An International Newcomers’ Guide to Cambridge

A brief introduction
Presented by
David Izuogu
International Officer of the Graduate Union
Objectives of Today’s Presentation

- Give general information about life at Cambridge
- Provide guidance on the “settling in” process
- Describe the cycle of Cultural Adaptation
- Point students in the proper direction of further academic and wellbeing support

A brief introduction

Presented by
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International Officer of the Graduate Union
Meeting people for the first time. What do you do?

The identity question in a multicultural environment
Welcome to the City and University of Cambridge c.1951
World University Rankings 2018

The Times Higher Education World University Rankings 2018 list the top 1,000 universities in the world, making it our biggest international league table to date.

It is the only global university performance table to judge research-intensive universities across all of their core missions: teaching, research, knowledge transfer and international outlook. We use 13 carefully calibrated performance indicators to provide the most comprehensive and balanced comparisons, trusted by students, academics, university leaders, industry and governments.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>United Kingdom</th>
<th>United States</th>
<th>Country</th>
<th>Rank</th>
<th>Score</th>
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<tbody>
<tr>
<td>1</td>
<td>University of Oxford</td>
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<td>15,845</td>
<td>United States</td>
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<td>University of Cambridge</td>
<td>20,409</td>
<td>7.5</td>
<td>22%</td>
<td>3</td>
<td>46.54</td>
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<tr>
<td>2</td>
<td>Massachusetts Institute of Technology</td>
<td>18,389</td>
<td>38%</td>
<td>46.54</td>
<td>5</td>
<td>37.63</td>
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<tr>
<td>3</td>
<td>Harvard University</td>
<td>20,326</td>
<td>8.9</td>
<td>26%</td>
<td>6</td>
<td>n/a</td>
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<td>3</td>
<td>California Institute of Technology</td>
<td>2,209</td>
<td>6.5</td>
<td>27%</td>
<td>7</td>
<td>45.55</td>
</tr>
<tr>
<td>3</td>
<td>Princeton University</td>
<td>7,955</td>
<td>8.3</td>
<td>24%</td>
<td>7</td>
<td>45.55</td>
</tr>
</tbody>
</table>

University of Cambridge

• Established 1209; 31 colleges, 150 departments/faculties, over 18,000 students (approximate 6,500 postgraduates)

• Mission: “To contribute to society through the pursuit of education, learning, and research at the high international levels of excellence.”

• Values: Freedom of Thought and Expression & Freedom From Discrimination

• Education Culture: Socratic Learning & Critical Thinking

• International Student Statistics: http://www.admin.cam.ac.uk/offices/planning/sso/studentnumbers/201516revise.pdf
Diversity at Cambridge

http://www.equality.admin.cam.ac.uk/

Statistics on Diversity at Cambridge and Colleges:
http://www.admin.cam.ac.uk/offices/planning/sso/studentnumbers/201516revise.pdf
Map of Cambridge

Part of the whole!
The Colleges

• Social and dining life
• Pastoral Care & Wellbeing

• Fresher’s Week
  – Matriculation Book Signing
  – Matriculation Photo
  – Walking Tours
  – Punting

• Formal Dinners, Bops, and Swaps

• Societies: Sports, Culture, Religion, Charitable Causes
Cambridge & College Societies

- Societies Fair
- Sports Teams
  - University Blues
  - University Half-Blues
  - Intercollegiate
- Charitable Societies
- Cultural Groups
- Religious Groups

There are many, many layers to sports at Cambridge. So you can get as involved and competitive as you’d like!

Guess how many societies and clubs there are in Cam. Uni.?

Over 1000!

https://www.cusu.co.uk/groups
University-Wide Events

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

- Facebook Group Pages!
Settling in
to probably the best University in the World
The “Settling In” Process

• Registering with a General Practitioner (G.P.)
• Opening up a bank account
• Setting up a phone plan
• Getting a gown
• Getting a bike
• Railcard
• Internet
• U-Pay
Registering with G.P.

- E-mail from your college with information:
  
  - Go to center (with passport and B.R.P.) to fill out medical forms. They will give you the name of a G.P.
  
