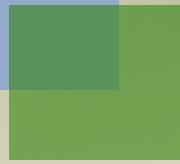


Christ's Internationals

FRESHERS BOOKLET 2023



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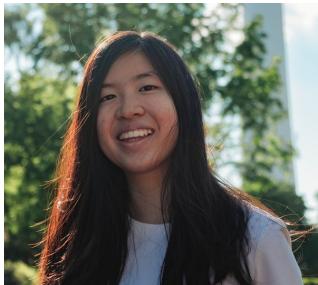
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To the incoming Christ's class -

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CHRIST'S JCR
INTERNATIONALS' OFFICER

First of all, welcome to Christ's! We're so excited to meet you, and hopefully you're as excited to meet each other. Christ's is a super welcoming community; its medium size means you get to know the College's members relatively well, while also making sure everyone will be able to find people they vibe with.

But this probably isn't why you opened this -

as international students coming to Christ's for the first time, you likely have some international-specific questions. So as you prepare to step into life at Cambridge, Christ's JCR (basically the college's student union) has prepared this international-specific booklet for you, addressing some concerns we know international students have!

Here, myself (the Internationals' Officer of Christ's), the Freshers' Representatives, and the Christ's International Freshers' Representatives have included various details about the college and Cambridge in general. We cover essentials like how to get a bank account and how vacation storage works, but also top-secret details like the best food in Cambridge and how you can save money as an international student. We know we may not have covered everything; if there are any more specific questions, feel free to get in touch at [intl@thejcr.co.uk!](mailto:intl@thejcr.co.uk)

As I write, we are also currently in the process of planning International Freshers' Week at Christ's. It's our first year doing this, and we hope you're as excited as we are - there'll be picnics, a scavenger hunt, a food tour around Cambridge, and an escape room, just to name a few! It's slated to start around the 26th of September; do keep an eye out on your inbox for more details.

We'll see you really soon!

With warmest regards,
Ju Yi Tai
Christ's JCR Internationals' Officer 2023

QINGLAN

Meet Your International Reps!

Hello! I'm Qinglan, a second-year law student and one of two First Year Representatives (or Freps as we like to call ourselves). I was born and raised in Beijing but have also spent several years in London, Jerusalem and Malta. I'm really excited to meet all of you!

I cannot emphasise this enough but Christ's is truly a wonderful place. We're an extremely diverse community, with students and staff from all over the world, so you will quickly feel at home here...and I mean truly at home. Oftentimes I even forget I'm a foreigner here because everyone is so welcoming and embracing. It may feel intimidating at first, moving to a brand new country alone, and it's completely normal to feel homesick. You are not alone! The JCR and your fellow internationals are here for you at all times and we mean it.

**ANNA**

Hey! I'm Anna, originally from Cyprus I study law, but my favourite things are actually languages, literature, and politics. I hope this guide gives you the guidance we all wish we had when we were in your position and makes your lives easier. Feel free to reach out for advice or support!



PARVATHY



Hey guys!! My name is Parvathy and I am a second year engineer! I am an international student from Singapore (just like Ju Yi!), well I am originally from India but moved to Singapore when I was a bit over 2 years old.

VERONICA

Hello! My name is Veronica, and I'm a second-year History of Art student. I was born in South Korea, but my family moved to the US when I was less than two years old, so the majority of my life has been spent there. I've found Christ's to be such an incredible community, and I'm sure that you'll make great friends and have amazing experiences here. I know it can be nerve-wracking to move to an entirely new country on your own, but everyone is truly so welcoming, and there's lots of resources available at Christ's (or even uni-wide) if you need extra support settling in. Christ's is also in a very convenient location that makes it super easy to get anything you need, so there's no need to stress about making sure you remember to bring everything from home. Don't hesitate to reach out to people such as your tutor or DoS if you have any questions or requests - I did this multiple times over my first year, even for things I thought were trivial, and always received thought-out advice and help in solving any issues I had. Good luck, and I'm sure you'll have a wonderful first year!

