An International Freshers’ Guide to the University of Cambridge

A brief introduction

Presented by
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What to do and what to bring/get:

ID with a Photo: College registrations

Passport Photos: Club and society memberships

National Insurance Number(from job center): take shifts at college bar or work over holidays.

GP registration. NHS number. DBS check( voluntary work with kids).

Take a photo of both sides of your BRP and have it on your phone just in case.

Travel cards(16-25 Young person rail card)

Bike(optional): Bank Account and Online banking.

Gowns/UK phone number
The Graduate Union (GU) is the University-wide representative body for graduate and mature undergraduate students at the University of Cambridge, and is one of the only students’ unions in the UK that works exclusively with graduate students. It is a registered charity in England and Wales, number 1147864.

The GU is run by a Board of elected sabbatical and student officers, and in the interest of representing graduate and mature undergraduate students, our focus is on four key areas: 

representation, services, welfare and events.
Gowns

- Gowns are to be worn to some formal dining events + matriculation photos
- Costs around 50-100 pounds depending on the material and manufacturer.
- Available at GU shop and Ryder and Amies right across King’s college.
- 20 pounds to upgrade MA gown to a PhD gown.
- GU gown hire: 1 week = 55 pounds. Upon return 50 pounds deposit is returned.
  1 academic year (Return date: 31st of July) = 65 pounds.
  50 pounds deposit is returned. Costs 15.
- **Deposit is Lowered to 40 if gown is 2nd hand (Subject to availability)**
- For international students with incomplete cycling etiquette knowledge: the law requires that your bike has **working front and rear lights** when cycling between sunset and sunrise. If the police catches you without these you can get a fine!

- A helmet is not compulsory but recommended especially if you come from a country with right-hand traffic.

- Insurance available for Bikes. You can get a Good coverage for only 10-20pounds per year.
WHERE TO GET WHAT

**Groceries**
Aldi - very cheap and great coffee
Sainsbury's
M&S and Waitrose for something fancier, a bit pricy but you can get good discounts

**Home things**
Save: Primark & Wilkos
Invest: M&S, John Lewis

**Plants**
Homebase, a bit further away but a good selection
The Flower House, opposite Magdalene for cute and quirky plant things - also pricier

**Toiletries & Medicine**
Boots has everything ever produced on this Earth of ours
Lush has a nice range of cosmetics, shampoo etc., also a good selection of products available for vegans as they don't test on animals
Books
Heffers is the only true bookshop in Cambridge. There is also a Waterstones but who needs it when you have Heffers. Cambridge University Press bookshop, you get a discount with your uni card as well!

Stationery
WHSmith
Rymans, good basics
Paperchase, cute but pricey
Staples, a large selection
Heffers has some unique things too

Shopping
Lion Yard, the main shopping centre in the city centre
Grafton Centre, although you get a sense that this is also about what’s around it rather than inside
Academic & Career Support

• Personal and Professional Training
  – Courses Include: CV Writing, Public Speaking, Leadership & Management, Teaching Students with Disabilities.
  – CU Training: [http://www.training.cam.ac.uk/](http://www.training.cam.ac.uk/)

• Cambridge University Language Centre (CULP)
  – Free Academic Reading Courses (Spanish, German, French & Italian) for postgrads.
  – General Language Courses (Arabic, Chinese, French, German, Greek, Italian, Japanese, Persian, Portuguese, Russian, Spanish & Swahili). Bursaries available for PhDs.
  – From Basic to Advanced.
  – Resources: Academic Reading Courses; General Language Courses
Alternative Academic Support:

Royal Literary Fund

RLF Fellowship Scheme

The Royal Literary Fund Fellowship scheme was conceived with the intention of placing professional writers in higher education institutions to offer writing support to all students. The principal aim of the Fellow’s work is to foster good writing practice across disciplines and media. Each post is hosted by a particular department, which may be an academic department/faculty (either in Arts or Sciences) or a central department such as learning development.

This group offers peer support and working structure. We repeat a 75-minute cycle throughout the day: 10 minutes socialising (tea and coffee are (sometimes) available, bring your own mug and snacks), five minutes discussing your goals with a partner, 60 minutes writing/working session. You can drop in and out whenever it suits you, but please come in and set up quietly if others are in the middle of a session. The times and places the group meets are in the attached Google Document. This group is self-run, so please feel free to book a room if you can and add it where you find a gap in the schedule.
Cambridge & College Societies

• Societies Fair

• Sports Teams
  – University Blues
  – University Half-Blues
  – Intercollegiate

• Charitable Societies

• Cultural Groups

• Religious Groups
Univeristy-Wide Events

• Agora Website: www.joinagora.com
  – Search for University of Cambridge
  – Log-In with Raven Username/Password

  – Facebook Group Pages.
  – College Ents pages.
Travel & Railcards

• Railcard for 16-25 year olds or “Mature Student” (older than 25, but still studying full-time) – there is also a new 26-30 railcard
  – Costs 30 pounds
  – Discounts 1/3 off most fares across Britain

• Traveling to London
  – It is a lot cheaper to travel into London Liverpool Street (rather than London King’s Cross).
  – Travel on off-peak times to save money (weekends, holidays, and non-rush hour)
  – The Tube (London’s underground subway system) is very easy to navigate. Contactless debit card accepted
Further Support & Guidance

• Graduate Union (GU):
• Cambridge University Student Union (CUSU): http://www.freshers.cusu.co.uk/
• Students’ Unions’ Advice Service: http://www.studentadvice.cam.ac.uk/
• International Student Team: http://www.internationalstudents.cam.ac.uk/

• College
   – Welfare Committee
   – Tutors
   – Grad Buddies

• Faculty
   – Course Director
   – Supervisor
   – mentors

• Online International Student Orientation
• PDF “International Student Guide”
  http://www.internationalstudents.cam.ac.uk/files/international_student_guide.pdf

Need a quiet place to study?
https://spacefinder.lib.cam.ac.uk/
Mental & Physical Health

• Mental Health
  – University Counselling Service; SANE Hotline

• Sexual Health
  – If you are sexually active, practice safe sex. Sexual Health Advice (NHS)
  – Free condoms, dental dams, pregnancy tests from CUSU

• Eating Disorders
  – 1 in 20 people have an eating disorder during their life. Eating Disorders (Student Advice Service).

• Drugs
  – Information regarding Drugs and Narcotic Laws in the UK: Home Office Narcotics Info.
  – Emergency Advice for Drug/Alcohol Use & Student Advise Service – Drugs
U of Cambridge Jargon

• BOP
• JCR
• MCR
• Pidge
• Plodge
• Stash
• UL
• KFC
• Fellow
• Buttery
International events:

- **Chinese New Year Gala 2019**
  - **Date:** Saturday, January 26, 2019
  - **Location:** Cambridge Corn Exchange, CB2 3QG

- **RAG Blind Date ‘First Dates’: Reality TV Edition**
  - **Date:** February 12, 2019
  - **Location:** Hosted by Cambridge Rag

- **Tour de Brunch XIV: Christ’s**
  - **Date:** January 26, 2019
  - **Location:** Hosted by The Cambridge University Czech & Slovak Society

- **Italian - Czech & Slovak Society Formal Swap**
  - **Date:** February 2, 2019
  - **Location:** Emmanuel College, St. Andrews Street, CB2 3AP, Cambridge, Cambridgeshire

- **Belgian-Spanish formal swap**
  - **Date:** February 7, 2019
  - **Location:** St Catherine’s College, Trumpington Street, CB2 1RL, Cambridge, Cambridgeshire
Welcome to the University of Cambridge