An International Freshers’ Guide to the University of Cambridge

A brief introduction
Presented by
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International Officer of the Graduate Union
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
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)
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.
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.
Gowns

• Gowns are to be worn to some formal dining events + matriculation photos
• Costs around 50-100 pounds depends 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 : 1week = 55pounds. Upon return 50pounds deposit is returned.
  1 academic year (Return date: 31st of July)=65pounds.
  50pounds deposit is returned. Costs 15.
**Deposit is Lowered to 40 if gown is 2nd hand (Subject to availability)**
Bikes

-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 10-20 pounds 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/

• 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.
Cambridge & College Societies

• Societies Fair

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

• Charitable Societies

• Cultural Groups

• Religious Groups
University-Wide Events

• Agora Website: [www.joinagora.com](http://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/](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/)
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
- Buttery
International events:

**RAG Blind Date ‘First Dates’: Reality TV Edition**
- **Date:** Feb 12
- **Location:** Cambridge Corn Exchange - CB2 3GE
- **Host:** Cambridge Rag

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

**Tour de Brunch XIV: Christ’s**
- **Date:** Jan 26
- **Location:** Christ’s College, Cambridge
- **Host:** The Cambridge University Czech & Slovak Society
- **Event Time:** Saturday at 11:10 AM – 2 PM

**Italian - Czech & Slovak Society Formal Swap**
- **Date:** Feb 2
- **Host:** Cambridge University Italian Society and The Cambridge University Czech & Slovak Society
- **Location:** Emmanuel College
- **Event Time:** Saturday, February 2, 2019 at 7 PM – 10 PM

**Belgian-Spanish formal swap**
- **Date:** Feb 7
- **Host:** Cambridge University Belgian Society and Cambridge University Spanish Society
- **Location:** St Catharine’s College Cambridge
- **Event Time:** Thursday, February 7, 2019 at 7 PM – 10 PM
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May Balls and June Events
GBP30-GBP280

Still looking to fill your May Week? Want to get your hands on some exclusive port? Then make sure to head down to the Cambridge RAG Auction 2019 on Friday - lots include tickets to Trinity May Ball and Medwards Garden Party, and 1977 Fonseca Vintage Port courtesy of Trinity College!

The full lot list can be found in the event description!

Online bidding is still open so get your bids in here: https://forms.gle/94oWN576zVvEBGTAa
Tour de Brunch

- Pembroke College
- Queen’s College
- Darwin College
- Selwyn College
- Murray Edwards