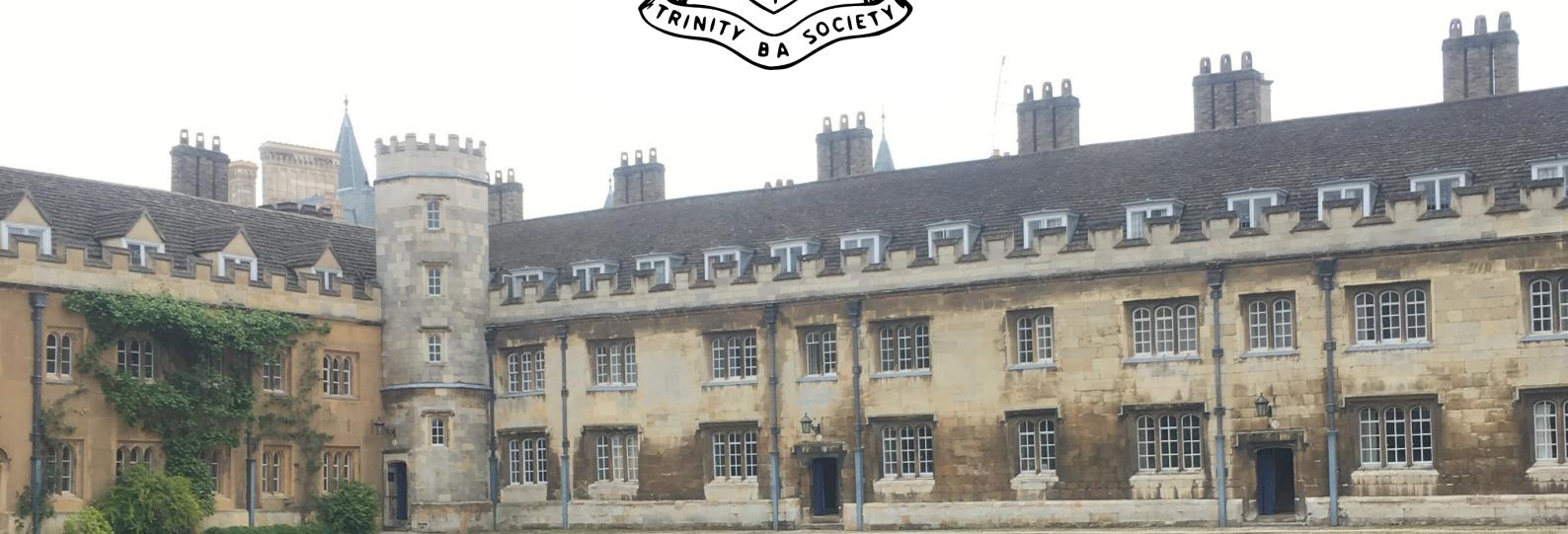


Trinity College BA Society

Rough Guide 2018



Welcome from the BA Society

Dear Soon-to-be Graduate Member of College,

On behalf of the BA Society, I would like to congratulate you on your offer and warmly welcome you to Trinity College, Cambridge. When you arrive, you will walk through the courts once frequented by Isaac Newton, Francis Bacon, Lord Byron and countless other figures who helped shape the world we live in. With 32 Nobel laureates in its history, Trinity College and its students take pride in the College's academic reputation. But the Cambridge experience is more than just academic; with centuries-old traditions like the *Trinity May Ball* and the *Great Court Run*, beautiful grounds and one of the largest and most international student bodies out of all the Oxford and Cambridge colleges, there is plenty to look forward to, and the BA Society is here to help you make the most of it.

What is the BA Society? We are the Graduate Student Union of Trinity College. Each college in Cambridge has its own dedicated student society to represent its undergraduate students (the *JCR*, 'Junior Combination Room'), and another to represent its graduate students (the *MCR*, 'Middle Combination Room'). Each JCR and MCR has an elected committee, which looks after its students, organises social events, and oversees the day-to-day running of student non-academic affairs. The BA Society is Trinity College's MCR – many years ago, the name was changed to reflect that we are so much more than just a 'Room' and so we are called the BA Society - with 'BA' referring to someone who holds a BA or equivalent, the BA being the only undergraduate degree at Cambridge, which is another way to say a graduate student.

If you have any problems or concerns, we're here to support and represent you in College. We try to make your stay at Trinity as fun and social as possible by organizing all sorts of events, including weekly formal dinners in the *Great Hall*, fortnightly brunches, the occasional themed parties, trips to other cities or theatre plays, sports events, and various kinds of food and alcohol tastings. Each term these events are advertised via our *Term Cards* – distributed via email and through our website: basociety.net.

The BA Committee is elected by Trinity BAs each year and we are always happy to answer any questions or to give you advice on anything at all – you can find our names and contact details following this welcome letter, so just drop us an email. In the first few weeks of term, we'll be walking around college in our committee 'stash' (sweatshirts) to be easily recognisable – just come up to us and introduce yourself, we are all very much looking forward to meeting you!

When you arrive, you should go and check out the *BA Rooms* (Great Court I staircase, above the College Café and Bar near the South East corner of Great Court). These are your graduate common rooms, a great place to hang out, relax, and meet other students year-round. The BA Rooms include a well-equipped kitchen (you can book if you want to cook dinner with friends!), lots of couches for relaxing, and a TV room with a Xbox One, Wii and lots of streaming video options, as well as a number of DVDs and Blu-Rays.

One of the most important things the BA Committee does is helping freshers settle in as smoothly as possible. The first week of Michaelmas Term, known as the *Freshers' Week*, is jam-packed full of exciting events, carefully designed to help you meet lots of other students and to introduce you to Trinity and to Cambridge as a whole. Highlights include the hugely popular *English High Tea Party*, an introduction to punting, and the first formal dinner in College followed by the *Freshers' Week party in the College Café and Bar*. Have a look at the events schedule at the end of this guide for details on dates and venues. In



particular, I would like to invite you all to the *Wine and Cheese reception* (though more than just wine and cheese will be on offer!) on Sunday 30th September at 7.30pm in the Marquee in Neville's Court, where we, the BA Committee, will introduce ourselves and officially welcome you to Trinity. We also draw your attention to the *Freshers' Service* at noon on that same day in the *College Chapel* – a must for those of you who enjoy music as the *Trinity College Choir* (voted the 5th best in the world, and nominated for a Grammy in 2012) will be performing.

Trinity offers a huge variety of *clubs, societies and other activities* beyond the BA Society. From rowing to badminton, mathematics to stand-up comedy, from wine to cheese tastings, you will surely find what you are looking for. The *Trinity College Students' Union* (TCSU for short; Trinity's informatively-named JCR) organises a Societies Fair in College, known as the *Chaplains' Squash*, on Sunday 30th September – directly following the Wine and Cheese reception. You will be able to see what is on offer for yourself, meet members of each society and sign up for lots of different activities. If Trinity doesn't offer what you want, check out the many *University Clubs and Societies* at the *University-wide Freshers' Fair at Kelsey Kerridge Sports Centre* on Tuesday 2nd and Wednesday 3rd October, where you will find a society for pretty much anything you can imagine. For those of you who play sports at a high level, you can join a university sports team that will give you the opportunity to compete against (and hopefully defeat) Oxford at the yearly Varsity matches!

To help you meet graduate students from other years, and to help you settle in fast, you will all be assigned to a *College Family*. This will consist of at least two higher-year graduate students (your College Parents) and several fellow first year siblings, who will be a mix of new graduate students (Side F's) and students continuing from their undergraduate studies here at Trinity. Our *Welfare Officer*, Stephen Bayley (ba.welfare@trin.cam.ac.uk) will be in touch with more details, as will your College Parents to introduce themselves and answer any questions you might have. They will all be there to meet you at the English High Tea Party that marks the start of Freshers' Week. In any case, we will be hosting plenty of events for your College Family during Freshers' Week to make sure you get to know each other well.

That is it for now! We hope that you will make plenty of new friends at Trinity and have a wonderful time whilst you study your graduate degree. As your BA Committee, we will do our best to make your time here as pleasant, enjoyable and memorable as possible. If you find you want to get involved in the organisation of the BA Society early on, you should consider standing for one of our two *First Year Representative* positions in the elections at the end of Michaelmas term – it would be great to have you on our team!

We hope you enjoy the rest of your holidays, and we look forward to meeting you in October. There is a lot of information in this guide so do not worry if you do not take it all in at once – there is a copy of this guide on the BA Society website, which you can read if you forget something mentioned here.

Best wishes,



President - Trinity College BA Society 2018 – 2019

BA Committee 2018-2019



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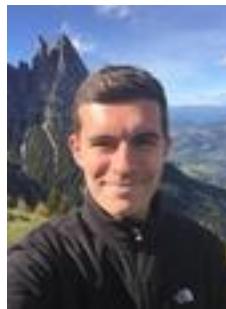
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Arriving at Trinity

If you have not yet done so, please inform the Accommodation Office of your planned arrival date as soon as possible.

If you currently live outside the UK, you will be able to arrive from Wednesday 26th September onwards; UK students cannot arrive until Saturday 29th September.

When navigating your way to Trinity, online maps often locate Trinity somewhere amongst the College's large grounds. To find your way to the Great Gate Porter's Lodge, it can be easier to search for Heffer's, a bookstore directly opposite Great Gate.

Non-UK Based Students: from Wednesday 26th September

If you don't live in the UK, you are able to arrive earlier than local students so that you can get settled in before the excitement of Freshers' Week begins; you will also likely have a slightly longer to-do list for your first few days. The BA Society will be running casual welcome events from Wednesday 26th September. Please note that these are low-key optional events to help you meet a few people while you're settling in, before Freshers' Week starts properly on the 29th.

The Porters' Lodge is the first place to ask for information or directions. You can also ask at the arrivals desk in front of Great Gate, which is run by TCSU (the undergraduates' student society).

Some students with pre-sessional courses may need to arrive before the Wednesday, you will be contacted by the College with further details if this applies to you.

UK-Based Students: Saturday 29th September

We know you may be anxious to get to Trinity and join in the fun, but if you do live in the UK, your room will not be ready until 29th September. Freshers' Week properly begins that afternoon with the English High Tea Party.

