildert in 3 words: hand-sanitiser over sinks

Never have I ever: owned a puffer jacket



Dom Laurens – JCR Chair

Subject: Engineering

Year: 3

Ask me about: anything you want, no guarantee I can answer it though

Desert island luxury: a pint

Mildert in 3 words: pretty good brunch

Never have I ever: been late to brunch

Veena Tadikonda – Comms Officer

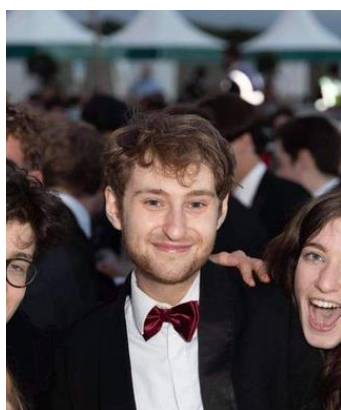
Subject: Law

Year: 2

Ask me about: Doing a law degree without actually doing any work, all my gap years!! Being the oldest fresher in my building at 23

Desert island luxury: Champagne and Sunscreen

Mildert in 3 words: Best family ever



Liam Roy - Sabbatical Bar

Steward

Subject: Philosophy

Year: 4

Ask me about: Mildert Bar, Philosophy, Esports at Durham, Places to eat Vegan

Desert island luxury: Jack Wright

Mildert in 3 words: best bar none

Never have I ever: dropped out of university to come to a better one!!!

Jenny Anstey – Talk & Support Frep

Subject: Chemistry

Year: 3

Ask me about: T&S, only getting onto the social netball team but still only managing 2 sessions, bagel soc, growing out a fringe, why wear deserves a lounge, how to turn down lloyds every single wednesday because of labs, 93% club, palatinate scitech !!

Desert island luxury: plain toasted bagel with butter

Mildert in 3 words: swans do bite

Never have I ever: spilled a drink



Henry Bashford – Talk & Support Frep

Subject: Music

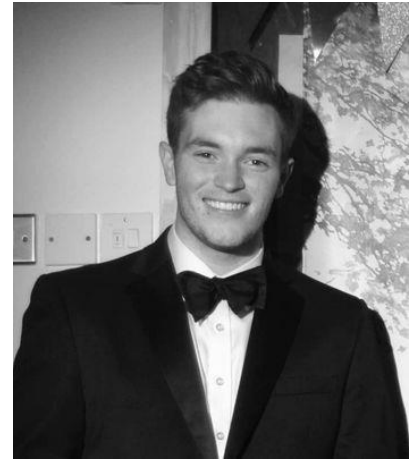
Year: 3

Ask me about: College Rowing, the college music scene, Darts and Pool Soc., how to get extra food from the college dining hall, student radio, Talk and Support and all the best brunch/coffee spots in Durham.

Desert island luxury: A boat? Seems the obvious choice...

Mildert in 3 words: Sic non Vobis

Never have I ever: Bought bucket hats for the entire rowing squad only to see the guy who made them on love island the next day



Scarlett Bond – Talk & Support Frep

Subject: Business and management

Year: 2

Ask me about: business, hockey, football, athletics, F1!!, T&S campaigns, living in Deerness, life as a picky eater

Desert island luxury: a boat

Mildert in 3 words: where is Deerness?

Never have I ever: survived whole year without covid till the last week

Joe Hoult – Talk & Support Frep

Subject: History and French

Year: 4

Ask me about: Van Mildert Hockey Club, Years Abroad, Talk & Support, Lloyds Wednesdays, the perfect college bar crawl, why the green vk is the best

Desert island luxury: french pâtisseries

Mildert in 3 words: silent disco headphones

Never have I ever: been back to college since March 2020...



Ellie Rylance – Talk & Support Frep

Subject: Archaeology and Ancient Civilisations

Year: 3rd

Ask me about: Northern slang - Don't get me into the 'tea' vs 'dinner' debate. Greek mythology, anything history-related or to do with archaeology. Talk and Support services, Durham itself, things to do in the city and in the wider area. Active Bystander training with the Student's Union. Disability support, mental health services/resources x

Desert island luxury: About a ton of sunscreen, I'm far too pale and I'm not here for the drumstick lolly look

Mildert in 3 words: PO. TA. TOES

Never have I ever: Missed an opportunity to show off my cats in a Zoom lecture



Malo Holden – Talk and Support Frep

Subject: Combined Honours in social sciences

Year: 2

Ask me about: Tennis, how to work the ovens, interior design, late night ceiling repairs, how to write the perfect Durfess.

Desert island luxury: the Mildert lake.

Mildert in 3 words: fire alarm testing.

Never have I ever: been defeated at rounders.

Ottile Cheung – International Frep

Subject: Law

Year: 2

Ask me about: Life as an international student, law, Hong Kong, EVERYTHING ABOUT FOOD, being in an all boys household, ELSA, International Students Association, fitness/jogging/golf/tennis, hiking, Tyne (North + South Tyne ground!!), VMDUCK, DUCK Pink Week Team, coxing maybe

Desert island luxury: cookies and cakes

Mildert in 3 words: wine and dine

Never have I ever: not been accused of stealing bananas from Annie D's





Karley Chow – International Frep

Subject: Law

Year: 2

Ask me about: Hong Kong, Hong Kong societies, taekwando, being a procrastinator, moving to three rooms in a year, don't ask me about law

Desert island luxury: spicy foods

Mildert in 3 words: ducks and potatoes

Never have I ever: taken a whole carton of juice from Annie D

Aylin Circi – International Frep □□□□□□

Subject: Education and Psychology

Year: 2

Ask me about: being an international student (how to deal with homesickness and culture shock), Hong Kong!!, education and/or psychology, college frisbee, instant noodle society, where to eat/drink in Durham, how to survive living in a flat with 3 couples, mixed society, skittles at college bar, Deerness, bucket nights

Desert island luxury: ice cream

Mildert in 3 words: feels like home <3



Isla Horscroft - International Frep

Subject: Combined Honours in Social Sciences (International Relations and Chinese)

Year: 2nd

Ask me about: America, Chinese, IR, DU Women's Football (DUW AFC), VM Football & Volleyball, Environmental Conservation Committee (ECC), Leonard's brunch (best in town!!), not: how to win a

boat race

Desert island luxury: A fluffy jumper, even in the summer

Mildert in 3 words: Deerness isn't irrelevant !!

Dimitra Zafira – International Frep

Subject: Psychology

Year: 2nd

Ask me about: VM football, DU athletics, darts Ds, post collection times, Tees supremacy, uh being an international student, not: chugging a VK

Desert island luxury: my coffee machine

Mildert in 3 words: up the ducks!!

Never have I ever: slid down Middleton hill while trying to run away



Tabbie Forbes – Frep

Subject: Languages

Year: 2

Ask me about: Netball, hockey, football, overcoming terrible maths skills to work on the bar, pretending to be from London.

Desert island luxury: oat milk

Mildert in 3 words: home sweet home

Never have I ever: gone to The Angel and remembered leaving.

Lauren Thornton – Frep

Subject: Geography

Year: 2nd

Ask me about: DU Lacrosse, mixed lacrosse, geography (and how to convince people it's not just colouring in), women's football, D team darts, DU Women in Business, Durham Inspired Award, how to play college sport matches whilst hungover, the Spags lasagne

Desert island luxury: a Tesco meal deal

Mildert in 3 words: worth being reallocated :)





Catharina Astrup Horgen – Frep

Subject: Engineering

Year: 3

Ask me about: DU skiing, DU boxing, Darts D team, VM tennis, Talk and Support, woman in STEM, how to drink and make it to 9am's, being an international student, Vikings and Scandi life, Oslo.

Desert island luxury: Sophie Bodenham the one and only.

Mildert in 3 words: my favourite place

Ale Bjornstad – Frep

Subject: Law

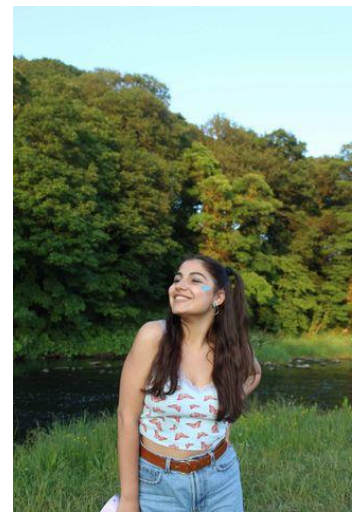
Year: 3

Ask me about: Fashion show, Mildert dance, Durham Law Society, DU dance, Mildarts, COFFEE, how to find the cheapest yet most delicious wine

Desert island luxury: the sims 4 island living, if you know you know

Mildert in 3 words: best place ever ☐

Never have I ever: slid down the JCR stairs on a night out and landed directly in front of the whole VM exec



Elysia Brooke-Durrant – Frep

Subject: Law

Year: 2

Ask me about: Anything law, DUWIL, VM netball, Darts Ds, top floor Tees, college bar, TOWIE life, being short

Desert island luxury: Pot noodles

Mildert in 3 words: Black and Yellow

Yasmin Butt – Frep

Subject: Psychology

Role: Frep

Year: 2

Ask me about: Mixed lacrosse, becoming besties with the bouncers, dunelm loyalty cards, best drink snacks, how to deal with a hangover

Desert island luxury: a boat

Mildert in 3 words: commonwealths biggest cafeteria



Eden Cain – Frep

Subject: Law

Year: 3

Ask me about: VM Cheer, Fashion Show, Duels, Durham poetry publications, fancy dress for all and any occasion, why having kidney failure is a valid personality trait, the best coffee in Durham and how not to get kicked out of Jimmies.

Desert island luxury: SUNCREAM (spf is so

important boys)

Mildert in 3 words: fave place ever

Caitlin Conmy – Frep

Subject: Criminology

Year: 2nd

Ask me about: Anything criminology/ true crime, volunteering opportunities, T&S/ Welfare

Desert island luxury: coffee. Cannot live without. Iced preferably.

Mildert in 3 words: our “rehab” centre ♥

Never have I ever: been clubbing in Durham (lotta love to covid)





Alex Cowan – Frep

Subject: English Literature

Year: 3

Ask me about: Van Mildert Football, the 2012 and 2021 Champions League Finals, Community Visiting Scheme, Parkinson's Pals, Kanye West's discography, advertising in Palatinate, scotch eggs, Chicken Kiev cuisine.

Desert island luxury: Plain tortilla wraps

Mildert in 3 words: Middleton ground carpet

Never have I ever: enjoyed a night at players

Alice Craig – Frep

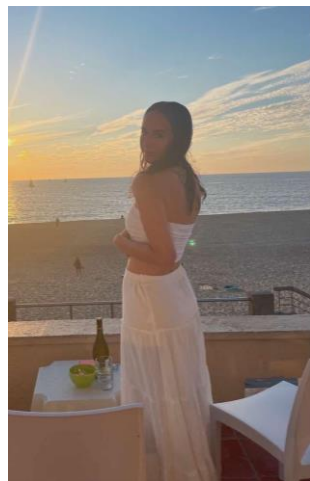
Subject: English Lit

Year: 3

Ask me about: Boxing, Urban Oven vs Paddy's, Nikita, Mixed Lax, Luton

Desert island luxury: bottomless chartreuse

Mildert in 3 words: I applied here



Maia Doyle – Frep

Subject: Law

Year: 2nd

Ask me about: DU Cheer, VM football, VM netball, the importance of a toastie machine, surviving the walks to Tesco in the snow, Darts Ds

Desert island luxury: Babybels

Mildert in 3 words: Tees > everywhere else

Never have I ever: understood the offside rule but decided I could coach vmwfc anyway... it's going to be interesting

Lizzie Dray – Frep

Subject: Geography

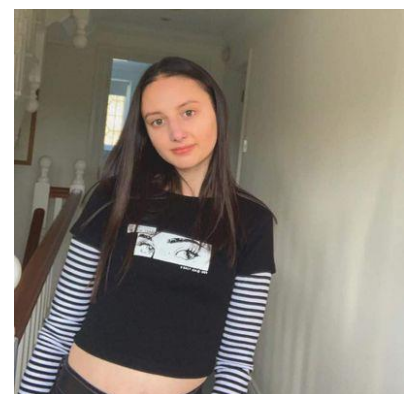
Year: 2

Ask me about: All things geography, what's for dinner in college, VM Netball, darts Ds, being the Mum of the friendship group, the Tees penthouse

Desert island luxury: all my VM stash

Mildert in 3 words: Heaven on earth

Never have I ever: stolen cups from Mildert Bar





Tom Firth – Frep

Subject: Maths

Year: 2nd

Ask me about: Basketball, Football, Table Tennis, How to scrape a Maths Degree and Pimping out your halls

Desert island luxury: Tabbie Forbes

Mildert in 3 words: North Tyne Two

Never have I ever: Been accused of sharking

Ruby Freeman – Frep

Subject: Liberal Arts

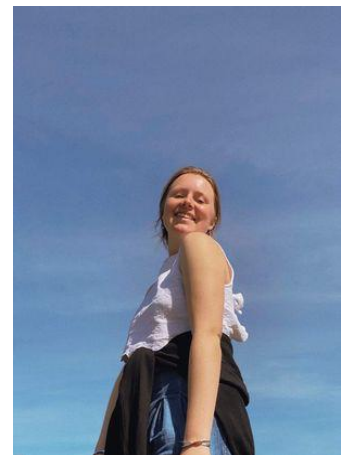
Year: 2

Ask me about: Mildert boat club, Mildert netball, Mildert mixed lax, DU cricket, Mildert FemSoc, History in Politics society, PINK week and procrastination

Desert island luxury: my dogs/ice cream!

