



**CU SU**  
International  
Students'  
Campaign

# Cambridge

International Freshers' guide

# Chairman's Foreword

Dear International Fresher,

Congratulations on making your offer, and on behalf of the iCUSU committee of 2019/2020, I warmly welcome you to Cambridge!

Firstly, well done on discovering this Freshers' Guide! If we've done our job right, this guide should help ease the daunting prospect of moving your life overseas; from helping you to cross administrative and bureaucratic hurdles, to acquainting you with Cambridge's geography. As you have slightly more than a month before the start of Michaelmas (first term in Cambridge), do take your time to go through the information provided here so that you can make your first few days in Cambridge feel as familiar as possible.

Secondly, beyond reading this guide, what else can you do? For now, make sure that you join the Official 2019 Facebook Group: <https://www.facebook.com/groups/1252844251541622/> There, we'll update you on the various activities being run for International Freshers' Week (IFW). You can also try getting in touch with your country's own registered student association to meet fellow Cambridge-bound students and get any country-specific information you may need. For example, some of these societies include the French Society ([www.frenchsoc.fr](http://www.frenchsoc.fr)), the German Society ([germansociety.org.uk](http://germansociety.org.uk)), the Singapore-Malaysia Association ([cumsa.org](http://cumsa.org)), the Malaysia Society ([www.cumas.org](http://www.cumas.org)), and the Russian Society ([www.russiancambridge.org](http://www.russiancambridge.org)), amongst others, which you can find at [www.societies.cam.ac.uk](http://www.societies.cam.ac.uk). Each of these societies, ourselves as a union included, offers great support, and I encourage you to make full use of it!

Finally, if our guide doesn't quite have enough to fulfil your curiosity about Cambridge, do feel free to head to our website or contact any of the iCUSU committee members (see next page) for more information. I look forward to seeing you at IFW!

Best,

Julia Yan

Chair (2019/2020), iCUSU

[international-chair@cusu.cam.ac.uk](mailto:international-chair@cusu.cam.ac.uk)

# About iCUSU

## Cambridge University International Students' Union

iCUSU serves as the umbrella organisation for all international societies and students in the University of Cambridge. We aim to act as the hub for all things international happening in Cambridge, whilst still looking out for the needs and concerns of international students. We organise events such as the International Freshers' Week, World Food Festival, and the Cambridge University World Cup to bring international students from all colleges together, and hopefully to make home feel a little less far away. We also manage a number of campaigns and student-welfare activities depending on the requests, needs, and interests of our stakeholders. To find out what we do, visit our website for more information!

<http://www.international.cusu.ca.ac.uk/about>

## iCUSU Committee Members

### Academic Year 2019/2020

Name	Role	Crsid
Julia Yan	Chair	qy230
Nicole Zhou	Vice-Chair	yz607
Nurfarhani Irfan	Secretary	nib23
Steven Yang	College Coordinator	hy328
Rongxuan Dou	Societies Coordinator	rd537
Haodong Miao	Publicity Officer	hm601
Justin Yu	Socials Officer	jy397
Callum Nicolas	Freshers Officer	cnn26
George Orfanides	Access Officer	gco24
Andrei Prahoveanu	General Committee	ap2079
Kan Jie Marcus Ho	General Committee	kjmh2
Marina Sultonova	Welfare Officer	ms2550
Jasmine Loo	General Committee	wjl31

If you have any questions about life in Cambridge as an international student, feel free to contact any of the committee members using our given CRSIDs. Not sure what a CRSID is? Check out Page 5 of this booklet. For more information about each of the committee members, head to our website!

<http://www.international.cusu.ca.ac.uk/about/comm.html>

# Table of Contents

## Online Matters

Getting your CRSID

Using Your CRSID

Page 5

## Travelling

To Cambridge

In and around Cambridge

Page 7

## Communication

Getting a mobile phone line

Wi-Fi in Cambridge

Page 13

## Accommodation

During Intl Freshers' Week

During Ordinary Term

Page 15

## Bank Accounts

Various Banks and Branch Locations

Setting up an Appointment

Page 17

## Health and Living

Must-have items

Registering with a GP

Page 19

## Intl Freshers' Week

Registration and Pricing

Itinerary

Page 20

## Other useful Information

Things to Bring and Things to Buy (Where to buy what)

Mental Health Awareness

Term Dates

Academics in Cambridge

Words and Phrases Used in Cambridge

Page 22

# Online Matters

## Getting your CRSID

CRSID stands for “Common Registration Scheme Identifier”. It is a login name used to identify you on any computing system managed by the University’s Information Services, including **Raven**, **Hermes**, and Desktop Services. Your CRSID also forms part of your standard Cambridge @cam.ac.uk email address. For example, if you have a question relating to student welfare, you can contact our Welfare Officer, Marina at [ms2550@cam.ac.uk](mailto:ms2550@cam.ac.uk).

**Raven** - Raven is the University-wide web authentication service. A Raven Login is required to access to all your Cambridge account, including Moodle, Hermes, CamSIS, etc. You can access it at: [raven.cam.ac.uk](http://raven.cam.ac.uk).

**Outlook** - Replacing the infamous Hermes Web Service, Outlook is where you will access your mail, calendar and more. It is very helpful to download it onto your phone. After resetting your password for the first time, allow up to 3 hours for the change to propagate to the mail server before you can log in. You can access it at [outlook.office.com](http://outlook.office.com).

## For New Undergraduates

In late August, before the start of your first year, you will be sent an email from the Student Registry ([student.registration@admin.cam.ac.uk](mailto:student.registration@admin.cam.ac.uk)) which will contain instructions on how to complete your student registration. Last year, this email was sent out on the 30<sup>th</sup> of August 2018, so don’t worry if you haven’t received yours yet. However, in case you don’t receive the email, you can head to <http://www.cambridgestudents.cam.ac.uk/new-students/student-registration> in early September to complete your student registration. Once you complete your registration, you’ll be given a link to collect your CRSID. For more information on setting up your CRSID, please visit: <https://help.uis.cam.ac.uk/downloads/getting-started>.

## For New Postgraduates

“New Postgraduates” refers to students who did not previously undergraduates at Cambridge. If you are a new postgraduate student, you will be able to find out your CRSID and correspondingly your Hermes email address within a few weeks of receiving your offer. To find out your CRSID, head to: <https://jackdaw.cam.ac.uk/mailsearch/newPG>.

## **For “Old” Postgraduates**

“Old” Postgraduates refers to students who were previously undergraduates at Cambridge. If you are such a student, you will retain your CRSID and Hermes email address from your undergraduate years. There is no need for you to do anything vis-à-vis your CRSID.

## **Using your CRSID**

### **For CamSIS**

CamSIS is Cambridge’s comprehensive system for handling student information, records and transactions. It is the official repository of the student’s record from application all the way through to graduation and is the sole source of official University and College transcripts. You can access CamSIS with **Raven** using your CRSID here: <https://www.camsis.cam.ac.uk/>.