Arrival on 29th September

The official arrival date is 29th September. If you are arriving on this day, please follow the crowds to the Old College Office (directly opposite the Porters' Lodge, just inside the Great Gate), where you will be given your swipe card and accommodation pack. The accommodation pack will contain your room key.

Arrival on any day aside from 29th September

If you arrive at Trinity College on any day other than 29th September, please report to the Porters' Lodge to collect your accommodation pack with room key, which will also have your University ID/swipe card included.

Your Arrival Pack

You will receive an arrival pack when you sign in at the Porter's Lodge or the Old College Office (if arriving on September 29th). This will contain your University of Cambridge ID Card, information about your accommodation, and other relevant information from the College. You will need to 'swipe up' with your card to indicate that you have arrived. All this involves handing your card to the Porter on duty.

Your ID card will be programmed to open any SALTO locks to which you need access. Depending on your room, you may also be issued with a physical key for your door.

Any Questions?

There will be plenty of information in your welcome pack, but if there are any questions you

would like answered before you arrive you can contact our BA President Isabel Vallina Garcia (ba.president@trin.cam.ac.uk).

The Essentials

Checklist for your first week in Cambridge

- ✓ Connect your computer to the internet (see Computer Facilities)
- ✓ Set up a bank account (see Opening a Bank Account)
- ✓ Register with a local doctor (see Doctors)
- ✓ Get a mobile phone and a SIM card (see Mobiles)
- ✓ Get a bicycle (see Bikes)
- ✓ Get a gown (see Gowns)
- ✓ Buy an umbrella, coat hangers, and other essentials (see Shopping)
- ✓ Come along to the BA Society Freshers' Week events! (see Freshers' Week Schedule)

What to Bring

Smart clothes – for Matriculation Photo, Matriculation Dinner, BA Formals and other events. You will need at least one or two smart outfits as many events either have a formal or black-tie dress code.

Warm clothes – Cambridge gets cold in late winter and spring not long after Freshers' Week.

Umbrella, rain jacket and wet weather items – alongside the cold, we get some impressive rain too. If you're going to be cycling make sure you have a good rain jacket.

Towels – unlike bed linen, towels are not provided by College.

Pins, decorations and photos – There are some restrictions about what you can have in your room, so check the [Accommodation Handbook](#) first. For example, you cannot put stuff on the walls, but most rooms will have a pin board.

Passport size photos – for some occasions you will have to provide a photo so one can make your membership card. It can be useful to have a few at hand.

What not to Bring

Lamps – all rooms have them already.

Bed linen – College provides and cleans it for you.

Too many books – you'll be sent out to buy certain textbooks once here (if you need them) and most of them can be found in the library. Trinity also offers a book allowance, allowing you to claim £50 for books every year.

Gown – although the Cambridge Freshers' Guide mentions ordering a gown in advance, it is not necessary. You will not be expected to have one right away so just start looking once you arrive, for example at the BA Society gown sale on Sunday 30th September.

Ethernet cables – provided in the accommodation pack you get when you arrive and most accommodation has WiFi.



(Exactly) What You Need ... Useful Websites!

[Trinity College homepage](#)

[BA Society](#)

[Trinity College Students' Union \(TCSU\)](#)

[University of Cambridge](#)

[Graduate Union \(GU\)](#)

[Cambridge University Students' Union \(CUSU\)](#)

[Visit Cambridge \(for shops, etc.\)](#)

If you have any comments or suggestions regarding this Rough Guide, please contact Annalise Higgins (ba.secretary@trin.cam.ac.uk).



The Rough Guide to Almost Everything You Need to Know About Trinity

How does the College work?

Graduate tutors

Prof. Spring and Dr Serjeantson, the Side F graduate tutors, and secretaries Sheila Ellis and Rebecca Kippax know just about everything there is to know about the College, so if you have any questions (about funding or visas, for example), they'll always be happy to help (N7 New Court, e-mail: grad.tutor@trin.cam.ac.uk).

Prof Spring and Dr Serjeantson act as Tutors to newly arrived graduate students at Trinity; those of you who have stayed on will retain your Tutor from your undergraduate days. Your Tutor is normally the first port of call in a crisis and is there to help you: if you want to make an appointment to see the tutor, contact their secretaries.

College authorities

Other important people to know about are Professor Sachiko Kusukawa, the Dean of College and Professor Catherine Barnard, the Senior Tutor. Professor Kusukawa is in charge of discipline; if you break the rules (e.g. by swimming in the Fountain or climbing on the roof) you'll be sent to her.

College Clergy

Trinity Chapel, on the north side of Great Court, is a place of regular worship. Our internationally famous choir sings at services on Sundays, Tuesdays, and Thursdays in Term, and many students take an active part in leading worship. You are invited to use the Chapel as a place of private reflection and prayer. However, the Chaplains take an active interest in the welfare of all students, religious or not, and anyone is welcome to speak with them or explore the Chapel.

Professor Michael Banner, the Dean of Chapel, is responsible for the chapel's life and worship. Michael is also the Director of Studies in Theology (K3 Great Court, email: mcb59@cam.ac.uk). He welcomes the opportunity to talk to students, in confidence, about anything of concern.

Andrew Bowyer and Kirsty Ross are the friendly and approachable Trinity Chaplains. You'll find Andrew in F2 Whewell's Court (adb69@cam.ac.uk) and Kirsty in M6 Blue Boar Court (kr421@cam.ac.uk). In the words of a former Chaplain, they are here:

“to help you get the most out of your time here. With that in mind we'll be hosting a number of parties to which you'll be invited. We will always have time for people to come and talk individually, and anything said will be treated in confidence. As part of the foundation of the College, the chaplains are priests of the Anglican Church. However, they are employed by the College to work with all members, regardless of denomination or faith, race, gender or sexual orientation.”

The University caters for all faiths that form part of the student body in Cambridge (see below) and there are plenty of opportunities to meet with the members and chaplaincies of all of these in formal and informal settings.

Porters

Porters are the people in bowler hats who patrol the College and live behind the desk in the Porters' Lodge (or 'plodge'). Their first concern



is the safety and well-being of all students, and the Porters' Lodge is a good place to head to in an emergency (you can, for example, take one taxi per term from College to the local hospital, Addenbrookes, and the porters will provide you with the necessary token for this). The Porters' Lodges are located at Great Gate and Burrell's field, and are open 24/7. There is always a qualified first-aider available at the Porters' Lodge should you need one.

On a more cheery note, they also sign for your deliveries, help out with all sorts of minor enquiries, and sign out keys for college rooms (if you lock yourself out, head to the plodge).

Protip #1: if you need a taxi at a busy time, ask the porters to call for you – their requests get top priority! You can reach the plodge by phoning 01223 338400. Always be friendly with the porters!

Protip #2: Introduce yourself to the porters—they are great conversationalists, know a lot about Trinity and its history, and will be more likely to recognize you the next time you are entering Trinity, and so less likely to ask to see your Student ID.

Gowns

Gowns are worn in the University Church and the Senate House, on a few special occasions for which notice will be given, and traditionally at formal dinners in Hall. Graduates under the age of 24 will require a B.A. gown (unless you graduated from Cambridge with a Master's degree, in which case you wear the gown of that degree), while graduates that are 24 or older qualify for an M.A. gown. Some gowns will be available to purchase through the BA Society gown sale in Freshers' Week. The gowns sold by the BA society are second-hand gowns and are probably your cheapest option. Also, if you're not sure which gown you require, the Committee Members can advise you at the gown sale. New and second hand gowns can also be purchased from Ryder & Amies (22 King's Parade) and Ede & Ravenscroft (71–72

Trumpington Street). Also look out for adverts on the College notice boards. If you would rather rent a gown, this can be done through the shops mentioned above as well as through the Graduate Union (17 Mill Lane, email: shop@gradunion.cam.ac.uk). At the completion of your degree the BA Society will also buy your gown back from you. Graduate gowns have ribbons falling from the shoulders inside the gown. In Cambridge tradition, visibly displaying these ribbons indicates that you completed your undergraduate degree at the University of Cambridge.

Matriculation

To become a member of College, you must sign the Matriculation Book in the Wren Library. This will be explained in more detail upon your arrival, but for now be content with the knowledge that there will be a grand Matriculation and Welcome dinner for all new graduates. This will be held on Saturday 6th October. There is also a Matriculation Photograph on Saturday 13th October. For this you must wear smart clothes (a suit, smart dress, or equivalent – absolutely no jeans/shorts/t-shirts/flip-flops). You should also wear your very own gown for the photograph, which you can buy at the BA Society gown sale (see Gowns, above). Note that continuing members of the College do not matriculate again or attend the photograph.

College contacts

In order to strengthen links between graduate students and the College, the College Council agreed some years ago to create a system whereby each graduate student undertaking research has another Fellow, neither Tutor nor Supervisor, taking an interest in his or her work. The scheme is intended to provide 'Contacts' for those Graduate Students who are currently studying for a PhD or who intend, or seem at all likely to wish, to go on to the PhD.

The hope is that such Contacts will remain in touch with you – apart from periods of



sabbatical leave – throughout your course of research. Your Contact may not be familiar with your research field in detail, but will be in a fairly closely related academic field – and so able to listen intelligently to accounts of your work, and perhaps to make the odd helpful suggestion, and generally to take an interest in your research career. The Contact will take care not to usurp the role of your Supervisor – but it is hoped that meetings, which will be infrequent and entirely informal, will nevertheless prove useful to you.

TCSU

TCSU stands for Trinity College Student Union. They represent both the undergraduates and the graduates of Trinity. All graduates can attend any TCSU event and use the Junior Common Room (JCR) and its equipment.

The White Book

The White Book is the booklet of regulations and general information for all members of Trinity College. It contains all kinds of valuable information, and makes an interesting and necessary read. You'll find the White Book [as a PDF file here](#) – please read through carefully before you arrive!



College Facilities

Mail and Email

All graduates and undergraduates living in College (apart from Burrell's Field) have a pigeonhole in the mail room in E Great Court, just behind the Porter's Lodge; students living in Burrell's Field instead have a pigeonhole in the Burrell's Field Porters' Lodge. If you do not know where a student lives, the porters can tell you, and they will also distribute mail. Your postal address will be Your Name, Trinity College, Cambridge CB2 1TQ.

Another way of contacting other students is by e-mail: all Cambridge students automatically have an account on Hermes (the university mailing system), which has a user-search facility accessible at www.lookup.cam.ac.uk. You will be automatically allocated a Hermes email address, which you can find out before you arrive via the Computing website.