ISABELLE

Hi!! Im Isabelle (you may recognise me as I'm also one of your Freps!) and I'm a second year lawyer. Unlike the others, I have been living in the UK for many years now, so moving to Cambridge was not my first time living here! However despite being British, I was born in the Cayman Islands and grew up in another Caribbean nation, Trinidad and Tobago before moving to the UK. Having lived in the country for a while now, I can reassure you guys that the UK and indeed Cambridge is a wonderful place (apart from the occasional rain...). Cambridge is such a multinational university and us Brits are very friendly to (us) internationals so you will easily find Cambridge soon becomes a home away from home! The community here at Christs is rather tight, and having once seen the UK as an extremly foreign place I can completely relate to how you may be feeling and am happy to help with any questions you may have, or support you in any way you need!! We are all here to help, and will do our best to ensure you have an amazing Internationals Freshers week :))



Vacation Rent



'Vacation rent' can broadly be split into two categories: one for during the Michaelmas and Easter Vacations, and one for the Long Vacation. During the Michaelmas and Easter holidays, where you can live depends on the category of your room. No matter where you live in term time, though, as long as you want to live in college over the vacation, there is always accommodation available at a flat rate of roughly £22/night!

Warning: The following paragraph won't make a lot of sense right now; bookmark it and come back when you have your room allocation!

Rooms are divided into four categories: A, B, C and A*:

Category A rooms (e.g. New Court) mean students have to relocate their belongings during the holidays if staying in Cambridge.

Category B rooms (e.g. Blyth) mean students only have to relocate their belongings if they are not staying in their room.

Category C rooms (e.g. First Court) allow students to leave their belongings in their room (and stay there) in the Michaelmas and Easter Vacations.

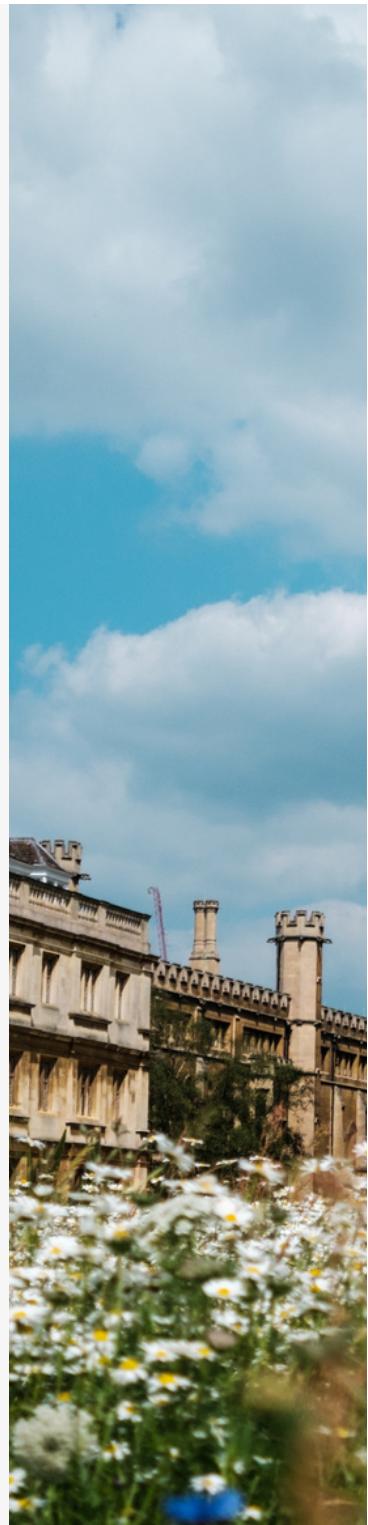
Category A* rooms (e.g. Y Block) are basically Category C during the Michaelmas Vacation and Category A during the Easter Vacation.

Christ's is fortunate enough to offer grants for students who want to stay. You can use your 'Flexible Grant', which allows you to claim £400 per year for multiple purposes, including staying over the holidays; if this isn't enough, speak to your Tutor, who may have additional funds available.

International Storage

Like vacation rent, there are two types of storage for international students, one for the Christmas and Easter vacations, and one for the summer. For the former, Category A, B and A* rooms all have a nearby storage space (usually in your corridor, extremely close to your room, or in the room itself) where you can lock your belongings while you go away for the break. Category C is lucky and doesn't have to move out at all!