### **For Eduroam**

Eduroam is a Wi-Fi service that allows you to connect your laptop and/or smart phone to the internet while in Cambridge (it should be available in colleges, faculty buildings, and other university departments). It is also accessible on the campuses of most universities in the UK and across Europe. To login to Eduroam, you’ll need to collect your network access token (a 16-letter lowercase password) at <https://tokens.csx.cam.ac.uk/>. Do take note that when collecting your token that your “Eduroam identifier” is your CRSID followed by “@cam.ac.uk”; given that the Eduroam network is not limited to Cambridge, your CRSID alone will not be sufficient.

### **For Moodle**

Moodle is the virtual learning environment for Cambridge students. It contains lecture notes, handouts, past-year examination papers, notices from faculty members, and is also a platform to make online submissions of assessments, feedback, or other reports. You can access it at: <https://www.vle.cam.ac.uk/>. Do take note that in order to enrol in the relevant courses, you’ll need a password provided by your faculty – you should receive this via your Hermes email account prior to Michaelmas (around the middle of September).

### **If You Need a VPN**

Residents in certain countries may need a VPN to access Facebook, Google Form, amongst other sites. Cambridge does provide a VPN: <http://www.ucs.cam.ac.uk/vpn>.

# Travelling

## To Cambridge

First, you need to book your flight to the UK – typically, most people land in London and travel to Cambridge via train, coach, or taxi. We recommend using <https://www.skyscanner.net/> or other similar sites to find the most affordable flight with the best timing for you. As there are multiple airports in London, we have provided instructions on how to travel from London Heathrow Airport, London Gatwick Airport, and London Stansted Airport to Cambridge. Getting from Stansted to Cambridge is by far the most convenient, so please arrange to fly to Stansted if possible.



London King's Cross Station

### **By Train (From Heathrow)**

Get to the tube station at London Heathrow and take the **Piccadilly Line** from Heathrow Terminals to **King's Cross Station**. From King's Cross Station, you can buy a train ticket to Cambridge Station from at any one of the counters. The train ride should take about 1.5 hours. If you are confident that your flight will not be delayed, you may buy your train ticket online prior to arriving at King's Cross (<http://www.nationalrail.co.uk/>). If you do so early, you are likely to get it at a lower price but may be at risk of missing your train.

Once you've reached Cambridge Station, you can either walk or take a bus to your college or place of accommodation. Also, please note that taking a taxi is perfectly safe in Cambridge. If you are carrying a lot of luggage (or are alone), we do not recommend that you walk or take the bus (taking the bus in Cambridge can be especially confusing). Instead, we recommend that you take a taxi to your destination (you may book one via Panther Taxi at 01223 715715 ([www.panthertaxi.co.uk](http://www.panthertaxi.co.uk)) or CamCab at 01223 704704 ([www.camcab.co.uk](http://www.camcab.co.uk))).



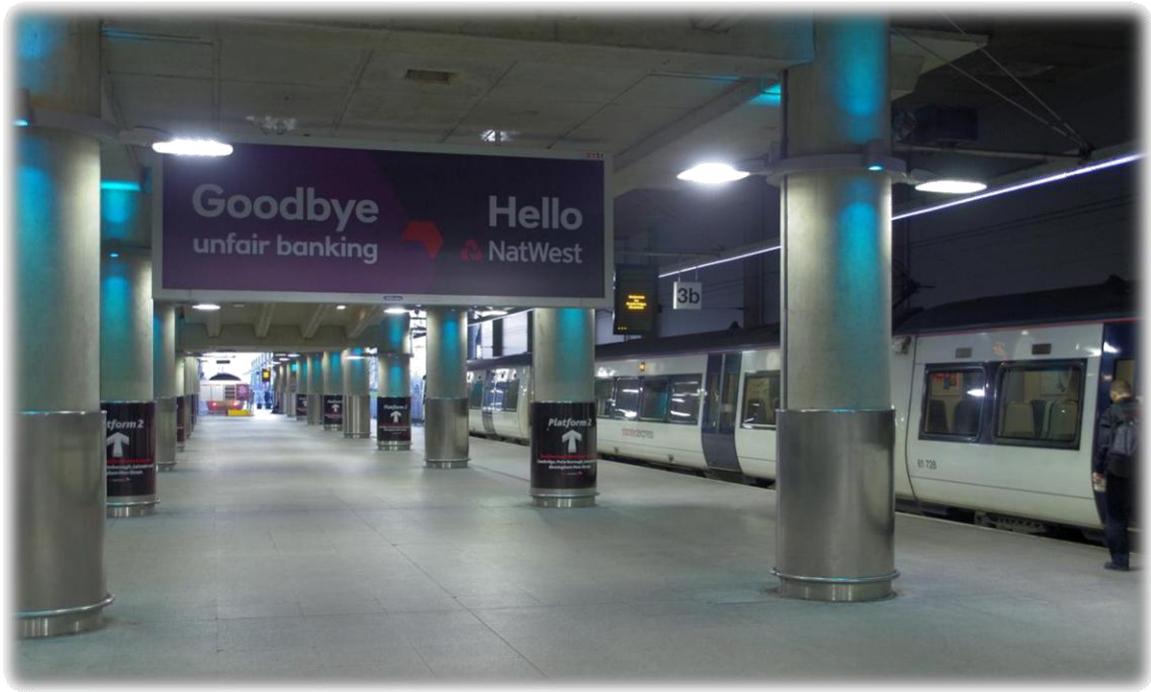
London Victoria Station

### **By Train (From Gatwick)**

Getting to Cambridge from Gatwick via train is extremely inconvenient. From Gatwick, you need to take a train (note: rail, not tube) from Gatwick Airport to London Victoria Station. After arriving at London Victoria Station, you need to transfer to the tube to get to London King's Cross Station, where you can buy a train ticket to Cambridge Station from at any one of the counters. As stated above, the train ride will take approximately 1.5 hours. And if you are confident that your flight will not be delayed, you may buy your train ticket online prior to arriving at Gatwick (<http://www.nationalrail.co.uk/>). If you do so early, you are likely to get it at a lower price but may be at risk of missing your train.

Once you've reached Cambridge Station, you can either walk or take a bus/taxi to your college or place of accommodation. If you are carrying a lot of luggage (or are alone), we do not recommend that you walk or take the bus (taking the bus in Cambridge can be especially confusing). Instead, we recommend that you take a taxi to your destination (you may book one via Panther Taxi at 01223 715715 ([www.panthertaxi.co.uk](http://www.panthertaxi.co.uk)) or CamCab at 01223 704704 ([www.camcab.co.uk](http://www.camcab.co.uk))).

