

International Student Welcome 2015

A guide to help you settle in Cambridge

Life in Cambridge: How do I...

.....find food, buy a blanket, catch a bus, make friends...? Here is some information to help you with your first few days in Cambridge. International Student Welcome (ISW) is organised by the Christian Graduate Society to offer friendship as well as support for international students arriving at Cambridge University for the first time.

This booklet contains information about the essential things you need to know in order to settle in as easily as possible. There is more information on our website, but if you have any questions, you can also ask the porters at your college or contact us directly at cgs.isw@gmail.com.

Social Events This Week

If you can't make the start time, no problem! The events are informal and you can come at anytime (except punting, the tours and the Grantchester walk, when you need to arrive on time).

Date and Time	Event	Venue/Meeting point
Sat 26 Sept 1.30–2.30 pm	Really Useful tour of Cambridge	Meet in front of the Round Church (at the corner of Bridge Street and Round Church Street)
Sat 26 Sept 2.30–4.30 pm	Traditional English Cream Tea	Henry Martyn Hall, Market Street (next to Holy Trinity Church)
Sun 27 Sept 2.30–4.30 pm	Punting	Great Gate, Trinity College (on Trinity Street)
Tue 29 Sept 7.30–10.30 pm	Jacket Potato Party	33 Victoria Park
Wed 30 Sept 1.30–3.00 pm	Historical Tour of Cambridge ending with tea and cake	Meet in front of the Round Church
Thurs/Fri 01/02 Oct 7.30–9.00 pm	CICCU International Welcome Dinner	St Andrew's Street Baptist Church (near where St Andrew's Street meets Regent Street)
Sat 03 Oct 10.30 am	Walking to Grantchester	Meet in front of the Porters' Lodge, Queens' College (on Silver St)
Sun 04 Oct 1.30–2.30 pm	Really Useful tour of Cambridge	Meet in front of the Round Church
Sun 04 Oct 2.30–4.30 pm	Traditional English Cream Tea	Junior Parlour, Trinity College (on Trinity Street)
Mon 05 Oct 7.30–10.30 pm	International Dance Evening	St Andrew the Great Church, opposite Christ's College on St Andrew's Street
Sat 10 Oct 7.30–10.30 pm	International Postgrad Dinner	St Andrew's Street Baptist Church

* If you would like to come to the international dinners, in order to help us estimate numbers, please let us know at cgs.isw@gmail.com!

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Cambridge University

With 31 colleges and many departments, Cambridge University is spread all around the city. You can find out more about the university via their website (www.cam.ac.uk) or by asking the porters at your college. There are also a number of other bodies of which you should be aware:

Cambridge University Students Union (CUSU)

CUSU represents the interests of the student body to the university authorities. All undergraduate and postgraduate students are automatically members. A list of the services that they provide can be found on their website (www.cusu.cam.ac.uk). Their guide for new students can be found here: www.cusu.cam.ac.uk/publications

Graduate Union (GU)

The GU represents the interests of postgraduate students, who are automatically members of it as well as of CUSU. For more information, visit their website (www.gradunion.cam.ac.uk) or view their handbook at www.gradunion.cam.ac.uk/publications/handbook.

Clubs and Societies

There are hundreds of clubs and societies catering to a wide range of interests including sport, music, theatre, religion, politics and charity. Many of them can be found at www.societies.cam.ac.uk and <http://www.cusu.co.uk/groups>. These societies are a great way to meet new people and develop new interests.

Cambridge Slang

(Typical Cambridge expressions)

Fresher: a new graduate or undergraduate student

P'lodge: Porters' Lodge. This is the main reception area of a college where you can get help.

Squash: Recruitment event for student societies

The Other Place: Nickname for Oxford University

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Finding Food

Market

- Sainsbury's, located on Sidney Street, is the main supermarket in the centre of town.
- Supermarkets further from the city centre include Tesco (Newmarket Road), Asda and Sainsbury's (Coldham's Lane), Waitrose (Trumpington), and Aldi (Histon Road).
- There are also smaller supermarket branches such as Tesco Express (Hills Road), Sainsbury's Local (Regent Street), Cooperative Food (Hills Road) and Waitrose (Fitzroy Street).
- You can also find fresh produce and a variety of interesting foodstuffs at the Market Square.

Eating Out

- **Cafés:** you will find coffee shops everywhere in the city centre, including Starbucks, Costa, Caffè Nero and a few independent shops like the Indigo Café.
- **Restaurants:** there are restaurants of every variety all around the city, but if you are looking for somewhere to start, try along Regent Street, Bridge Street or, for more international cuisine, Mill Road.
- **Fast food and take-away:** there are many places that offer quick food to take away, including fish & chips, burgers, pizzas, kebabs, Chinese food and Indian food.