Usually the email addresses are provided in the form of a CRSid: abcXXX, which is the first part of your Hermes email address and is to be followed by @cam.ac.uk (i.e. abcXXX@cam.ac.uk).

Computer and Printing Facilities

Computer rooms

Trinity has several computer rooms: in Z Burrell's Field; D Blue Boar and I Great Court. Facilities include a range of PCs (running Windows 7 or Linux) and Apple iMacs (running OS X). All are connected to the Internet. Most computers have DVD writers, some have CD writers and there are PC and Mac scanners.

Please note that the Trinity central server crashes occasionally, so we recommend that you back up anything important.

Printing

Printing is via networked laser printers (you can print from home!) and the Burrell's Field and Great Court computer rooms have both a colour and black-and-white printer. There is a third room near D Blue Boar staircase, with computers and a black-and-white printer, but no scanner. The Library also has a small computer room and facilities for scanning and photocopying.

All members of Trinity have a printing account, accessible after logging in (more details are displayed in the computer rooms), from which the cost of printing is deducted. Printing in black and white costs 3p per sheet and in colour costs 10p, duplex printing is available on most printers. Credit is bought online, though you will start with £3 credit. There are posters in the computer rooms explaining how to do this.

Personal computing facilities

If you have brought your own computer with you, then you will need to register your computer on the Trinity network before it can be used. To do this, simply plug it in via the Ethernet port in your room, open your web browser and follow the registration instructions from there. Once registered, your computer will be allocated an IP address, allowing you access to the College network and Hermes/CUS from the comfort of your own room. See the Computer Officers for the relevant forms, or find them online on the Trinity website. The College Computer Officers are best contacted via email or in person.

It is also possible to borrow a computer and/or monitor from the Trinity Computer Office for use in your room. Forms are available from the Computer Offices. The number of machines available is, however, limited.



Libraries

At Cambridge, every college, every department and every affiliated research institute have their own libraries – alongside the University Library (UL).

iDiscover (<http://idiscover.lib.cam.ac.uk>) allows you to search across all the collections.

Trinity College Library

The Trinity College Library can be found in Nevile's Court, next to the Wren Library. The opening hours of the Reading Room and Lower Library vary according to whether it is Full Term or Term. Opening hours for Term and Vacation can be found on the website.

Michaelmas, Lent and Easter terms:

8:00 am – 1:00 am, Monday-Friday
9:00 am – 1:00 am, Saturday-Sunday

Vacation:

9:00 am – 8:00 pm, Monday-Friday
9:00 am – 5:00 pm, Saturday
Closed on Sunday

During Full Term, a maximum of three books from the upstairs section (Reading Room) can be taken out on overnight loan. Books borrowed on an overnight loan must be back by 9.30 am the next morning. There is a fine for late returns of 50p per book, per day.

The Lower Library contains older books, or books less frequently required by undergraduates, as well as an impressive collection of English literature. Books in French, Spanish, Italian, German, and even some Arabic and Persian are also available in many subject areas. The Library hosts a large collection of DVDs which can be taken out for 2 weeks (maximum of ten volumes at a time); the basement contains back issues of journals. You may need to get a key from the front desk to access the basement in the evenings. Keep in mind that graduates can submit book purchase requests through the website.

There are scanners/photocopiers near the front desk, and a comb-binding service is available. You are charged on your University card and pay for photocopying on your end of term College Bill.

Law Reading Room

There is a separate Law Reading Room, located in F Bishop's Hostel, which is open 24/7.

The University Library, otherwise known as the UL, is just off Burrell's Walk. Graduates can borrow up to 10 items at a time, and the library is closed on Sundays. You will need your university card in order to get in and out as well as borrow books. You can find out more about library services and consult library catalogues via the UL website. You can also find out about departmental libraries (often very useful) through this site.

Music Facilities

In the main part of College there are six practice rooms, each of which has a piano. You can book the rooms using the booking whiteboard in the music rooms which are accessible with your University Card; opening hours are 8 am – 12 am. These rooms are behind the chapel, under the clock tower. There are also two large practice rooms, with several pianos, in Burrell's Field. The access cards for these rooms must be signed out from the Burrell's Field Porter's Lodge, and opening hours are 10 am – 10 pm. The Frazer room, which is also under the clock tower, may be booked, though please note that no rooms will be available on Sunday mornings between 10.00 am and 11.30 am due to the Eucharist.

Sports Facilities

BAs can join any of the College's many sporting clubs and if you are particularly skilled or just very keen, there are University-level teams too. For some minority sports, there may only be a University team. Trinity College Field Club (TCFC) looks after all the non-rowing sports clubs in Trinity. On the TCFC website, you'll find contact details for each captain if you want



to find out more about a particular College sport. The College boat club (First and Third Trinity) has its own equipment, weights room and ergometers and is very enthusiastic in encouraging new rowers. There are often BA rowing and cricket teams that present a slightly more social approach to sport in May term. The best place to find out what's on offer is at the Chaplain's Squash, which takes place during Fresher's Week on Sunday 30th September under the Nevile's Court Cloisters after the Wine and Cheese reception.

Trinity's main sports ground is the Old Field site on Grange Road (just across from Burrell's Field). Here you'll find the College gym and Trinity's own facilities for football, rugby, cricket, and netball, as well as 3 squash courts, a badminton court, 3 astroturf tennis court and 3 hardcourts which can be booked free of charge by members of College. The squash, badminton, and tennis courts can be booked online, using your Raven login details. You can also borrow a selection of sports equipment from the Burrell's Field Porters' Lodge including badminton, squash, tennis and table-tennis rackets and corresponding balls/shuttles. All you need to do is present your University Card to one of the porters there and leave a £10 deposit.

As you enter Old Fields from Grange Road, the building on your left contains male changing rooms, toilets and showers on the ground floor, with corresponding facilities for women on the first floor. The building in the centre is the Pavilion, which has a kitchen and a small bar. Finally, the building to your right contains the squash and badminton courts, as well as the College gym.

The gym is well-equipped and, at a cost of only £10 a term, extremely cheap! Downstairs you will find a weights room containing dumbbells, squat racks, Olympic bars, a dip station, and a couple of adjustable benches. There is also a number of cardio machines and a pulley station upstairs. The gym is open from 7.15 am to 10 pm weekdays and 8 am to 10 pm on weekends. You will have to attend an induction session

before using the gym. As well as running the induction sessions, Cam Sports Performance regularly offers gym classes and one-on-one exercise advice sessions.

If you need some more advanced equipment, there is a new University Sports Centre in West Cambridge. This includes a huge gym, various courts, and other multi-purpose rooms. If you would like to swim, there's the Parkside Pool at Parker's Piece, next to Kelsey Kerridge, where you can also find a climbing wall and a wide selection of exercise classes. There's also an athletics track behind Robinson College on Wilberforce Road.

Finally, we also have some lawn games and balls stored in the BA rooms. You can borrow those at any time but write down your name in the sheet provided and give them back as soon as you have finished using them.

If you have any questions at all about sport at Trinity or, more generally, Cambridge, please contact your BA Sports Officer, Christoph (ba.sports@trin.cam.ac.uk).

Meals in College

The College Dining Hall is open for breakfast, lunch and dinner during term. You buy your food priced by item using your university card. Prices are displayed outside Hall. Weekly menus and the occasional cancellations (due to functions like Matriculation Dinner) are available on the [Catering Department's website](#). The presence of potential allergens in dishes will be indicated but if you're in doubt, just ask someone from our friendly waiting staff. If you have special dietary requirements, please contact Catering or the BA Society's Catering Representative, Pooneh Nazari (ba.catering@trin.cam.ac.uk)

Breakfast: a cooked or continental breakfast is served from 8.15 to 9.30 am Monday – Saturday.



Lunch: served from 11.30 to 2.00 pm throughout the week and 11.00 to 2.00 pm on Sunday (brunch!).

Dinner: Dinner (like lunch, 1, 2 or 3 courses) is served from 5.30 to 7.30 pm on Tuesday, Thursday, and Saturday and 5.30 to 7.45 pm on Monday, Wednesday, 7.00 pm on Friday and 8.00 pm on Sunday:

<https://mytrin.trin.cam.ac.uk/catering/hall-meals>.

These times can change around college events - make sure to check notices outside Hall.

Outside of term times these opening times will shorten (usually 8:30 – 9:15am, 12 – 1:30pm, 6:15 – 7:30 pm but check the notices).

Café and Bar

The College Café and Bar is located in I staircase, Great Court, just below the BA Rooms.

It is open to all members of College and their guests from 10 am to 11 pm, Sunday to Thursday and until 11.30 pm Friday and Saturday during term time. Out of term, the Bar has reduced opening hours (to be advised).

It serves a range of subsidised spirits, beers, soft drinks, coffee, sandwiches, cakes and ice cream; and, as an alternative to lunch in Hall, it also serves a small selection of hot food at lunchtime during Full Term (last food orders at 1.30 pm).

Payment can be made using your university card, which is charged to your termly college bill via your UPayChilli account. If you want to take a drink out of the bar, ask the staff for a plastic glass when you order.

Punting

Punting is one of the best ways to spend a summer afternoon in Cambridge. To sign out Trinity punts, see the College puntman in the punthouse by the river, which is open from 11 am to 6.30 pm on weekdays, and 10 am to 6.30

pm on weekends (hiring finishes at 5.30 pm). You must take your university card with you.

Punts cost £6 per hour for Trinity members plus a university card as a deposit for each punt. Punts are also available overnight. Book at the punthouse, and then go at 6 pm with a bike lock to secure your punt and take the punt poles and mats. The deposit for overnight hire for members of College is £20 and the cost is £15 per punt. The College punt scheme is open from Good Friday until the end of October.

Hosting your own parties

If you want to hold a large party (10 or more people) in a College room – including your own room -, you'll need to ask your Tutor to sign a permission form. The Dean of College (Professor Sachiko Kusukawa, M2 Great Court) will be required to sign the form as well if you're planning a really big bash (of 30 or more). Failure to obtain permission means you run the risk of having your party broken up by the porters ('being/getting porterised' is the technical term) if there are complaints about the noise. It is possible to book some college rooms for parties.