**Note:** This route is not recommended as it involves quite a few transfers, and London Victoria Station does not have lifts – you'll have to carry your luggage up the stairs which might be extremely difficult!



Stansted Station

### **By Train (From Stansted)**

Getting to Cambridge from Stansted via train is extremely convenient. From Stansted, you do not need to transfer to another station, you simply need to head down the lift to the Stansted Station and buy a direct train ticket to Cambridge at one of the counters. The train ride will only take approximately 0.5 hours. If you are confident that your flight will not be delayed, you may buy your train ticket online prior to arriving at Stansted (<http://www.nationalrail.co.uk/>). If you do so early, you are likely to get it at a lower price, but may be at risk of missing your train.

Once you've reached Cambridge Station, you can either walk or take a bus/taxi to your college or place of accommodation. If you are carrying a lot of luggage (or are alone), we do not recommend that you walk or take the bus (taking the bus in Cambridge can be especially confusing). Instead, we recommend that you take a taxi to your destination (you may book one via Panther Taxi at 01223 715715 ([www.panther taxis.co.uk](http://www.panther taxis.co.uk)) or CamCab at 01223 704704 ([www.camcab.co.uk](http://www.camcab.co.uk))).

**Note:** If you have the option of flying straight to Stansted, and are planning on going straight to Cambridge when you land, this route is recommended!

## **Buying a Railcard**

If you intend to travel by train often, it might be worthwhile for you to purchase a Railcard which is available for anyone aged between 16 and 25, or 25 and in full-time study. It costs £30 per year or £70 for 3 years, and gives you 1/3 of the price off every train ticket you purchase. You may purchase it at a train station or online at <https://www.railcard.co.uk/>, and you'll need a passport-sized photo and your identification/passport.

## **Visiting London before Going to Cambridge**

If you do plan on visiting London for the day before heading to Cambridge, and are planning on travelling by train to Cambridge, you can buy your train ticket ahead of time to get some discounts on attractions in London. You just need to present your train ticket to get a 2-for-1 offer – visit <https://www.daysoutguide.co.uk> for more information!

## **By Coach (From Heathrow, Gatwick, or Stansted)**

National Express coaches are available from all airports to Cambridge City Centre. However, they usually take quite a fair bit longer than travelling by train (e.g. approximately 3 hours from Heathrow). But if you don't mind a slower trip, taking a coach can be quite relaxing since you don't have to manage your luggage (the driver will stow your bags), and the coach pick-up points are usually right outside the arrival hall of the relevant airport or terminal, meaning you don't have to make any transfers. You can search for a trip and purchase a coach ticket in advance at <http://www.nationalexpress.com/>.

As with National Rail, you can also purchase a Young Persons Coachcard (available for anyone aged between 16 and 26). It costs £10 per year or £25 for 3 years and gives you 1/3 of the price off every coach ticket you purchase. You may purchase it at a train station or online at <http://www.nationalexpress.com/offers/coachcards.aspx>.

Once you've reached Cambridge City Centre, you can either walk or take a bus/taxi to your college or place of accommodation. If you are carrying a lot of luggage (or are alone), we do not recommend that you walk or take the bus (taking the bus in Cambridge can be especially confusing). Instead, we recommend that you take a taxi to your destination (you may book one via Panther Taxi at 01223 715715 ([www.panthertaxi.co.uk](http://www.panthertaxi.co.uk)) or CamCab at 01223 704704 ([www.camcab.co.uk](http://www.camcab.co.uk))).

## **By Taxi**

You can book a taxi from any of the London Airports to Cambridge online, either from Panther Taxi ([www.panthertaxi.co.uk](http://www.panthertaxi.co.uk)) or CamCab (<http://www.camcab.co.uk/index.php/book/fares>). This is obviously the most convenient way to get to Cambridge if you've never been to the UK before, and are bringing a lot of luggage – of course it is also the most expensive. You can cut costs by travelling with a buddy (or two).

## **In and Around Cambridge**

### **Walking**

Cambridge itself isn't impossibly big and it is certainly possible to walk to everywhere you will need to go. It is a simple matter to make use of Google Maps or the University Map (<https://map.cam.ac.uk/>) which more accurately points out places of interest within the University. If you do not yet have data set up, save all the google maps offline before you leave home. Alternatively, obtain a map from a tourist information centre or purchase one from the Cambridge University Press bookshop ([www.cambridge.org/about-us/visit-bookshop](http://www.cambridge.org/about-us/visit-bookshop)). Free maps may also be up for grabs during freshers' week.

### **Cycling**

While it is possible to walk, most people in Cambridge get around by cycling – it is especially useful if your college is situated far from the city centre or from your faculty. You can purchase a new bicycle from a shop; they typically cost between £100 and £150; however, there are often many promotions available during the Freshers' Fair (held on the 8<sup>th</sup> and 9<sup>th</sup> of October 2019). You can also buy used bicycles from seniors or from sellers on [www.qumtree.co.uk](http://www.qumtree.co.uk). However, before getting a used one, do your due diligence to make sure you're getting something worthwhile!

Wherever you get your bicycle from, be sure to equip it with a set of lights (both front and back) and a sturdy lock (preferably a 'D' lock) to avoid cycle-theft. Both of these things are absolutely essential as cycling in the dark without either front or back lights entails a £50 fine, and cycle-theft in Cambridge is quite prevalent.

Although helmets are not strictly compulsory, they are recommended, especially if you're not a strong cyclist. You should also consider purchasing mudguards when getting your bicycle – they'll keep you and your bike clean!

Bicycle shops near the city centre – these shops are convenient spots to get a bicycle, but they may not necessarily offer the best deal:

**Halfords**

1 Bridge Street  
01223 350808

**Ben Hayward Cycles**

69 Trumpington Street  
01223 352294

**Cambridge Cycle Centre**

8 Botolph Lane  
01223 350808

Bicycle shops further away – these shops are a bit inconvenient to get to (especially since you don't have a bicycle yet), You may be able to get a cheaper bike here:

**Mike's Bikes**

26-28 Mill Road  
01223 312591

**Cycle King**

195-197 Mill Road  
01223 214999

**Cambridge Station Cycles**

Station Building, Station Road  
01223 307125

**By Bus**

As mentioned above, taking a bus in Cambridge can be quite confusing initially. If you are keen on travelling around Cambridge by bus (or if there is a need for you to), the bus services are efficient, and you can pick up a bus map during freshers' week to familiarise yourself with the routes. Or, you can visit:

<https://www.cambridgeshire.gov.uk/residents/travel-roads-and-parking/buses/bus-timetables/>.

# Communication

## Getting a Mobile Phone Line

### Making Calls in the UK

The UK's country code is +44, and if you arrive in the UK without a UK mobile phone line yet, you'll need to preface the number you are dialing with +44. For example, the number given for Panther Taxi given above was 01223 715715.

