



THE ORIGINAL
F **CAMBRIDGE**
INTERNATIONAL
FRESHERS'
GUIDE



KEEPING YOU ALIVE IN 2016

ABOUT ICUSU (INTERNATIONAL CAMBRIDGE UNIVERSITY STUDENT UNION)

iCUSU is the umbrella body for all international societies and students in Cambridge University. We aim to serve as a hub for all things international happening in Cambridge, whilst looking out for the needs of internationals. We organized campaign and welfare activities to assist us in achieving the goals above. The nature of activities depends heavily on the request and interest of our stakeholders. Visit our website for more information! <http://www.international.cusu.cam.ac.uk/about/>

The committee members are:

Henry Zhang	President	jz383
Ivy Qian	Vice President	yq233
Shujing Chung	Secretary	sc892
Peiran Ji	Welfare Officer	pj320
Qiyuan Huang	Societies Coordinator	qh22
Ziqing Liew	Publicity Officer	zl325
Jiaxin Yu (Cindy)	Freshers' Officer	jt575

Feel free to contact anyone of us if you have any doubt using the CRSiD given. What's a CRSiD? Check Page 3 of this booklet! More about us here: <http://www.international.cusu.cam.ac.uk/about/comm.html>

Last but not least, welcome to Cambridge and happy reading!

TABLE OF CONTENT

GETTING A CRSiD AND INTERNET CONNECTION — 3

TRAVELING TO AND WITHIN CAMBRIDGE — 4

COMMUNICATION AND WIFI — 5

ACCOMMODATION AND FINDING YOUR WAY AROUND CAMBRIDGE — 6

FINANCE AND BANK ACCOUNT — 7

HEALTH AND LIVING — 8

INTERNATIONAL FRESHERS WEEK (IFW!) — 9

1. GETTING A CAMBRIDGE CRSiD AND INTERNET CONNECTIONS

After you have received the unconditional offer, you will be an official Cambridge student, and the first thing to do is to collect your **CRSiD** here:

<http://www.ucs.cam.ac.uk/accounts/crsid>

CRSiD is your identity tag in Cambridge: you will need it for your email (webmail.hermes.cam.ac.uk), your Camsis (for exam registration) and **Moodle** (for accessing course material), as well as Internet connection for **Eduroam** (which is available in colleges and departments, and even in other Universities).

You can collect the Network access token: (16 lowercase alphabetic characters) for Eduroam here:

<https://tokens.csx.cam.ac.uk/>

For residents in certain countries you may need a VPN for accessing Facebook and Google Form. The good news is that Cambridge does provide a VPN.

<http://www.ucs.cam.ac.uk/vpn>

This can also be helpful if you want to access the University resources outside the University. (N.B. You will need to collect your Network access token for VPN, which requires a CRSiD, so get your CRSiD first.)

Explanation of Key Words:

CRSiD	Common Registration Scheme Identifier "A login name used to identify you on any computing system managed by University Information Services (UICS), including Raven , Hermes and Desktop Services. CRSiD also forms part of your standard Cambridge @cam.ac.uk email address."
Eduroam	Education Roaming "A secure, world-wide roaming access service developed for the international research and education community. It is now available across over 70 countries worldwide. It allows any user from an eduroam participating site to get network access at any institution connected to eduroam. Depending on local policies at the visited institutions, eduroam participants may also have additional resources at their disposal." Basically, a wifi that allows you to connect your laptop and smart phone to internet in most universities in Europe.
Hermes	Hermes Webmail Service Official site to login to your Cambridge email. You will need your CRSiD (as username) and password. Address: https://webmail.hermes.cam.ac.uk/
Moodle	The virtual learning environment for Cambridge: contains lecture notes, notices, and online platform for submission and feedback of reports. https://www.vle.cam.ac.uk/login/index.php
Raven	University of Cambridge's central web authentication service. A Raven Login is required to access to all your Cambridge account, including Moodle, Hermes, Camsis etc.

2. TRAVEL TO AND WITHIN CAMBRIDGE

So here you are, standing in front of the exit of Airport. What next?

1) **By train**

From London Heathrow Airport take Piccadilly line from Heathrow Terminals to King's Cross Station. Then train from King's Cross to Cambridge Station. Take a taxi/bus from Cambridge Station to College. (About 2 hours) (This is recommended for those who do not have a lot of luggage and have taken trains in UK before.)