Mildert in 3 words: the best college

Never have I ever: regretted picking Mildert as my college



Ellie Jenkins – Frep

Subject: History and Politics (Combined Honours)

Year: 2nd

Ask me about: Combined honours, VM fashion show, Young Persons' Project, D team darts, events, being Scouse, simping, student experiences bursary, 93% Club, the ducks, making friends with the porters, and how to survive moving to Tyne for 2 weeks when the water pipes burst (Tees supremacy!!)

Desert island luxury: Tesco's 17p lemonade

Mildert in 3 words: Up the duckssss!!

Never have I ever: Gone to a Chad's party and pretended to be a rah



Sam Joyce – Frep

Subject: English lit

Year: 3

Ask me about: English, VMBC (at a push), Patrick Vieira's transfer policy, NUOTC, ryeland sheep, the best donner kebabs in Durham, Clarkson's farm

Desert island luxury: birkenstocks

Mildert in 3 words: Housekeeping, bin please

Never have I ever: been rejected from maccies and cambridge in the same week

Nina Kovac – Frep

Subject: french & spanish

Year: 2

Ask me about: languages, clubbing, how to fit in a daily afternoon nap, hangover remedies, how to waste your maintenance loan on online shopping, how to maximise online lectures by folding laundry, vegan recipes and drill tunes.

Desert island luxury: a yacht so you can go ocean jumping wherever you want

Mildert in 3 words: canteen food goals ;)

Never have I ever: played beer pong with tequila...



Leah Krishnarayan – Frep

Subject: Law

Year: 2

Ask me about: Bread, Law, All nighters, Ducks, Any TV or movie ever created, university challenge, Niche facts, best places for a cheap night out in Durham

Desert island luxury: Cheesecake

Mildert in 3 words: Ducks and Ducklings

Never have I ever: Missed a breakfast in the Annie D

JJ Littlemore – Frep

Subject: Economics and History

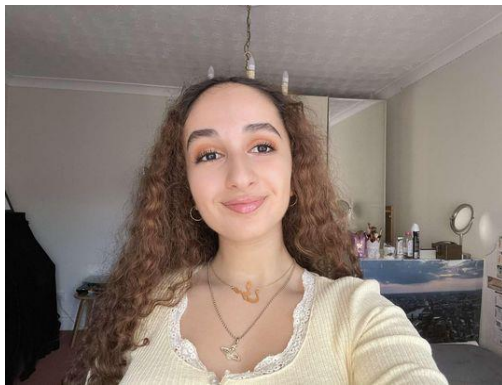
Year:3

Ask me about: Surfing, Golf, Hockey, Rugby, my goal in the VMFC E team must win promotion match

Desert island luxury: Would be a luxury to spend some time with Alex Cowan away from his girlfriend, I don't care if it means I have to be on a desert Island.

Mildert in 3 words: Guys being dudes.

Never have I ever: Seen Alex Cowan chop something.



Sufi Moslehi – Frep

Subject: International Relations

Year: 2nd

Ask me about: Politics/ IR, Taekwondo, VM football + volleyball, Femsoc, STAR, £4 triple gin and lemonades from Jimmy's, how to survive a night out as a lightweight, and how to get into a dysfunctional college marriage.

Desert island luxury: a life size cardboard cutout of Gru

Mildert in 3 words: vibes are immaculate

Martha Murray – Frep

Subject: Law

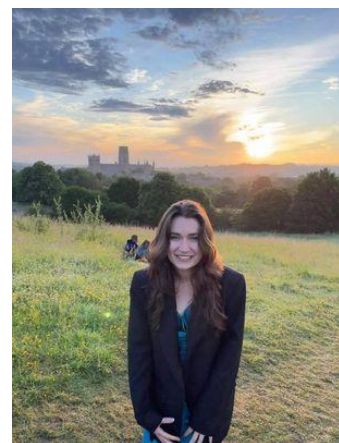
Year: 2

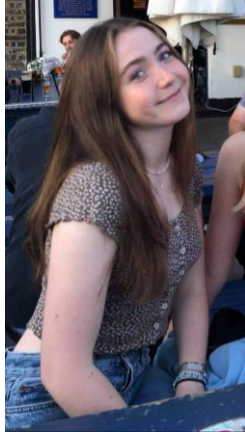
Ask me about: lawyerly things, D team Darts, VM cock soc, how not to budget, takeout options in Durham, why tequila is always a good decision.

Desert island luxury: a seriously comfy bed

Mildert in 3 words: up the ducks!

Never have I ever: been let into klute





Ellie Parker – Frep

Subject: History and French

Year: 2

Ask me about: Mildert netball, mixed lacrosse, my gap year, spoons and hangover remedies

Desert island luxury: Van Mildert bucket hat

Mildert in 3 words: best reallocation college

Never have I ever: applied to both Oxford and Cambridge

Lily Parkin-Brown – Frep

Subject: Psychology

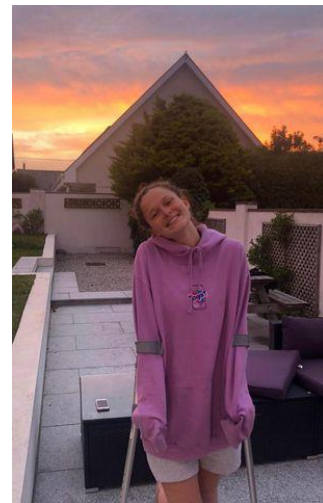
Year: 2

Ask me about: How to convince people you can't read minds because you do Psychology / convince people that it is actually a degree. DU hockey, netball, Mildert bar and pretending you're different even though you're from Surrey

Desert island luxury: Spotify

Mildert in 3 words: soooo incredibly underrated

Never have I ever: ...arrived somewhere on time



Patrick Randall – Frep

Subject: Geography

Year: 2

Ask me about: Geography, where to find the cheapest supermarket beers, being a northern state school kid in a sea of southern private schoolers, long distance simping, VM football, Tesco's £4 zesty white wine

Desert island luxury: Flare gun and a stella

Mildert in 3 words: Massive portion sizes

Never have I ever: Hidden from my flatmates for the last week of the year because they all had Covid.

Fergus Reilly – Frep

Subject: Classics

Year: 2nd.

Ask me about: coffee shops in Durham (or anything food related), Classics, the JCR, college food hacks, the Oddballs Foundation, being the dad of the corridor and not calling Surrey 'South London'.

Desert island luxury: out of date isolation yoghurt.

Mildert in 3 words: NOT A SWAMP!!!

Never have I ever: ordered a Lebaneat to the wrong branch and had to get a £13 uber to collect a £3.50 wrap.



Alice Reynolds – Frep

Subject: History and German

Year: 2

Ask me about: Best mixers for £1.11 spoons vanilla vodka, being Welsh in a v London/ SE Uni, how to style your room with a tapestry, joint honours degrees, beginners rowing

Desert island luxury: my cafetière and Taylor's 4 strength coffee xx

Mildert in 3 words: Post after 6pm

Never have I ever: been at a mosh pit in Paddy's Pizzeria

James Robertson – Frep

Subject: Geography

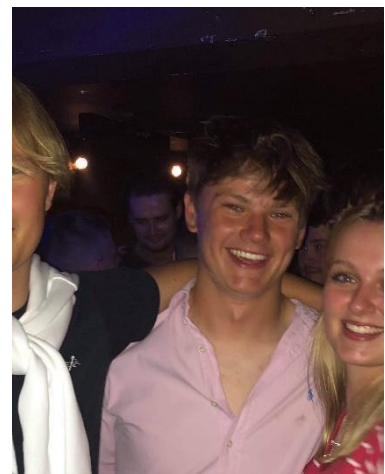
Year: 2

Ask me about: Colouring in, Mixed Lacrosse, the struggle of not having a scottish accent, napping

Desert island luxury: A hammock and a tennents

Mildert in 3 words: pinnacle of life

Never have I ever: Seen Jacob Thomson last the whole night out





Katie Rogers – Frep

Subject: Biosciences

Year: 2

Ask me about: Biology, Geography, changing degrees, Young Persons' Project (YPP), Durham University Charity Committee (DUCK), Talk and Support, DU Outreach, Nevilles Cross superiority, hating mayonnaise

Desert island luxury: A nice bottle of gin

Mildert in 3 words: Best people ever

Storm Rothwell – Frep

Subject: PPE

Year: 2

Ask me about: (E team) netball, the perfect ratio of vodka to water, getting a hip flask into players, college marriage, home ear piercing techniques, housecest, why milk is a sauce

Desert island luxury: a hash brown sandwich from the Annie D

Mildert in 3 words: better than Collingwood

Never have I ever: been to pick my boyfriend up from a Mildert rugby social



Rowan Shields – Frep

Subject: Music

Role: Frep

Year: 2

Ask me about: DUFAMS (film music society), singing, the 'is water wet' debate (I have opinions), my anger at the tesco in market square becoming an express (just really need to vent x) and why having first year in Covid was really great, and why that's definitely not just a lie I tell myself to manage :)

Desert island luxury: Crunchy Biscoff spread and a spoon

Mildert in 3 words: Bloody love ducks

Never have I ever: Sung what does the fox say drunk on observatory hill at 3 am

Jacob Thomson – Frep

Subject: Chemistry

Year: 2

Ask me about: Chemistry stuff, Mildert boat club, DU Canoeing, DU Hill walking, having a personality change within a term

Desert island luxury: Sweet chilli hummus (+ pitta and crisps!)

Mildert in 3 words: The Bees Knees

Never have I ever: actually wanted a college marriage



Jenny Thompson – Frep

Subject: Liberal Arts

Year: 3

Ask me about: VM Dance, VM Cocktail Society, Durham University Volunteering, YPP, box dying my hair, feminist literature, justifying a liberal art degree, LGBTQIA+, the best mario kart character, fastest routes to every Durham hospital

Desert island luxury: the contents of Mildert bar

Mildert in 3 words: best bops around

Alex Webb – Frep

Subject: Philosophy and Politics

Year: 3rd

Ask me about: The best college bars, VM rowing, how to wear black all year round, obscure bands from the 60s and 70s which I'll pretend to have already known about.

Desert island luxury: Gotta be spotify, which means I'd need wifi, at which point I'd probably just phone for help.

Mildert in 3 words: Avoid the swans.



Sarah Williams – Frep

Subject: Chemistry

Year: 2

Ask me about: Chemistry, DU Swimming, starting rowing and coxing, Tyne (and how the ground floors need living rooms!), the Environmental Conservation Committee (ECC), 5 for £11 Jägerbombs at Jimmy's
Desert island luxury: halloumi fries
Mildert in 3 words: hashtag mildert means



Jack Wright – Frep

Subject: Psychology

Year: 4

Ask me about: College Lax, where to go in Newcastle, why the horse sized duck would win
Desert island luxury: Donuts, donut holes, glue
Mildert in 3 words: Lake, not pond
Never have I ever: been banned from the local spoons

Nicole Wu – Frep

Subject: English Literature

Year: 2

Ask me about: Durham's most (eng) lit society - DUELS!, DU Art Soc, Palatinate, badminton, the best cafes in Durham, why breakfast is actually the best meal in college, where/who/what is Tunstall
Desert island luxury: fizzy watermelon sweets
Mildert in 3 words: An undiscovered AONB



Joshua Yarrow - Frep

Subject: Computer Science & Philosophy

Year: 2

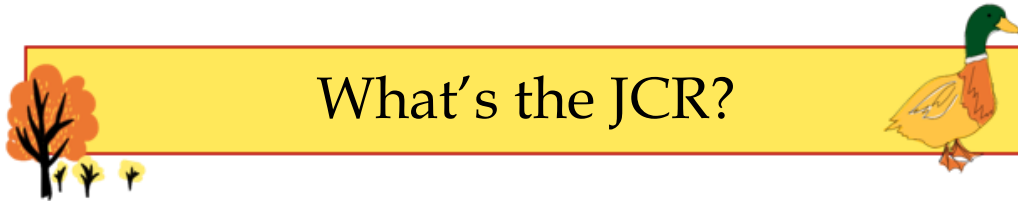
Ask me about: DU Jazz Society, VM BigBand, VM Frisbee, CS+Phil & The NatSci Programme, Trombones, How to season pasta, My assortment of Zoom backgrounds, Why chemical flasks are the the best drinking apparatus, Why ducks are the best animal

Desert island luxury: My trombone

Mildert in 3 words: Tees For Life

Never have I ever: Enjoyed a game of 'Never have I ever'





What's the JCR?

What's the JCR?

Although 'Junior Common Room' may sound like the name for the social area in the college, it is so much more. Rather, it is the name of the undergraduate student body at Van Mildert, the place where you get to have a say in what goes on: voting in elections and taking part in societies and wider student life. The JCR is responsible for a whole host of events ranging from Freshers Week to the many BOPs (bit of a party!). In terms of societies and sports, Mildert offers so many. Whether you have a penchant for drama, a flair for sport or an overactive volunteering streak there is a Van Mildert society for you.

In principle, the JCR is a student-organised, student-led body within the college community that operates for the benefit of students. Functioning in a democratic way, all of those who are on the Exec are elected by the Van Mildert student body. The Exec includes students representing different areas of Mildert life. They range from Outreach and Fundraising Officer to Events Officer and everything in between. The Exec is scrutinised under the watchful eyes of ConComm (Constitutional Committee) who make sure everything runs smoothly and in the best interest of the voting Mildert populous.

You can get involved too! Through something which seems so small like voting in an election you can help to shape the future of our JCR. If however, you want to make more of a change, stand for election in one of the roles yourself, whether that's a part of the Exec or even taking on the lead for a sports team or society. Let your voice be heard and help make our JCR the best it can be.