The Butler House Party Room is the only bookable college venue for music and dancing, but you can book the Private Supply Room for formal dinner parties. You can also book the BA Room kitchen or TV room for a party, but you must remember that you are responsible for your guests and must clean up afterwards. If you're planning to serve alcohol in a public (non-residential) room in College which includes the BA Rooms, you must obtain permission from the Licensee of the College, via the BA Catering Officer (ba.catering@trin.cam.ac.uk) or purchase it from the bar. Be sure to ask for plastic cups if you're purchasing your alcohol in the bar for consumption elsewhere - whole bottles (even if purchased in the bar) also require permission from the College's licence holder.



BA Society

The BA Society is the college's graduate student society (that's us!). We provide entertainments and advice throughout the year, and are tasked with representing graduate students' interests to the College.

Events

Throughout the year the BA Society will organize all sorts of events for its members. These range from Brunches to Bops (Cambridge lingo for parties). A couple of examples from past years include Zorb football, a trip to Oxford, Wren Library tours, cider/chocolate/wine/cheese tastings, a trip to a trampoline park, London musicals, Opera, board games, a petting zoo, and many more.

You are very welcome to attend and meet fellow graduate students of Trinity. Our events will be advertised via our regular e-mail updates, term card, and on our website.

BA Society Mailing List

Once you have your e-mail account, you can join the Trinity BA e-mail list. All new postgraduates should be added to it automatically, but e-mail Hans Yu (ba.computing@trin.cam.ac.uk), your computing officer, if you don't seem to be receiving our emails or if you cannot access the BA Dinner booking system. All BA Society activities are announced on this list, so it is a very convenient way to keep in touch with the BA Society.

Regular BA Events

BA Formal Dinners

BA Dinners usually take place on Fridays during term and are the Society's main social fixture. They are open to all members of the BA Society, including associate members and

mature undergraduate students. Gowns are required for all members of Trinity College.

Preprandial drinks are served at 7.20pm during term time (check the email for the location and for any changes to start time). The doors to the Great Hall usually open at 7.45pm, and dinner starts at 8pm.

A BA Dinner is a formal three- or four-course meal, with wine, fruit juice and water provided. Every second week, cheese and port is served after dessert at the table; and on the alternate weeks dessert wine is served.

The menus can be found through the Booking Website (UPayChilli) and on [our website](#). Smart dress should be worn and gowns are required for Trinity members. Members must present their University ID card when entering hall and all guests must carry ID.

BA Feasts

At the end of each term there will be a BA Feast that will be fancier than normal BA dinners and that will have much more food! The dress code for the BA feasts is black tie and gowns are required for Trinity members.

Ticketing for BA Dinners

Tickets go on sale 10 days before the Formal and may be bought until 72 hrs before the dinner. Tickets are booked online through [UpayChilli](#). Each Trinity student may additionally book for up to one guest, who must be aged 18 or over. No changes (including dietary requirements and cancellations) may be made after this booking period. Any changes to the guest ticket policy during the year are notified by email.

In 2017-2018, a ticket cost approximately £10.50 for Trinity members and £16.40 for guests. They often sell out quickly – so book early to avoid disappointment! Charges are added to your UpayChilli account and will appear on your next term's College Bill.



The first BA Dinner of term will take place on Friday 5th October and will be free for new graduates. Keep an eye on your emails; we will send out more information about this closer to the time.

Seating arrangements

At most BA Dinners, we enforce a ‘High-Table style’ seating arrangement where guests must fill the table of their choice from the end, leaving no gaps. BA Dinners are an excellent chance to meet fellow graduates, so make sure you chat to your neighbours! Details about group seating arrangements will be circulated via email.

BA Brunches

On alternate Saturdays during term, the BA Committee organises a brunch in the BA Rooms, starting from noon. We provide a variety of treats, which may include croissants, baguettes, avocado, cold meats, smoked salmon, cheese, fruit, yogurt, and a wide selection of jams and nut butters. Sometimes we even make pancakes! We cater for most dietary requirements e.g. dairy-free and vegan. Tea and coffee are also available.

The brunches are free if you bring your own crockery and cutlery, and cost £1 if you don’t.

There is no need to book – just show up! On special occasions we sometimes go to the gardens.

BA Society Facilities

BA Rooms

The graduate common rooms, referred to as the BA Rooms, are situated in I Great Court (between G and K staircases, there is no J staircase). On entering the staircase, go straight along a short corridor until you reach a T-junction; immediately before you is the entrance to the College Cafe and Bar. To the left of this

door is another leading to a blue-carpeted staircase. Climb these stairs and at the top you will see two doors: the one on the right is the entrance to the BA Rooms. On the left, you find the Junior Combination Room (JCR). You will need your University card to access the BA Rooms.

The BA Rooms are split over two levels. On the lower level is a common room with a social seating area where you can play a variety of board games, some tables for working and a kitchen with a dining table that can accommodate groups of approximately 12 people.

Access

Your card should be activated for the BA Rooms when you arrive. If it does not work, first try updating it at the Porters Lodge. If it still does not work you will need to visit the Accommodation Office (Z Angel Court) and ask them to activate it for you.

BA Kitchen

The kitchen, also on the lower floor of the BA Rooms, contains a conventional oven and hobs, microwave, kettle, toaster, and a coffee machine. It is also well stocked with crockery and cooking equipment.

Please refrain from removing items from the kitchen and be sure to clean up before you leave. This includes washing up cutlery and crockery, disposing of any waste in the bins provided and wiping down the table and/or benchtops. It is possible to book the kitchen for periods of no longer than 4 hours if you would like to hold dinner parties.

You can make a booking online on the BA Society Google Calendar which may be accessed on the BA Society website (<http://basociety.net/ba-rooms/>). Please note the main common space is not bookable, except for BA Society events.



BA Television Room

Upstairs from the main room is a television room, which can also be booked online. It contains a TV equipped with Netflix, some DVDs, and limited game console facilities. There are couches and beanbags available.

Alcohol Policy in the BA Rooms

The BA Rooms, including the television room, are public rooms on the College's alcohol license. As a consequence, any alcohol consumed in the rooms must be either bought from the College (ask for plastic cups at the bar) or prior permission must be obtained from the Head of Catering (contact the Catering Officer, ba.catering@trin.cam.ac.uk, for details on how to do this).



Accommodation

We are very lucky that Trinity offers accommodation to all postgraduate students for the first three years of their course at rates well below market-rate. Most of the Trinity graduate housing is central and close to the College. The Trinity Accommodation Handbook contains lots of information and rules, so make sure you read it thoroughly, ideally before you arrive.

New graduate members of college

If this is your very first year at Trinity, you will be allocated accommodation on the main site of College for one year. This will typically be either in Angel Court, Blue Boar Court, or Pearce Hostel. The map at the end of this guide can help you locate these areas of college. These rooms are very nice and a bedder will clean your room at least twice weekly if you are in Pearce Hostel, and daily if you are in Angel Court or Blue Boar Court. Some of the rooms are en-suite, but some are not.

While some rooms have access to a well-equipped kitchen, many do not have proper cooking facilities. All buildings have at least a ‘gyp room’ with a toaster, kettle and microwave, but only some kitchens have ovens and stoves. The BA Rooms are equipped with a kitchen that all members are able to book and use as necessary.

You will be able to keep your room in College until 31st August, after which time continuing graduate students will move to one of the graduate hostels.

Undergraduates continuing to a graduate course

If you are a first year BA but have been at Trinity before, you will be allocated accommodation in one of the graduate hostels. The main graduate accommodation sites are Portugal Street and Portugal Place (conveniently close to the Maypole!), and Wessex Place, but

Trinity has a number of other houses for graduate students around Cambridge managed by Bidwells. Further details are provided by the Accommodation Office.

In graduate hostels, there are no bedders: cleaning your room and cleaning up after yourself in the communal areas is your responsibility. Communal bathrooms and kitchens are, however, cleaned regularly. Please be considerate of those living in your house and clean up after yourself in communal areas.

Couples accommodation

There are also a number of flats available for couples/families. Please contact the Accommodation Office if you are interested in applying for a college flat.

Guests

Guests (only one at a time) may stay in your room for up to two nights per week (see the Accommodation Handbook section 3.12 for rules and regulations).

Students are not permitted to bring inflatable mattresses or other beds into college, so if you want to borrow a folding bed for your guest, you will need to book it in advance from the Housekeeping Department (housekeeper@trin.cam.ac.uk). If a bed is available, Housekeeping will confirm your booking and advise where to collect the bed from: Angel Court E Linen Room; Whewell’s Court E2 Linen Room or Burrell’s Field Y Linen Room. The Linen Rooms are generally only open in the mornings so make sure that you pick up the bed and linen by noon on the day of collection.

If you would like to book a Student Guest Room, contact the Accommodation Office. The cost per night is currently £25.25 per single room and it will be charged on your College bill. Please note there are no double rooms available. Trinity gets very full during term – book well in advance.



Housekeepers

The housekeeper (or bedder, short for bedmaker) is the person who cleans your room. If you live in College, your bedder will visit every weekday. If you live in Pearce Hostel, your bedder will visit twice weekly. You have two bins, one for recycling and one for other waste, which gets emptied too. All rooms in College are cleaned by a housekeeper, as are some College hostels (properties not managed by the College only have their communal areas cleaned). If you live in College but do not want your housekeeper to come in, leave your bins outside the door, but be sure to allow access to your room at least three times a week so your sheets can be changed, and your floor vacuum cleaned. Housekeepers are generally very friendly, and much prefer it if you are friendly too!

Recycling

In order to reduce the environmental impact of consumption, please follow the “reduce, reuse, recycle” approach and recycle your waste. There are recycling bins in most rooms. Moreover, there are recycling facilities in the gap between Bishop’s Hostel and New Court, and in the basement of Wolfson building, as well as paper recycling bins in the mail rooms.

There are public recycling bins by the Park Street Car Park – turn left as you leave the Great Gate, walk along Trinity Street and continue down Round Church Street. Turn left at the end and the bins are on your left.

Laundry Facilities

Burrell’s Field, Whewell’s Court, Pearce Hostel, Bishop’s Hostel and Angel Court laundry rooms contain card-operated machines (as do some of the College Hostel sites e.g. Newton Road); cards can be picked up for free at either of the Porters’ Lodges. You will need to provide your own washing powder. The dryers don’t always perform to the expectations that their name would suggest so you may need to insert your card 2 or 3 times to set off sequential cycles. This means you won’t need to return every 30

minutes to restart the machine. More details are available in the Accommodation Handbook.