From London Gatwick Airport take train to London Victoria Station, transfer by Underground to London King's Cross (Not recommended because King's Cross Station have lifts but Victoria Station does not! You will have to carry your luggage up the stairs!) (About 2.5 hours)

From London Stansted Airport take train directly to Cambridge Station (About 0.5 hour) (Very convenient, closest London Airport Terminal to Cambridge)

(N.B. A Young Person's Card can be purchased at Station with a photo and passport or online if you are aged between 16-25 years old. This gives you 1/3 off for trains. 1 year (£30) or 3 years (£70). It can be connected with an Oyster Card to give public transportation within London.

Also, if you are visiting London or areas around London, quite a few attractions provide a 2 for 1 offer if the train tickets are presented. <https://www.daysoutguide.co.uk>

2) **By coach**

National Express Coaches take you from London Airport Terminals to Cambridge City Centre, but it usually takes longer than train. Timetables can be found on www.nationalexpress.com. It is worth to purchase a 16-26 Young Persons Coachcard which gives 1/3 off. 1 Year (£10) or 3 Year (£25). Fares are usually cheaper when booked in advance.

3) **By taxi**

Taxi can be booked online following the links below. It is the most convenient way if you come to UK for the first time and have a lot of luggage. You may ask if anyone else is arriving at the airport on the same day so you may share a taxi.

Panther Taxi Tel: 01223 715715

<http://www.panther taxis.co.uk/>

CamCab Tel: 01223 704704

<http://www.camcab.co.uk/index.php/airports>

You may save these numbers for future use if you want to order a taxi in Cambridge.

3. COMMUNICATION AND WIFI

The UK country code is +44, you can get a mobile phone with from one of the following operators: Giffgaff, Lycamobile, Lebara, EE, Three, O2. Usually members of an operator can make and receive free phone calls and texts from another member of the same operator. You may select a Monthly contract (esp. if you would like to get a new contract phone) or a Pay As You Go account. We will give out free SIM cards in the Freshers' Squash in the International Freshers' Week as well.

Many colleges provide their own landlines, and you will be informed by colleges about how to use them. However, as you may find out, WiFi coverage is reasonably good in university properties, so you can contact your family and friends with Skype and other social media.

4. ACCOMMODATION AND FINDING YOUR WAY AROUND CAMBRIDGE

All colleges in Cambridge provide accommodation to undergraduates, and will help graduates find accommodation in the city if they do not provide it. You may enquire your college about the earliest date of moving in. The International Freshers' Week assumes that most people arrive on 27th Sep (Tuesday), and for those whose colleges do not provide accommodation on the night of 27th Sep, you may book a B&B in one of the following colleges:

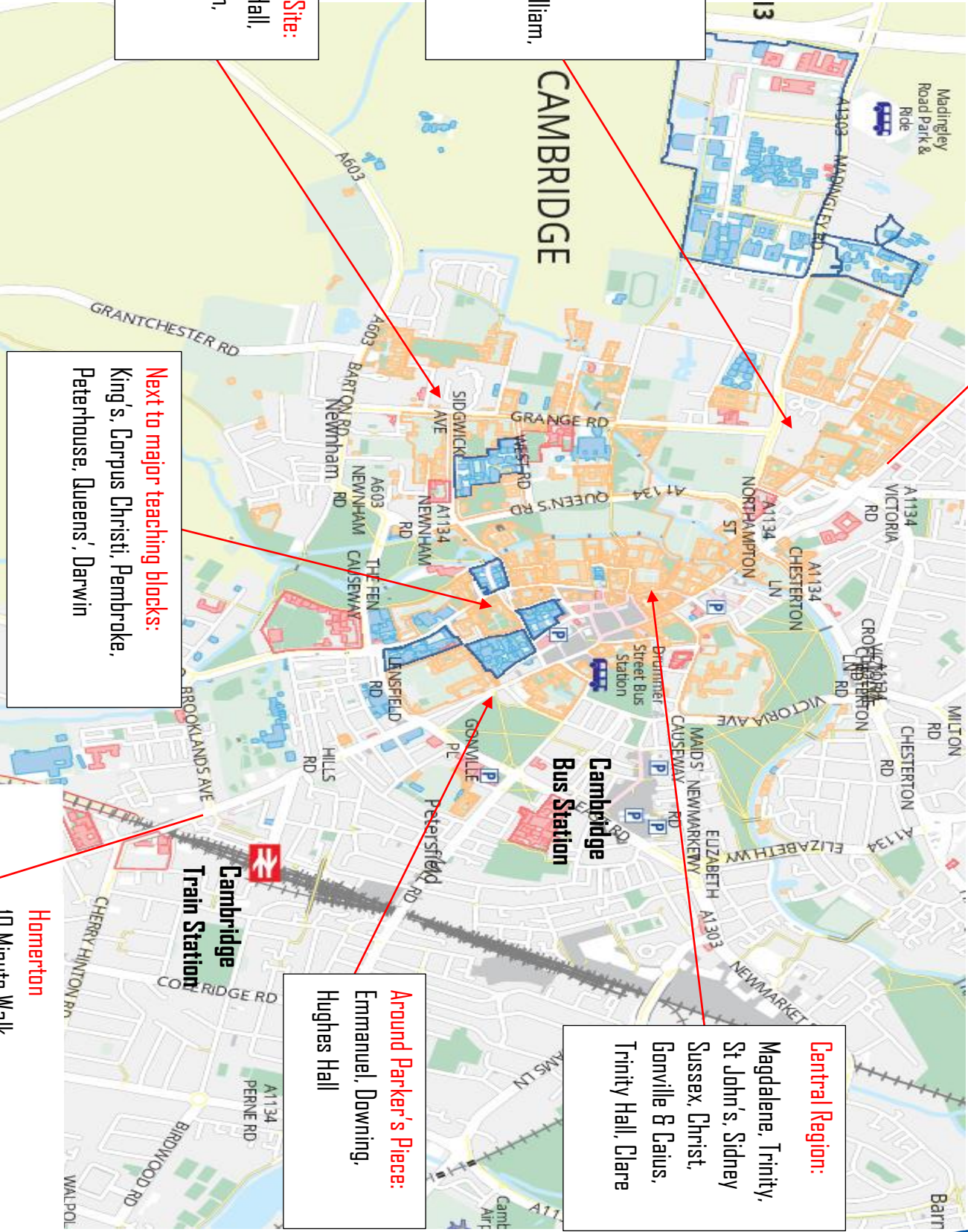
Sidney Sussex <https://www.sid.cam.ac.uk/confer/accommodation/bookingindiv>

St Catherine <http://www.caths.cam.ac.uk/conferences/bed-and-breakfast/make-booking>

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

Locations of colleges are shown in the map next page. You may see for yourself where you and your friends are. Go to <http://map.cam.ac.uk> for more details. For most students we recommend booking Sidney Sussex if you would like to come earlier than the college move-in date, due to its central location and proximity to one of the largest supermarkets (Sainsbury) in City Centre. An alternative would be staying with a friend from colleges such as Sidney Sussex, Churchill, Newnham, Peterhouse, Jesus, which provide accommodation at an early date.

Alternatively, you may go to <http://www.booking.com/> to book for a double room if your parent(s) is staying with you.



Girton,
10 Minute Walk

Next to West Cambridge:
Churchill, Murray
Edwards, Lucy
Cavendish, Fitzwilliam,
St Edmund's

Next to Sidgwick Site:
Robinson, Clare Hall,
Selwyn, Newnham,
Wolfson

Next to major teaching blocks:
King's, Corpus Christi, Pembroke,
Peterhouse, Queens', Darwin

Central Region:
Magdalene, Trinity,
St John's, Sidney
Sussex, Christ,
Gonville & Caius,
Trinity Hall, Clare

Around Parker's Piece:
Emmanuel, Downing,
Hughes Hall

Cambridge Train Station
Homerton
10 Minute Walk

5. FINANCE

If this is your first time long-term stay in UK, you might need a Bank Account. Some choices of banks include Lloyds, HSBC, Barclays, NatWest, and Santander. You might want to check on their websites to see which one is better for you. Make an arrangement Online and ask the college to write you a letter of proof of address before you go to a bank. Also, a cheque book and Online Transaction Service come handy and could be required for free. Before that you could bring some cash to UK. A few hundred pounds would be sufficient for the first few weeks.