Who to look out for! Our President Lucy, like all the greats (Washington, FDR and Obama) is coming into her second term in office; as is Alastair our FACSO (Financial and Commercial Services Officer). This sense of continuity post-Covid will hopefully allow long standing traditions to be reinstated and help Mildert return to its former glory. Any questions or suggestions can be directed at these two, or of course the wider Exec.

The JCR is also undergoing the rather complicated process of becoming independent from the wider university, which means our already great community can be allowed to fly free and become even greater! This also means that everyone who becomes a member will be able to have an even greater say in what goes on at Mildert and propose / support those motions which really matter to them. As a consequence of becoming independent, we have become a registered charity with a board of trustees (see p. 29 for more details) who help give us clarity on big decisions.

And how to get involved ... Come to FRESHTIVAL on Sunday 3rd October - Mildert's very own freshers' fair - where you can hear from all the college sports, societies and committees that make Mildert what it is.

For the vast majority of committees there is an application process. This will be done through the Mildert website or via email form and is run by the heads of the committee. Opening of applications will be publicised on Van Mildert College Students Facebook page or via email, or both. Once you have applied (normally answered between 1 and 4 questions such as why you want to be a part of the committee, and any relevant experience you have etc.), then you will be told whether or not you have an interview. Mildert interviews are very relaxed and typically only last 5 minutes with 3 or 4 questions being asked, but this will all be explained during the application process specified to the committee you apply for.]

There is also the same process for many heads of committees or other roles in the JCR - these are very broad and range from Head of Ball to Deputy JCR Chair to Head of Shop - although these interviews may be slightly longer.

For Sports and Societies, it is just a matter of speaking to the heads and captains at Freshtival, or contacting them (named in this handbook) to get involved. Sports clubs hold trials at the beginning of the year, but there is often a team for everyone regardless of experience or ability.

If you still want to get involved further, you can run for a position on the JCR Executive Committee!! The Exec represent the JCR and lead many areas of college life. The roles are outlined in the Executive Committee description in this handbook, and all roles are open to anyone in any year (except from the President and the Finance and Commercial Services Officer which are sabbatical full-time roles only open to finalists).

Elections for the various positions are spread out across the year, and an election timetable will be published via email and on Van Mildert College Students Facebook page at the start of each term. The election process involves making a manifesto, getting someone to propose and second you for the role, and then a short speech / hustings at both an Exec and JCR meeting.

If you want to know any more about getting involved, contact: Sso@mildert.co.uk for Sports & Societies Chair@mildert.co.uk for any committee/application/interview/election questions or vm.president@durham.ac.uk for anything at all!!

All that's left to say is we look forward to welcoming you into our friendly, inclusive and diverse community.



Board of Trustees



Since Van Mildert College JCR became an independent charity last year, we have required a board of trustees to support and oversee the running of our operations. The board comprises of 6 external trustees (all of whom have some historical link with the college) and 4 internal trustees, current JCR members.

Here's the external members and a bit about their link to our community:

Simon Williams (Mildert 1981-1984)



I left Mildert in 1984, with a very modest degree in Physics. This was partly because I had such a great time. I appeared in two musicals, was college cricket captain and took photos for Palatinat, among other things. I went on to have a career in technology consulting, co-founded my own firm and was lucky enough to retire 3 years ago. I now spend my time as an executive coach, a non-exec director, a volunteer for Durham IAS and having a go at writing my own songs, with an unsurprising 80s indie flavour.

One lasting college memory was waking up early one Saturday morning to find my car parked in the middle of the college lawn and not having a clue how it had got there. The Master was not best pleased.

Caroline Redhead (Mildert 1986-1990)



I studied Chinese when the Chinese department was thriving (in the building behind the Oriental Museum) and spent my second year (1987-88) as a student at the People's University in Beijing – fantastic year traveling all over China (and studying of course...)

Did a law conversion course after graduating and became a solicitor. Moved to Hong Kong in 1995 and worked as a solicitor for Slaughter and May. Moved to Thailand then back to Hong Kong – returning to the UK in 2003. Brief period back in Hong Kong 2012-2017. Now living in the Laked District and working in Carlisle. My husband (Peter 1985-88) and daughter (Ali 2016-19) also at Mildert

In my first term, I was part of the super-successful rowing crew that managed to crash and sink the Mildert boat – despite having the Uni captain coxing

As a conscientious ambassador for Durham in China, managed to fuse the foreign students' block several times during the 24 hours it took to boil our Christmas puddings in an aluminium laundry bowl



Terrence Collis (Mildert 1972-1975)

Terrence Collis 66, JCR President in 74/75. A long and dubious career in Corporate Communications particularly in the financial sector - but also a life of volunteering - in particular supporting those who feel life is no longer worth living. You could call me an experienced Trustee. I have spent a lot of time on Charity Boards, large and small, including the British Red Cross, a children's charity and a Hospice, and for the last ten years my wife and I have been Foster Carers. I still go clubbing including an annual trip to Ibiza to indulge my love of dance music. Feel free to google or to track down my Facebook page.



Paul Brunger (Mildert 2002-2005)

Paul graduated from Van Mildert in 2005 with an MMath, and was JCR President in 2005-2006. He now works as an actuary and HR manager in Manchester, managing the cost and risk of corporate pension plans. He enjoys dodgeball, stand-up comedy and escape rooms.

Too many favourite memories to choose from, but they'd include co-founding 'Mildert Galaxy' - the men's football D team - and endless hours spent playing N64 in top floor Middleton.



Helen Starmer (Mildert 1982-1985)

I studied law at Van Mildert from 1982 to 1985 and went on to be a solicitor specialising in family law. I have so many great memories of Van Mildert and am so happy to have had that time when I did not need to worry about heat or food and I could just enjoy myself (and do a little bit of studying sometimes).



Stephen Hook (Mildert 2010-2014)

My name's Steve I joined Mildert back in 2010 which feels like a long time ago! I still remember fondly the feeling of joining mates for a beer at the Swan after finishing exams in the summer!

I've done a few different bits after graduating, I stayed on as JCR President for a year, then went on to do an M.Phil and finally started work as an economist in 2015. Since then, I've worked for EY, Which? and now Deloitte so a bit of a mixture. Looking forward to helping out a little bit as the JCR becomes an independent charity.

The two *ex officio* internal members are:

- JCR President – Lucy Egan
- Financial and Commercial Services Officer – Alastair Hargreaves-McManus

The two elected internal members are:

- Fergus Reilly
- Ismaeel Ali

Facilities

Accommodation

There are 7 accommodation blocks in college: Tees, Tyne, Wear, Derwent, Middleton, Tunstall and Deerness (named after rivers and towns in the North East and the original architect of our buildings). Freshers live in corridors of around 15 in these blocks.

All rooms are usually single, most are standard except the ones in Deerness and Tunstall which are en-suite, Tunstall also comes with lounges just like Tyne and Tees. All corridors have a communal kitchen with basic amenities: a kettle, toaster, microwave and fridge (some have hobs). But don't worry too much about cooking because Mildert is fully catered! During Christmas and Easter break, you can either cook or purchase individual meals at Mildert or another nearby College. There are around four showers and toilets in each corridor, so no long queues to wait for your turn!

Living in corridors is like having another family in college. You will get to know more about your friendly neighbours during Fresher's' week activities!

A top tip: There are poster and plant sales at the students' union in the first few weeks of Michaelmas term to make your room more homely and suit your aesthetic needs!

Food

Mildert is a fully catered college, receiving three meals a day seven days a week. No matter what your dietary requirement is, Mildert has got you covered. All meals come with meat/ vegetarian/ vegan/ gluten-free and dairy-free options. If you have any food allergies, remember to get a form from the catering staff to indicate it!

Hot mains are served in lunch and dinner (potato is a regular, comes in all variations: fries, jacket, mash, wedge...





you name it!) There is also a salad bar and soup stand at both meals. If you want something to-go for lunch, sandwiches would be a good choice! Dessert at dinner is often a favourite and highlight of the meal, especially for the sweet tooth!

During weekends, this sumptuous array of brunch will be served. The crispy hash browns, chunky Cumberland sausages and fluffy scrambled eggs make a perfect combination for a relaxing weekend!



With such a large variety of meal options always available, you will for sure leave the hall with a satisfied grin! Whenever the Ann Dobson Hall is used for formals, you will still receive your meals in takeaway containers. If you can't make it to mealtime, because of lectures or other commitments, you can get meals to take away or sign up for packed meals the day before. Make the most of college food because you'll really miss how convenient it is when you're in second year!

Study Spaces

Every room in the accommodation blocks comes with a desk, but if you find it difficult to concentrate or would like a change of environment, there are lots of other on-campus study spaces available! The Mildert Library ('The Milly V'), the Bradshaw Room is open 24/7 and provides up to 12,000 books – subject-specific, nonfiction and plenty of DVDs! It's run by a student committee of librarians who can check out resources for you to borrow. Librarians can also stock books if you need them. You can study individually or in groups. Other rooms in college will also be opened as study spaces during summer examination season.

Mildert also has a 24/7 computer room outside Deerness block, offering computers with specialist software installed, all free to use by students. There is also a printer to print off all those notes and assignments if you need a hard copy in hand!

The main University Library (Bill Bryson or 'The Billy B'), which only takes a 10-minute walk from college, is also open 24 hours a day. There are lots of study spaces with a huge selection of books and other resources, many can be accessed online through the library website!

Sport Facilities

When you are tired of studying and want to energize yourself, going to the gym is always a good option! Mildert has its very own gym located under the dining hall, right next to the lake. It is run by the Gym Committee – made up of students and is open 24/7! Newly renovated, the gym has a wide range of equipment and it only

costs £45 for an annual membership. 'Women only hour' is once a week and there are induction sessions at the start of the year for gym newbies (lookout for Facebook posts!)

Mildert even has a tennis court just opposite the college. It is free to use, you can book the slot and get the key at reception. But there are no tennis rackets and balls to borrow, so remember to bring your own!

Mildert also has one of the only full-sized snooker tables in Durham colleges, that's free to use. There are also dartboards and table tennis tables in the JCR – all free to use for a chill evening in college.

Laundry

There are washing machines and dryers located in each accommodation block for use. Each wash costs £3.50 and the dryer is free to use. When you arrive at college, you will receive a laundry card which you can first top-up online then the machine next to the mail pigeonholes near reception.

Music Rooms

We are lucky to be the only college that has a full recording studio, equipped with a mixing desk and quad-core computer. There are also two music practise rooms with pianos, drum kit, guitar amps, microphones and other equipment, both connected to the studio. The rooms are large enough for a group or individual practice. If you are a Grade 7 or above pianist, you can also use the historical grand piano in the Ustinov Room!

The studio and music rooms are available to all Mildert students free of charge, and Music students will be given priority on weekdays.

Shop – Opening times: Monday to Sunday, 7pm-11pm

Suddenly craving for crisps but don't want the walk to Tesco? The famous Mildert shop is here to help and take care of your needs! Located next to the bar, the shop sells a variety of snacks, drinks, toasties (in the evening), stationery and toiletries!

The shop is run by students (the JCR Shop Committee). The team recruits in October, if you want to get involved and earn some money while in college, do apply and join their interviews!



The Bar



The Van Mildert College Bar (also named the Mildert Inn which few know) is the very heart and hub of college life, acting as host for all events from post-formal 'ents' to karaoke nights to impromptu amateur cheerleading lifts to quizzes. Despite us not having an official pub symbol on Snap Maps like Collingwood's 'The Stag's Head', it is well-loved by all Mildertians and even from students from other colleges,

who flock to visit in great numbers. It is directly adjacent to the JCR, which allows BOPs and balls to be very open-plan events and which gives us the ability to mingle with myriad new faces from different blocks and year groups in its welcoming and friendly atmosphere. Its calming presence offers a place to chill out or study during the day, or even enjoy a takeaway dinner with friends. In addition to college run events, the bar also attracts an audience for open mic nights and competition from pub quizzes, with the opportunity to win drinks or even big bar tabs.

As one of the biggest colleges in Durham, the bar is indeed a reflection of that, containing drinks from the delicious chartreuse shot to many different beers on tap. Southerners look on in awe as a pint is poured for well below £6 and the classic g & t does not come close to exceeding £8 – great for the bank account! With Carling pints available for just over £2 as well as a large variety of shots, anything is possible! I'm not sure the bar could get any better, but it does. Mildert's signature drink, named Skittles boosts Durham's best kept secret as to what's in it with its colour ranging from bright blue to bright green. 5 points to Gryffindor to those who can work out the ingredients!

The Mildert Bar boasts two large TVs with Sky and BT Sport, perfect for watching the next rugby or football match on the edge of your seat. The amazing atmosphere during the Euros 2020 really showed the bar at its best last year. The bar is also a great place to host society socials such as D team darts, hockey and football, and mix with other years. The bar usually employs about 40 people at a time, providing students with the perfect opportunity to get involved within



the college, have aux priority and earn some extra cash alongside studies, with very reasonable working hours!

Committees

Tech Comm

Behind every bop, ball, or production there is a number of students who have put hours of planning and legwork into making sure that the lights come up and the music is blasting. Those students belong to the Technical Committee.

The committee helps to safely set up, operate, and take down the equipment for major JCR events, and has a considerable responsibility in ensuring the Mildert experience is as good as it always has been. Trained members of the committee will also learn to work with professional lighting and sound equipment and get to work alongside external companies on the largest events.