Maintenance issues on main site

Any issues relating to your room should be raised with the Accommodation Office, either by email or you can stop by the office in Z Angel Court during opening hours (Monday–Friday 9.45 am–12.45 pm & 2.00 pm–4.30 pm). You can also speak to your bedder or you can fill in an online Work Request form on the MyTrin Intranet.

Maintenance issues at graduate hostels

Graduate hostels are managed by Bidwells. To report day-to-day maintenance issues, email Ms Teresa Taentzer and she will work to resolve any problems in no time. If you think your problem may also affect others living in your house, get in touch with your House Representative.

Other issues

For all accommodation related issues, your first point of contact should be the Accommodation Office or Bidwells, depending on whether you reside on the main site or graduate hostels. If you are unable to resolve issues with the Accommodation Office or Bidwells, you can contact the BA Society, who meet with college representatives termly to discuss unresolved issues, and can advocate on your behalf.

Spare Keys

If you lock yourself out of your room, the porters can lend you a spare key (this also applies to your card key). They normally ask for ID before signing out the key but they are very understanding when it is obvious from your attire and wet appearance that you’ve locked yourself out after going for a shower (happens to the best of us...).

Welfare

Nurse and Physiotherapist

A college nurse is available to students at the Health Centre, B Nevile's Court (phone and answer-phone (3)38471; email: surgery@trin.cam.ac.uk). The surgery hours during Full Term and Term are: Monday to Friday, 08:30–16:00. Students may either book an appointment or drop in during the opening hours. It is recommended that, except in emergencies, you contact the nurse in the morning as early as possible in case it is necessary to make an appointment to visit a GP. During evenings and weekends, call the Porters' Lodge on (3)38400. The porters will contact the nurse if required.

The College Nurse can help students access appropriate physiotherapy support, although you usually need to visit your GP as a first step.

Alternatively, Physio Direct does not require a GP referral and is available to anyone over 18 who is registered with a listed GP practice in Cambridge, South Cambridgeshire, or Huntingdonshire.

See MyTrin for further advice on accessing Physiotherapy resources and on ULD (formerly RSI).

Counselling and Mental Health Advice

Some students face anxiety, depression, stress or unhappiness during their studies. The College and wider university provide a number of services to help students with these problems. In addition to the Nurse, the College employs a Counsellor and a Mental Health Advisor.

Counselling offers an opportunity to talk about personal issues in a private and relaxed setting with someone who plays no other role in your college life. If you have a personal or work-related problem or if you are feeling unhappy, anxious or depressed, you are welcome to

contact the College Counsellor, Helen Acton. Appointments can be booked by email (counsellor@trin.cam.ac.uk) or by leaving a voicemail on 01223 761532. There is no charge for appointments and this email address and voicemail are entirely private to the College Counsellor.

The college also offers free appointments with the Mental Health Advisor, Juliet Bristow, who offers specialist support, information and advice to students experiencing any mental health related issue. Students can now self-refer by emailing jb732@cam.ac.uk or leaving a message on 01223 747505, or may be referred by their Tutor. Further detail about the health and welfare systems in place at Trinity can be found on the [myTrin website](#) (Raven login required).

Outside of the college, the University Counselling Service offers free one-on-one counselling, group counselling, workshops and Mental Health Advisors. It is located at 2-3 Benet Place, Lensfield Road CB2 1EL and further information can be found [on their website](#).

If you need help navigating the welfare system or any other advice you can contact your Tutor or the Welfare Team (ba.support@trin.cam.ac.uk). If you prefer, you may also directly contact the Welfare Officer, Stephen Bayley (ba.welfare@trin.cam.ac.uk), the Women's Officer, Parwana Fayyaz (ba.women@trin.cam.ac.uk), or the LGBTQ+ Officer, Jake Glidden (ba.lgbt@trin.cam.ac.uk).

Doctors and Emergency Numbers

The emergency number for the whole of the UK is 999 (for fire brigade, police and ambulance). The NHS free call number 111 is available for urgent healthcare needs that are not 999 emergencies and can give advice on how to access urgent NHS care services. You will need to register with a doctor upon arrival – the sooner the better as the nearer surgeries will fill up and stop accepting



registrations at some point! A list of local GP (General Practitioner) Practices can be found on the [MyTrin Health Page](#) (requires Raven logon). Once you're registered, you will need to pass that information on to your Tutor. Many porters and College staff are first-aid trained. To obtain emergency first aid, please contact the Porters' Lodge on (3)38400.

Women

Trinity has welcomed women scholars for over four decades. You are one of them now, and we are absolutely delighted that you have joined us. To make your experiences at Trinity more pleasing and your memories more vivid and joyous, Trinity puts tremendous effort in helping you out to find your comfort and "a room of one's own". Trinity has employed an Adviser to Women Students, Professor Rebecca Fitzgerald, a Fellow of the College, who is available to any of you, if you would like to talk about any problem (personal or academic-related). Please schedule your appointment via email (rcf29@mrc-cu.cam.ac.uk). Or you can always reach out to Parwana Fayyaz (ba.women@trin.cam.ac.uk), who is the BA Committee's Women's Officer, to discuss your problems with full confidentiality. Parwana will regularly organise social events (sports, movie nights, and other events) for you to meet and greet other female students. Moreover, there is also the TCSU's Female Welfare Officer (female-welfare@tcsu.net), who provides support for all female students in college (both graduates and undergraduates).

LGBTQ+

There are numerous organisations and resources for lesbian, gay, bisexual, transgender, questioning, asexual, and similarly identifying individuals both in College and around the University. The BA Society LGBTQ+ Officer Jake Glidden (ba.lgbt@trin.cam.ac.uk) is the direct point of contact for BAs, and is available to speak with you about any issues, questions,

concerns, or suggestions that come up while you are here in Cambridge.

Trinity has its own LGBTQ+ society, 1TQ (<https://www.facebook.com/1tqcantab/>), which is headed by the TCSU LGBT+ officer (<http://www.tcsu.net/lgbt/>) and spans both undergraduate and BA members of College. The CUSU LGBT+ Campaign (<https://www.lgbt.cusu.cam.ac.uk/>), part of the Cambridge University Students' Union, supports the needs of lesbian, bisexual, gay and transgender students at a university-wide scale. The Campaign offers help and support in areas including sexual health, coming out, and religious issues.

There are various groups on social media you may wish to consider joining during your time in Cambridge - keep an eye out for the welcome email from the BA LGBTQ+ officer containing relevant links. Both Trinity and the University on the whole are welcoming and supportive of everyone, whoever you are, and however you choose to define yourself.

Contraception and Sexual Health

There is a limited supply of condoms provided in a red box located on the shelves in the BA room - please only take a few at a time so that this resource remains available to everyone. Contact your welfare team (ba.support@trin.cam.ac.uk) if the box is empty.

If you want more than a small number of sexual health supplies, you can request them anonymously through the form linked on the [BA society welfare page](#) or by emailing Stephen Bayley (ba.welfare@trin.cam.ac.uk).

Pregnancy tests are available through the same form or by contacting Stephen or Parwana Fayyaz (the BA Society Women's Officer, reached at ba.women@trin.cam.ac.uk).

Requested supplies will be left in the BA Society Welfare pigeon hole in the Great Court Mail



Room or, if you choose not to remain anonymous, in an unmarked envelope in your own pigeon hole.

Further supplies and information are provided by TSCU and CUSU.

Cambridge's sexual health clinic is The Lime Tree Clinic (351 Mill Rd, CB1 3DF), details on which (including how to make appointments) are available at <http://www.icash.nhs.uk/where-to-go>. CUSU also maintains up-to-date advice about sexual assault, including how to contact the nearest Sexual Assault Referral Centres.

Security

Central Cambridge is a relatively safe area but you are still advised to take precautions, namely locking all doors and windows even if you pop out for just a minute. If you witness a break-in or notice (unusually!) suspicious behaviour around College, report it to the Porters' Lodge. If you notice the same outside College, contact the Cambridge Police at Parkside on 0845 456 456 or call 101 (non-emergency) or 999 (emergency). Faulty locks or other security measures around College should be brought to the Porters' attention.

Ensuring your personal safety is usually easy to do: Try to walk home with friends where possible and keep to well-lit areas. Remember that if you are worried about walking from the main part of College to Burrell's Field, you can ask a porter to walk you home. If you would like a free personal alarm, email the TCSU's Female Welfare officer. If you are concerned about security measures in College, or in Cambridge in general, email the BA Welfare Officer, Stephen Bayley, or the BA Women's Officer, Parwana Fayyaz about your concerns and they will do their best to help.

Places of Worship

Although most college chapels and chaplains belong to the Church of England, other religions also have chaplains at the University, from the Catholic Chaplaincy at Fisher House to the University Rabbi. The University Chaplaincy also has a multi-faith religious centre for group meetings and worship on the West Cambridge site. There are also a number of University societies based on religion – look in the Societies directory or attend the Freshers' Fair in the first week of term to find out more.

Finances

College Bill

Every term you will receive a college bill which you can pay by cheque or bank transfer. If you live in College accommodation, your college bill includes your rent (charged in advance for one term). Those living in Bidwells managed accommodation pay rent directly to Bidwells and so it does not appear on their college bill.

The college bill also includes any meals taken in the Hall, and any charged BA Society events attended. If you live in onsite College accommodation, you are also billed for electricity (but not heating), though this cost is often quite low (<£15/term). If you have not been able to set up a bank account in time to pay your bill, you can ask for an extension on your payment by contacting the graduate secretary (gradtutor@trin.cam.ac.uk).

Funding

There is an overview of funds available to Graduate students in College in the White Book. Graduate students can also apply to Trinity for funds for language courses, conferences, etc. Look out for details on the screens (the noticeboards across from Hall), on the college website, or ask Sheila Ellis (N7 New Court, tel. (3)37002, grad.tutor@trin.cam.ac.uk) for details.

Prizes

There are a number of College prizes on offer in all sorts of disciplines. Most are open to all students, but check the details of each individual prize, as some are only open to undergraduates, and others depend on matriculation year or number of terms in residence. It is definitely worth entering; prizes usually take the form of book tokens or cash value, and the sums involved can go up to and beyond £500. Full details of prizes can be obtained from your Tutor or by checking the White Book or the screens opposite Hall.



