

International Student Welcome 2014

A guide to help you
settle in Cambridge



Organised by

Cambridge University

Christian Graduate Society



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:

Yuk (chairman)	<i>email</i> wyl35@cam.ac.uk	<i>or call</i> 07908 679310
Ashley (events coordinator)	<i>email</i> ash84@cam.ac.uk	<i>or call</i> 07850 590401
Paula (CGS advisor)	<i>email</i> ppuckett@go.mailsvc.com	<i>or call</i> 07734 818124

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 and Meeting point
Sat. 27 Sept. 2.30 - 4.30 p.m.	Punting	Great Gate of Trinity College (on Trinity Street)
Sun. 28 Sept. 1:30 - 2:30 p.m. ----- 2:30 - 4:30 p.m.	Really useful tour of Cambridge ----- +Tea and Coffee	Starting in front of the Round Church (at the corner of Bridge Street and Round Church Street) ----- Old Music Room, St. Johns College
Tue. 30 Sept. 7:30 - 10:30 p.m.	Jacket potato party	33 Victoria Park, CB4 3EJ
Wed. 01 Oct. 7:30 - 10:30 p.m.	International Dancing and Food Tasting	Henry Martyn Hall, near Holy Trinity Church (Market Street)
Thurs. 02 Oct. 3:00 p.m.	Historical tour of Cambridge, ending with tea and cake	Starting in front of the Round Church, finishing at Trinity College
Thurs/Fri 02/03 Oct 7:30 – 10:30 p.m.	Grad Pad Café Evening	The University Centre “Grads Café”, (Mill Lane)
Thurs/Fri 02/03 Oct 6:30 - 9:00 p.m.	International Welcome Dinner*	St Andrew's Street Baptist Church (St Andrew's Street)
Sat. 04 Oct. 10:30 a.m.	Walking to Grantchester	Starting in front of Queens' College (Porter's lodge, on Silver Street)
Sun. 05 Oct. 1:30 - 2:30 p.m. ----- 2:30 - 4:30 p.m.	Really useful tour of Cambridge ----- +Traditional English Cream Tea	Starting front of the Round Church (at the corner of Bridge Street and Round Church Street) ----- Knox Shaw Room, Sidney Sussex College
Sat. 11 Oct. 7:30 - 10:30 p.m.	International Postgrad Dinner*	St Andrew's Street Baptist Church Hall (St Andrew's Street)

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

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Cambridge University

With 31 Colleges, Cambridge University is scattered 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/freshersguide

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 www.cusu.cam.ac.uk/societies/directory. 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 on Newmarket Road, Asda and Sainsbury's on Coldham's Lane and Waitrose in Trumpington.
- 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:** tea you will find coffee shops everywhere in the city centre, including Starbucks, Costa, Caffè Nero and a few independent shops such as 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-Roomates, 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, mostly 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.

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.

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 Rymans (Sidney Street). A little further out of the city centre is Staples (Chesterton 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 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 (only if your passport says you need to – most do not need to), you should go to the “Alien Registration Office” at Parkside Police Station. Check their website or the International Student Team of Cambridge University. You will need to register within 7 days of your arrival and will be issued with a Police Registration Certificate.
- 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 several bike shops in Cambridge: King Street Cycles, Cambridge Cycle Centre, Ben Hayward Cycles, The Bikeman (Market Square), Townsends Light Blue Cycle Centre, University Cycles, Halfords and City Cycle Hire.

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..

Bus

Bus routes cover most of the city. Timetables and routes can be found at www.cambridgeshire.gov.uk/transport/around/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) and A1 CabCo (01223 525555) 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. You can also buy a 16-25 railcard as a student that gets you 33% off of most rail fares.

Coach

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

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 or 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.
- **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:** Happening on the 7th and 8th of October at Parker's Piece and Kelsey Kerridge Sports Centre. Discover all the clubs and societies of Cambridge.
- **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.
- **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 6th of December, 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.

Did you know?

(Little facts about Cambridge)

Cambridgeshire is said to be the driest county in the UK

Prince Williams + Kate Middleton are Duke and Duchess of Cambridge

Tennis originated here and you can still try it: it's called "real tennis" or "tennis of the kings"

Charles Darwin, Isaac Newton and Stephen Hawking are some of the famous Cambridge alumni.

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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.

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, 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 an option, while 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, many of which have a range of entertainment facilities, including wide screen TVs for sports events and pool or table football tables. There are also bars in every college.

- **Cinema:** The main ones are the Vue (Grafton Centre) and Cinéworld (Hills Road Leisure Park), 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:** In the city centre, there are the ADC Theatre, the Cambridge Arts Theatre and the Corpus Christi Playroom.

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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 very happy to help in any way that we can. Where possible, we'll then put you in touch with someone from your college or department.