For the summer, it's different. When you get to Christ's, you'll get to know this building called the Blyth Building - it's located in Third Court. At its attic you'll find a whole hallway allocated to the storage of all students, not just internationals. There aren't really any formalised details for how these are allocated; just asking the Porters for one around when exams end will almost certainly give you at least half of a bay, within which you can probably store around 4 large boxes. If that isn't enough, however, Christ's also opens up a supervision room in the basement of the Todd Building with more than enough space for the remainder of your stuff. So tl;dr - don't worry about storage space as an international because you'll have more than enough space!



Travelling to Cambridge

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Most of you will be flying into the UK and most likely landing in one of the London airports. How would you get to Cambridge from there?

- From Heathrow
 - I usually fly from Heathrow and the route I take (which I think is the least hassle) is taking the Elizabeth Line (the London Underground) from the Heathrow terminals to London Liverpool Street. From there I take a direct train to Cambridge which is usually an hour or so. There is also a coach service from Heathrow to Cambridge (National Express) and it usually takes around 3 hours; it is less frequent though so make sure to check the timings before you land and book in advance.
- From Stansted
 - Stansted is the closest airport to Cambridge and there are frequently direct trains and coaches to Cambridge.

Some of you might even take the Eurostar to London St. Pancras. From there you can take a direct train to Cambridge.

The best way to book the train tickets is on the **Trainline** app or website. For National Express coaches, use their app or website. Additionally, if you know you are going to take the train a fair amount of times it could be a good idea to invest in a **railcard** (specifically the 16-25 Saver) as it allows you to book train tickets with a 30% discount.



Travelling around Cambridge

Since Christ's is very central most places are within walking distance. It could be useful to get a bike if you want an extra 10 minutes of sleep before lectures. Just as a FYI, most STEM lectures are either in Downing Site or the BMS Lecture Theatre near Hughes Hall. Most humanities lectures are based in Sidgwick Site, just on the other side of the river. We'll bring you to these places on a tour when you arrive in Cambridge but if you want to check them out beforehand you can put them into the maps app of your choice!

There is also the U Bus service which you can take to get to some places in Cambridge and it only costs £1 for each ride. The local bus system also is very efficient. Remember to bring your student card on board as this often gives you discounts!

Uber is the usual taxi app; Panther Taxis also works, but sometimes Uber can be cheaper and more convenient. Cambridge Taxis also often park outside of Christ's if you're looking to take one easily!



UK Bank Account

Because most banks require you to have lived in the UK for the past 3 years in order to qualify for a student account, opening a current account is usually your best and most convenient option. Different banks have slightly different requirements, so it is worth going through a few banks' websites and comparing them in order to get a better idea of which one will work best for you. The vast majority of banks will ask for **proof of residence**, which you can get from the Christ's Tutorial Office (tutorial@christs.cam.ac.uk). It is a good idea to set up a UK SIM card (see corresponding section) before starting the process of opening an account, as many banks will also require a UK phone number.

Some banks will ask you to submit an online application before visiting a branch to check documents, while with others, it can mostly be done in-person. In both cases, it is best to make an appointment as soon as possible, as banks get extremely busy at the start of the academic year and not making an appointment ahead of time may mean that it could take months for you to fully set up your account. After visiting a branch with your documents (usually proof of residence and a valid ID such as your passport), it could take up to a week for your account to open and up to another week before you receive your bank card and PIN - another reason to make an appointment and go through the steps as soon as possible.

Before you manage to get your bank account, carrying cash is advisable so you can make payments! So before you land make sure you have some on hand while you go through the process of bank applications.