Food at the university

The college dining hall, or buttery, is usually the cheapest place to eat if you don't want to cook for yourself. Your college will also offer formal hall on certain nights of the week. This is where formal dinners are served for less than you would pay at a restaurant and in the beautiful setting of your college dining hall. A number of University buildings also contain their own cafeteria.

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Accommodation

University Housing

Your college may provide you with accommodation for your first year and possibly for the whole of your course, either in college or in college-owned housing. If you have to find your own accommodation, you can try one of the following websites: Easy-Roommates, Rightmove, ChristianFlatshare, Roombuddies and SpareRooms. As a student, you won't be personally liable for Council Tax, but you should confirm this with your landlord. In addition, be sure to find out whether gas, water and electricity bills are included in the price. The university is also in contact with a number of landlords around the city offering rooms to rent to students, and you can find them through the Accommodation Service at www.accommodation.cam.ac.uk.

Hotels / Hostels

If, at first, you can't find long-term accommodation, Cambridge has a large range of hotels, bed-and-breakfasts and guest houses that you can find through websites such as Hotels.co.uk or Booking.com. You can also try AirBnB, Couchsurfing or the Youth Hostel on Tenison Road.

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Shopping

Shopping Centres

- **Grand Arcade/Lion Yard:** The main shopping centre in the city centre (St Andrew's Street/Petty Cury) with many clothes shops and the department store John Lewis.
- **Grafton Centre:** Between Burleigh Street and Fitzroy Street, it is a little further from the city centre and next to a range of other cheaper shops such as Argos and Primark.
- **Beehive Centre/Cambridge Retail Park:** Just outside of the city and containing numerous large chain stores including furniture, electronics, hardware and gardening stores, along with a few restaurants and a large Tesco branch nearby.

For Studying Supplies

- **Books:** Waterstones (Sidney Street), Heffers (Trinity Street) and the Cambridge University Press (Trinity Street). At CUP, students get a 20% discount.
- **Stationery:** WHSmith (Market Street) and Ryman's (Sidney Street). A little further out of the city centre is Staples (Chesterton Road).

What's the Best Deal?

(All about Cambridge's cheapest places)

Poundland: On Fitzroy Lane.

Everything there is £1!

Primark: The number one option for cheap new clothes, on Burleigh Street.

Charity shops: These sell second-hand clothes and household items. There are many around the city, particularly along Burleigh Street and Mill Road.

Important Information

Banking

You should be able to withdraw money from any bank ATM in the city centre, but be aware of fees if you're using an overseas bank account. You should get a UK bank account as soon as possible. Be aware that this can take a few days. Before going to the bank, check online to see what personal information or ID you need to take with you in order to open an account.

Most banks, including Barclays, HSBC, Lloyds, Santander and NatWest, offer student accounts. You can find main branches of these banks on St Andrew's Street.

Immigration

- For nationalities that need to register with the police (this is only if your passport says you need to – most do not), the University Centre is open for registration on certain dates, or you can go to Parkside Police Station. For details, check with the Cambridge University International Student Team (<http://www.internationalstudents.cam.ac.uk/arriving/police-registration>).
- If your details change, you will need to notify the police at Parkside Police Station to update your Police Registration Certificate.

Mobile phones / Internet

- You can find branches of most phone operators, such as Vodafone, EE, O2 or Three, in the city centre. UK mobile phone numbers begin with 07 and contain 11 digits.
- Many places in the city centre offer free Wifi, including libraries and cafés. If you are living in rented accommodation then your landlord will usually provide you with internet access.

Health Care

The NHS (National Health Service) is the UK public health system which, as a student, you are automatically covered by. Check their website (www.nhs.uk) for more information. Most colleges have nurses for quick help and advice.

- **Doctor:** Register with a GP (General Practitioner) as soon as possible: they are your first contact for almost any health problem. If you need to see a specialist, your GP will refer you. Check online or ask your college to find the nearest surgery/clinic to you.
- **Dentist:** There is the University Dental Service (Trumpington Street) or you can register with one closer to you. Unlike the doctor, you will have to pay for the dentist.
- **Pharmacies:** The main shops are Boots and Superdrug, located on Sidney Street.