If you **do not** have a UK SIM card, you will have to dial +44 1223 715715; note that the zero at the beginning is dropped from the number. The zero is only necessary when you change to your UK SIM card, after which you will simply need to dial 01223 715715, without +44.

### UK SIM Cards

Assuming you have a phone which is usable in the UK (this is not a prevalent problem, but do note that mobile phones produced for different countries may not be usable in the UK – just check if there might be any issue, but this is unlikely), you can simply get a UK SIM from a number of operators:

**VOXI** ([www.voxi.co.uk](http://www.voxi.co.uk))

**O2** ([www.o2.co.uk/shop/sim-cards/](http://www.o2.co.uk/shop/sim-cards/))

**EE** ([shop.ee.co.uk/sim-only](http://shop.ee.co.uk/sim-only))

**Three** ([www.three.co.uk/Store/SIM/](http://www.three.co.uk/Store/SIM/))

**Lycamobile** ([www.lycamobile.co.uk/en/](http://www.lycamobile.co.uk/en/))

**Giffgaff** ([www.giffgaff.com/](http://www.giffgaff.com/))

**Lebara** ([mobile.lebara.com/gb/en/](http://mobile.lebara.com/gb/en/)).

The two key differences between these operators are primarily pricing and connectivity. Depending on where you are in Cambridge or even in the rest of the UK, connectivity can vary largely. For example, Three tends to have poor reception in Cambridge but better reception in London and elsewhere in the UK.

We recommend checking with seniors in your college to find out which operator has the best connectivity in your college (the place you'll likely be spending most of your time). From these operators, you may select a monthly contract (this is not a bad option if you intend to get a new contract phone) or a pay-as-you-go account (this is best if you like the flexibility of stopping your line whenever you return home).

### **Recommendation:**

If you don't need to get a new phone, VOXI is your best choice, it allows you to start and end your line from month to month with no cancellation fee or obligation to continue. It also gives you unlimited social media data. If not, then Giff Gaff is the best alternative.

If you haven't gotten a SIM card by the time you arrive in Cambridge, we'll be giving out free SIM cards during International Freshers' Week!

### **Wi-Fi in Cambridge**

As mentioned above at Page 6, using your CRSID, you have access to the campus-wide network Eduroam. However, Eduroam is sometimes not too reliable (differs from person to person).

Most (if not all) colleges will have their own wi-fi which you can make use of by buying a router usually sold (or given out by) the IT Department of each individual college. If you are unsure of where or how to connect to your college's wi-fi, ask your porters, they will surely be able to direct you to the right people!

# Accommodation

## During International Freshers' Week

Not all colleges allow early arrival for participation in International Freshers' Week (IFW) which runs from 1 – 4 October 2019 this year. You should check with your college about the earliest date they allow students to move in (for those staying in college). If they do not allow early arrival on the 1<sup>st</sup> October, you may book a room (bed and breakfast) in any one of the following colleges:

**Sidney Sussex** (<https://www.sid.cam.ac.uk/confer/accommodation/bookingindiv>)

**St Catharine's** (<http://www.caths.cam.ac.uk/conferences/bed-and-breakfast/make-booking>)

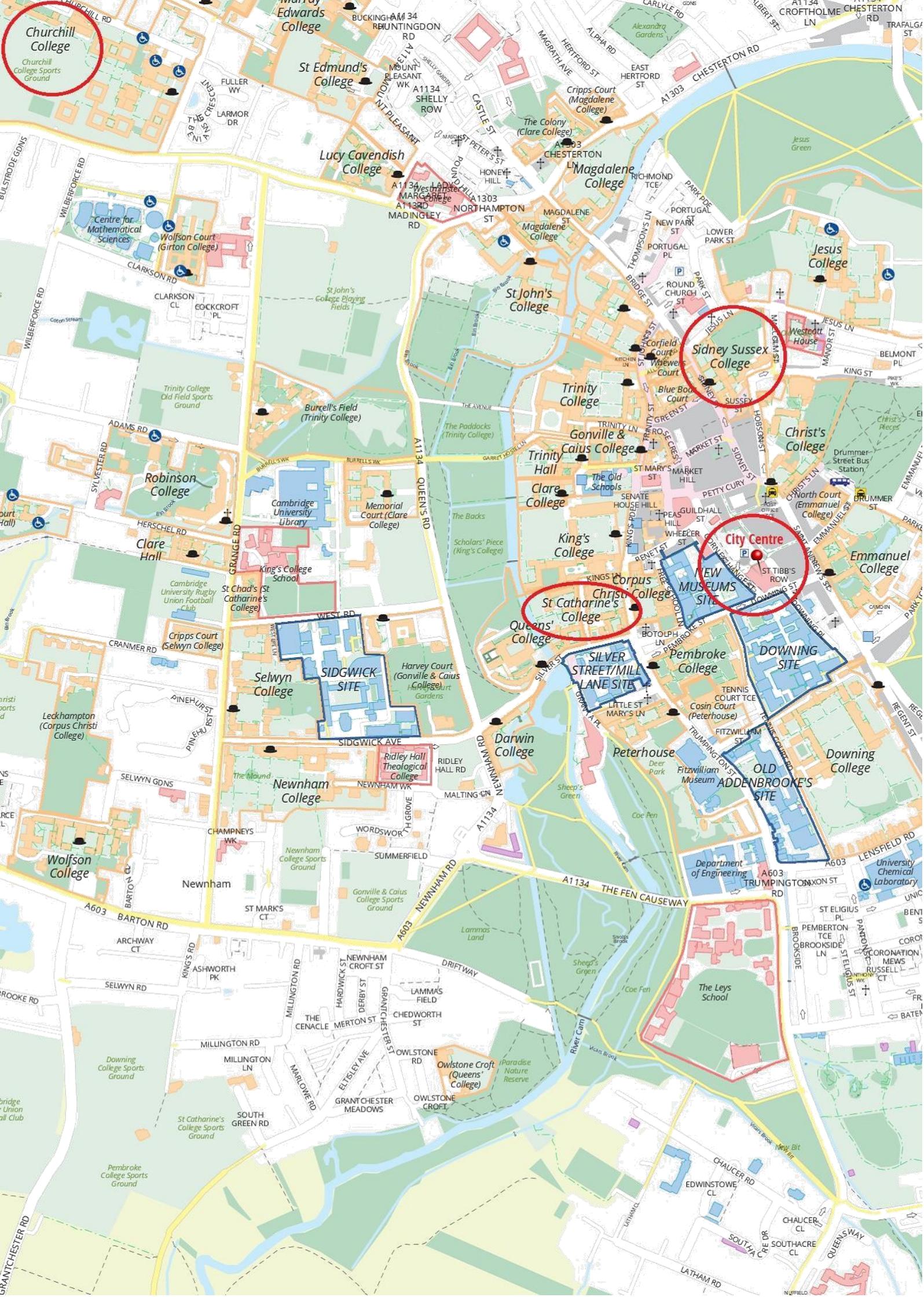
**Churchill** (<https://www.chu.cam.ac.uk/conferences/services/bandb/>)

The locations of each of these colleges are shown on the **map on the next page**. For most students, we recommend booking a room in Sidney Sussex if you would like to come to Cambridge earlier than your allotted college move-in date. It is centrally located and is right next to one of the larger supermarkets (Sainsbury's) in Cambridge. An alternative to booking a room would be to stay with a friend from Sidney Sussex, Newnham, Peterhouse, or Jesus – these colleges provide accommodation at relatively early dates.