Banks in Cambridge

	BANK	ADDRESS	WEBSITE
 BARCLAYS	BARCLAYS	9-11 ST. ANDREW'S STREET	WWW.BARCLAYS.CO.UK
	HALIFAX	32/33 PETTY CURY	WWW.HALIFAX.CO.UK
	HSBC	63-64 ST. ANDREW'S STREET	WWW.HSBC.CO.UK
 LLOYDS BANK	LLOYDS	3 SIDNEY STREET	WWW.LLOYDSBANK.COM
	METRO	UNIT 1 CHRIST'S LANE	WWW.METROBANKONLINE.CO.UK
	NATWEST	21 PETTY CURY	WWW.NATWEST.COM
	SANTANDER	60 ST. ANDREW'S STREET	WWW.SANTANDER.CO.UK

UK SIM Card

09



Getting a UK SIM card is convenient for a variety of reasons, especially for having a UK phone number for administrative tasks, such as setting up a bank account. The main providers in the UK are Vodafone, O2, EE, and Three, all of which have in-person locations in the Grand Arcade (the shopping centre near Christ's). There are also various network providers such as Voxi, Giffgaff, Tesco Mobile, Smarty, and Sky Mobile that borrow the signal of one of the four main providers to deliver coverage.

You will most likely be on a pay-as-you-go plan, which means that you top up your balance every month with the amount of data you need. This is especially convenient if you are planning on going home over vacations, as you can simply pause your plan for the months you are gone.

Each provider has different plans and perks (e.g. Voxi gives you unlimited social media), so spending a bit of time going through the various offers can be useful. After deciding on a provider, you can either sign up and order your SIM card online to be delivered to you or go to a store to pick it up (which usually does not take very long at all).





Registering With a GP

In the UK healthcare provision is facilitated through the **National Health Service (NHS)**, and each person must be registered with a **General Practitioner (GP)**. To be able to book appointments and generally access healthcare, you must be **registered** with a GP, which can be done online or in-person.

Many students register with **Newnham Walk Surgery**. Newnham Walk also have a smaller branch at the first floor of Boots (a pharmacy), right opposite Christ's, but the main surgery is on **Wordsworth Grove**, close to Newnham College.

If you book an appointment with them, make sure to head to the **correct place**. You will normally have to go to Wordsworth Grove - do not head to the Boots branch if someone is expecting you at Wordsworth Grove - speaking from experience!

The beginning of the year can be overwhelming, so if you need any **help** in registering with a GP, you can reach the College Nurse, Ana, at **nurse@christs.cam.uk**. Same goes if you have a problem with booking an appointment.

Registering with a GP might seem like a boring administrative task, but it is one of the most **important** things on your start-of-term to do list. Make sure to get it done as soon as possible to make your life easier later on!

For more important information on healthcare in Cambridge, take a look at this website:

<https://www.studentsupport.cam.ac.uk/physical-health>

GPS in Cambridge

GP	ADDRESS	WEBSITE	TELEPHONE
NEWNHAM WALK SURGERY	WORDSWORTH GROVE, CB39HS	WWW.NEWNHAMWALKSURGERY.NHS.UK/HOME PAGE	01223 366811
NEWNHAM WALK CITY CENTRE PRACTICE	65-67 SIDNEY STREET, CB2 3ND	WWW.NEWNHAMWALKSURGERY.NHS.UK/HOME PAGE	01223 366811
BRIDGE STREET SURGERY	2 ALL SAINTS PASSAGE, CB2 3LS	WWW.BRIDGESTREETMEDI CALCENTRE.COM	01223 652671
TRUMPINGTON STREET MEDICAL PRACTICE	56 TRUMPINGTON STREET, CB2 1RG	WWW.TRUMPINGTONSTREETMEDICALPRACTICE.CO.UK	01223 361611





Food

Christ's has a hall for meals called Upper Hall (different to Formal Hall where formal 3-course dinners are held). Christ's operates a pay-as-you-go system; each term you're charged a certain amount of money, but any unspent money will be refunded to you in the following term's bill.

Meals here are usually £3-4 for the vegetarian option and £4-5 for the meat option. It's on the expensive side for Cambridge, but you do get unlimited sides within the price, so that's a plus! If you don't want to do that, though, you can go grocery shopping and cook; almost all Christ's rooms have easy access to an induction hob, and though the kitchens are small, you can comfortably cook in them. The college provides the induction hobs, toasters and kettles, but you must purchase all other cooking equipment. TK MAXX, the TESCO at the Retail Park or charity shops can be good to buy equipment. Cooking can definitely be much cheaper and is an option many Christ's students pursue. Please see the next section for a list of supermarkets.