  - Fill out the name of the medical center/G.P. on the form from your college and return immediately.

A list of medical centers here in Cambridge is available in the next three slides. Information was taken from a PDF sent in an email by one of the colleges.
<table>
<thead>
<tr>
<th>GP Surgeries</th>
<th></th>
<th>GP Surgeries</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Huntingdon Road Surgery</td>
<td>1 Huntingdon Road</td>
<td>Girton Branch Surgery</td>
<td>1A Pepys Way</td>
</tr>
<tr>
<td>Cambridge</td>
<td>CB3 0DB</td>
<td>Girton, Cambridge</td>
<td>CB3 OPA</td>
</tr>
<tr>
<td>Bridge Street Medical Centre</td>
<td>2 All Saints Passage Off Bridge Street</td>
<td>York Street Medical Practice</td>
<td>146-148 York Street</td>
</tr>
<tr>
<td>Cambridge</td>
<td>CB2 3LS</td>
<td>Cambridge</td>
<td>CB1 2PY</td>
</tr>
<tr>
<td>Newnham Walk Surgery</td>
<td>Wordsworth Grove</td>
<td>The Mill Road Surgery</td>
<td>281 Mill Road</td>
</tr>
<tr>
<td>Cambridge</td>
<td>CB3 9HS</td>
<td>Cambridge</td>
<td>CB1 3DG</td>
</tr>
<tr>
<td>Cambridge City Centre Medical Practice</td>
<td>28 Petty Cury/65-67 Sidney Street</td>
<td>Brookfields Health Centre</td>
<td>Seymour Street</td>
</tr>
<tr>
<td>Cambridge</td>
<td>CB2 3ND</td>
<td>Cambridge</td>
<td>CB1 3DG</td>
</tr>
<tr>
<td>Trumpington St. Medical Centre</td>
<td>56 Trumpington Street</td>
<td>Cornford House Surgery</td>
<td>364 Cherry Hinton Road</td>
</tr>
<tr>
<td>Cambridge</td>
<td>CB2 1RG</td>
<td>Cambridge</td>
<td>CB1 8BA</td>
</tr>
<tr>
<td></td>
<td></td>
<td>The Queen Edith Medical Practice</td>
<td>59 Queen Ediths Way</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cambridge</td>
<td>CB1 8PJ</td>
</tr>
<tr>
<td>The Red House Surgery</td>
<td>96 Chesterton Road</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cambridge</td>
<td>CB4 1ER</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lensfield Medical Practice</td>
<td>48 Lensfield Road</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cambridge</td>
<td>CB2 1EH</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arbury Road Surgery</td>
<td>114 Arbury Road</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cambridge</td>
<td>CB4 2JG</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Petersfield Medical Practice</td>
<td>25 Mill Road</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cambridge</td>
<td>CB1 2AB</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Woodlands Surgery</td>
<td>Eden House</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cambridge</td>
<td>48-49 Bateman Street</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CB2 1LR</td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>
Opening Up a Bank Account

1. Request a Bank Letter from your College (online or paper form where you write bank name)

2. Make an appointment with your bank (at least a week in advance but if not crowded, you can walk in and sort yourself out)

3. Pick-up bank letter from College and go to appointment (bring Bank Letter w/ proof of address & B.R.P. and International passport where applicable)
# Banks in Cambridge

<table>
<thead>
<tr>
<th>Bank</th>
<th>Address</th>
<th>Account for International Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barclays</td>
<td>9-11 St. Andrew’s Street or 35 Sidney Street</td>
<td>Student account which provides visa debit card and is free</td>
</tr>
<tr>
<td>HSBC</td>
<td>63-64 St. Andrew’s Street</td>
<td>Student account which provides visa debit card and is free</td>
</tr>
<tr>
<td>Lloyds</td>
<td>3 Sidney Street or 95-97 Regent Street</td>
<td>Basic account which provides visa debit card and is free</td>
</tr>
<tr>
<td>Santander</td>
<td>60 St. Andrew’s Street or 49 Sidney Street</td>
<td>Basic account which provide visa debit card and is free</td>
</tr>
</tbody>
</table>
Setting Up A Phone Plan

• Phone plans and policies vary for different providers
  – ‘Pay-as you go’ Options
  – Contracts

• SIM only option

Both stores can be found in the Grand Arcade (shopping center). You might wish to apply online as well.
GiffGaff Phone Option

• “Goodybags”: Rolling pay-as-you-go options

• Can pause and resume as you like (convenience for traveling leaving and returning to the country)

• Great overall network coverage in Cambridge!
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.