Well-being

- **Linkline:** A student-run listening and support service (01223 744444)
- **University Counselling Service:** Free professional counselling for students and staff (01223 332865)

Important Numbers

- **999:** Emergency number that will redirect you to the police, ambulance or fire brigade.
- **101:** Police number to report less urgent crime or disorder (non-emergency)
- **111:** NHS number for quick medical help (non-emergency)

Transport

Cycling

Cambridge is the cycling capital of the UK. Lights are a legal requirement and a cycling helmet and a good bike lock are highly recommended, as bike theft is common. The rules for cycling on the road are on the Highway Code website. There are many bike shops in Cambridge: King Street Cycles (King Street), Cambridge Cycle Centre (Botolph Lane), Ben Hayward Cycles (King's Parade), The Bikeman (Market Square), Townsends Light Blue Cycle Centre (Chesterton Road), University Cycles (Victoria Avenue), Halfords (Cambridge Retail Park); and City Cycle Hire (Newnham Road).

Bus

Bus routes cover most of the city. Timetables and routes can be found at <http://www.cambridgeshire.gov.uk/info/20017/buses>. Most services run until the late evening. Buy a ticket from the driver when you get on the bus. You can get an individual journey (single/return) ticket or daily/weekly ones, or you can order monthly tickets online.

Taxi Companies

Taxis are useful for a quick trip or a very early or late journey. Panther (01223 715715), A1 CabCo (01223 525555) and CamCab (01223 704704) are popular companies and most journeys cost under £10 within the city.

Train

You can buy tickets at the train station or online via the National Rail website. Advance purchase tickets can be posted to you or collected at the station from the ticket machines. Tickets can be cheaper if you book them well in advance. As a student, you can also buy a railcard that gets you 33% off most rail fares.

Coach

The coach is a cheaper but slower alternative to the train. For more details, check the National Express or Megabus websites.

Get the App

(For people with smart phones)

MyBusTrip: Bus routes, stops and timetables in Cambridge.

Taxis: Most taxi companies have Apps.

NationalRail: View timetables and book train tickets.

Cambridge: Check the App of Cambridge University for offline maps, events, news, etc.

Life in Cambridge

The Cambridge “Bucket List” Top 5

Of all the things to do in Cambridge, here is a list of activities you ought to do during your stay.

- **Punting:** Go to the river to see what this is. You can either book a guide, hire your own punt from Scudamore’s, or, if your college has its own punts, hire one of these. On a nice day, you can punt all the way to the village of Grantchester.
- **Tour of the main colleges:** You should visit as many colleges as possible. The oldest colleges and the ones along the River Cam are particularly worth a visit.

Did you know?

(Little facts about Cambridge)

Cambridgeshire is said to be the driest county in the UK

Prince William & Kate Middleton

- **Fitzwilliam Museum:** A free museum of art and antiquities on Trumpington Street.
- **Photo with the Cambridge cows:** You can find cows in various parks in Cambridge, and even in King's College!
- **Evensong:** Many of the colleges have world-famous choirs. Go to a chapel service to hear them, particularly at St John's, King's, Clare, or Trinity.

Main Dates and Events in Cambridge

- **Fresher's Fair:** Discover all the Cambridge clubs and societies on October 6th and 7th at Parker's Piece and Kelsey Kerridge Sports Centre.
- **Bonfire Night:** Every year on the 5th of November, the British celebrate a failed attempt to blow up the government in 1605 by a group of rebels with a night of bonfires and fireworks.
- **Christmas Choirs:** In the period before Christmas, many churches and colleges hold carol services to celebrate Advent and Christmas itself.
- **Mill Road Winter Fair:** On the 5th of December, 10:30 – 4:30, come to Mill Road for a day of street performers, marching bands, food stalls and other activities.
- **The Bumps:** Towards the end of Lent Term, and again in May/June, all the colleges compete in a rowing competition on the River Cam.

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A Little Bit of Fun

Clubs and Societies

Mentioned previously, there are many societies and clubs in Cambridge, so whatever your interest, there is a group that will cater to it – and if there isn't, you can start one and register it.

Sports Facilities

There are several facilities in Cambridge available for use for various sports. If you are looking for facilities for a specific sport, it is worth going to whichever club exists for that sport for advice.

- **The University Sports Centre:** Located on the West Cambridge Site, it offers a wide range of facilities, including a gym.
- **Kelsey Kerridge/Parkside Pool:** Located on Gonville Place next to Parker's Piece, this commercial sports centre and swimming pool offers a range of facilities and group activities.
- **Jesus Green:** In warmer weather the outdoor swimming pool at Jesus Green is open, and the wide grassy green lends itself to a casual game of football or cricket.
- **College facilities:** most colleges have a rowing club and a boathouse somewhere along the Cam, and many have their own gyms and other sports facilities.