Of course, there are also restaurants around Cambridge. Christ's Great Gate is located right on the main street of Cambridge; just by walking out of College you have many options for food as well! However, these are a lot more expensive; meals will probably cost in the double digits.



Supermarkets

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**Please note the prices quoted in this section are correct as of June 2023!*

TESCO EXPRESS

There are two Tesco Express stores near Christ's. One is on Christ's Lane, just outside the Second Court side gate, which is a small green door next to the Fellows' Building. The other is on Petty Cury, between Christ's and Market Square.

In Tesco you can buy almost all daily necessities, including food, toiletries, stationery, and more. In Tesco, there are meal deals consisting of a main, drink, and snack of your choice for £3.40 with a Tesco Clubcard. The Tesco Clubcard is free to set up and gives you discounts for certain products, so it is very highly recommended.

SAINSBURY'S

Sainsbury's is much bigger and sells a larger variety of food and household appliances. Anything you need that can't be found in Tesco will most likely be in Sainsbury's. It is located opposite the street from Sidney Sussex College, approximately a 5-minute walk from Christ's. Sainsbury's also has meal deals for £3.50, also consisting of a drink, snack, and main of your choice.

SAINSBURY'S LOCAL

Sainsbury's Local is similar to Tesco Express and is a smaller version of Sainsbury's. It is located on Saint Andrew's Street next to Emmanuel College. It also sells meal deals and household appliances.

MARKS AND SPENCER

Marks and Spencer (M&S) is divided into the Foodhall (located next to the Market) and regular M&S (located on Sidney Street). Both are very close to Christ's and within 5 minutes of walking.

The Foodhall sells a large variety of foods, ranging from vegetables, to snacks, to proper meals. The regular M&S sells clothes on the first floor and household appliances on the floors above. Things like bedsheets, pillow covers, plates, and utensils you will find in this M&S. M&S is one of the more expensive UK supermarkets.

ALDI/LIDL

Near the hill colleges is Aldi; it's a lot cheaper than the rest of the options! However, it's a trek from Christ's so people usually don't come here unless they really want to save money. Lidl is also a cheap option but is at Cambridge Retail Park so is also a bit further out.

ASDA

Some students pool orders with other students so they can get groceries delivered to their door; when this is the case they usually go for ASDA, although some also pool orders from Tesco. With Christ's proximity to Sainsbury's, though, this isn't common. ASDA is one of the cheapest UK supermarkets.

CO-OP

Finally, Co-op is another chain supermarket in the UK. There are several in Cambridge, all of which are further away from Christ's than Tesco and Sainsbury's. So this may not be your go-to supermarket unless you happen to be near one. Co-op sells food and basic supplies like Tesco Express and Sainsbury's Local, but is not recommended for routine shopping due to a high price.





Saving Money

Managing expenses on your own for the first time can seem very scary at first, but there are many things that can help with it.

- Tesco/Boots/Sainsbury's meal deal - these were really helpful when I wanted a quick and cheap meal, but we wouldn't recommend them for every meal.
- Loyalty card/Advantage cards- always sign up for the loyalty card or advantage card for stores because you will get discounted prices, especially at TESCO, Boots, Sainsbury's (Nectar Card) etc.
- Student Beans/Uni Days - these apps tell you the student discounts at stores and give you a discount code when ordering things online.
- Too Good To Go - this is an app that allows restaurants and cafes to sell foods at heavily discounted prices near closing time.
- Wasabi and Itsu - these two shops have a 50% discount on available items 30 minutes before closing.

All in all, don't be shy to ask a place if they have any student discounts. Most places give 10-20% and, I could have saved so much money that way!

NATIONAL SOCIETIES

Upon arriving in Cambridge, you might feel a strong need to speak your native language (if it isn't English), or miss something that only a fellow [insert nationality] would understand. You might feel a longing for the food of your home country, or for a particular place. In other words, you might feel a little **homesick**.