Settling in to Cambridge (or, Life Admin)

University Card

This is the indispensable photo ID card which proves you are a member of the College and the University. You will need it to get discounts on buses (Route U), at the CUP bookshop (10%), to gain access to various institutions within the University such as the University Library (UL) or the Botanic Garden. Furthermore, this card is programmed to open SALTO Lock controlled doors and gates around your department and the College (for instance the BA Rooms, JCR, computer rooms, mail room, music rooms, various College staircases and hostels, and the Fellows' Garden all operate on this system). It also allows you to place meals on your account in Hall and BA Dinner tickets and various drinks in the bar, as well as being used for swiping in and out – see section 4.1 of the Accommodation Handbook. You should receive your university card on arrival at Trinity, and if you have any problems using your card, please visit the Accommodation Office (Z Angel Court).

Mobile Phones

There are several places to purchase SIM cards and handsets in Lion's Yard and the Grand Arcade near the Market. If you are an international student without a credit history in the UK, you might need (or choose) to start out on a pay-as-you-go system. However, if you ask your mobile provider, you may be able to sign up for a monthly contract, or else sign up for a pay-as-you-go deal where you receive the same prices as a contract but are charged monthly by an automatic deduction from your prepaid balance.

The Carphone Warehouse in the Grand Arcade is a mobile phone retailer that offers a range of phones and deals from every mobile provider in the UK so that you can compare prices and contract deals.

Giffgaff and Lebara tend to offer good rates for overseas calls, but make sure to shop around! Also, don't forget to check whether the provider has good coverage at Trinity and at your department – you should find this information on their websites.

Opening a Bank Account

Different banks will require different documentation, but international students in particular should approach their first choice of bank with plenty of ID, proof of your home address, and a letter from your Tutor written specifically to a bank manager confirming that you are a student in residence at Trinity – you should receive a form in your welcome pack to request such letter.

You may need to make an appointment to apply for an account, particularly in the busy first weeks of Michaelmas term. It is important to get an account as quickly as possible so that you can pay your first college bill, which will arrive soon after you do.

For those new to the UK, a few banks to consider, in no particular order (with the nearest branch to Trinity in brackets), are Lloyds (Sidney Street near Christ's College), Barclays (St Andrew's Street – the branch next to Sainsbury's on Sidney Street does not offer account openings), HSBC (St Andrew's Street), and NatWest (Market Street).

Cheque books are super cool but are no longer essential: College bills can now be paid easily by electronic bank transfer. If banks are not co-operating, let your Tutor know and there should be no problem organising an extension on the payments.

Time taken to set up bank accounts and to transfer funds from overseas can vary from one day up to weeks so make sure you're prepared for that. A credit card from your home bank could make money transfer much easier and can even be without fees, while bank transfers



usually cost a certain fee. There are many new alternatives to transferring money from abroad, with Transferwise being the largest.

Just remember to check the Accommodation Handbook and make sure you have obtained the necessary permissions (if needed) before buying electrical equipment and furniture.

General and Online Shopping

Cambridge has a wide selection of shops and you will often find the centre of town busy as people from surrounding areas come to shop. In England, Sunday Trading laws restrict the large shops (those with >280 m² of shop space) to trading for six consecutive hours between 10am - 6pm. In Cambridge, these hours are generally 11am-5pm (e.g. Sainsbury's). For shops that never close, you can shop online. When you address packages to your college address (Name, Trinity College, Cambridge CB2 1TQ), they will be received by the Porters and a slip will be placed in your pigeonhole. Bring your University Card to the Porters' Lodge with the slip to sign for the package.

Online shopping can be particularly useful when local stores run out of essentials (e.g. coathangers in October), but do try and limit your indulgences as not to overwhelm the Porters. Many sites offer student discounts, Amazon Prime offers six months free for students (and then half price) and includes overnight shipping on many essentials. If you can't wait, many places (e.g. Argos) offer same-day click and collect services.

Food

Most students living in or near College do their grocery shopping at Sainsbury's supermarket, on the corner of Green Street and Sidney Street, which opens from 7.30 am – 11.30 pm every day except for Sunday, when it opens at 11 am and closes at 5 pm. There is also a smaller Sainsbury's Local on Regent's Street that is open till 11pm throughout the week.

You can buy fruit, vegetables, flowers and, on Saturdays, meat and cheese at the market which opens early and closes at around 4pm each afternoon. On Sundays, the focus is on crafts and second-hand items.

Marks & Spencer, just off the market, is another supermarket, although generally more expensive than Sainsbury's.

The Cambridge Cheese Company, next to Whewell's Court in All Saint's Passage, is pricey but well-stocked.

Further afield, you'll find Asian, Turkish and Eastern European groceries and health food stores on Mill Road.

A large Tesco can be found on Newmarket Road, about 1 mile away if you walk through Midsummer Commons along the Cam. It's worth the walk or cycle.

Equipment

If you're looking to stock your room with crockery and small appliances such as a hairdryer or a hi-fi then you should head to either John Lewis in The Grand Arcade (near Emmanuel College), or to the shops in the Grafton Centre, some 10 minutes away across Christ's Pieces, beyond the bus station. On Fitzroy Street, just outside the main entrance to the Grafton Centre you'll find Argos, which has lots of things you might need for your room – at affordable prices. The Grafton Centre is quite close by but can be difficult to find the first time: take your A to Z map of Cambridge (available from bookstores or news agencies) or visit the Cambridge City Council for a handy pedestrian map of Cambridge. Sainsbury's and Marks and Spencer will also stock some of the basics and they usually have deals for students at the beginning of October (which might also mean they're out of stock!).

Kitchen equipment can be purchased at all of the aforementioned places as well as from Lakeland on Sidney Street (which gives a very



handy lifetime guarantee on all products!) or Wilko and Primark, both by the Grafton Centre. For basic stationery, check out Ryman or WHSmith; for pretty notebooks and postcards try Paperchase or even Heffers – the bookshop sells quality notebooks and diaries.

Clothes

We'll leave you to discover your own favourites, but remember that you may be eligible for a discount with your university card, so it is worth asking. The Grand Arcade is packed with clothes shops. It is connected with Lion Yard, which is just off the market. Marks & Spencer on the Market Square also stocks a large selection of clothing. H&M and Zara can be found opposite of Lion's Yard on St Andrews Street. Near Trinity you can find a variety of high street brands as well as independent shops offering bespoke items. Charity shops are quite abundant all around Cambridge if you're up for finding something cheap at random.

Toiletries

Check out Boots or Superdrug – you'll find both of these if you walk on past Sainsbury's on Sidney Street. Sainsbury's also stocks many of the basics.

Bric-a-brac

If you need to buy small, low cost items such as power adaptors or coat hangers, try the stalls at the market during the week or check out TK Maxx just off Market Square. Alternatively, visit some of the discount stores in the Grafton Centre, such as Poundland, or secondhand stores such as Oxfam or others in the Grafton Centre and Mill Road.



Getting around Cambridge

Bikes

Most people get around Cambridge by bike. In order to keep your bike in college you must register it with the Accommodation Office (Z Angel Court) at the beginning of each academic year. You will receive information on how to do this in your accommodation pack. You will be given a registration sticker which needs to be easily visible on your bike.

Securing your bike

There are bike racks around College. Bike theft is common, so make sure that you have a secure lock (preferably a 'D'-lock – combination locks are not recommended). Always attach your bike to a railing or other sturdy, immovable object. Be careful about locking up your bike in All Saint's Passage, as that area in particular is a magnet for bike theft. Remember to get lights for your bike, as not using lights after dark could cost you a hefty fine.

Cycling safety

It is common for students to arrive at Cambridge with little to no experience with cycling. Alternatively you might not be familiar with the Highway Code in the UK (drive on the left!), but as a cyclist you have a responsibility to know the laws and regulations that apply to all road user.

Cycling is an excellent method of transport and you are encouraged to try it out, even if you've never been on a bike before. If you have any questions, please ask!

A bike pump and some basic bike repair tools can be found in the BA rooms. Make sure to return these after you have used them.

When turning, signal clearly by sticking your arm out wide in the direction you are about to travel. Make sure you look behind you before

doing this. Do not ride on the pavement unless you see bike symbols, which indicate you may ride your bike on the cycle path.

The area around Trinity is also subject to various one-way restrictions; these must be obeyed, as they apply to all vehicles, and city wardens and police have been known to fine cyclists for disobeying them! Fortunately, the system is simple. Trinity St is one-way southbound (i.e. towards King's College). Sidney St is one-way northbound (i.e. towards St John's). Cars cannot use these roads during the day (10 am - 4 pm).

Purchasing a bike

If you're looking to buy a bike, your options are almost endless. Mill Road hosts half a dozen stores selling a range of second-hand and new bikes. Other options closer to home are Primo Cycles on Jesus Lane, Station Cycles in the Grand Arcade, University Cycles on Victoria Avenue or Ben Hayward Cycles on Trumpington Street. There is also the Bike Man who is in the Marketplace during weekdays, and for repairs there is the Bicycle Ambulance in the carpark next to the Maypole.

If you're looking to buy a second-hand bike, be warned that they sell out fast!

Public Transport

Bus

Cambridge's main bus station is on Drummer Street but coaches to London and various airports leave from Parkside, Parker's Piece. Buses to the railway station and Addenbrooke's Hospital come to the bays on Emmanuel Street Bus Station, as well as the stop on Bridge St. The University subsidises the Universal bus which runs from Madingley Road Park & Ride to Addenbrooke's Hospital Bus Station, via many University sites. Tickets for students cost £1 on presentation of your university card.



Train

The railway station (on Station Road) is a 30-minute walk from College, or about a £7 taxi fare. You can also catch a Citi 1, 3 or 7 bus either to the station from the Emmanuel Street bus stop or from the station to the St Andrew's Street bus stop.

Trains to London run frequently, and with a Young Person's Railcard a day return ticket on weekdays to King's Cross costs around £16.00 with the Railcard (tickets are usually £5 cheaper on weekends).

Young Person's Railcard

You can purchase a 18-25 Railcard online or at the station. To do so, take a passport photo and ID. This is worth it if you're planning on spending more than £90 on travelling around by train, they cost £30 and save you 1/3 of non-peak travel).