The committee is the perfect choice for any student with a background in theatre, music, or tech but even if that's not you, don't be afraid to try it out! University is about learning new things. There are a wide range of paid opportunities which need differing levels of commitment and experience, and after all: the show must go on. Tech Comm is an open committee overseen by the FACSO and the Head of Tech. Members will receive training and help with events throughout the year (Covid permitting).

Fashion Show Committee

Van Mildert Charity Fashion Show (VMCFS) is Durham's biggest and most inclusive show! Do you want to help organise one of the largest events on Mildert's calendar AND help raise thousands of pounds for an amazing charity?

Fashion Show Comm is an experience like no other and there are so many different positions on offer! You could do anything from modelling, choosing the clothes, choreographing the walks or sorting out the budget. There really is something for everyone! Applications open in Michaelmas term so watch this space!



Treasury Committee - Alastair Hargreaves-McManus

Treasury Committee oversees the financial operation of the JCR. It investigates investment proposals and scrutinises budgets to ensure that JCR funds are spent

fairly, prudently, and effectively. Members of Treasury Committee support other committees, clubs and societies in preparing budgets and investment proposals. If you have an idea for using JCR funds, then Treasury Committee is the place to go. If you want to have a say, contribute to the JCR and learn about financial management then apply to join. Treasury Committee is headed by the FACSO. Closely linked, Financial Auditing Committee reviews financial documents of the JCR to ensure proper financial conduct.

The application process for Treasury Committee and Financial Auditing Committee will be at the start of Michaelmas term.

Bar Comm - Liam Roy

The only Mildert Committee which financially rewards below average humour and lengthy conversations about IPAs. Slicker than your average Team Bar worker, Bar Comm members supervise all shifts while carrying additional responsibilities in setting up, changing kegs and cashing up at the end of the day. With guaranteed weekly shifts, consistent wages and a leading place in some of Mildert's best socials, this really is something to be part of. While Bar Comm is mainly a non-finalist position, Team Bar welcomes people from all years with prior experience by no means needed!

Website Comm

The JCR website is key to many aspects of the JCR from formal sign-up to informing prospective students. Website Committee works with the Webmaster and Exec Officers to update and improve the website. Opportunities for creativity and technical learning! Web Comm is an open committee headed by the Webmaster.

Constitutional committee

Constitutional Committee might not sound like the most thrilling society to get involved in, but it plays a vital role in holding together Mildert's democracy and making sure the JCR's decisions are legitimate. Meeting a few times a term and led by the Deputy Chair, this group oversees elections, analyses and amends the constitution and makes sure the JCR exec and committees are acting fairly. If you're interested in politics or democracy and like the sound of having a lasting impact on how Mildert runs, ConComm would definitely be for you, and is a really accessible and interesting society to get involved with!

DUCK – Alina McCrone and Katy Gargiulo

DUCK is Durham University Charities Committee. As well as promoting university-wide fundraising, at Van Mildert DUCK we organise our own fun events in college throughout the year. During the previous year we put on a 60km run for our Movember campaign and a lockdown quiz. Past events have also included Bongos Bingo, a colour run and a service to send a rose at the Valentine's formal. There are so many ways to get involved in fundraising for charity. Keep an eye out for events and join us in supporting a greater cause!

Visit Comm - Harrison Newsham

Operating during Epiphany term, Visit Comm is the initial face that prospective students see when they arrive for tours of our *unhallowed* grounds. Treat them to some of the most famous (totally true) trivia facts about our college, which I'm sure will be very useful for many a grimy pub quiz in future. Explain the countless times Shop has saved you with sweet treats during an essay crisis. Helping visitors dodge swan dropping as they meander past the gym will surely become one of your most tightly held memory of your time at college - so why not apply!

Open Day Comm - Harrison Newsham

Post-Offer Holder visit days are a brilliant time for prospective freshers to taste the sweet sweet nectars that circulate in the Mildert air. Or just the spuds. Taking place in the Easter holidays, we need a stellar team of Mildertians to lead these days, to set the Mildert example and allow pre-fresh to decide whether or not the college and the university is for them. Unfortunately, Covid-19 has meant that Post-Offer Visit Days have happened online over the past 2 years, which means we need a keen group of reps to revitalise this irreplaceable tradition that has been the make-or-break weekend for many a current student during their university application process.

Freshers' Representative Committee - Harrison Newsham

If Open Day Comm is baby shark, Freshers' Rep Comm is certainly the big daddy. Arguably the best college to frep at, Van Mildert is proud of the enthusiasm, commitment and general good crack demonstrated by its frep team year on year. Fancy lugging freshers' bags up to the top of Tyne on a sweaty September morning instead of hitting the gym? Consider yourself the perfect character to clue parents and freshers in on all things Mildert (conversation topics include, but are not limited to: the weather, cheap pints and 'things were proper different when I went to uni...')? Believe you, with all your wack and weirdness, could slot into a team of diverse personalities and backgrounds and give next years' freshers the welcome they deserve? (Trust, me you could) Then don a soon-to-be-overly-creased yellow

shirt, throw on a tatty duck suit and join us: applications open at the end of Summer term!

Freshers' Committee - Harrison Newsham

Starting university is always a daunting time. That's why, after the chaos of Freshers' Week and the instability of the first few weeks of term, we at Mildert have set up Freshers' Committee. The Committee gives freshers a space to air their concerns with the Senior Frep but also, and importantly, help freshers get to know one another in a very chilled, very biscuit-fuelled environment. No sign up is at all required, just come to one of our frequent meetings in college, and we'll play it by ear from there!

Exec comm - Lucy Egan

The Executive Committee, otherwise known as the JCR Exec, leads the day-to-day running of the JCR. It is comprised of the Outreach and Fundraising Officer, Sports and Societies Officer, Chair, International Officer, Events Officer, Communications Officer, Formals and Experiences Officer, Senior Welfare Officer, Senior Fresher's Representative, the Financial and Commercial Services Officer, and the President. They are all elected to run their respective areas of the JCR, meet regularly to discuss/decide things impacting the JCR/college life, and bridge the gap between students and college staff.

Talk and Support - Sophie Bodenham

Talk and Support is the peer support system at Van Mildert College, run by volunteer students. We run twice weekly drop-in sessions where any student can come and have a chat with a welfare-trained pastoral team member, about anything at all, whether that's homesickness, LGBTQIA+ issues, Freshers' Week worries, ongoing mental health issues, drug and alcohol worries etc, so you are welcome to come to chat about absolutely anything that's troubling you. If you feel more comfortable messaging us we can be reached on Instagram as @vmtalkandsupport and on Facebook Messenger as Van Mildert College Talk and Support, or on the T&S Phone on +44 7964 591 656 from 9am-9pm. We also adapted to the pandemic by running online Zoom drop-ins, which we will be continuing into Michaelmas term this year. You can also request drop-ins to have a chat with the Senior Welfare Officer, Sophie Bodenham, who can be reached by email at welfare@mildert.co.uk. Pastoral care also includes StressLess Events, such as the lovely Cake by the Lake and the Petting Zoo last year! On the other side of Mildert Welfare, our bi-monthly Campaigns also spread awareness of important topics and issues that many students especially at Durham face, and we hope to cover a wide range of relevant information and signposting to help too. The annual SHAG bop (that's Sexual Health And Guidance, of course) will hopefully also be revived in January to its pre-

pandemic glory! Overall, Talk and Support is a reflection of the caring and compassionate student body at Mildert, which you can get involved in by applying to be a pastoral or campaigns member in October!

Jam by the Lake - Henry Bashford

Glastonbury, Leeds Fest, T in the park...Jam by the Lake? Do you want to take part in the organising and running of Mildert's very own student led summer music festival? Jam by the Lake has been an incredibly successful event in Mildert's social calendar, taking place in the final term of the year after exams, student bands and professionals alike take to the stage on Tees lawn to put on a fantastic show for all to enjoy! The event often works alongside a charity to try and raise as much money as possible as well as just providing a great source of post exam entertainment! If you fancy getting involved with the planning and organising of Mildert's very own festival then jam by the lake may just be for you.

Green Comm – Ali Jones

At Green Comm we work to make Mildert an eco-friendlier and more sustainable home. Last year our bigger missions involved signing and implementing the Earth Protector Pledge and setting up the university's first rewilding meadow, here in college behind Tees block. What we get up to this year will be decided by our growing Green Comm community! Throughout the year, we also get to run many of Mildert's finest events including the green St. Patrick's Days formal and our local gin and Attenborough night. So, if you have a passion for the environment, ideas on how to make Mildert greener, or want to come and meet likeminded people in college, we would love for you to get involved.

Ball Comm – Eden Cain & Ruby Tomlinson

Ball Committee is a student-run committee dedicated to planning every aspect of our college balls, the highlight of Mildert's event calendar. Mildert hosts two balls each year, Michaelmas ball and Summer ball, which are both amazing opportunities to celebrate college life with the whole community. The committee responsible for organising this is elected at the start of term via an application and interview process conducted by your co-heads of ball – there are loads of positions to apply for, including decorations, music, entertainment and publicity! These will be posted some time during the first few weeks of term, so keep your eyes peeled for more information to come. Ball Comm is a chance to take on an organisational yet creative role which will give you oodles of experience for your CV, plus gets you into an exclusive exec role with lots of like-minded people, and the opportunity to widen your circle outside of just your year group. There is nothing more rewarding than seeing all your hard work pay off to form the event of the year, so please consider

applying if you have a creative or organisational flair, I'm sure we'd love to have you!

Shop Committee – Jack Lines

The Shop Committee oversees the running of the college shop, making key decisions about its upkeep. Alongside this, the committee also staffs the shop during shift time, as a paid role in the JCR. The shop is a fun, flexible & relaxed environment to work in, and serving people their toasties and sweets always gives you a warm feeling. Shop Committee is made up of a broad spectrum of JCR members from all years in the college, and will be aiming to take applications in late October – early November. Make sure to pop in and see us 7pm-11pm daily for your favourite snacks (and if we don't have them, we'll get them!)

Please contact Jack (he/him): shop@mildert.co.uk

Gym Comm

Gym Comm is a group of enthusiastic students who are committed to maintaining and improving the gym as a communal hub of college. This year we oversaw the expansion of the gym into the old snooker room and the renewal of our gym equipment in order for us to provide a dynamic and exciting new space for our student body. We run classes for new users of the gym, women's hours and inductions to make the gym a welcoming and inclusive space for all. We are committed to charitable events, previously raising money for men's mental health and action against suicide through sponsored challenges. Overall, we aim to open the doors of our gym to welcome one and all to share in the mental and physical benefits of exercise amongst friends!



Societies



Feather Theatre Company – Jesse Price and Harrison Newsham

Feather Theatre is one of the most active and vibrant theatre societies in Durham, as well as being an amazing way to get involved with college life. We believe that everyone has a creative streak and we offer a safe space for everyone to explore this and



get involved with as much or as little as they like. Whether you want to belt out show tunes like you're on the West End or be the next Robert de Niro, Feather Theatre will have something for you! We are Jesse and Harrison; third year English students and we will be your Co-Presidents for feather this year! Feather puts on a huge range of events throughout the year from plays to musicals to our Christmas panto, which means there is an abundance of opportunities to get involved either on the acting or production side as well meet even more friends, especially people from different years and subjects as well as different colleges. We kick off the year with our Michaelmas play (the most recent example being an adaptation of George Orwell's 1984), which we will shortly be auditioning for, keep your eyes on our Facebook for announcements! If musical theatre is more your style, then don't miss our even larger production in Epiphany term. In previous years we have performed showstoppers such as My Fair Lady and Grease. The draaaamma doesn't stop after exams either: in the last three weeks of term, FTC keeps Mildert entertained with the Summer Shakespeare and the 48 Hour Musical — yes, that is the performance of a full-length musical after only 48 hours of rehearsal! Previous shows have even included We Will Rock You and Mamma Mia 2 because Mildert is indeed THAT capable. If working behind the scenes is more your thing, then you're in luck. For every production we will be looking for directors, producers, stage managers and more, giving you the chance to help shape theatre over the year and share all of your fantastic ideas in an off-stage environment. No need to worry about experience, all we need to see is your enthusiasm and passion. If you're interested in finding out more then please come and say hi at the Freshtival or come along to our welcome meeting at the start of term to get stuck in where we will also talk about all the exciting social events we have planned for the society's calendar and a brand-spanking-new shadowing scheme just for YOU freshers. Over the past two years Feather Theatre has really made Mildert feel like our home and has given us some of my closest friends, so we can't wait for you to find the same! Any time you have any

questions or ideas just drop either of us a message or grab us around college. So again, welcome to Mildert, and to Feather Theatre!

Instagram: feather_theatre

Facebook: Feather Theatre Company

Bagel Society – Wendy Liu and Jenny Anstey

Do you ever feel like a bagel? Delicious, warm, yet somehow something in your core is missing? Do you crave a community surrounding your love of baked goods? Look no further than the newly formed society surrounding the love and appreciation of bagels. Yes. Seriously. Due to how recent the society is and how the past year has gone, we have nothing but plans for the future of VM Bagel Society. Follow our instagram @vmbagelsoc for big bagel related things to come. Keep your eyes out for obscure bagel recipes, Durham bagel reviews, as well as events such as 'bagel film night', 'bagel quiz night', and 'black-out bagel night'. We're a society made solely for social purposes, so join to meet some great friends bagel-heads.



VM Big Band – Matthew Clough

Mildert Big Band is the college's in-house big band and we do a variety of performances including gigs after formals and concerts. We have a wide repertoire but whether we're playing classic standards or pop music, the solos are fire and the jazz is huge! Rehearsals are on Wednesday evenings and the band is open to players of any ability. We always have a break at the bar and our socials are pretty great too. Get in touch to find out more and we'll see you in rehearsal!