National Societies connect you with other students from your country, making homesickness a shared struggle. By joining your National Society, you gain a **support network** of people who **understand** where you come from. You get to speak your **native language** with them, cook your favourite **foods**, and enjoy a mutual **understanding** only those who grew up in the same place are capable of providing.



Joining an international community of people from all corners of the world is, of course, a **fascinating** experience. Moving to a different country and experiencing an entirely new way of life is equally fascinating. But in case you find yourself wistfully thinking about your home-country, your national society mates shall come to the rescue, making Cambridge feel a little more like **home**.

See our list of National Societies on the next page!

Name	Social (default ig handle)		
African Society of Cambridge	@camafricaday	Association of British and Chinese University Students	@abacus_cambridge
CU Nigerian Society	@cuns_cantab	CU Anglo-Japanese Society	@anglojapanesesociety
CU Ghanaian Society	@cambridgecugs	Cambridge Indonesia Association	@ppi.cambridge
CU Somali Society	@cambridgesomsoc	CU Sri Lankan Society	@cu_srilankasoc
CU Sudanese Society	Facebook: https://www.facebook.com/CUSudSoc/	Cambridge University Chinese Undergraduates Society*	@cambridge_css
The Middle Eastern, North African Society	@cambridgemena	CU Chinese Society*	@cucs.official
CU Mauritius Society	Facebook: https://www.facebook.com/groups/cambridgeuniversitymauritiussociety	CU India Soceity	@cuindiasoc
CU Dutch Society	Facebook Group: https://www.facebook.com/groups/CUDutchSoc/	CU Korean Society	@cuks_cambridge
Société Francaise	@cufrancesociety	CUMSA (Singaporean Society)	@cumsa_
CU German Society	@germansociety.cam	CU Malaysia Society	@cumas94
CU Italian Society	@cambridgeitalian	CU Pakistan Society	@cambridge_paksoc
CU Polish Society	@cupolsoc	Cambridge Thai Society	@camthaisoc
CU Spanish Society	@cuspanishsoc	CU Kerala Society	@cukeralasoc
CU Cypriot Society	@cucyprioskociety	CU Bangladesh Society	Facebook: https://www.facebook.com/cambridsoc
CU Hellenic Society	@cu_hellenic	CU Hong Kong Postgraduate Scholars Association	Facebook: https://www.facebook.com/cuhkpgsa
CU Hungarian Society	Facebook: https://www.facebook.com/CUHungSoc	Cambridge American Society	@cambridgeamericansociety
CU Belgian Society	Whatsapp group: https://chat.whatsapp.com/GLX6lusTHDSD1YgnGVTj9h	Cambridge Canadian Club	@cambridge_canadian_club
CU Ukrainian Society	Facebook: https://www.facebook.com/CUUAsoc	CU Brazilian Society	@cubsbrazil
Cambridge Swiss Society	@swiss_soc	CU Mexican Society	@cumexicansociety
CU Irish Society	Facebook: https://www.facebook.com/groups/1745767378992305	CU Afro-Carribean Society	@cambridgeacs
CU Latvian Society	Facebook: https://www.facebook.com/CULatS/	CU Afro-Americans Society	@afram_cantab
Cymdeithas Y Mabinogi (University of Cambridge Welsh Society)	@mabinogicam	CU Caribbean Students Association	Facebook: https://www.facebook.com/groups/1235081803719205/
CU Scandinavian Society	Facebook: https://www.facebook.com/cambridgescansoc/	CU Colombian Society	@cucolombiansociety
CU Portuguese Society	Facebook: https://www.facebook.com/CUPorOfficial/	Cambridge Australian and New Zealand Society	Facebook: https://www.facebook.com/cuanzsociety
CantaBulgarian	@canta.bulgarian		
CU Austrian Society	Facebook: https://www.facebook.com/CUAUSociety/		
The Cambridge University Czech & Slovak Society	@cambridge_czsk		

SUPPORT



ACADEMIC SUPPORT



Your **Director of Studies** (an academic in your chosen discipline) is responsible for everything **academic** and managing your studies. Wondering how to manage a specific aspect of your course? Struggling with paper choices? Your Director of Studies is the person for the job. Email them with any concerns you may have.