If you are a full-time student over 25, you can still buy one of these Railcards. There is one extra form to complete to confirm you are a full-time student. Sheila Ellis or Rebecca Kippax in the Graduate Tutor's Office can sign this form for you.

Advance Train tickets

A cheaper, but more time consuming option, is booking your tickets a couple of days in advance for some train services to London Liverpool Street for even as little as £3.75! If you are planning to use the tube in London, it's a good idea to ask for a day return ticket with a Travel Card for underground zones 1 and 2, which currently costs around £20 with a Young Person's Railcard. Alternatively, you might want to think about the Oyster Card or use your contactless bank card in the tube (daily cap sums exactly to the price of the Travel Card you can get with a rail ticket). Visit <http://www.nationalrail.com> for train times and ticket prices.

Railcard and Oyster Card

You can link your Oyster Card for London to your railcard to save 1/3 on off-peak tube fares. However, note that you will need to do this in the Visitor's Centre at Kings Cross.

Maps

Finding your way around can be a bit tricky when you arrive so we have appended maps of Trinity and Cambridge to the end of this guide. If you want to get a map of the whole of Cambridge get yourself a Cambridge A-Z. Heffers (just opposite Great Gate) usually stocks them, though you'll be able to find them in many bookshops, newsagents, etc.

Google Maps in Cambridge even supports punting tours, but it's not as good at finding Colleges. You should make sure that you search for the Porter's Lodge of any College that you're trying to find rather than just for the name of the College.

The University also has an official map of departments and other University buildings available at map.cam.ac.uk.

Entertainment and Activities in Cambridge

Societies

There are numerous College-based societies to choose from, ranging from the Music Society (TCMS), which organises the May Week concert, to the Real Tennis Club and the Cheese Society. The best way to learn about College societies is to attend the Chaplain's Squash on Sunday 30th September, under the Cloisters in Nevile's Court. You can also sign up for sports teams at the Squash (see 'Sports', below). A complete list of the currently registered College societies can be found on the [TCSU Societies Directory webpage](#).

If you have an interest which is not catered for by a College society, there is also an enormous range of University societies: the place to meet them is at the CUSU Freshers' Fair at Kelsey Kerridge (on the Tuesday and Wednesday of Freshers' Week). The College will reimburse essential expenses incurred as a result of membership of a University society if there is no equivalent College group, on a "first come, first served" basis.

It is also possible to set up your own College society, if you feel that there is an important interest or activity not currently covered by College societies. To do this, you need to form a committee of president, junior treasurer and secretary, ask a Fellow to be your senior treasurer, and write an application to the College Societies' Fund. The application usually consists of a constitution, manifesto and proposed budget, and the deadline for applications is normally in early November. College societies may book College function rooms, such as the Junior Parlour (T Blue Boar Court) and Winstanley Lecture Theatre (A Blue Boar Court) without charge. More detailed instructions are available on the [TCSU Societies Directory webpage](#).

Cinema and Films

Cambridge has three cinemas: the [Arts Picturehouse](#), on St. Andrew's Street, which is one of the best of its kind in the country; [The Light Cinema](#), out by the train station; and the [Vue multi-screen complex](#) (with very comfortable reclining chairs) in the Grafton centre (the latter two showing the usual range of current releases).

All three offer student discounts. The Arts Picturehouse also runs a membership scheme, with various discounts and privileges.

The BA Society hosts occasional Movie Nights in the BA TV Room – you can find information about these in the BA Society emails and in the term card.

There are also other various societies within Trinity and the university that screen a variety of films. One worth checking out especially is the St John's Picturehouse, which shows recently released films during term for ~£4 in St John's college - check their [facebook page](#).

Theatre

The theatre scene in Cambridge is predominantly student-based. The ADC, or Amateur Dramatics Club, is a student-run theatre that runs a main show and a late show every week. Other student productions can be found in various college theatres, and in the Corpus Playroom, which you'll find down St. Edward's Passage just off King's Parade. Full listings can be found in Varsity, The Cambridge Student and on the ADC website. The Arts Theatre is just past the Corn Exchange and offers professional productions. The Cambridge Footlights regularly perform at the ADC – strongly recommended for those who enjoy comedy! For those of you who crave something bigger, the major theatres in London are reachable in around an hour from Cambridge station. Our wonderful Ents officers will from time-to-time organise group trips into London



with subsidised tickets to West End musicals, so keep your eyes peeled for the sign-up opportunities in your inbox.

Drinking (Alcohol and Coffee)

If the delights of the College Bar occasionally become too familiar, you'll find that Cambridge offers a vast array of pubs. Pubs in the UK are now smoke-free in indoor areas.

Some Pub recommendations

Favourite spots include:

- the Maypole (just past the multi-storey car park – head that way towards Jesus Green and you can't miss it),
- the Eagle (on Benet Street, opposite King's College),
- the Pickerel (opposite Magdalene),
- the Anchor (on Silver Street) which has an outside terrace right on the River Cam, and
- the Granta (just past Darwin College), which overlooks one of the more tranquil parts of the river.

Other Cambridge Pubs

Under the Arts Picturehouse you'll find Wetherspoon, commonly referred to as Spoon's (the largest pub in Cambridge).

Walking a bit further might be worth it, as the Castle Inn (on Castle Street) always has a selection of German beers on tap, and the intersection between Elm Street and Eden Street awaits with three very decent pubs (The Elm Tree, The Cricketer, and The Free Press). The very brilliant pub Kingston Arms is located off Mill Road at Kingston Street and the Hopbine, near the Grafton Centre has great food and a friendly atmosphere.

If you're leaving from Burrell's Field, walk down Grange Road until you reach Barton Road and the Red Bull is just a short way to the left.

For cocktails, try Ta Bouche on Market Street Passage or Novi on Regent Street. If you want somewhere fancier you can try Six on the sixth floor of the Varsity Hotel and Spa.

Coffee recommendations

There are plenty of coffee shops in Cambridge. Closest to Trinity and highly recommended is Bould Brothers on Round Church Street—quality coffee, some upstairs space for work or a chat.

Equally close, south on Trinity Street is Michaelhouse Centre, a chapel/cafe with great tea and scones.

Fitzbillies on Bridge Street and Waterstones cafe on Sidney Street are nice cafes for getting some work done.

The Locker on King's Street offers lots of seating and a casual setting for coffee, tea, and baked goods.

The University Centre on Granta Place has the Grad's Cafe on the third floor with great views of the Cam.

All the large chains, such as Starbucks, Costa and Cafè Nero can be found around the Market Square.

For something more interesting, try the Indigo Coffee House on St. Edward's Passage. For the Italian coffee, try Aromi (the pistachio latte!) or Savino's.

If you're willing to walk slightly further, you won't regret it: just past Parker's Piece lies the Espresso Library, with a lovely atmosphere and excellent coffee.

Between the Fitzwilliam Museum and the Chemistry Department you'll find Hot Numbers – small shop, great coffee.



Eating Out

Options within the University

It's not always easy to find reasonably-priced food in Cambridge and many places are designed for the tourist crowd. For everyday meals, the best option is probably still eating in Trinity's Hall, although some departments and the UL do serve lunch. Some colleges (Churchill, Darwin, Downing, King's, Pembroke, Peterhouse, Queens' and St. Catharine's for instance) will even let you eat in their own halls. The University Centre on Granta Place has a cafeteria-style dining hall with menus that change every week, and is popular with graduate students and University staff.

Local favourites

If you're looking for restaurants, King Street, Bridge Street and Mill Road are packed with places to eat.

Here are some favourites: Efes serves fantastic Turkish food at 78–80 King St.

For Italian, try La Margherita, a friendly restaurant up the hill past Magdalene, Strada (just under the Blue Boar Court), or Jamie's Italian and Zizzi on Wheeler Street.

For excellent and varied vegetarian and vegan food, there is the Rainbow Café below the shops directly across from King's College on King's Parade (look out for the sign pointing you down a small alleyway), or for lunch, try Taste of Cambridge which offers delicious falafels out of a van on Market Street. Stem & Glory on Chesterton Road also comes highly recommended. In their King St location, you can try a vegan smorgasbord lunch.

For Indian cuisine in the city centre, try Raja Indian Cuisine on King Street.

If you've got something to celebrate, try Galleria (Bridge Street), Browns, Hotel du Vin (both on

Trumpington Street near the Fitzwilliam Museum), or the Oak Bistro (on Lensfield Road), or if it's really special Midsummer House.

For a little taste of Sicily at reasonable prices, as well as excellent gelati, visit Aromi (1 Benet Street, corner of Peas Hill, also around Grafton Centre).

Pho is a popular Vietnamese noodle chain, also on Benet Street.

On Mondays, Nanna Mexico (on Petty Cury) also offers a main meal with a drink for £5.

Cambridge Market Square usually has stalls offering food from various different cuisines (e.g. dosas, curry, falafel, paella, Thai food, African food), often delicious and cheap, so keep an eye out to see what's on offer.

Night Clubs and Dancing

Trinity has recently gotten quite a reputation for having awesome post-formal dance parties on Fridays in the bar. It is a lot of fun and music from various genres is played. Make sure not to miss them if you enjoy dancing!

Many other colleges also run their own 'ents'. Worth checking out are: Clare Cellars, Jazz at Johns, Queens, Fitzwilliam, Eddies and Emmanuel. See The Cambridge Student and Varsity for listings. Trinity, as well as other colleges, run Bops (parties) during term time. These are always cheap and fun.

If you're up for a night out in Cambridge, then these are some of your options:

- Ballare, always referred to as "Cindies" by students, holds student nights every Tuesday. The club is also popular on Wednesday and Thursday evenings (international student night). It is open every night from 9 pm to 4 am and can be found in Heidelberg Gardens, just above Lion Yard shopping centre and opposite Christ's College.