VM Dance Soc – Jenny Thompson and Jasmine Laws

An all-inclusive, welcoming society, VM Dance welcomes dancers from all backgrounds and abilities to join our community! Whether you are a beginner who wants to get a taste of what dance is all about, or an experienced performer who is looking to continue dance at university, we cater for everyone regardless of experience. Through various performances during the year including but not limited to VM Showcase, VM Fashion Show and Mildert Day performances, we aspire to build a genuine relationship with all members by sharing a passion for dance.

Offering taster sessions, beginner classes and workshops in a diverse range of styles, there are also choreographing opportunities with which all members are invited to help out. Check out our page @vmdancesoc on Instagram and VM Dance on Facebook!



For further queries, contact dance@mildert.co.uk or any of our social media inboxes!

VM Fem Soc – Phoebe Vickery

VM fem soc is an intersectional feminist society, promoting equal rights, and the idea that women should feel free to make the choices they want without judgement! Our past campaigns include; eating disorder awareness, adding feminist books to VM library, and supporting Movember to raise awareness of men's mental health. We also have our annual period poverty drive, where we encourage Mildertians to donate pads and tampons to those in need. Alongside this, we meet up on a casual basis to swap feminist books, chat about issues, and even have a cheeky social. If this sounds interesting to you, then join us! Anyone is welcome to become a member, and we're always looking for new campaign ideas. Follow us on insta @vmfemsoc for updates!

VM Christian Union – Heather Moore and Emily Boyce

Van Mildert Christian Union is a Jesus-centred community of students from across different churches and years in Van Mildert College. Everyone is welcome - whether you'd call yourself a Christian, or are simply curious, we'd love to meet you! We have fun, study the Bible and worship together. We also hope to host events for the wider Mildert community. Last year we had weekly Zoom meetings and it was really encouraging to continue in fellowship from across the country/world, but going forward we really look forward to worshipping in person again. We'd really love to support you in your transition to university, so do get in touch if you have any questions, prayer requests, or fancy a chat. Follow our social media for updates, and do also check out DICCU (Durham Inter-Collegiate Christian Union):

Insta: [vm_christian_union//durham_cu](https://www.instagram.com/vm_christian_union/)

Facebook: [Van Mildert Christian Union//Durham Inter-Collegiate Christian Union](https://www.facebook.com/VanMildertChristianUnion/)

Cocktail Society

VM Cocktail Society (aka Cock Soc) is an exciting society founded in 2019, that champions cocktails throughout the college community, by running regular socials, offering vibrant stash and lobbying VM Bar to develop exciting seasonal cocktails to get us all through the academic year. Hit us up on Instagram @VMCockSoc to see some beautiful Piña Coladas [Disclaimer: other cocktails are available]

JamSoc – Henry Bashford

JamSoc is a student run society at the heart of Mildert's college music scene. Whether you've just started to play an instrument, enjoy singing in the shower or have been playing for years, JamSoc is open to any member of the college who loves to play, share and talk about music. We regularly put on jam sessions in the college bar, are heavily involved in college led concerts and performances and hope to provide a relaxed environment for all college musicians.

International Society

Firstly, a massive congratulations to you from all of us at Van Mildert! This is just the beginning of your incredible years at University and a lifetime of being a Mildertian. As international students ourselves, we know that settling into University in a new country can be daunting. The very purpose of Van Mildert College International Society is to make this process an enjoyable one. Through our inclusive society, you will get an opportunity to meet people from all over the world, learn about different cultures, and attend events that celebrate various global festivals. Previously, we have hosted events to celebrate Diwali, Chinese New Year and Mardi Gras, along with regular socials. Apart from these, we have tons of other exciting events planned for this year such as international movie nights, language cafés, and pub quizzes. We would also be collaborating with DU Bubble Tea SocieTea, International Students Association and many others! No matter what the year looks like due to Covid-19, we have a range of events planned for you with virtual/socially distant alternatives. We will also have a virtual suggestion box where you can drop suggestions or ask queries to help you settle in or get more involved. You can join our society's Facebook group and follow us on social media to keep up with all our events. Moreover, you can reach out to any of our executive members if you have any questions, want to get more involved, or even just for a chat! We are very excited to have you as part of our diverse society and we hope you are just as excited for everything we have planned for you! Instagram- @vminternationalsoc Facebook- Van Mildert College International Society



Sports



Mildert has so much to offer in the world of sports. Future Olympian or last to be picked for teams in PE, at Mildert it does not matter, there is space for everyone to thrive, develop and have fun!! Have a look through what's on offer and see some of Durham's most inclusive clubs for all abilities at our 'Freshtival' for more details!



VM Badminton: Matt Bucktrout

Van Mildert Badminton Club is without doubt one of the most famous clubs not just in college badminton, but throughout the whole of Durham. There has seldom been a night where our great name has not been chanted down the Bailey into the city centre. And this for good reason too, as success has followed us wherever we go. We are the back-to-back-to-back men's doubles champions. However, with a team in every tier of men's and women's badminton alike, we aren't just a club focused on success, and take deep pride in the huge numbers that join our club every year, many being total beginners to the sport but learn to fall in love with it all the same. We cater to all abilities, with weekly training sessions for those who want them, to social badminton sessions on Friday evenings for those who are looking for a more casual way to fulfil their badminton needs*. As Van Mildert is also home to the best college court around, it's never been easier to pick up a racket (we provide those for free too*!).

*Due to the current pandemic, we may not be able to provide everything that we normally are able to or run as many teams as we would like to. We will aim to keep members updated as much as possible as new developments unfold.

VM Basketball: Oliver Fifield

VM Basketball is a fairly small club which means that everyone gets to know each other either through our two training sessions each week or through our socials. Our two Men's teams and Women's team cover all range of abilities whether you're looking to make it into a DU team or have never played before. When the weather's nice we'll have shootarounds on the outdoor courts around Durham. Over the past few years our Men's A team has consistently been one of the best in the university, allowing us to compete in varsity matches against Loughborough and York. Matches are roughly every other week for all the teams. If you're interested in joining or want

to find out more follow VM Basketball on Facebook or you can email me:
oliver.fifield@durham.ac.uk.

VM Boat Club: Rob Smith

Boat Club is one of the largest sports clubs at Mildert with a range of rowers from complete beginners to seasoned rowers getting involved. We run water and land sessions every day and you are welcome to as many (or as few) as you want. Our novice squad gets people who have never rowed before up to speed on their technique and allows for people to progress into the men's and women's squads. We have frequent races throughout the year where we have a history of success at all levels. Our boat house is a 10-minute walk from college and is on a beautiful stretch of the River Wear near the cathedral and Old Elvet Bridge. Our social secs make sure that we have regular socials which are a great way to meet new people in college. Join us to have fun and see Durham from a different angle! Feel free to message us with any questions on Facebook at Van Mildert Boat Club or on Instagram @vanmildertboatclub.



VM Cheer: Jemma Litzke

Van Mildert Cheer is a super inclusive sport for guys and girls of all abilities! VM cheer has four teams; 1. All Girl Dance Team, focusing on dance, stunts and tumbles; 2. All Girl Stunt Team and 3. Coed Stunt Team, both of which focus solely on group stunts, and 4. Pom Team which is new this year and involves mainly dance. VM Cheer has a range of abilities and no previous cheer experience is necessary as the main idea of the club is to have fun and meet new people through both training and socials! We compete in an annual competition in second term against the other Durham colleges. This is a great way to show off our hard work and interact with cheerleaders from different colleges. There will be a taster session during Fresher's week and team tryouts normally happen at the end of the week so keep an eye out! We hope to see you there!

VM Cricket: Tom Richardson

Welcome to VM cricket! We compete in both indoor and outdoor versions of the game against the other colleges at a brilliantly village level. Whether you want to play every game, turn up to training sessions or come along to socials is up to you but all are welcome! Feel free to get in touch with me if you have any questions.

VM Darts: Matty Sharples

Fancy a bit of fun on a Monday night? Even if you've never thrown a dart before there is a place for you in Van Mildert Darts. Every Monday night, all darts teams from each Durham college compete. It's both competitive and social and just the greatest way to make friends and have fun. Each year we have a darts derby, a darts tour and every few weeks a social which are nights we can't miss. If you are interested in any of this, don't hesitate to give either the president a message or the club captain a message: Matthew Sharples. Email: xnzn88@dur.ac.uk

VM D Team Darts

D Team Darts is all about proving that girls who can't actually play darts can still have some legendary wins and a really good time. It's the dream team if you want the competition of sports combined with the fun of a night out and the opportunity to meet loads of new people!

VM Women's Football: Charlotte Kingsbury

Women's college football is a very relaxed and friendly environment. It's open to people of all standards - from beginners, to girls who play for a club at home, so no prior experience is required! We train for an hour once a week, and usually have a weekly match against other colleges (as part of a league). The team sheet will often alter so everyone will get a turn in playing in the games. It's a great opportunity to meet new people and our team socials this year will definitely not disappoint.



VM Men's Football: Robert Duffin

VMAFC is one of Van Mildert's most popular sports clubs, with over 100 members. Last year we had 8 teams (A-H), meaning there is a team for everyone. All teams are run by the students themselves with an elected captain overseeing training, team management and equipment. Our teams compete across many different leagues, so all abilities are welcome. Whether you want to improve your skills with serious training and matches, or just want a kick about with your mates, there will be a team that suits you. As a fresher, your team will be decided by trials which should take place in the first few weeks of term - more info to come on that. Fixtures against other colleges will take place on the weekends and training will be either weekly or

fortnightly depending on your team. The top three teams will also have weekly fitness sessions. VMAFC is a great way to meet new people from all years of the college through some great socials both as a team and a club.

VM Women's Hockey: Zoe Long & Josephine de Bruin

Van Mildert Women's Hockey is one of the most successful college sports teams, winning Club of the year 2021. With both an A and B team, we cater to a range of abilities. The A team was recognised last year as being undefeated in the league



matches. We have training sessions and matches weekly as well as regular socials. As we are combined with the men's club, joining us is a great way to meet like-minded people both on and off the pitch. We are also hoping for a tour at the end of the year!

VM Men's Hockey: Nick Forbes & Joe Hault

Mildert Hockey is one of the strongest clubs in the college, winning club of the year in 2020! We are United with the women's club who have 1 team, and on the men's side we have an A and a B team. The B team is made of both experienced and new players, with many athletes learning hockey for the first time, and thriving! Our A team boasts one of the strongest records in the university, nearly winning the league for the last few years. Many of our players play within the university teams and squads. VMHC combines the



best of quality hockey and inclusivity. Our top-class socials bring in lots of social members alongside players. We are even planning on a VMHC tour next year... We hope to see as many of you as possible at the fresher's fair, and please get in touch if you have any questions! Our emails are: nicholas.forbes@durham.ac.uk / joseph.e.hault@durham.ac.uk

VM Mixed Lacrosse: Flo Davidson

Van Mildert Mixed Lacrosse is a great way to get involved and meet new people at college. No prior experience of the sport is required (although if you have played before that's great too!) making it a super inclusive opportunity to try something new whilst getting to know fellow freshers and older Mildertians in a fun and friendly environment. There is training each week to ensure everyone can get to grips with the game and matches every weekend for those who want to participate competitively. The team spirit each year is unbeatable regardless of the final scores

and our main focus is on having fun whilst gaining a greater understanding of game play. We also have various organised socials to enhance our team spirit and provide further opportunity to get to know fellow teammates off the pitch.

VM Netball: Hannah Dowdy & Emma Sinclair

The Van Mildert netball club has 5 teams playing in the intercollegiate league. Whether you want to play competitively for the A team or join the social team for a more relaxed game, it is guaranteed you will fit right in with the club. We hold regular socials meaning this is a great place to make friends with the best group of girls in college!



VM Pool: Seb Parton and Laurence Hill

VM Pool Club is a relaxed mixed skill level club open to both the experienced and those who've never held a cue before. The club is designed to provide a social opportunity to meet new people and an opportunity to play some pool. Throughout the year there will be matches against other colleges, plenty of socials and hopefully a couple of good laughs. Any further questions or interest please contact either president, Seb Parton or Laurence Hill.

VM Rounders

VM rounders is a very relaxed and a fun way to spend some time in third term! Although games are only run in the summer, socials will be run throughout the year, and there is no commitment needed to attend. No experience required to join the team, just be up for a laugh!

VM Men's Rugby: Will Baird

The Van Mildert men's rugby club is one of the largest and most inclusive sports clubs in Mildert, regularly fielding two teams each weekend with a large number of non-playing members too. We cater for all levels of playing ability, ensuring a role for the most accomplished player to the least within the club. You will find VMCRFC to be a sociable and integral part to your time at Mildert, and is a great way to create lasting friendships with your peers and seniors in the college. Post COVID, we look forward to getting playing again and back winning the league, hopefully with a large number of freshers.

VM Women's Rugby: Kate Iley and Fern Kennard

Welcome to Van Maidans women's rugby! We are made of girls from both St Aidan's and Van Mildert college, with a captain from Aidan's and vice-captain from Mildert. We are an entirely inclusive team looking for players of all shapes and sizes. At training we'll be building from the basics, including passing and moving with ball in hand, and working up towards tackling, tactical play and allocating individual positions in preparation for inter-collegiate games. This means that whether you've played a lot of rugby before or are looking to try the sport from scratch, Van Maidan's is the perfect place for you to play. Last year, covid meant that college rugby was pretty quiet, so we're looking to come back with a bang this year! We're also planning on taking full advantage of the relax in social distancing rules to enjoy socials. So whether you're looking for a new sport to give a go, employ pre-existing skills in a college team, or just the chance to socialise in a friendly and welcoming team, join us and get involved! If you have any questions about either group, feel free to reach out! Drop me a direct message on either Instagram (@fernlisakennard) or Facebook (Fern Kennard). We can't wait to meet you!