Your Director of Studies will normally hold **meetings** with you at least once a term to discuss your progress - do make use of these meetings to bring up your **academic concerns**.

Your **coursemates** and **college peers** can also be a great source of support. We truly are all in this **together**. Finding people to **study** with, or simply **airing grievances** during a visit to the Buttery or during Upper Hall dinner time can help you more than you think - if you're extremely self-motivated this might not apply to you as much as it does to those who enjoy group study sessions.

Regardless, if you're stuck on an essay or having trouble with a particular problem on your supervision sheet, **peer support** can be comforting. You'll either figure it out or realise that the **struggle** is a **shared** one. Your coursemate will benefit from having explained things to you. It's a win-win situation either way.

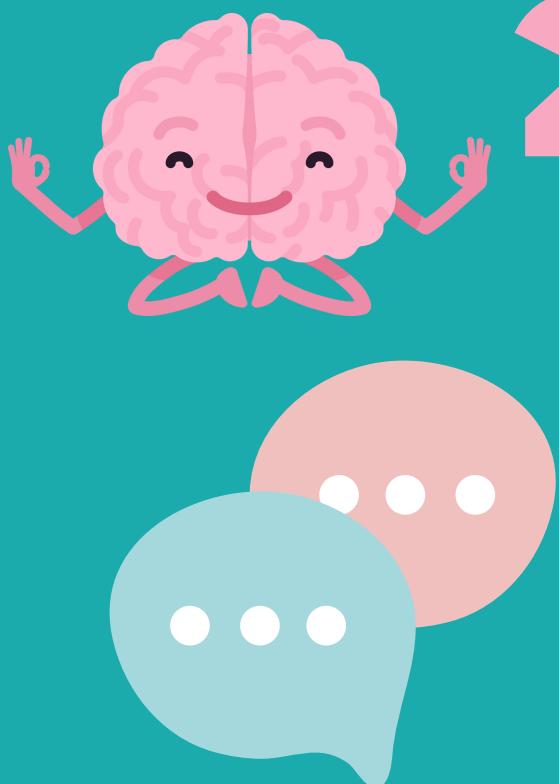


WELLBEING SUPPORT

1 Your pastoral **Tutor** (an academic in a discipline other than the one you have chosen) is the person responsible for all **non-academic** matters. Is your heating not working? Do you want to access the college counselling service? Do you want to arrange out-of-term accommodation? It is always a good idea to discuss it with your Tutor. Email them with all your concerns, queries and requests.



Your Tutor will also reach out to arrange a **start-of-term** and an **end-of-term** meeting with you each term - a great opportunity to bring up things you might have not mentioned in an email.



2

Look out for **well-being events** organised by our **Welfare Officers**. You will often get emails inviting you to a 'welfare walk', a yoga session, or a free crêpes afternoon. These activities can do a lot for your mental health during high-pressure periods of term.

Our Welfare Officers also run their own **drop-in sessions** (in which they provide **snacks**), once a week. Feel free to drop by and talk to them about any concerns or queries you'd like to discuss.

WELLBEING SUPPORT



3



The Cambridge experience - and especially the experience of studying at Christ's - can be fun and enriching, but it can also feel challenging and exhausting. **Support** exists for us all, so don't hesitate to seek it. At Christ's we are lucky to be able to access it for **free!**

Christ's Counselling Service is **free**, **confidential**, and unlike the University Counselling service, it has no wait time. You get support almost **immediately** after you request it. Christ's collaborates with **JHD Counselling** to provide Christ's students with at least **6 free counselling sessions**, which can be **extended** following a **request**. These could be **online or in-person**. If you feel like you need to talk to a mental health professional, absolutely go for it. All you need to do is **email** your **Tutor**, who will inform you of the next steps.

Alternatively, you can make use of the counselling **drop-in sessions** Christ's provides. These are stand alone, half-hour meetings with a trained counsellor. You can book a meeting through the **Tutorial Office**, usually via a Moodle link they provide. There is a set number of available slots per week - if these have been filled, you can contact the tutorial office, who will make the necessary arrangements to accommodate you.





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