This year in particular, the colleges above may not provide accommodation at the requested dates. If you are having trouble booking early accommodation, you can find external accommodation online, staying with your family in a hotel before you move in, or elect to arrive for only the later events in IFW. You can head to <http://www.booking.com/> to search for hotels or other lodging as necessary.

## During Ordinary Term

All colleges in Cambridge provide accommodation to first year undergraduates, and almost all of them guarantee accommodation across all 3 years of your undergraduate course, (sometimes providing offsite accommodation in second year). However, there are some colleges which may not provide accommodation for second and third years (you will have to manage this when the time comes). For postgraduates, accommodation is not necessarily guaranteed, you have to check with your college's accommodation office to be sure. For those living in college (which will be most), visit the porters' lodge upon arrival to register yourself and college your University Card and keys.



**Churchill College**  
Churchill College Sports Ground

**Sidney Sussex College**

**City Centre**

**St Catharine's College**

**Wolfson College**

**Robinson College**

**Clare Hall**

**Selwyn College**

**Newnham College**

**Ridley Hall Theological College**

**Darwin College**

**Corpus Christi College**

**Peterhouse**

**Pembroke College**

**Downing College**

**Emmanuel College**

**Christ's College**

**Jesus College**

**Lucy Cavendish College**

**St Edmund's College**

**Magdalene College**

**St John's College**

**Trinity College**

**Gonville & Caius College**

**King's College**

**Corpus Christi College**

**St Catharine's College**

**Queens' College**

**Darwin College**

**Peterhouse**

**Pembroke College**

**Downing College**

**Emmanuel College**

**Christ's College**

**Jesus College**

**Lucy Cavendish College**

**St Edmund's College**

**Magdalene College**

**St John's College**

**Trinity College**

**Gonville & Caius College**

**King's College**

**Corpus Christi College**

**St Catharine's College**

**Queens' College**

**Darwin College**

**Peterhouse**

**Pembroke College**

**Downing College**

**Emmanuel College**

**Christ's College**

**Jesus College**

# Bank Accounts

## Various Banks and Branch locations

Most international students set up an account with one of the following banks:



### Addresses:

56 St Andrew's Street, Cambridge CB2 3DA

23 Market Street, Cambridge CB2 3PU

36 Fitzroy Street, Cambridge CB1 1EW

### Webpage on International Student Accounts:

<http://personal.natwest.com/personal/current-accounts/compare-current-accounts/student-account/student-account-international-students.html>



### Address:

11 St Andrew's Street, Cambridge CB2 3AA **Webpage on International Student Accounts:**

<http://www.barclays.co.uk/current-accounts/international-student-bank-account/>



### Addresses:

3 Sidney Street, Cambridge CB2 3HG

95-97 Regent Street, Cambridge CB2 1BQ

### Webpage on Classic Account (which International Students May be Eligible to Set up):

<https://www.lloydsbank.com/current-accounts/all-accounts/student-account.asp#collapse2-1499456163436>

**Addresses:**

60 St Andrews Street, Cambridge CB2 3RR

49 Sidney Street, Cambridge CB2 3JF (no counter services available at this branch)

**Webpage on International Student Accounts:**

<http://www.santander.co.uk/uk/current-accounts/student-graduate-current-accounts/international-student-current-account>



*The Royal Bank of Scotland*

**Address:**

28 Trinity Street, Cambridge CB2 1TN

**Webpage on International Student Accounts:**

<http://personal.rbs.co.uk/personal/current-accounts/compare-current-accounts/student-account/student-account-international-students.html>

## Setting up an Appointment

Setting up a bank account isn't terribly difficult or troublesome, however, you do need to plan ahead in order to get it up and running as early as possible. To do so you'll need to fill up an application for an international student account online (using the links given above for the various banks – do check out their features and benefits before deciding which you would rather set up) and pick a date and branch location for your appointment to meet with the bank staff to set up your account. Try to do this before flying to the UK, and make sure you pick an appointment date and time where you will not miss out on freshers' events.

Generally, you'll be required to bring your passport, UCAS acceptance letter (or other offer letter for postgraduate students), a proof of residence (you can get this from your tutor in your college), your student ID, amongst other things. Make sure you bring all the documents listed when making your application, or they will turn you away!

# Health and Living

## Must-have Items

### Umbrella and Waterproof Coat

The weather in the UK is notoriously wet – although it won't be too cold when you arrive in Cambridge during Michaelmas, rain is constant and persistent. The good news however, is that the rain is generally light, especially if you're used to tropical rainfall. Nonetheless, we recommend that you bring a good umbrella or a waterproof coat.

### Medication

Due to the weather, it is common for incoming students to suffer from Freshers' Flu during their first few weeks in Cambridge. Although your college will inform you how to register with a general practitioner (GP) in Cambridge, it is important to note that GPs are not dispensaries – the doctors merely prescribe the medication, and you have to go to a pharmacy (e.g. Boots Pharmacy at 28 Petty Cury, Cambridge CB2 3ND) to have it fulfilled. This is not the most efficient use of time when you're treating something relatively minor like a flu.

We recommend that you bring some readily-accessible medication to help deal with the flu, coughing, runny noses, mild fevers, body aches, and sore throats. For example, paracetamol (for body aches and fevers), chlorpheniramine (for runny nose and sneezing), ibuprofen (anti-inflammatory pain killer), codeine tablets (for coughing), amongst others.

### Store-Cupboard Comfort Food

Obviously, you won't be able to bring anything fresh from home to ward away gloomy Cambridge days, however, we do recommend that you bring some food from home which can be kept and which cannot be found in the UK. For example, pre-mixes, sauces, a particular brand of instant ramen, etcetera.

For a good gauge as to what is available in Cambridge, you can do a quick search on <http://www.ocado.com/>, <http://www.waitrose.com/>, or <http://www.sainsburys.co.uk/>.

## Registering with a GP

As a student on a course 6 months or longer, you will be covered under the National Health Service (NHS). As such, upon arrival in Cambridge, you will need to register with a GP – there are many GPs in Cambridge and you can get a list of them from your porter, college tutor, or college nurse. Your college will give you more specific details on registration when you arrive.