International cafés

Friends International, an organisation that offers support to international students, runs or supports three cafés. These provide a relaxed environment in which to meet people and offer free refreshments and activities. More information can be found online at www.cafi.org.uk/events.

- **The Barn:** every Thursday at 7:45 - 10:30 pm at Christ Church.
- **iCafe:** every Monday at 6:00 - 8:00 pm in the Coslett Common Room at Anglia Ruskin University (this is run by the chaplaincy at ARU).
- **Compass Cafe:** every Friday from the 7th September, 5:00 - 7:00 pm, in the Henry Martyn Hall (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 16th 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** (every second Saturday, from 18th of October, 10:30 am - 12 pm at Clare College): A prayer and praise meeting with other graduate students. Brunch is served afterwards.
- **Bible study groups** (every Tuesday or Thursday evening): To join one of these, please email soc.cgs@gmail.com. These are open to everyone, not just Christians.
- **"Come and See"** (Wednesdays from 15th of October 7:30 - 9:00 p.m. at 37 Panton Street): A Bible discussion group for international postgraduate students interested in investigating the Christian faith. Contact Paula (ppuckett@go.mailsvs.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 2014 page. Alternatively, feel free to contact Alex (ajp215@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 11th 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 10th October 1:10 - 1.50 p.m.)
A series of talks about the Christian faith. Ideal for people wanting to explore what Christianity is all about, and includes a free lunch.

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Place 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.

- **St Andrew the Great (Anglican)**: Opposite Christ's College (www.stag.org)
- **St Andrew's Street Baptist Church**: St Andrew's Street (www.st-andrews-st.org)
- **St Barnabas' (Anglican)**: Corner of Mill Road & St. Barnabas Road (www.stbs.org.uk)
- **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)
- **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**: Off Mill 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, please email us and one of us will be in touch with you!

College	Contact Student	Email	Phone
Christ's	Alex Philpott Anbesan Hoole	ajp215@cam.ac.uk ash47@cam.ac.uk	07960240889 07858873047
Churchill	John Wong	Kwjw2@cam.ac.uk	07767975410
Clare	Judd Birdsall	JBB44@cam.ac.uk	07429478523
Clare Hall	Nathan James	nj249@cam.ac.uk	
Corpus Christi	James Roberts	jtr30@cam.ac.uk	
Darwin	Angelina Mukherjee	angelina.morelos88@gmail.com	07405325490
Downing	Matthew Rushton	mar76@cam.ac.uk	07914766661
Emmanuel	Richard Jenkins	rdj31@cam.ac.uk	07835240367
Fitzwilliam	Anna Gould	ag749@cam.ac.uk	07814807022
Girton	Andre Woolgar	Aw626@cam.ac.uk	07508878313
Gonville & Caius	Isabel Leach	il248@cam.ac.uk	
Homerton	Parousia Rockstroh	pr367@cam.ac.uk	07513621689
Hughes Hall	Lucy Sawyer Jason Olsthoorn	lcsawyer90@gmail.com jo344@cam.ac.uk	07746141765 07597527654
Jesus	Mary Wood Jonathan Parker	maryhwood@gmail.com jonathanparker89@gmail.com	07910840295 07798588134
King's	Andrew Laurance	Aal37@cam.ac.uk	
Lucy Cavendish	Christy Hung Sarah Morgan	oyh21@cam.ac.uk sem91@cam.ac.uk	07463914659 07900965009
Magdelene	Tim Yung	tkfy2@cam.ac.uk	07780711741
Murray Edwards	Margaret Hartley	meh43@cam.ac.uk	
Newnham	Elspeth Thomas Florence Bultler	Ert36@cam.ac.uk Feb36@cam.ac.uk	07708237099 07443873972
Pembroke	Giorgio Sterlini Richella Ryan	gs480@cam.ac.uk rcr41@cam.ac.uk	07949370292 07570896978
Peterhouse	Mark Austen	ma621@cam.ac.uk	07889867384
Queens'	Jonathan Rawlinson	jir25@cam.ac.uk	07947778360
Robinson	Louise Adams	louisejadams@hotmail.co.uk	
St Catharine's	Ella Green Samara Linton	elg48@cam.ac.uk sl639@cam.ac.uk	07778533583 07908725461
St Edmund's	Bruno Medeiros Kevin Crooks	Bm420@cam.ac.uk kmc47@cam.ac.uk	07848947199 07772891845
St John's	Minkoo Ahn	ma505@cam.ac.uk	
Selwyn	Charis Segeritz	cps37@cam.ac.uk	
Sidney Sussex	Jaason Geerts	jmg201@cam.ac.uk	07927014409
Trinity	Florence Salter	Fs386@cam.ac.uk	07967855773
Trinity Hall	Nick Hands Jim Baker	nh402@cam.ac.uk jb750@cam.ac.uk	07772864510 07855118655
Wolfson	Julian Conrad	jc675@cam.ac.uk	07435251111

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 2014

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**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.**

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