Other entertainment

- **Parks:** Take advantage of all the greens in Cambridge: Parker's Piece, Midsummer Common, Jesus Green and Christ's Pieces. Some even have tennis courts and bowling greens.
- **Pubs:** Cambridge is home to over 100 pubs, which have a range of entertainment facilities, including wide screen TVs for sports events and pool tables. Every college also has a bar.

- **Cinema:** The Vue (Grafton Centre) and The Light Cinema (Hills Road Leisure Park) are the main ones, but don't miss the Arts Picturehouse (Regent Street) for less mainstream films.
- **Concerts:** The Cambridge Corn Exchange (Wheeler Street) and the Junction (Hills Road Leisure Park) are host to many pop concerts, comedians, musicals, and festivals.
- **Theatre:** the ADC Theatre, Cambridge Arts Theatre, and Corpus Christi Playroom are in the city centre.

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Meeting People

If you would like a welcome visit, please email us at cgs.isw@gmail.com, or speak to a volunteer at any of the International Student Welcome events. This could simply be to say hello or, if you need practical advice, we'd be happy to help in any way we can. Where possible, we'll put you in touch with someone from your college or department.

International cafés

Friends International offers support to international students and runs three cafés, offering free refreshments and activities and providing a relaxed environment in which to meet people. More information can be found at www.cafi.org.uk/events.

- **The Barn:** every Thursday at 7:45 - 10:30 pm at Christ Church on Newmarket Road.
- **iCafe:** every Monday at 6:00 - 8:00 pm in the Coslett Common Room at Anglia Ruskin University, near East Road (this is run by the chaplaincy at ARU).
- **Compass Cafe:** every Friday during University Term, 5:00 - 7:00 pm, in the Henry Martyn Hall on Market Street (this is run by Cambridge Intercollegiate Christian Union [CICCU])

Hospitality programme

Friends International also runs a hospitality scheme where they put international students in touch with local families. Hosts often invite students into their home for an occasional meal or maybe to stay for a few days over Christmas. The friendships built through this programme often continue well beyond the students' stay in Britain. If you would like to be linked to a family, please contact the Friends International team: www.cafi.org.uk/locallink.

Christian Graduate Society (CGS) events

If you would like to know more about CGS, including other events happening throughout the year, please email Rachael (rhb33@cam.ac.uk) or visit www.societies.cam.ac.uk/cgs.

- **Freshers' Week events:** Come to our CGS Squash (Thursday 15th October, 7.30 p.m. in the Junior Parlour of Trinity College) to find out more about our events and the CGS face to face, and meet Christians from other churches. Other events are listed on the website.
- **CGS Connect** (the Michaelmas Term dates are October 17th, November 7th & 28th, from 10:30 am - 12 pm): A prayer and praise meeting with other graduate students. Those who wish go out for Brunch afterwards.
- **Bible study groups** (Tuesday, Wednesday, and Thursday evenings): To join one of these, please email soc.cgs@gmail.com. They are open to everyone, not just Christians.
- **"Come and See"** (Wednesday evenings in October & November, beginning October 14th, 7:30 - 9:00p.m. at 37 Panton Street, CB21HL): A Bible discussion group for international postgraduate students interested in investigating the Christian faith. Contact Paula (ppuckett@go.mailsvc.com).

Cambridge Intercollegiate Christian Union (CICCU) events

If you would like to know more about CICCU and its events you can visit their website at ciccu.org.uk. To contact your College representative, go to the Freshers 2015 page. Alternatively, feel free to contact their secretary Nick (njh68@cam.ac.uk) with any questions.

- **College groups** (usually on Wednesday evenings): We meet weekly in our colleges for fellowship, discussion and prayer. Details can be found from your college rep.
- **CICCU central meeting** (every Saturday from 10th October, 5:00 - 6:15 p.m. at Eden Baptist Church): This is a session of prayer and praise with Christians from other colleges.
- **Friday Lunchtime Talks** (every Friday from 9th October 1:10 - 1.50 p.m.): A series of talks about the Christian faith. Ideal for people exploring Christianity - and includes a free lunch.

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Places of Worship

Christian Churches

Below is a selection of churches in Cambridge with which the Christian Graduate Society has links. If you would like help finding a church, or someone to go with, email soc.cgs@gmail.com.

