



WELCOME TO NEWNHAM

**A Welcome Guide for
Middle Combination Room Members**

Newnham College 2016 – 2017

(Originally written by the MCR Committee 2005;
updated by the MCR Committee 2013 – 2017)

WELCOME NOTE

Welcome to Newnham!

Congratulations on your admittance to our wonderful college. Established in 1871, Newnham was one of the first women's colleges in Cambridge, and is still a women's college today. We boast many notable alumni including Mary Beard, Clare Balding, Rosalind Franklin, Emma Thompson, Sylvia Plath, and Jane Goodall. Many students come to a women's college not knowing what to expect, but I hope you will find a home at Newnham comprised of a solid community of interesting, intelligent, and inspired women.

As a graduate student at Newnham you are automatically a member of the Middle Combination Room (MCR). The MCR refers to a physical room in college, in Old Hall, which is a common room for students and is used to host many events during Fresher's week and after. The MCR also refers to the community of graduate students in a college. The MCR committee is a group of students who work to put on events, act as your mediators and representatives to the college, and overall provide opportunities for you during your time at Newnham.

This booklet is intended to help you make the transition into your new life here in Cambridge. It contains practical details regarding Newnham, the wider university, and Cambridge as a whole. If you have any further questions please feel free to contact the MCR committee any time. It is our goal to make you feel as welcome as possible as you settle into life at Newnham, and to show you what makes being a member of Newnham so special.

I look forward to meeting you all in college over the coming weeks, and hope that you can take full advantage of our busy Fresher's schedule (soon to be released!)

Eva Higginbotham
MCR President 2015-2016

Contents

Shopping	4
Transport	9
Things to do in your first week	10
MCR Facilities and Committee	12
MCR Events	17
Societies	18
Sports – College, University and Private Facilities	19
Life in your Graduate House	21
Rent and College Bills	24
Newnham Computing Facilities	26
Health and Welfare	28
Support from Newnham	32
Sources of Funding (including Financial Support from Newnham)	33
Are you from another country?	36
South African Bursary	38
Who's Who in Newnham	39
The Newnham Associates	42
Graduate Union (GU) and Cambridge University Students Union (CUSU)	43
Things to do in Cambridge	44
Eating out in Cambridge	47
Credits	51
Freshers' Week Calendar	52

FRESHERS' GUIDE OR GENERAL SURVIVAL TIPS FOR YOUR FIRST FORTNIGHT...

Eating in College

Our fabulous College Buttery is open every day. Meals can be charged to your College card and then paid for on your term bill. The Buttery is located next to Clough Hall.

Breakfast: 8.15-9.30am Mon-Fri

9-9.30 Sat; 9-9.30 Sun (**out of term**)

Sunday Brunch (term): 10.30-1.45pm

Lunch: 12.30-1.45pm Mon-Sun

Dinner: 6.30-7.30pm Mon- Sun

Eating out: see page 47

SHOPPING

Food

One of your first priorities will be to find out where to buy food!

Supermarkets in town:

In town, there is a **Sainsbury's** in Sidney St (open 8am-11.30pm Mon-Sat, 11am-5pm Sun); **Sainsbury's** local on St Andrew's St (7am-11pm everyday) and a **Marks & Spencer** food hall on Market Square (slightly more expensive).

The Market

The **market** in the central square is good for fruit, vegetables and flowers, as well as fish, health foods, music, second hand books and fresh coffee.

On Sundays, there is a farmers' market with organic and locally-sourced fruit, vegetables and meat available.

Newnham Village

Newnham Village begins on the other side of Barton Road, i.e. opposite Whitstead House next to the college Tennis courts. There is a small Co-op supermarket (good for basics), the Derby Stores (more exotic foods and a wide range of quality foods; newspapers; most importantly the nearest post office), a good butcher (indeed, one of the few you will find in Cambridge - also sells fruit and vegetables), a hairdresser and a chemist (Eltisley Ave). On Saturday mornings, there is even a fresh fish van in Newnham village.

Newnham Road

On Newnham Road you'll find a petrol station (with a cash dispenser).

Mill Road

Mill Road is worth an expedition if you are looking for more exotic food; you will find Asian supermarkets, Italian grocers, a halal butcher and Arjuna, the health/alternative food store. Note that Mill Road doesn't end at the railway bridge; there are plenty of shops on both sides of the bridge!

Supermarkets away from the centre

If you have transport, try the main **Co-op** and **Sainsbury's** on Coldham's Lane, or the big **Tesco** supermarkets at Milton, Bar Hill or Fulbourn/Cherry Hinton (by bus) or **Asda** in the Beehive Centre, claimed to be Britain's cheapest supermarket. **Waitrose** in Trumpington sells high quality meat, fish and fresh produce.

Internet food shopping

If you are planning a big round of shopping, you may want to team up with your housemates and make an internet delivery from one of the big supermarkets, such as Tesco's, Sainsbury's, Asda or Waitrose. They will deliver to your door for approximately £5.