- Kuda (often still called ‘Life’), found at 22 Sidney Street, is Cambridge’s newest club. Recently converted from ‘Life’ and ‘The Place’ it has undergone a major refurbishment. In general, it is very popular on Sundays. Tuesday is LGBT+ night, known as Kaleidoscope, while Wednesday is Latino night, and Thursday plays Hip Hop and UK Garage.
 - Lola Lo, formerly known as Soul Tree, offers a variety of different nights. It recently changed ownership and seems to be a promising new venue in Cambridge. Lola Lo is just behind Honest Burgers, next to The Corn Exchange.
 - Revolution (Rev), just opposite of Emmanuel College, is a bar which turns into a club later in the night. Rev is popular amongst some graduate students, although it doesn’t attract many undergrads.
 - On Fridays and Saturdays, ‘The Regal Wetherspoon’ (Spoons) turns into a main-stream music club which has no cover charge and cheap drinks.
 - The Fez Club is usually heaving simply because it is one very cool club. It has a Moroccan theme, a cavernous interior and a diversity of music to match. Mondays, Tuesdays and Thursdays are the student nights when they play anything from Indie to Europop. You can find Fez on Market Passage off Sidney Street next to Ta Bouche cocktail bar.
 - La Raza is on Rose Crescent, between Gardies and McDonalds. Open until 1 am, La Raza offers classy surroundings to eat, chat, and dance. On Wednesdays they play live Jazz.
 - The Junction is the best Cambridge has to offer for the more serious clubber. But it’s not just a club. They have comedy, live music, theatre and workshops along with some very impressive club nights. Some nights tend to sell out quickly so use the box office to guarantee a place on the floor. It can be found on Clifton Way just off Hills Road. Check out their website for more details and bookings.
 - The Corn Exchange is “the city’s centre for art and entertainment”, where you can see anyone from The Stereophonics to Jimmy Carr to the St. Petersburg Symphony Orchestra. Perhaps it shouldn’t be in the ‘Clubbing’ section, but it’s the place to go for gigs. It is located on Wheeler Street, just behind the market square.
- Cambridge has a lot on offer and you are guaranteed to have a great time out, but please do stay safe on the streets at night.

Local Literature & Newspapers

There are two student newspapers in Cambridge: **Varsity** and **The Cambridge Student** (TCS). Varsity is usually published once a week and can be found in the mailrooms every Thursday.

Travisty is Trinity’s own independent newspaper since 2007, found periodically in the mailroom or in hall at Sunday Brunch. If you are interested in getting involved in writing and journalism you may find the contact details in their impressum.

TCS also has a website with interesting articles about current events and activities in Cambridge (<https://www.tcs.cam.ac.uk>). The Tab is an online news site which is quite popular with students in Cambridge (<https://thetab.com/uk/cambridge/>).

University Centre

The University Centre (also known as the Grad Pad) can be found at Granta Place on Mill Lane. It offers a wide range of social facilities for graduate and research students, as well as University and College staff and alumni. There are a number of eating establishments to be found there: for example, the Grads Café. Other facilities include public computing facilities, a



pool room and a Blue Fitness gym. If you are a Gates Scholar, you will also find the Gates Scholars' Common Room here.

May Week

May week is a fortnight of post-exam celebrations, college balls and garden parties, which actually takes place in June. You'll hear more and more about it as it approaches!

Freshers' Week 2018-19 Timetable

Date	Time	Event	Location
Wed 26/09	16:30 – 18:00	Welcome Session	BA Rooms
	18:00 – 19:30	Informal Dinner	Hall
	20:00 – 22:30	Trip to English pub	External Pub
Thu 27/09	16:30 – 18:00	Welcome Session	BA Rooms
	18:00 – 19:30	Informal Dinner	Hall
	20:00 – 22:30	Board Games	BA Rooms
Fri 28/09	16:30 – 18:00	Welcome Session	BA Rooms
	18:00 – 19:30	Informal Dinner	Hall
	20:00 – 22:30	Trip to English Pub	External Pub
Sat 29/09	08:30 – 18:00	Tutorial & Accommodation meet and greet	Old College Office
	11:00 – 12:00	Walking Tour of the College	Great Gate
	17:00 – 18:30	English High Tea Party	Fellows' Bowling Green (Wren Cloisters)
Sun 30/09	14:00 – 17:00	Walk to Grantchester	Great Gate
	17:00 – 18:00	Gown Sale	BA Rooms
	19:30 – 23:00	Wine and Cheese Reception with Dance Afterparty	Marquee
Mon 01/10	08:15 – 09:30	Graduate Tutors Welcome	Winstanley



Tue 02/10	15:00 – 16:00	Tea and Cakes	BA Rooms
	Arranged individually	Family Dinners	Various
Wed 03/10	18:30 – 20:00	Fellows' Panel	Marquee
	20:00 – 22:30	International Food Night	
Thu 04/10	20:00 – 23:00	Grad Bar Night and Pub Quiz	College Bar
Fri 05/10	19:15 – 20:00	BA Dinner Predrinks	OCR / Allhusen
	20:00 – 21:30	BA Dinner	Hall
	21:30 – 23:30	Jazz in the Bar	College Bar
Sat 06/10	08:00 – 10:00	Parkrun	Great Gate
	12:00 – 14:00	BA Picnic Brunch	South Paddock / BA Rooms
	14:00 – 17:00	Trip to Botanic Gardens	Great Gate
	18:45 – 19:30	Pre-dinner Drinks Reception	OCR
	19:30 – 21:00	Welcome & Matriculation Dinner	Hall
	21:00 - onwards	Post-dinner Reception	Master's Lodge
Sun 07/10	14:00 – 16:00	Punting with Strawberries	Avenue



Glossary: An Incomplete Guide to Cambridge Lingo

Bedder – the housekeepers in College, short for “bedmaker”.

Boatie – someone who rows.

Bop – ‘big open party’, shorthand for a party.

Eat in/go to hall – to eat in the cafeteria sitting at the college dining hall.

Ent(s) – ‘entertainments’, another name for a party in Cambridge.

Fellow – a senior member of the college, usually academics at the university, who are also responsible for high level decision making in the college.

Formal – formal dinner held regularly at the college dining hall.

Fresher – a student who is new to Cambridge.

Gonville and Caius College – “Caius” is pronounced “keys”.

Gyp room – a small kitchenette, usually consisting of a fridge, toaster, kettle and microwave.

JCR – Junior Combination Room, name for a college’s society for undergraduate students (known in Trinity as TCSU).

Magdalene College – pronounced “Mawd-lin”

MCR – Middle Combination Room, the usual name for a college’s society for graduate students. Also used to refer to the associated common room used by the society. In Trinity, these are referred to as the BA Society and BA Rooms respectively.

Pidge – short for pigeonhole—your personal mailbox in college.

Plodge – the Porters’ Lodge.

Punt/punting – a flat-bottomed boat used for recreation on the river Cam.

Read a subject – study a subject, for example you might say that you “read Mathematics.”

Side F - Refers to your tutorial ‘group’. Graduate students new to Trinity belong to the Side F Tutorial Office.

Whewell’s Court – pronounced “hew-ells”

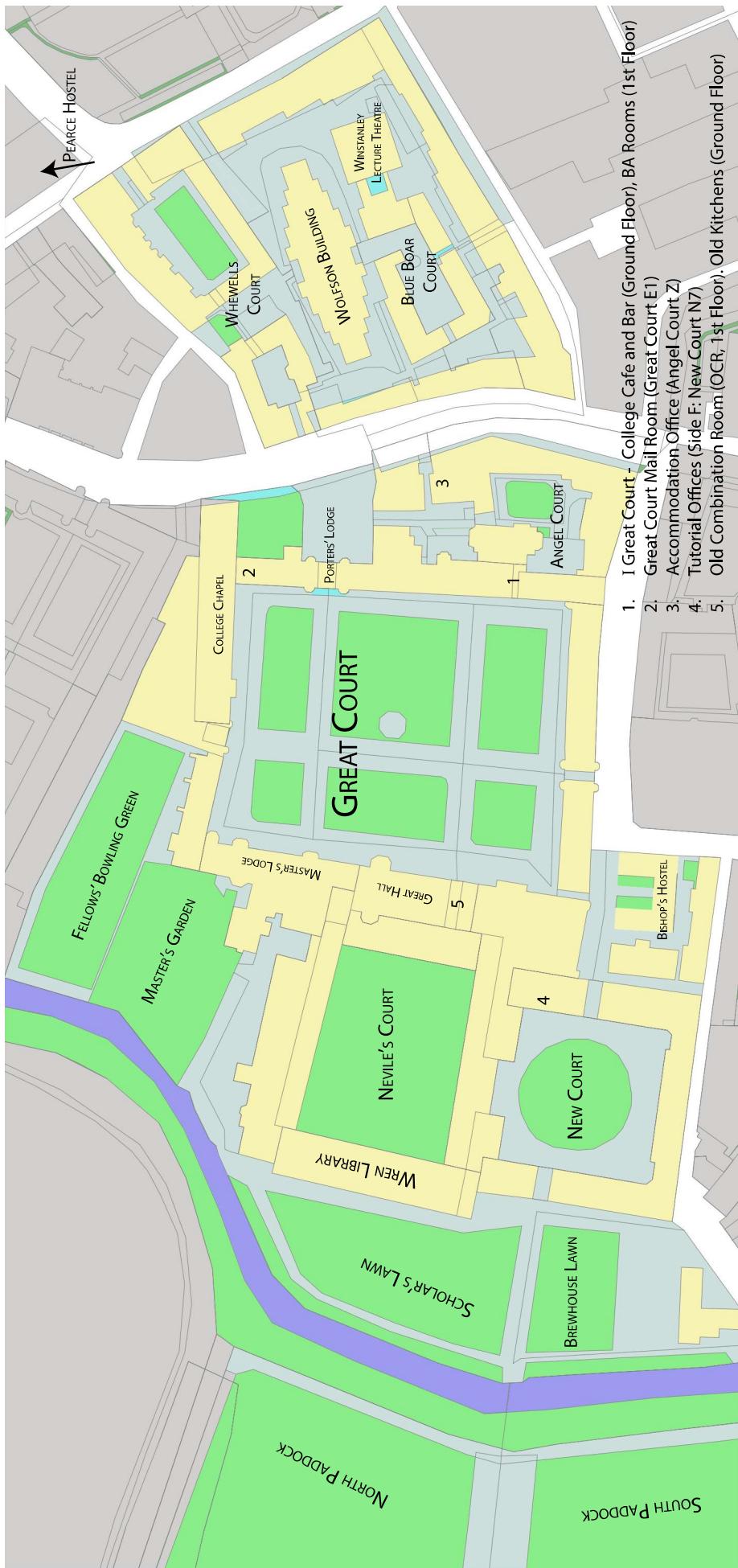


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Map: Trinity Landmarks



Map: Trinity in Cambridge