6. HEALTH AND LIVING

The weather in UK is notoriously bad, so bring/buy a good umbrella and/or a waterproof coat. Although the winter is cold, the lowest temperature is only a few degrees below 0 °C (nothing like Canada or Russia). So we would not remind you in particular to bring warm clothes unless you are from the equator.

It is usual for people to get Fresher's Flu during their first few weeks, when they face the change of environment both physically and mentally. Embrace it. Don't panic. Get good rest. Your college would help with your registration with the GP (i.e. medical service in UK), which can help if you have some serious diseases. Or you can go to your college nurse. It is recommended that you make a record of your GP. There is a University NHS Dental Practice near the Engineering Department, which provides free treatments for those aged below 19.

You may fill out an HCI form (which can be collected from the Boots store on Sidney Street or Online) and post it to the NHS to apply for the NHS Low Income Scheme which covers:

NHS prescription

Travel to receive NHS treatment

NHS wigs and fabric supports

NHS wigs and fabric supports

Sight tests, glasses and contact lenses

Boots is the UK's leading pharmacy-led health and beauty retailer, where you can find medicine and domestic products, and print photos. A Boots Advantage Card gives you discounts. Similarly, you may ask for a similar membership card in most supermarkets, e.g. The Co-operative Food, Sainsbury's, Tesco, etc.

NUS extra from the National Union of Students gives you 10% off at The Co-operative Food, 5% off at Amazon and some restaurants and stores, and can be purchased via the link below. And I just found out that this year they provide a free one year International Student Identity Card (ISIC) which is good news for those who like to travel! <https://cards.nusextra.co.uk/>



THE ORIGINAL CAMBRIDGE INTERNATIONAL FRESHERS WEEK IFW 2016

27TH — 30TH SEPTEMBER



7. INTERNATIONAL FRESHERS' WEEK (IFW!)

"I would to hear more about life in Cambridge." "I would like to meet friends from my home country and friends from all over the world." "I would like to have some fun before starting a course in Cambridge!" "I would like to know where to buy my bike and clothes." ...

If that is what you want, come to our International Freshers' Week. Register now following the link below!

<https://goo.gl/forms/EJ4dZRpSI65LsEzI2>

Please fill in the Google Form so that we know that we are expecting you! It is also an opportunity for those who would like to share a taxi to Cambridge from the airport; we are launching an initiative to match those who arrives at similar time in the same port of arrival. Therefore, even if you can't make it to any IFW events, why not fill in the form as well?

We have 2 types of tickets:

All events excluding formal	10 Pounds
All events including formal	23 Pounds

You are not expected to pay until you meet us in person; we would expect that most of you won't have a bank account, therefore we accept both cash and bank transfer.

Here is a glimpse of the activities that we will be organising throughout the week:

Tuesday (27/9)		
Pick-up from Railway Station and Parkers' Piece	13:00-18:00	We will greet you with the warmest welcome and help you find the way around Cambridge.
Wednesday (28/9)		
Pick-up from Railway Station and Parkers' Piece	9:00-12:00	
Freshers' Squash	14:00-17:00	Cambridge Union Society. Information packs/ hand-out, presentation and ice-breaking.
Evening Tour	20:00	Guildhall. See what the historical buildings and alleys look like at dark. The bold ones can go for a Ghost Tour!
Thursday (29/9)		
Shopping Tour	Morning	Mentors take their mentees to Grafton/ Mill Road and introduce them to different places where they can buy essentials (esp. cycles).
Garden Party	12:00-14:00	Jesus Green. Food, game and fun!
Scavenger Hunt	14:00-18:00	Students will be allocated into teams according to colours. Start your adventure in the city!
Dinner	18:00-20:00	No dinner planned. Mentors provide suggestions for dinner.
Pub Crawl*	20:00-0:00	Pub Crawl people gathering at a pub in City Centre.
Film and Game Night		Film and Game Night for people who would prefer not to go to pubs at CUSU Lounge (17 Mill Lane), some snacks, soft drinks and games are provided.
Friday (30/9)		
Orientation Sessions organised by the University's International Team	10:00-12:50	Three sessions. Register at www.internationalstudents.cam.ac.uk/orientation-sessions Mill Lane Lecture Room 1 (free of charge)
Punting	12:00-18:00	Register to join. First come first serve. Gather at Queens' College punting site or otherwise noticed
Freshers' Formal Dinner at Churchill College*	19:00-21:00	Formal Dress required.