- **Cambridge Chinese Christian Church:** St Columba's Church, Downing Street (www.cccc.org.uk)
- **Cambridge Korean Church:** In St Andrew's St Baptist Church (www.cambridgekoreanchurch.net)
- **Cambridge Presbyterian Church:** Morning service at All Saints Church, Jesus Lane. Evening service at Resurrection Lutheran Church, Westfield Lane (www.cambridgepres.org.uk)
- **Christ Church** (Anglican): Christchurch Street (www.christchurchcambridge.org.uk)
- **City Church** (New Frontiers International): Cheddars Lane (www.citychurchcambridge.org.uk)
- **Eden Baptist Church:** Fitzroy Street (www.eden-cambridge.org)
- **Holy Trinity** (Anglican): Market Street (www.htcambridge.org.uk)
- **Lutheran Church, German speaking:** Shaftesbury Road (www.german-church.org/cambridge/)
- **St Andrew the Great** (Anglican): Opposite Christ's College (www.stag.org)
- **St Andrew's Street Baptist Church:** St Andrew's Street (<http://www.stasbaptist.org/>)
- **St Barnabas'** (Anglican): Corner of Mill Road & St. Barnabas Road (www.stbs.org.uk)
- **St Matthew's** (Anglican): St Matthew's Street (www.stmatthews.uk.net)

Chaplaincy and Other Religions

- **Cambridge University Chaplaincy:** Primarily based in Great St Mary's and Michaelhouse, it provides support to university students and staff.
- **Cambridge University Catholic Chaplaincy:** Based at the Chapel of St John Fisher (i.e. Fisher House), located behind Lion Yard shopping centre.
- **Cambridge Islamic Centre and Mosque:** Devonshire Road (www.cambridgemosque.com)
- **Cambridge Traditional Jewish Congregation:** Thompson's Lane (www.ctjc.org.uk)
- **The Buddhist Centre:** Near Christ Church, Newmarket Road (www.cambridgebuddhistcentre.com)

College Contacts

If you have any questions, would like help with something, or simply would like to talk to someone, feel free to contact any of the people of this list – they will be very glad to hear from new students in their college. If your college does not have a contact person listed, please email us (cgs.isw@gmail.com) and we will be in touch with you!

College	Contact Student	Email	Phone
Churchill	Douglas Gibson	douglas91gibson@gmail.com	07532 385 535
Darwin	Angelina Morelos	angelina.morelos88@gmail.com	07405 325 490
Downing	Miriam Scott	mes62@cam.ac.uk	
Fitzwilliam	Lucy Mackintosh	lm564@cam.ac.uk	07920 773 975
Gonville & Caius	Bihe Chen	bc407@cam.ac.uk	07902 781 099
Homerton	Parousia Rockstroh	pr367@cam.ac.uk	
Jesus	Jonathan Parker	jwp37@cam.ac.uk	07798588134
Lucy Cavendish	Sarah Morgan	sem91@cam.ac.uk	07900 965 009
Murray Edwards	Philippa Hooper	pjh200@cam.ac.uk	07976 473 045
Peterhouse	Clara Lloyd	claralloyd21@gmail.com	07585 532 049
Robinson	Joanna Jennings	jrj35@cam.ac.uk	07794 034 994
St Catharine's	Grace Lim	deepindecember84@yahoo.co.uk	07762 838 017
St Edmund's	Bruno Medeiros	bm420@cam.ac.uk	07848 947 199
St John's	Ben Woodhams	bjw48@cam.ac.uk	07902 925 431
Selwyn	Anna James Becky Jenkins	acj44@cam.ac.uk rebeccaj7034@gmail.com	07484 338 835 07402 842 110
Sidney Sussex	Rachel Bonnebaigt	rhb33@cam.ac.uk	07985 316 692
Trinity	Patrick McClure	psm43@cam.ac.uk	07984 829 801
Trinity Hall	Ann-Marie Shorrocks	amks2@cam.ac.uk	07527 169 224
Wolfson	Julian Conrad	jc675@cam.ac.uk	07435 251 111

To Do List

- ☐ Sort permanent accommodation
- ☐ Sort permanent internet and Wifi
- ☐ Buy a bike
- ☐ Go through the immigration process (if needed)
- ☐ Get a bank account
- ☐ Get a UK phone
- ☐ Register with a doctor
- ☐ Go punting!

Notes



International Student Welcome 2015

Cambridge University Christian Graduate Society (CGS)



More information on our website:
www.societies.cam.ac.uk/cgs/isw/

This booklet has been produced by the Cambridge University Christian Graduate Society (CGS). We hope that it will help you settle into Cambridge more smoothly.