# InTL Freshers' Week

## CAMBRIDGE INTERNATIONAL FRESHERS WEEK

### Registration and Pricing

#### Pricing

Tickets to the International Freshers' Week events are sold either as an all access pass (including the garden party, punting and the International Freshers' Formal Dinner) or are sold via individual tickets.

The formal dinner (Formal), will be held in Churchill College this year. Students are expected to dress up 'formally' (please find the detailed code of conduct on the ticketing link) to attend the formal and will be served with a 3 course meal. Formals can be thought as one of the most special and unique parts of Cambridge life.

ALL access pass: £22 - <http://buytickets.at/icusul/287627>

Formal: £15 - <http://buytickets.at/icusul/287625>

Garden Party: £4 (£5 on the door) - <http://buytickets.at/icusul/287626>

Punting: £5 - <http://buytickets.at/icusul/287621>



# Itinerary



## Cambridge University International Freshers' Week 2019

	MORNING	AFTERNOON	EVENING
<b>1<sup>st</sup> oct</b>	<b>Shopping trip &amp; tour</b> 9am-12pm King's Parade		<b>Mingling Night</b> 8pm-11pm Fisher Building, St John's College (SJC)
<b>2<sup>nd</sup> oct</b>	<b>Shopping trip &amp; tour</b> 9am-12pm King's Parade	<b>Punting Trip</b> 1pm-5pm St John's College	<b>Pub Crawl 1</b> 8pm-11pm Central Cambridge  <b>OR</b> <b>Game Night</b> 8pm-11pm Fisher Building, SJC
<b>3<sup>rd</sup> oct</b>	<b>Shopping trip &amp; tour</b> 9am-12pm King's Parade	<b>Scavenger Hunt</b> 1pm-5pm Central Cambridge	<b>International Formal</b> 7pm-9.30pm Churchill College
<b>4<sup>th</sup> oct</b>		<b>Garden Party</b> 2.30pm-5.30pm Murray Edwards College Garden	<b>International Pub Quiz</b> 8pm-10pm Fisher Building, SJC  <b>Pub Crawl 2</b> 10pm-11pm Central Cambridge

If you have any questions or suggestions, please send them to the email address below, and we hope to see you at IFW!

[international-general@cusu.cam.ac.uk](mailto:international-general@cusu.cam.ac.uk)

# Other useful Information

## Things to Bring and Things to buy

### Things to Bring

#### **Stationery**

Stationery is considerably more expensive in the UK, and some of the brands of pens with which you are familiar may not be available there. It is recommended that you stock up on the stationery you like from home and bring it over with you. It would be useful to bring along:

**Pens and refills** (as many as you think you need, especially during exam term)

**Highlighters** (if you need them)

**Mathematical sets and calculators** (if you need them, note that for science students, only certain calculators are approved during exams, make sure you check it before bringing with you.)

**Pencils and sharpeners** or **mechanical pencils and lead**

#### **Formal Wear**

For ladies, this could mean any number of things – semi-formal dresses for matriculation, or evening wear (cocktail dresses, jumpsuits, evening dress) for formal/black-tie events.

For the gents, this means a suit with a tie and a couple of formal shirts and dress shoes. For black-tie events, you'll need to have a tuxedo and a bow-tie. However, this is not strictly necessary – formals do not require black-tie, but certain colleges do insist on black-tie (or even white-tie) for their May Balls.

#### **Winter Wear**

A light coat and a couple of sweaters from home will suffice till November, after which a wool or down-feather winter coat will be needed. Waterproof coats are also highly desirable in the temperamental British weather. If you do not yet own a winter coat, it may be a better idea to purchase one in the UK as there is a wider range available and is often cheaper.

If you plan to cycle in Cambridge, bring along scarves and gloves help to keep yourself warm (your hands can get especially cold even when cycling during autumn).

Long johns and thermal wear are generally not necessary for most people, however, if you are particularly sensitive to the cold, we would recommend bringing a set.

## **Electronics and Gadgets**

Do check with your college whether the electronics/gadgets you are bringing can be used in your room. High wattage appliances such as microwaves and fridges (unless they are of a particular size) are not allowed by some colleges.

If you are the kind that prefers studying in your room, you might consider getting an additional screen or monitor for your computer – this does really help ease the squinting and struggling to read on your screen. Screens in the UK can be quite pricey, and we do recommend you bring one with you if you have the luggage capacity (generally a 17 or 21-inch screen tightly bubble-wrapped should be sufficient). Also, a keyboard and mouse is recommended.

As some rooms have a limited number of power sockets, a multi-plug with switches may come in handy. A cheap one can be easily obtained from Argos/Sainsbury's and therefore it may not be necessary to bring it from home. However, if you prefer to have one with you immediately when you start unpacking, feel free to bring one.

As mentioned above at Page 14, your college will help you set up your wi-fi connection when you arrive – it is not necessary to bring a router; often they may not be configured properly and might not work anyway. However, do check with your college if you require a LAN cable for direct Ethernet connection.

## **Toiletries**

Most brands of toiletries are available, but you should still bring some along small samples of shampoo, body wash, conditioner, toothpaste, and etcetera to tide you over for the first few days. For a good gauge as to what is available, you can do a quick search on <http://www.ocado.com/>, <http://www.waitrose.com/>, or <http://www.sainsburys.co.uk/>. We do strongly recommend bringing along lip balm and moisturiser which will help prevent your lips and skin from cracking – the air in the UK is extremely dry.

## **Miscellaneous Items**

Bolsters (or body pillows) are not available in the UK. So, if you can't sleep without one, bring it along.

## Things to Buy

### College Gown

There are 2 main shops which sell academic gowns:

#### **Ryder and Amies**

22 King's Parade, Cambridge CB2 1SP

01223 350371

[www.ryderamies.co.uk](http://www.ryderamies.co.uk)

#### **Ede and Ravenscroft**

70-72 Trumpington St, Cambridge CB2 1RJ

01223 350048

<https://shop.edeandravenscroft.com>

Each college has their own unique academic gown, and they do vary slightly in pricing. Gowns range from approximately £35 to £50 at Ryder and Amies, and approximately £45 - £60 at Ede and Ravenscroft. The ones from Ede and Ravenscroft are of slightly better quality but are for the most part indistinguishable.

### Where to buy what



The green flags on the above map are the locations of various supermarkets, with the red location mark being the main Sainsbury opposite Sidney Sussex College.