• International Travel: www.Skyscanner.net, https://www.cheapflights.co.uk/ (mobile app available). (Stansted airport is just a 30 minute train ride away)
Gowns and Bikes

• Gowns are to be worn to all formal dining events + matriculation photos → Graduate Union “Gown Guide”
  http://www.gradunion.cam.ac.uk/facilities/gown-shop/gown-guide

  The Graduate Union sells gowns for 50 pounds!

• Cambridge is a bike town! You may want to look into buying a used or new bike. But be safe! https://www.gov.uk/guidance/the-highway-code
Internet and UPay

Instructions sent in Email OR seek help from the IT at your college!

• Setting up Internet and Email on your computer & phone (edurom, UniOfCam, college named, faculty or departmental named wifi)

• Moodle (Raven login)
  https://www.vle.cam.ac.uk/login/index.php

• Upay
  https://www.upaychilli.com/
Cultural Adaptation

A frowned-upon activity of the students involves climbing on the college buildings at night. Some of the climbers, not just content with scaling the centuries-old structures, have used night climbing to commit several inventive pranks. In 1958, Cambridge engineering students from Gonville & Caius College were able to get an Austin Seven on the roof of Senate House. It took the university a week to remove it. In 2009, students placed some 25 Santa hats on various buildings, including the pinnacle of King’s College Chapel and the top of Pembroke’s Porter’s Lodge.
Stages of Cultural Adaptation

It’s normal

• Adjusting to a new culture is a normal process – everyone must do it.
• Each individual experiences it a little bit differently.
• It produces a wide variety of reactions and feelings.
• It does normally follow certain stages.
• Not everyone experiences every stage.
• Even those who do experience them all may not do so in the same order, within the same time frame, or to the same degree.
Stages of Cultural Adaptation

Cycle of adaptation

1. Initial Anxiety or Elation
2. Honeymoon
3. Anger/Disillusionment
4. Initial Culture Shock
5. Acceptance of Host Culture
6. Process of Adjustment
7. Repatriation Anxiety
8. Reverse Culture Shock
9. Reintegration

http://slideplayer.com/slide/2315712/
Adjusting to a New Culture

The Real Bermuda Triangle

*Internet
*Food
*Sleep

Normal DNA

Before Cambridge

My DNA

3 days in Cambridge

"How's your life going?"
Me:

Hook up with fishes

If you can, don’t be a triangular student

Don’t allow your DNA look like mine in my first 3 days in Cambridge

www.Instagram.com/sarcastic_us
Imposter Syndrome

My mind

What I know

What I think other people know

Reality

What I know

What other people know

https://open.buffer.com/impostor-syndrome-8-tips-i-wish-i-had-known/

You are here for a reason. You do belong.
Learn to manage your distractions
www.Instagram.com/sarcastic_us

Learn to manage your time

So you don’t make up things that sounds convincing only to yourself.
Further Support & Guidance

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

Need a quiet place to study?
[https://spacefinder.lib.cam.ac.uk/](https://spacefinder.lib.cam.ac.uk/)
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](http://www.training.cam.ac.uk/); [General Language Courses](http://www.training.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
Always remember that the Graduate Union Team is here to......

- Promote equality and respect in such a multicultural environment as Cambridge
- Provide support to you before, during and after your arrival in Cambridge
- It is your union, so partner with the union and make it an adventure for as long as your stay here lasts.
If you say nothing, unless we see something we can only do nothing

Pretty New Heels

How they look

How they feel

Still the **cutest picture**
on the internet 😍

Right girls? & Possibly boys?

Kids write what they understood

Men write what they remember

Legends create their own answers