VM Running: Matthew Clough

Running club is a chill club for anyone in college who runs. We do group runs during the week, take part in inter-college competitions and (hopefully) dominate the college parkrun leader board. Whether you want to meet a new running buddy, find the best routes round Durham or compete for the college, running club is the place to do it. Join the Facebook group "Van Mildert Running Club" for more info!

VM Squash: Toby Rowles

Van Mildert is lucky to have one of the largest and most successful college squash teams. We have men's teams from A to D and a women's A team. There are four squash courts in Durham, two at the racecourse and two at Maiden Castle; with most of the training taking place at the racecourse. We typically have 2 or 3 training sessions per week, but could potentially have more if we have enough demand. Whether you've never picked up a racket before or you're playing already with the DU squash team, please come to one of our training sessions for the opportunity to play with the Mildert team. Emily White and Tom Bickley are our social secs this year and after last year's washout, we hope to be able to hold a few more socials to make up for it. If you have any questions, feel free to ask me (Toby Rowles) or any of the squash captains about anything squash-related. We hope to see you soon!

VM Tennis: Elisa Hirm

The VM Tennis Club is amongst the most successful college tennis teams in Durham and offers an amazing opportunity for students at any level to get involved with an elite racket sport!! The training sessions in first term as well as matches against other colleges later on in the year allow you to improve your tennis game and stay active, whilst offering you a chance to meet new people and enjoy another exciting aspect of college life. Additionally, off the court, we aim to organise fun socials every term, so this club definitely has something for everyone! Not to mention we are very fortunate to have one of the best kept tennis court of all the colleges, in a lovely location tucked away from the public eye... We look forward to meeting you!

VM Ultimate Frisbee: Isi Ali

Ultimate Frisbee is a sport most people haven't played before uni but is super fun and accessible so would recommend joining the team if you want to try something new! It is a really chill team so no one expects you to be the most elite athlete out there so don't worry about being the best!

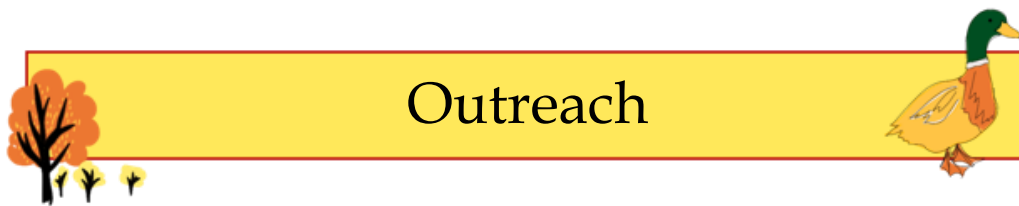


VM Mixed Volleyball: Demi Tano

Van Mildert Volleyball Club is the biggest volleyball club in the uni and is one of the most active clubs in college. With currently two teams and plans for a third this year, we offer a platform to play volleyball at any skill level in addition to the opportunity to go further. We meet as a club to celebrate team wins and for club-wide socials throughout all three terms which you need only ask current members of the club what our socials are like to prove their unique quality. As a sport, college volleyball this year will be undergoing a wide array of changes planned for as early as last year which means it will be the only sport where you can have a lasting impact from day one by becoming a part of a unified community. A strength of the VMCMVC (catchy, right?) is our integrated community and personal atmosphere, which allows interaction across all years, making the volleyball club a social hub. If you are coming to Van Mildert and are thinking of starting a new sport, we combine a competitive team spirit with an active and inclusive social scene. Despite joining VM volleyball part-way through the first term, I was made to feel welcome by everyone on the team. Through the supportive and passionate atmosphere on and off the court, making friends was easy and pushed me to get better and better at the game! The community at VM volley is second to none, and I look forward to meeting everyone in the coming months! - A Team Captain Lordie Bevan

VM Yoga: Imi Marchant

Mildert yoga is a super low commitment, lovely way to de-stress, build flexibility and make friends! A session is scheduled every week, but everything, as you would expect from a yoga society, is very chilled. You're welcome to have as much involvement as you like - whether you would like to run a class or come once a term, just come along with a mat (or towel! or just yourself!) for a flow session that will leave you feeling revived. There's absolutely no expectation to have ever done any yoga before - our classes will meet you exactly where you are.



Mildert works closely with our local community. Our Outreach Programme consists of 6 projects focusing on different groups of people or social issues, from young primary children to the elderly. Now that you are a part of the Durham community, volunteering with us is a great way to give back while meeting new people and getting involved in college! If you are interested, pay attention to the opening of applications shortly after Freshers' week! You can apply on project-basis, there is no limit on the number of projects you can join but do make sure you will have enough time to fully commit to them. If you have any questions about Outreach or any of the projects, feel free to talk to the Outreach and Fundraising Officer (Emily White) or any of the 6 directors!

Community Mentoring Scheme

Mildert's Community Mentoring Scheme (CMS) focuses on working with local charities to mentor young homeless individuals, providing advice on careers and personal development as well as hobbies and wider interests. We will also be holding fundraising events throughout the year to raise money for and awareness about the project and the local charities it supports. This is a great project to get involved if you are passionate about social inclusion and eager to make a positive impact on the local community.

Community Visiting Scheme

The Community Visiting Scheme (CVS) must be the easiest and yet most rewarding of all Van Mildert's outreach projects. All we ask is that you and another volunteer pay a friendly visit to an elderly person from the local community for one to two hours every week or two. Simply by engaging in conversation (perhaps over a cup of tea or slice of cake) you will be providing much needed companionship and warmth to some of Durham's most isolated and vulnerable residents. CVS is a great opportunity to briefly escape from the 'Durham Bubble', further your understanding of the city and form bonds with those who call it home. Loneliness has skyrocketed in a year of lockdowns and it has been highlighted to all of us just how important human contact is. As a CVS volunteer you will really be making a massive difference.

Primary School Project

Primary school project is one of Mildert's most flexible and fun outreach projects. The leaders of the project coordinate with local primary schools to see what they need help with, and we recruit volunteers to do this. You could end up doing anything from a huge variety of activities, such helping assist teaching in lessons, reading with pupils one on one, or even helping out with a lunch time or after school arts and crafts club- what you end up doing depends on what your interests are! This project is a great way to get involved in the local community and make a difference, and is loads of fun too!

Environmental Conservation Committee

ECC is the Environmental Conservation Committee centering around spreading awareness on global environmental issues and the importance of our local environment. The aim of the project is to achieve this in as many ways as we possibly can, through conservation projects, an interactive educational programme for young children and social media campaigns. The project has recently undergone a new exciting relaunch last year, therefore, now we are looking for volunteers to help revitalise the project and who care deeply about the planet!

Young Persons' Project - Jonny Gregory

Join Mildert's largest outreach project helping to raise the aspirations of disadvantaged youngsters in the North East. The Young Persons Project (YPP) works with year 10 pupils from local schools teaching key life skills such as teamwork, leadership and resilience to help develop their confidence and instil in them the self-belief to aim high, whatever their chosen path.

YPP runs after-school sessions in local schools (one afternoon a week in the Epiphany term) before hosting the year 10 participants for a four-day residential at Van Mildert at the start of the Easter Holiday. With a similar atmosphere to freshers' week, the residential is a lot of fun and with activities such as a Sports Day, pitching to the Dragons Den and a Murder Mystery to solve, we keep the participants active and engaged and at their most receptive to learning the skills we teach. YPP is recruiting volunteers to join the project and, if successful, you'll be part of a great team of about 30 making a real difference to the opportunities of underprivileged youngsters.

Carers Respite Committee

The Carer's Respite Committee is a student-led volunteering programme which provides support for physically and mentally disadvantaged children and their families in the local County Durham area. Being a CRC volunteer involves helping out with 'Happy Saturdays' which are activity mornings for the children offering the chance for them to meet new people and benefit from the time and dedication of the volunteers. Furthermore, the committee also involves visiting the families' homes in order to provide further support to the children. CRC is not only a great volunteering opportunity and a chance to showcase and develop your existing skills, but also really makes a massive difference to the lives of families in the local area.

Events

BOPs

A.K.A 'bit of a party', a staple event at Mildert combining a silent disco in the incomparable Annie D, drinks and karaoke in the wonderful Mildert bar and more fun in the JCR including live performances!! Each BOP has a theme to dress up with great pic opportunities in the photobooth with various inflatables, all pictures are free and posted to the photo page on Facebook a few weeks after. The silent disco isn't just any silent disco, with your fellow students rotating as DJs throughout the night ensuring a weird and wonderful mix of music with two channels to choose from. We end the night to 'Angels' by Robbie Williams (it sounds weird but you will get very defensive about it being the most fun way to end a night after about a week at Mildert).

Formals

Formals are an opportunity for a glimpse into the more sophisticated side of Durham; students get dressed up in their nicest outfits 3-4 times a term to attend a sit down three-course dinner prepared by Mildert's wonderful catering staff followed by ents in the bar and a photo booth. They are usually held as holiday celebrations such as



Halloween (requiring your best fancy dress!) or Christmas (you might even be able to get involved in a whole formal carol). They are also held to recognise college activities, such as the Principal's formal held after exams in Easter Term.

Balls

Some of the most anticipated events of the year, meticulously planned by our amazing Ball Committee, take place at the end of Michaelmas Term and the end of Easter Term. Michaelmas ball involves transforming Mildert itself into a whole new world, with past themes including 'A world of pure imagination' and 'Into the snow globe'. Summer Ball takes place in an external venue, often Derwent Manor, with past themes including 'Cirque du Soir' and 'Bohemia'. Following a three-course meal there is plenty to keep the night going, including fairground rides, professional photographers, food stalls and silent discos. With a black-tie dress code and plenty

of bubbly to go around, this is not a night to miss (not to mention the pictures for Instagram you get with all of your friends).

Epiphany Musical

Showcasing some of the many talents Mildertians bring to the college, the Epiphany musical is a production open to the entire university to watch, audition for or to interview for the crew. Keep an eye out if you are keen to get involved or watch in awe of your peers' singing ability. Feather Theatre Company knows how to put on a show, with the 2019 production 'Grease!' proving to be a massive hit! Here's to another amazing production in 2022!

Fashion Show

Van Mildert Charity Fashion Show (VMCFS) is the most inclusive of all charity fashion shows at Durham, with everyone who signs up being guaranteed a place as a model to strut down the catwalk, showcasing a wide variety of clothing with fellow Mildertians in the audience, with all tickets funds going to a charity! Sign up with your friends for what is largely said to be one of the most fun things to get involved in at college, with an afterparty following the showcase of Mildert beauty. If organising is your kind of thing, there are plenty of opportunities to get involved in the exec too, making the event one remembered by all with great music and fun all round. The return of VMCFS in 2021 was the talk of the college, and things will only get bigger and better for 2022 so don't miss out!

48-hour musical

If the Epiphany Musical appealed to you but you don't quite see yourself hitting those high notes, the 48-hour musical may be for you. An amazing spectacle involving the production and performance of an entire musical in just 48 hours, with everyone who auditions getting a guaranteed role- so there's no need to fret if you're not quite West End standard yet! The production shows the pure talent of those behind the scenes in Mildert theatre and the ability to pull something like this off every single time is a massive testament to them!

Jam by the Lake

This is it, the event harnessing a famous Mildert fact we have told you about at any opportunity alongside the Annie D being the largest dining hall by volume in the northern hemisphere (allegedly; tell all your friends!), JBTL is the biggest free open-air charity musical event in the North East. Attendance is one to tell the grandkids! Bands and musical acts from every corner of Durham University singing all of your

favourite tunes from a stage on tees lawn- JBTL is a great way to celebrate the end of the year and is one of the most popular events, definitely not one to miss!

Carols by Candlelight

An event that feels like Christmas! Led by Van Mildert Choir and Big Band, Carols by Candlelight is an evening of carols to sing along to alongside guest readings and speeches, and of course hand-held candles to complete the festive atmosphere.

Mildert Day

A celebration of all things Mildert! Mildert Day is the final event of the year with live performances, rides, food and drinks all day long, culminating in a Mildert Day Formal. The day is a great way to say goodbye to a busy year before the summer, or for final years before moving onto the next stage of life! The day will make you proud to be a Mildertian and make you glad you chose (or were reallocated to) this college.

The College Panto

Anyone can get involved in this student-run end of Michaelmas term production, involving a unique take on a classic pantomime filled with inside jokes and puns throughout. It is a very fun event consisting of familiar faces and a light-hearted atmosphere!

DUCK Barnies Bingo

What could be better than a drinks and prize-filled evening where all the money raised goes to charity? This isn't your normal bingo night, with the evening running alongside an auction, group fancy dress and live music- this could be your lucky night and if not at least you know you've done some good!

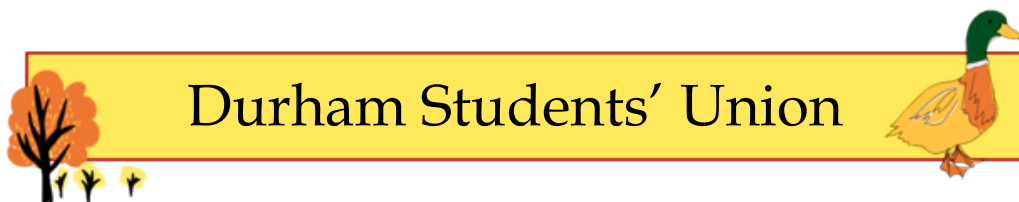


Mildert Link

The Mildert Link provides current students with an [online platform](#) to connect with alumni of Van Mildert College. Our alumni, who excel at a diverse field of careers, can share their expertise and provide guidance to students so we are equipped with the knowledge and skills to increase our competitiveness in the future job market. What better way to achieve that than to hear from the insiders with profound experience? From how to decide upon a certain career path to tips on acing an interview, our alumni are happy to advise students. The platform allows students to search for alumni according to their needs, and to contact them directly. Even after graduation, our alumni still remain close connection with college, helping new members of the Mildert family.