### Supermarkets

Sainsbury Eddington (Massive one); Main Sainsbury; Sainsbury local; Aldi (very cheap if not the cheapest); M&S (the most expensive); Tesco; Co-op (Hill's road)

## Duvets/Beddings

**TK MAX** (very cheap)

**M&S** (comfortable, fair prices, not the cheapest)

**John Lewis** (can be slightly more expensive)



## Stationaries:

**Ryman's** (next to the main Sainsbury on Sidney street, UK chain supermarket)

**Wilko** (a cheap supermarket in the Grafton centre that sells various things such as plastic boxes for storage, stationary, kitchenware, albums, etc)

## Kitchenware:

**John Lewis** (you can find almost everything there, though it can be pricey)

**Wilko** (a much cheaper store, but a bit far from the city center)

**Sainsburies** (more cleaning tools than pots and frying pans)

**Lakeland** (expensive, higher quality, located on Sidney street)

## Medicines/Cosmetics:

**Boots** (one of the biggest chains that sells various brands of cosmetics and medicines; you can also collect prescriptions and even print photos there.)

**Superdrug** (mainly for cheaper cosmetic brands and small toiletries, such as combs, hair bands, nail polish removers etc.)

## Books

**Heffer's / Waterstones**

**G. David Bookseller** (Second hand books)

## Restaurants:

Chinese/Cantonese: Golden House (takeaway);  
HK Fusion; Seven Days; Yim Wah Express;  
Café oriental (very good wonton)  
French: Cafe Rouge  
Generic Halal: Zi's  
Greek: Gardenia (Gardies) (ish) (mostly halal)  
Indian: Tiffin Truck  
Italian: Bella Italia, Pizza Express, Zizzi, Franco Manca's  
Japanese: Wasabi, Yo Sushi, Stick and Sushi  
Korean: Bibimbap House, Little Seoul  
Lebanese: Lagona (halal)  
Mexican: Nanna Mexico (chicken is halal), Las Iguanas  
Spanish: Tabanco, Tu Casa Tapas  
Thai: Sala Thong, Thaikhun  
Vietnamese: Pho, Thanh Binh  
Fried chicken: Van of Life (THE place after a night out)  
\*Note: The restaurants above came from student  
recommendations, no sponsorship involved.



## Term Dates

### Undergraduate Students

**Michaelmas Term:** Tuesday, 8 October 2019 – Friday, 6 December 2019

**Lent Term:** Tuesday, 14 January 2020 – Friday, 13 March 2020

**Easter Term:** Tuesday, 21 April 2020 – Friday, 12 June 2020

\*\*\* Take note that the Cambridge week starts on Thursday and ends on Wednesday (lectures typically start on the first Thursday of full term and end on the last Wednesday). However, as can be seen above, full term begins on Tuesdays and ends on Fridays. Even more confusingly, supervision cycles typically start on Mondays and end on Sundays.

## **Postgraduate Students**

Note that the above term dates do not necessarily apply to postgraduate students. Postgraduate students operate on the basis of the academic year which extends beyond the end of the Easter Term. The Academic year commences on 1st October and finishes on 30th September each year. For more information, head to:

<https://www.cam.ac.uk/about-the-university/term-dates-and-calendars>

## **Mental Health Awareness**

### **Taking Care of Yourself**

By student minds Cambridge



Starting at Cambridge can be stressful for international students – leaving home to study in a foreign country sometimes for the first time, maybe even staying miles away from family and friends, and experiencing cultural shock in what can be a completely unfamiliar environment. Academic and interpersonal factors can also have an impact on your mental health. The difficulties you might face are common amongst so many international students, and there are safeguards and resources available to make the transition as easy as possible. This guide is to let you know about mental health resources, and where you can go if you want some support, whenever you want.

It is normal to feel homesick after coming to Cambridge, especially if this is the first time you will be away from home for an extended period of time. But keep in mind that you are not alone, almost every international student experiences homesickness at some point, so don't panic and worry if this happens to you. It can be nice to join societies with your cultural background, where you can all get together to do things you're used to doing at home (for a list, see <https://www.cusu.co.uk/directory/categories/international/> or meet them at Freshers' Fair). Sometimes taking to people sharing the same cultural background can let you feel "connected" and at ease.

Sometimes meeting new people can be distressing too, and it's important to remember that you don't need to rush into making loads of new friends if you don't want to. Many people might find their groups only later into their Cambridge journey, and so you shouldn't feel stressed if you don't immediately fall into a group. If you ever do feel lonely, or just want to have a chat with someone, try to come along to one of Student Minds Cambridge's events where you can have a chance to socialise in a relaxed environment

You may begin to feel a number of negative emotions which often (but not always) start due to homesickness. You can try the following ways or seek help in the places listed in last section (5. Seek help) if this happens to you.



## Student Initiatives

Nightline: 01223 744444 (7pm-7am during term time)

Peer2Peer

Self-Care Tips Group on Facebook (women/non-binary)

## External Support

Cambridge Women's Aid: 01223 361214

Cambridge Rape Crisis: 01223 245888

Switchboard LGBT+: 0300 330 0630 - support for LGBT+

B-eat: 0808 801 0677 - support for eating disorders.

Cruse Bereavement Care: 0808 808 1677 - support for those who have lost a loved one.

Samaritans: 116 123 - 24/7 helpline, non-directive listening

Lifecraft: 0808 808 2121 - 7pm-11pm helpline based in Cambridge, non-directive listening

Mind: 0300 123 3393 - particularly good for finding information about mental illnesses, self-care tips, and tips for supporting friends and family.

SANE: 0300 304 7000 - helpline 4.30pm - 10.30pm.

Papyrus: 0800 068 41 41 - helpline particularly for young people having suicidal thoughts

### **In an emergency:**

**Porters are 24/7, NHS 111 press option 2.**

You may also want to read this Student Support Guide (at <https://www.findsupportcam.com/>) prepared by Student Minds Cambridge. It includes ways of self-care, supporting others and where to look for mental health support in Cambridge. Feel free to also keep in touch with Student Minds Cambridge (at <https://www.facebook.com/StudentMindsBridge/>), who regularly update mental health related information and organise events to promote mental health awareness and can also signpost you to useful resources and support systems to improve your mental wellbeing.

## **Academics in Cambridge**

### **Lectures**

Lectures are held in various lecture theatres around Cambridge. You will be provided with more information on your lecture venues. In October 2019, you should be able to access your lecture timetable using your CRSID at [www.timetable.cam.ac.uk](http://www.timetable.cam.ac.uk). Although lectures are not compulsory, they form the backbone of the structure of your course in Cambridge, do attend them as frequently as you can!

### **Supervisions**

Supervisions are the main mode of teaching in Cambridge. Your Director of Studies for your subject in your college is responsible for finding and assigning you supervisors, but you will make your own arrangements with your supervisors as to the days and timings of your supervisions. Supervisions are conducted in small groups, usually with a student-to-teacher ratio of 2:1, but may vary (sometimes up to 5:1, but these are rare). Given that they are conducted in such small groups, your supervisor will be paying extremely close attention to your progress

- You'll need to prepare well for your supervisions to get the most out of them.

