

Welcome to the Downing MCR!

This is a short guide that will help you navigate the basics of Downing College.



The most important bit to remember is that all the essential Downing information is on the [Intranet](#) and the [Downing College website](#).

To access the Intranet, you must use your **dow.cam.ac.uk** credentials!

The MCR Common Room

The MCR Common Room is located in the **S Staircase** and can be accessed using your CamCard.

The room is accessible 24/7 and with that power comes the responsibility of respecting quiet hours, keeping the space clean and tidy, and ensuring everyone feels safe and welcome.

The MCR is **not** a bookable space.

The MCR Bar is located in the common room and is open **every Friday during Term Time at 9pm** (and on other occasions as announced in your mailbox).

MCR Members are represented by the MCR Committee; further details can be found [here](#).

The TV Room

The TV Room is also located in the **S Staircase**. It is available to both JCR and MCR members and **requires booking** (see link below).

The Gym

The gym is located behind the Howard Theatre and is open from **6 am to 10 pm** every day. You can find further information [here](#).

The Chapel

The Chapel offers an extensive programme of events and services, among which is the popular Keith's Café every Wednesday at 3:30 pm. Further details regarding the Chapel, Chaplain, and Choir can be found [here](#).

The Theatre and Gallery

Downing hosts the Howard Theatre where you will be able to watch productions of the Downing Dramatic Society and attend other events such as the MCR Seminar Nights and Annual Postgraduate Conference. Further information is available [here](#).

The Heong Gallery hosts several exhibitions over the year. You can find further information [here](#) and follow the Gallery on Instagram [here](#).

Useful Links

-Use this link to **book College Facilities**:

[Facility Booker - TV Room, Music Centre Practice Rooms, Tennis Courts, Gym Annex \(Intranet\)](#)

-Use this link to access the **College map** and information on **Bene't Place Facilities**:

[Multi-faith Space, Study Space, and Societies Room at Bene't Place](#)

-Use this link for information about the **College Punt**:

[How to book the College Punt plus T&CSs](#)

-Use this link to access **College Funding** information:

[College Funding \(Travel, Course Materials, Hardship, Language Courses, Sports, Scholarships/Prizes/Funds, etc.\)](#)

-Use this link to access **Student Support** Information:

[Student Support \(Intranet\)](#)

-Use this link to access the **College Events Calendar**:

[Downing Events Calendar \(College, JCR, MCR\)](#)

-Use this link to find **College Societies/Clubs** and contact details:

[College Societies](#)

-Use this link to access **physical and mental health resources** in College, the University, Cambridge, and beyond:

[Health Resources](#)

-Use this link to access a **list of board games** available in the MCR and please report any missing games:

[List of Board Games](#)

Cambridge Jargon

If you are new to Cambridge, you may find some of the Cambridge jargon rather confusing. Check out the Cambridge SU Unofficial Cambridge Jargon Dictionary [here](#).

The Library

The library can be accessed using your CamCard and is accessible 24/7 for Downing members only. The catalogue is available online at library.dow.cam.ac.uk and you can find more information on the library webpages [here](#). The library is a quiet study space but there are often group study rooms available elsewhere in College (keep an eye on communications for up to date details of these).

Social Media/Contacts

Instagram

[@downingcollegemcr](#)

[@downing_mcrbar](#)

Facebook

[Downing MCR News and Events \(FB Group\)](#)

WhatsApp Community

<https://chat.whatsapp.com/LqhXj6D80Nz6ZoyptrR4UI>

MCR Committee Contacts

- President: president@mcr.dow.cam.ac.uk
- Vice President: vice-president@mcr.dow.cam.ac.uk
- Treasurer: treasurer@mcr.dow.cam.ac.uk
- Social Secretaries: social@mcr.dow.cam.ac.uk
- Bar Secretaries: bar.secretaries@mcr.dow.cam.ac.uk
- Welfare and Education Officers: welfare@mcr.dow.cam.ac.uk
- Sports and Amenities Officers: sports@mcr.dow.cam.ac.uk and amenities@mcr.dow.cam.ac.uk
- Freshers' Officers: freshers.officer@mcr.dow.cam.ac.uk

Careers Information

Your studies have just begun, but for many of you on one-year courses, it's time to think about your next steps already. The [Careers Service](#) can help you with that by offering a [wide range of career support services](#), from toolkits and events to personalised appointments. Please [activate your Handshake account](#) to keep up with the Career Services events and updates that are relevant to you.

Formals

Formals take place on **Monday, Wednesday, Friday, and Sunday**. Tickets become available on UPay a week before each formal. All information relating to formal hall bookings can be found [here](#).

Please adhere to the formal hall dress code and conduct found [here](#).

Downing MCR Events

The MCR Committee organises various events over the academic year, mainly during Term Time. These include, but are not limited to:

- Special occasion Formals (Christmas, Burns Night)
- An annual trip to Lincoln College, Oxford - and an occasion on which our sister College visits us
- Painting Nights
- Formal Swaps with other Colleges
- Themed Bar Nights
- Seminar Nights where MCR Members present their research
- An annual Postgraduate Conference

All events are announced via e-mail, so keep an eye out for further details.

Elections

You can contribute to College Life by joining the MCR Committee. **Elections are held in late November**. You can find out what each role entails by reading the MCR Standing Orders [here](#). You are also welcome to contact MCR Committee Members and request further information.

Accommodation

For those of you who will be continuing their studies at Downing next year, and wish to live in College, please note that **the accommodation ballot process takes place in Lent Term**. Further information on accommodation allocation can be found on the Intranet [here](#).