Dimensions Programme

The Dimensions Programme at Mildert aims to enrich student experience by developing intellectual curiosity and practical skills through a wide range of student-led activities, from engaging lectures and debates to volunteering work and networking sessions. The programme is extremely broad and covers themes that are meant to inspire and help students with their future careers as well as their current wellbeing, you can always find an event that suits you best. Events will be held throughout the year and are free to all Mildert students, it's also great for enriching your CV! If you want to get involved and learn from our leading speakers, do grasp the opportunity and pay attention to the regular emails with details of upcoming events and updates:-



Durham SU is the champion of every Durham student. The SU recognises the unique collegiate structure and works closely with the undergraduate and middle common rooms to achieve change for all students at Durham. In the past we've achieved lots of positive things for students such as:

- Stopping international fees rising during the course of students' degrees
- Running successful campaigns on accommodation fees, sexual violence and diversity and inclusion
- In 2019, the Durham SU created a tiered bursary scheme removing the all-or-nothing approach of current financial support.
- Making it possible for students to eat in the Bill Bryson Library
- Creating a Student Officer dedicated to postgraduate academic issues – one of the few SUs in the country to have this.
- Respect Means Campaign – Raising awareness of the reporting and support systems available to students who experience sexual violence or misconduct, encouraging students to consider the concept of consent through the introduction of an online consent course which can be accessed via duo and encouraging more students to become active bystanders by attending the Union's Active Bystander training.



Current campaigns include:

- Pincident – an anonymous mapping tool created by Durham SU, which records experiences of harassment, violence, assault or discrimination, as well as incidences of bystander intervention.
- RippedOff – calls for the University to re-evaluate the cost of accommodation and make Durham's unique collegiate experience accessible to all.

SU Officers: The SU is led by a team of five elected student Officers who work full-time to campaign for Durham students and oversee the work of the SU. The Officer team for 2021/22 are:

- President: Seun Twins
- Opportunities Officer: Jack Ballingham
- Undergraduate Academic Co-ordinator: Charlie Procter
- Postgraduate Academic Co-ordinator: Declan Merrington
- Welfare and Liberation Officer: Jonah Graham

SU ASSEMBLY: Assembly is a decision-making body made up of a cross-section of students. Anybody can submit an idea or policy to Assembly, and anybody can attend to speak for or against an idea.

ASSOCIATIONS: Associations exist to represent groups of students that might otherwise be underrepresented in society and at Durham University. They run campaigns in order to create awareness and tackle issues that students within their group may face to make life at Durham more accessible for these students. The Associations support the Welfare & Liberation Officer in campaigning to create a more inclusive and safe university community. All Association presidents hold a voting seat on Assembly.

The Associations are:

- International Students
- LGBT+
- Mature Student
- Students with Disabilities
- People of Colour Association

The SU oversees around 200 student groups offering amazing opportunities to get involved. These include societies from a range of different categories:

- Academic
- Active
- Arts & Music
- Hobbies & Games
- International & Faith
- Political & Causes

You'll have the chance to see what all these Societies have to offer at the SU Freshers' Fair during Freshers' Week!

RIVERSIDE BAR & CAFE: Offers a great programme of evening events and entertainment throughout the year including a weekly Pub Quiz and screening of sports events, as well as the always sought-after cheap drinks and Free Dominos. It's also a perfect place to chill out during the day with informal seating areas and breakfast, sandwiches, coffee, snacks and a range of hot and cold drinks all served. The new roof terrace is also a great place to be when the sun reaches Durham!

HELP & ADVICE SERVICE: The Union's Advice and Help service provides free, friendly and independent advice and information to all Durham University students. They offer advice on a range of issues including accommodation and academic issues. The service is based in Dunelm House (SU building) and is open all year round. They can be contacted on 0191 3341777 or by email dsu.advice@Durham.ac.uk

<https://www.durhamsu.com/>





Best of Durham: Coffee



Where do you find a sleep deprived Durham student before their nine am lecture after a big Wednesday night? If not panicking because you have not done the prep work, then one of Durham City's classy coffee establishments.

Flat White Kitchen – The slightly more expensive of Durham's caffeination stations, offering an array of delectable foods and beverages alike. Hosting queues up the road in every weather, this is probably the Durham student's favourite, so brave the queue to check out what the hype is about.

Vennels Café – Offering a cracking cake and traybake selection with student discount alongside free wifi, Vennels is possibly the perfect student studying café. The sandwich and panini selection is one of Durham's best. It is well worth venturing up the alleyways into the sun catching courtyard.

Riverview Kitchen – As the name might imply, down by the river side offering a great brunch selection and a great place to meet a friend in town. My recommendation for fellow hash



brown lovers and mid-morning brunch munchers.

Chapters – On the 'promenade' the seats outside and on the long window are ideal for people watching. If you are looking for a messy egg and bacon sandwich this is one hundred percent the one for you.

Coviello – Although it may look like a barber shop, Coviello offers arguably the best espresso in the North East let alone Durham. The coffee is not the only star of the show with Coviello sporting a mouth-watering food menu of Italian delights.

If you are not tempted by these independent offerings then do not fear for the chains have found their way in too. Two Greggs establishments for those who enjoy baked goods alongside their hot drinks. There is also a Starbucks, a Costa and a Nero for satiating the needs of the more basic among us. Although this looks like a long list there are others, so branch out and find your own favourite spot!

P.S. Why go out when you can have the Annie D's very own instant coffee brew??





Best of Durham: Food



Barrio Comida – In a prime spot opposite the SU and on the way back from town, and with the student deals they offer it is almost a crime not to stop for a drink or some get-your-hands-dirty tacos, nachos and other Mexican delights.

Lebaneat – The ultimate in Middle Eastern cuisine. Whether you fancy a sit-down tabouleh and mezze or a take away wrap and chips Lebaneat never fails to provide. All this accompanied by arguably the best Garlic sauce in Durham.

19Twenty – Offering grilled goodies, this is the perfect spot to catch up with an old friend or for a slightly more upmarket date. For all the carnivores out there don't miss the hanging kebabs... so good!

Tango – The opposite side of Elvet Bridge to 19Twenty, Tango can also help satiate meaty cravings offering burgers and steaks to rival all others. Another spot for the people watchers out there and within rolling distance of The Swan and The Half Moon.

Zen – Meaning peaceful and calm. Rest assured that this tranquil spot can satisfy your Asian food cravings. Their menus offering a great range of foods and with the pleasant ten percent off bonus, Zen has a place in many a student's heart.

La Spaghetтата (SPAGS!) – Led Zeppelin once sung about the stairway to heaven, rumour has it that song was written after a trip to Spags. Proper Italian pasta, and pizzas as well although some might think that the eponymous pizza is a thought crime. Check this place out with a big group of friends and share the love over a two-litre bottle of wine (which comes with a free garlic bread)! And then if you're not too full, wander up one more flight of stairs to Fabio's bar...

Uno Momento – With great offers to check out, including a half pizza half pasta special what's not to love about this Italian restaurant in the beating heart of Durham with views over the market square. Try their Chicken Milanese (Pollo Milano) and you are in for a treat.

Rib 'n' Reef – A new kid on the block that I cannot wait to try out! Steak and Seafood a marriage made in heaven. Well for the carnivores among us! Although the swanky interior and overall aesthetic right on Framwellgate Bridge could be enough to lure in the Veggies and Vegans as well... even if only for the gram.

Fat Hippo – Not for the faint hearted: literally and metaphorically! Get your jaws round Durham's most sought after burgers with sides to match. Pro-tip don't wear white! Probably not the best place for a first date, Fat Hippo can get messy.

Cellar Door – Somewhere you might want to go for a first date, if you really want to impress! One of Durham's more upmarket establishments, but in prime location and known for great food and drink.

Take away pizza show down: Durham students have been pitted against each other over which pizza joint is the best one. Friendships have been ruined over the subject and therefore, it is not therefor fair for me to pass an overall judgement... so get out there and try them all! Top tip: always get extra garlic sauce for those chips and crusts.

Best of Durham: Bars

One of the best ways to explore Durham is with a college bar crawl. Drinkers and non-drinkers alike relish moving from bar to bar on a social or just for casual drinks, since each one is individual and boasts their own quirks. Legend has it that if a Mildert fresher visits each of the 17 college bars in one night their soul is preserved in the early morning quacks of our ducks forever. Jokes this is so unrealistic, as is getting round to all the bars in one night. Stick to a few and remember to mix drinks with softs!!

VAN MILDERT: Mildert bar has soul (and two TV's with Sky – perfect for karaoke AND sports). There's something about the moment those double doors get opened and you take the first sip from a cool, crisp pint of whatever you choose – it's the setting not the hops that makes the pint. Nevertheless, if you're an IPA person you **MUST** try Mildert's very own bottled brew. With swampy aromas, what more could excite your taste buds? A solid 10/10.



TREVS: Yes, even our arch-rivals deserve a place on our bar crawl if we are to complete this challenge. If we go first we'll get them over and done with. That said, Trev's bar isn't actually too bad. It's hexagonal (surprise surprise) and the bar itself is fairly long, so quick queues, which is a big bonus. The seating areas are snug, and the whole ground floor is licenced, so you can take your drinks to other areas of the college. Try the toastie bar and remember to return your reusable cups to get your deposit back! The only downside is that, because Trevs is generally quite difficult to navigate around, the loos are tricky to locate.

JOHN SNOW: Appropriately named the Igloo, this café/bar is similar to South's serving drinks and food throughout the day. Although the furniture slightly gives off soft play vibes it's definitely a new one to try this year.

SOUTH COLLEGE: During the day, South's Café-Bar serves hot drinks and can be used as a place for students to study, work on group projects, or socialise. In the evening it serves soft drinks and alcoholic beverages. The Café-Bar has state of the art tech allowing for social events of all types, be it a student performance, watching a sporting event, or a dance. The Café-Bar shares an air wall with the JCR, so this can be opened up to increase capacity and allows for larger scale events. A must visit place for our new neighbour only a stone's throw away.



STEPHENSON: If you like trains this is the bar for you. That's all we'll say.

JOSEPHINE BUTLER: Ever fancied reliving your primary school PE days? If you answered 'yes' to this question, then head over to the mole college's bar. All jokes aside, this bar is very spacious, and one of the only bars to do proper food including garlic bread, chips and onion rings. Some even say it's worth skipping college dinner for... It boasts the longest bar in Durham, another bar perfect if you prefer your pints to come quick!

COLLINGWOOD: Collingwood bar, or 'The Stag's Head' is a hill college favourite, complete with the only official pub symbol on Snap Maps of any college bar. With pool tables, table tennis and even a Wii for anyone to use, who could say no? The bar feels authentic and though it does get very busy at times, you'll always see someone you know. The college drink is one not for the fainthearted though – some strange mix of what seems like everything behind the bar, including of course a VK and is appropriately named 'The Stagger'. I wonder why. Head to the college shop for a Nutella toastie, you know you want to...



GREY: Some see Grey as Collingwood's little baby brother, but it does manage to stand on its own two feet – anyone who tries their infamous chilli shot will undoubtedly be forced to stand upright off their chair as the drink's capsaicin

goodness hits the back of your throat. Ahh so refreshing and not so grey by name, grey by nature.

MARY'S: Just across from Grey is the Hill's oldest college, Mary's. Once an all-women's college, the bar here is a much quieter option. Found in the basement of the college it is a tad cramped but the buildings and grounds of Mary's itself are stunning.

AIDANS: The biggest challenge of any bar crawl. Dare you climb the seemingly endless number of steps (stairway to heaven)? If you manage it, it's surely worth it. They are so high up they have stunning views of the cathedral. No matter what you're drinking, every sip will taste like a refreshing mountain-top Coors. Lovely. They also have a 68" TV and pool table, smashing stuff.

CUTH'S: Cuth's is one of our favourites. It's cosy, has a very traditional bar vibe with booths for days and even a spacey outside area. Many a bar crawl starts here and some never actually get further cause the Cuth's atmosphere is so hooking.

JOHN'S: Quite a rogue one. A bit Marmite. Perfect for hobbits but perhaps not DU Rugby lads. Regardless it's quaint and perfect for a quieter drink with some good mates – just remember to duck on entering.

CHAD'S: despite boasting that their biggest flex is their 8 libraries, Chad's bar is another favourite. Split across two levels – the pretty quadrangle and the snigger basement – Chad's has a lot to offer. Try the legendary, some say dangerous, disco water, but also admire the vast array of pints available here not on offer at other bars! Plus, it has a stunning tube map of the whole of Durham and the university to gaze over amidst the sea of green that is Chads.



HATFIELD: Imagine you're going abroad on holiday (sorry too soon?). Imagine the airport waiting lounge. Now imagine that as a bar. That's Hatfield. That's not to say it's bad at all, it's a very sociable bar and there's always a vibrant vibe here with loads of drinks to choose from and comfy seating. We just wish they'd fix their pool table.