### **Examinations and Coursework**

Every course has a different assessment structure – some may involve a mixture of coursework (essays, reports, and etcetera) and written examinations, and others may be purely based on a written examination. Whatever the mode of assessment is, it is merely a means to test the extent of your learning throughout the year – so don't stress yourself out too much! If you've put in the work, you'll be fine!

### **Degree Classification**

You'll notice that your examinations are divided up into parts, each known as a "Tripos". A Tripos is simply a fancy name Cambridge gives to a cluster of examinations in a particular subject (e.g. Law Tripos Part II, Natural Sciences Tripos Part IA, English Tripos Part I, and etcetera). Each Tripos is given its own individual classification (First, Second-Upper, Second-Lower, or Third Class), and your degree does not have an overall classification. However, you can refer to the individual classes you attained in each part of your Tripos – if you got a First in all 3 parts, you can say you've got a "Triple First".

## Words and Phrases Used in Cambridge

"Are you alright?"	This is just a pleasantry in England; it's just their way of saying hello. You shouldn't feel obliged to explain if you are in fact "alright" or not. You can simply say "I'm good, thanks, how are you?" and continue walking on (they'll probably reply with "I'm good").
Backs	The back of colleges along the river (including King's College) with superb views of the River Cam. Especially beautiful when flowers blossom in summer. Ideal for picnics.
Bedder	Cleaner at Cambridge colleges, from the era when students had beds made for them. Now, they empty your bin every morning (and perhaps changes your sheets or cleans your room, depending on your college). Be nice to your bedder because they are a force to be reckoned with. They can be great friends!
Blue	Sporting award for people who play in University (Varsity) matches against Oxford. You'll often hear it when a person is referred to as a "Cambridge Blue".
Bop	After-party, usually with loud music, dancing, drinks and a crowded warm room. Cambridge University slang.
Boatie	Pronounce "bow-tee". Person whose waking hours revolve around boats, rowing and more rowing. Known for waking up at insane hours to train. Conversationally topic-limited to, you guessed it, rowing.
Bumps	Bi-annual thrilling event where all College boatie crews line up in accordance with the rankings and chase each other up the river, attempting to bump (overtake) each other.
Buttery	Dining hall. Place where food is served at meal times. Also known as "hall" in some colleges.
Cheers	'Cheers' is an expression of appreciation – the British substitute for the polite 'thanks'.
CompSci	Pronounced "kom-skee". Computer Science student – the connotation is that their social life is solely dependent on email.
Courts	Manicured grass patches in college. Not to be trampled on by students. At least don't get caught. To be caught is to risk the wrath of the porters.
Cindies	This is the club that has been since rebranded as Ballare. Wednesday Cindies is THE night out in Cambridge. Friday Cindies is a Rap and Hip Hop club night that has fantastic music and a great crowd.
DOS	Director of Studies. A fellow from your college who is responsible for overseeing your academic progress. You will usually have a meeting with them once a term. Best to be avoided if you do not want any nagging or pep-talk to work harder, though some can be lovely.
Doss	Confusingly, the British also use the term 'doss' colloquially. A 'doss' subject is one that doesn't require very much effort and is hardly intellectually rigorous. To doss around means to faff around (see below – 'Faff '). Funny how your DoS is the last person who will want you dassing around though.

Ents	Entertainment. At a bop, party, or ball.
Faff	[Verb] If someone tells you to stop faffing around, they want you to stop clowning around. [Noun] An unnecessary, over-complicated or troublesome task, especially one perceived as a waste of time. "I hate doing the dishes every night, it's such a faff."
Fellows	Academics who work, and in some cases, live in a college. They are a notch above the student in the college social ladder and enjoy the right to walk on the grass. They also get to sit at the high table at hall and are served better food. Some Fellows are also supervisors.
Formal Hall	Dressed up dinner with good food and wine (usually) held in Hall, sometimes requiring gowns (although highly variable – some colleges only require college members to wear gowns).
Full Term	The length of time for each term for which you have to be resident in Cambridge for – you need to spend a minimum number of nights in Cambridge each term to "keep term". For example, Full Michaelmas Term in 2019 will be from Tuesday, 8th October 2019 – Friday, 6th December 2019.
Gyp Room	Kitchen. Sometimes with odd rules like "no cooking after 10pm" and "no frying".
Hall	Dining hall. Place where food is served at meal times. Also known as buttery in some colleges.
Hobs	Stoves. Unfortunately, some gyp rooms don't have hobs.
JCR	Junior Common/Combination Room. 1. Undergraduate section of the college students' union. 2. Student leisure area where you and your friends can watch football/rugby matches or lounge in armchairs/bean-bags.
KFC	1. Kitchen Fixed Charge: resented college canteen subsidy paid by student members of Cambridge colleges. Unfortunately almost impossible to get out of paying, even if you never eat in Hall. 2. Kentucky Fried Chicken. Available only at faraway Grafton.
Knackered	As in "completely knackered", meaning very tired.
Life	Actually named "Vinyl", but referred to as Life, Sunday Life is one of Cambridge's most popular club nights for cheesy music.
Master/Mistress	The person who nominally heads the college (i.e. the position for eminent figures to end their careers in the twilight retirement home of a Cambridge college). They always have a Master's Lodge which is often beautifully decorated and is usually one of the nicest parts of any college.
Mathmo	Pronounced "math-mow". Mathematics student – the connotation is that they are very smart but slightly weird.
May Ball/June Event	When a college is converted into a huge party venue during May Week! Vast amounts of drink, food, entertainment, performances and things to do usually running between 10pm to 6am the next day. Prices for tickets range between £80 (June Event) to £100-250 (May Ball). Also, some colleges host Spring Balls and Winter Balls in Lent and Michaelmas respectively.

Peak	Refers to something that is bad/unlucky (e.g. this 8 p.m. supo is a bit peak)
Pissed	Drunk. The American version which means "angry" is not used.
Pidge	Your pigeonhole where most of your work and mail is placed
Plodge	Porter's Lodge, where you can find a Porter 24/7 in every single college.
Porter	One of the many peculiar Cambridge institutions. Don't expect them to help you with your bags though! Warden on duty in college. In charge of some areas of discipline especially during bops and sorts your post. Duties include talking at great length about past students, breaking up parties and evicting mad axe-murders from college. They are often very nice friendly people with a sharp sense of humour who will help you out if you are lost or confused.
Punts	Long boats unique to Oxbridge, manned by poles. Can be rented out by students for a spin on the River Cam for under £20/hour. Remember to present your student card!
Senior Tutor	Holds overall responsibility for student welfare in the college. Usually a stern-looking elderly person who speaks to you during Freshers' week about behaving yourself.
Tripes	Pronounced "try-pass". otherwise appropriately named as 'try pass'. The exam system; Cambridge students try to pass it each year. Some say it's the hardest exam you'll ever have to take. The name derives from the archaic practice involving the presentation of a leg of a 'three- legged stool' in each year's exam. Not done anymore.