CASTLE: It's safe to say that Castle students just live differently, I mean they live in an actual castle, and the bar is no exception. Named the Undercroft, the bar itself is deep in the bowels of the castle and boasts a better interior than Klute with an ornate bar, luxurious sofas and kegs for furniture. You'll feel like medieval royalty if it wasn't for the £10 card limit!! This bar



serves toasties with endless fillings and is one of the only bars to do cocktails. Espresso and pornstar martinis for £3.80 and no that's not a typo. Some say it's a better night out than Klute during rona times... Definitely a must visit place whilst at Durham. P.S. their signature beer named 'the Undie' isn't bad either!

And now for some other outliers that don't usually fit onto the conventional crawl but PLEASE visit...

USTINOV: The mysterious postgrad college. Little is known about what an undergraduate might get up to in the bar, given they're rarely allowed in. If you manage to ever make it in, immediately report back with your findings and you'll get seconds at tea*!

HILD BEDE: A bit further away but close enough to the Bailey to make a well-worth-it detour. Hild Bede bar, the Vernon Arms, is also very spacious and a fantastic setting to natter and catch up with mates. Amongst the picturesque grounds of Hild Bede, it boasts a fully equipped games room and even a mini stage.

REMEMBER: ALWAYS TAKE YOUR CAMPUS CARD AND ID

*VM Frep Team 2021 cannot actually guarantee this, soz.

Besides the college bars there are many more independent bars in Durham to try out if you want a bit of variation to broaden your horizons. Though they tend to be more expensive than college bars, students still enjoy bar crawls or nights at these bars – soak up the D-town culture oooo...

FABIO'S: Known colloquially as 'Fabs', this bar is a big hitter among Durham students. After trekking up the endless stairs, unless you get enticed by the wafts of pizza scents from Spags on the lower floors, you are met with the mother of all cocktail (and mocktail) bars. Stand in awe at the chalkboard menu, dancing before your eyes with colour and confusion. In the end, you tend to choose whichever cocktail's name sounds most exotic (silly fresh). There is often a live band performing, and some known DJs such as Sammy Virgi (for those drum and bass fanatics) which groove away for hours, giving the bar, with its cast-iron balcony and snoozy sofas, a somewhat indie club kind of vibe. Just watch out for the minimum card limit of £5!



OSBOURNE'S: Tucked away behind Jimmy's and on the same street as Klute, Osbourne's is a small vibrant bar that is a good place to grab a drink if you're a bit early for the clubs. It is most famous for its LGBTQ+ night held every Monday – and non-judgmental space to meet and mingle with people in the community and let your hair down.



THE BOAT CLUB: A bar with a view of the river, picturesque and very chilled. There's a restaurant downstairs if you find yourself a bit peckish and in summer you can partake in a classic Durham activity: rowing. Just hire a boat on the Wear and you're off!! Drinks are however a bit expensive compared to other bars, so it's good to keep that in mind.

THE LIBRARY: Situated on the cobbled street just down from Hatfield and the castle, the Library is a popular venue for socials, especially at the start of term for 'Welcome Drinks' and has one of the best atmospheres of any student pub. Offering an extensive food menu as well as a range of craft beers and ales on tap (with descriptions of flavour etc. to accompany for those connoisseurs in our midst). It can be booked for private events and birthdays and is a lot bigger than it looks on the outside, with impressive flat-screen TVs showing sports in the back and a large fairy-lit balcony that overlooks the Wear. Again, it can be a bit on the pricier side but

with 25p chicken wings on a Wednesday and Thursday half price cocktails who can complain?? 10/10.

BAR 33: A hidden gem in Durham. Try and work out the secret way into mysterious Bar 33 for eclectic cocktails and a variety of drinks. Take visiting friends or your significant other to ensure you have a memorable experience. Rumour has it they even have a cocktail with a worm in it...

THE SWAN AND THREE CYGNETS: If you ever find yourself in the middle of town missing Mildert's main attraction, be sure to visit the Swan, found just off Elvet Bridge and near Elvet Riverside. Though not affiliated with Mildert, the Swan is sure to make you feel at home. However, **BEWARE:** they only take cash and phones and all electronic devices are banned here – enjoy conversation with friends, it's actually a lot easier and enjoyable than you think. With really good local beer for proper low prices, friendships are fostered here, especially during summer term (wait what's one of them) in the post-exam season.

OLD TOM'S GIN BAR/TIN OF SARDINES: One of more hidden and small Durham bars, these cute venues are situated opposite Starbucks and Klute respectively and offers a range of amazing and weird gins for the more sophisticated among you. Despite the more expensive prices, it has a cool interior ranging from stuffed bears and Egyptian hieroglyphics to Michael Jackson dummies... Gives off cute first date vibes too :)

BLUE EYE: located next to Jimmys and Klute, this is an alternative cocktail bar to Revs for those of you who are feeling less basic. The menu is home to all the classics, and it even does a happy hour most days with a 2 for £10 deal. An absolute rarity in the South...

REVS: Just off Framwellgate Bridge, a table here gives you beautiful views of the castle, cathedral and the river. This is a must visit in Durham with brunch when the Flat White queue is too long, 2 for 1 cocktails on certain days and amazing food. Just make sure to book in advance to avoid disappointment as the queue in rona times stretched for miles!!



THE ANGEL: For those who dare to brave this pub located in the Viaduct, few remember making it back. A popular place to host socials, this pub is enjoyed by locals too, with a great beer selection, funky interior and large outdoor garden. Definitely learn where the toilets are though!



DRUNKEN DUCK: one of the lesser-known bars in Durham, this one is located near to Spoons and a bit cheaper than other cocktail bars. It has cute neon signs in the toilets too if you want to pimp up your Instagram.

So, there you have it, who needs Newcastle when you've got these fine specimens right on your doorstep?



Best of Durham: Clubs

Show this section to your friends who told you Durham doesn't have a nightlife- we very much do (just don't expect anything to be open past 2 am- it's better for your grades though if we're being honest).

Lloyds

By day your average spoons, by night one of the most popular clubs in Durham. A Wednesday night is Mildert night and a known necessity to get through a tough week of lectures (not recommended if you have a 9 am on Thursday...). With the massive dance floor, cheap drinks and music everyone can enjoy, Lloyds is a staple to the Durham experience.

Players

Located next to Lloyds, Players only makes the largely unknown nightlife of Durham all the more exciting! Players is relatively new but is a go-to for many students, with players Wednesday also taking place, although this seems more popular with those from other colleges - great if you're looking to meet new people!

Wiff Waff

Many will regard Wiff Waff as the way to start the week off, with Wiff Waff Mondays proving extremely popular with two floors so plenty of space to show off your moves after a few jagerbombs (3 for £5, try not to go too crazy though).

Klute

Once labelled the worst nightclub in the north, England or Europe (it depends who you ask), Klute is the place to be. The title doesn't capture a night out at Klute, Klute is one of the most popular clubs with 3 nights proving very busy (Tuesday, Friday and Sunday (SNK)) and has improved massively in the recent years.

Babylon

Babylon is near stantons, ideal for post-club takeaways (would highly recommend the chips). On top of this, Babylon offers a large bar and dancefloor and what is

widely regarded as decent music! Babylon is most popular for it's ignition nights. Clubbers need to experience this at least once in their years at Durham!

Jimmy Allen's

Every Durham student loves hearing 'let's go Jimmy's' after a hard day of work, with a building that probably should be used for something nicer than a club, the free entry is something no one can turn down. Jimmy's is the closest to Mildert (and paddy's) of the clubs and close to Klute if you fancy a club-crawl (is that a thing??), make sure to finish by 2 am though! With 3 bars and a dance floor, get ready for a night of changing your mind about which floor you want to be on every 5 minutes!

Loft

From Taylor Swift nights to disco nights, loft has many events on offer! Tucked away near Babylon and being the newest nightclub, Loft is sometimes forgotten when people talk about nightlife here but has a lot of potential so make sure to pay a visit!



Durham Dictionary

On 15th April 1775, Samuel Johnson had published his A Dictionary of the English Language. Some say this was the most important dictionary to have ever been compiled. We beg to differ. Because on this page you'll find all the jargon you'll ever need to know to get by (at least when living life in and around DH1).



First term

Michaelmas term

So here goes...

ANNIE D: The shortened term for Mildert's dining hall, the Ann Dobson Hall. It's the biggest dining hall in Europe, or is it the UK, or perhaps it's the North East (by cubic volume of course). Regardless, it's perfect for social distancing, what's not to love?

BAILEY: The oldest area of Durham, where colleges such as Castle, Cuth's and Hatfield can be found. A nice environment for a college bar crawl, a not so nice place to trip over on the cobbles...

BILLY B: The main University Library that towers over the science site. Named after our former Chancellor, many students spend much time here in the final years getting work done. It's okay though, no stress at the moment in first year, just get yourself used to the 4 floors and where things are. Join in on the testy debate on which is the alpha floor.

BNOC: An acronym often thrown around uni meaning 'Big Name on Campus'. Does what it says on the tin really. However, if you happen to find one of these mystic creatures please be sure to take good care of them, their fragile sense of heightened self-worth can be broken easily.

DUCK: The university charity fundraising organisation, standing for 'Durham University Charities Kommittee' (spell check hadn't been invented when the organisation was established). You can involve yourself in an array of philanthropic endeavours at a university level, but Mildert has its own branch of the committee.

DUO: The online site (Durham University Online) where all your academic needs are well and truly fulfilled. It's slow, it crashes, but give it a break, so would you if you were burdened with the future careers of the hundreds of students.

DURFESS: Objectively the best uni confessions page there ever was, there ever is, and ever shall be. Period.

ENTS: We aren't fans of words with more than 3 syllables. Often prefixed with phrases such as 'postformal', this handy term means 'entertainment'. At Mildert these often take place in the bar or the JCR – get involved in karaoke, watch live bands, you name it we got it!

EPIPHANY: A comfort to any Oxbridge reject (they weren't worth you anyway), this term roughly translates to 'second term' in everyday English.

EXEC: The group of students who run a society, JCR, committee etc.

FORMAL: A stunning three-course meal that takes place every few weeks in the Ann Dobson Hall, sometimes for charity, sometimes to mark a special occasion and sometimes just for fun! Make sure you thank the servery team – a lot of hard work goes into these events.

FORMATIVE: An essay, or otherwise marked piece of work, that does NOT contribute towards your end of year mark. That doesn't mean they're not important – use them for practise!!

HILL: The area in Durham where many of the newer colleges are found, including Mildert. All I'll say is that we have the best calves on campus.

JCR (Junior Common Room): The social heart of every college and completely run by undergrads. All societies and committees at Mildert are part of the JCR. We wholeheartedly encourage you to join so you can be a part of everything mentioned in this booklet.

MATRICULATION: A proper posh and traditional ceremony you'll partake in (hopefully) by the end of Freshers' Week that means you're officially part of the uni. It takes place in the stunning cathedral, though it's not exactly ideal when there is a fairly large pillar rudely in between you and the altar.

MC (Maiden Castle): The place for those sporty students. DU level sports are generally based here but college level sports often use the top-notch facilities too. There's also a really professional gym you purchase a membership for.

MCR (Middle Common Room): Similar to the JCR, it's the community within Mildert reserved for postgrads.

MICHAELMAS: Along a similar vein to 'Epiphany', this means 'first term'.

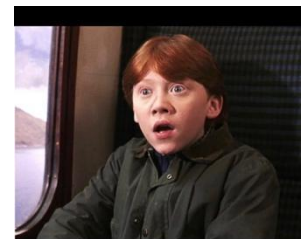
MILDERTIANS: Many credited sources have informed us that these are some of the best people going, and that's not going to stop when you join us either.

MILLY V: The Billy B's Mildertian offspring. Has the most stunning view of the Mildert lake as the sun sets over Wear block, makes you want to cry with joy. Just make sure you don't get too distracted and get a bit of work done.

PALATINATE: The uni colours. Woe betide anyone who says it's *shudders* purple...

PALACE GREEN: A beautiful expanse of grass in front of the cathedral and the perfect place for a photoshoot.

RON: A controversial one. So mischievous and problematic this voting option in Durham elections would steal its parents' flying car to get to Durham, even if it meant crashing into the Chad's tree on arrival. A tactical vote students at Durham choose if they feel all candidates in an election are unworthy of office. We stan democracy real hard here.



When you see that Ron is standing in every election again.

SCR (Senior Common Room): An association of people linked to the college, who do not study here (though many have) and support the work that Mildert does.

SKITTLES: No one actually knows what is in it. It's mean, it's green and it starts a night off perfectly. Ask at Mildert bar for more details.

SNK: The bane of every Monday morning lecturer's life. Sunday Night Klute.

SOCIAL: A social event put on by a society or club. Can be non-drinking, can be drinking, can be a mix of both, who cares? Just have a chill and forget about the summative due tomorrow.

STASH: Want to show off how loyal you are to a society, club or Mildert JCR? Think that forking over half your maintenance loan to buy clothing associated with said society, club or JCR will be enough? Think that you'll gain loads of cred BNOCCing

around at breakfast wearing it? Well in all honesty no, you actually need to show up to the society (at least to socials) but wearing their stash nevertheless is pretty cool.

SUMMATIVE: Like a formative but not at all. This essay/piece of work actually contributes to your final grade.

TALK AND SUPPORT: Mildert's JCR welfare team that's run by students for students. It's split into two sections, 'Pastoral' and 'Campaigns' and all overseen by the JCR Senior Welfare Officer. Welfare is extremely important to us here so we ensure that we are there for each other as much as possible (see p. 8 for more details).

TLC: Unfortunately, does not stand for 'Tender Loving Care' (though the carpets are quite soft). The new building opposite the science site and only a 5-minute walk from Mildert that has loads of study facilities and rooms for you to book out for any reason you need.