Kitchen Equipment

You will find that Freshers' Week is the worst time of year to buy kitchen equipment - the shops are crowded with students and their parents. Before investing in kitchen equipment talk to your housemates to see whether anyone wants to share it with you and whether former residents have left a legacy that is now for communal use.

For a cheap option, try Argos (shopping by catalogue - go to the store on Newmarket Road or Grafton Centre or visit www.argos.co.uk) or the second-hand shops on Burleigh Street and Mill Road, which offer used kitchen supplies, resale Hi-fis etc.

The MCR will be holding a jumble sale with second-hand things during Freshers' week. And housekeeping in College usually have a sale of pots, pans, crockery etc. in the second week of term - watch the notice-boards for details.

If you want something of a better quality and are prepared to pay a higher price, try Lakeland Limited in Sidney Street, the Steamer Trading Cookshop on the Market Square, the John Lewis in the Grand Arcade shopping centre in the centre of town, or the shops in and around the Grafton Centre such as Habitat (Cambridge Retail Park, Newmarket Road).

A place to go for **electrical equipment** such as adaptors or extension leads is **Maplin** on St. Andrews Street, opposite the Arts Picture House.

When buying used electrical equipment, be aware that it will undergo the annual Portable Appliances Test (PAT) for safety conducted by college and may be confiscated if it fails the test.

Bicycles

Before investing in a bike, check the noticeboards for second hand ones (and the dates of the police auctions of lost bikes). The Head Porter at Newnham sometimes arranges a sale of second hand bikes at College, so keep an eye on the JCR (undergraduate) noticeboards in the porters' lodge.

A good place to get a new bike is **Chris's Bikes** (www.chrisbikes.co.uk). He often has good deals---check out his webpage. His is also the best place to get your bike fixed if need be, and every week he is down at Addenbrooke's Hospital to fix bikes. Chris does very good work but does not rip you off by charging disproportionately. In the centre of town, you can find **Ben Hayward's Cycles** on 69 Trumpington Street which also sells used bikes with a warranty. Furthermore, Mill Road has several bicycle shops (on both sides of the bridge!). Be sure to invest in a sturdy lock ('D' locks are reckoned to be harder to break open), and register your bike with the college porters, who will give you a marker pen to write your registration number on your bicycle. Non-registered bikes are culled (removed) once a year.

Books

The main bookshops are **Heffers** (owned by Blackwells: 20 Trinity St and other branches: open a student account), **Waterstones** (22 Sidney St: don't forget to visit the coffee shop) and **Cambridge University Press** (Trinity Street: offers a 20% discount if you show your university card).

Second hand bookshops include G. David on St Edward's Passage (strong antiquarian department) and Oxfam Bookshop in Sidney Street.

Stationery

It is worthwhile making the journey to **Staples** (Chesterton Rd), the stationery warehouse. In the city centre you'll find **WHSmith** and **Rymans** (10% discount for students).

Choosing a new bank?

There are a range of banks in Cambridge; the services available to you may differ depending on whether you are a British or an international student. Opening a bank account can be very hard for international students due to recent money-laundering legislation. You will require your passport or ID card, a letter from college stating your full name, college address, home address and course of study. Standard college letters can be obtained from the Tutorial Office. You will need to fill in one of their bank forms for this.

With your current account you'll get a debit card that not only allows you to withdraw money free of charge from most cash dispensers in the country, but can also be used as a credit card. You can even use it to book flights online and avoid the extra charge that you normally have to pay when using a credit card.

NatWest Bank: 23 Market Street, Tel: 08453 020797,
or 56 St Andrews Street, Tel: 08453 020798
Opening hours: Mon to Fri 09.00-16.30; Sat 10.00-15.00

Santander: 60 St Andrews Street,
Tel: 08457 654321
Opening hours: Mon to Fri 09.00 (Wed 10.00) -17.00; Sat 09.00-16.00

Barclays Bank: 30 Market Hill,
Tel: 08457 555555
Opening hours: Mon to Fri 09.00-17.00; Sat 10.00-16.00

Co-operative Bank: 75 Burleigh Street,
Tel: 01223 316289
Opening hours: Mon to Fri 09.30-17.00; Sat 09.30-13.00

HSBC: 63-64 St Andrews Street,
Tel: 08457 404404
Opening hours: Mon to Fri 09.00 (Tues 09.30) - 17.00 (Wed 18.00); Sat 09.00-17.00

Lloyds TSB: 3 Sidney Street:
Tel: 08453 000000
Opening hours: Mon to Fri 09.00 (Wed 10.00) – 17.00; Sat 09.00-16.00

TRANSPORT

Bus timetables in the Cambridgeshire region are available at:

<http://www.cambridgeshire.gov.uk/transport/around/buses/>

The Bus Station is on Drummer Street.

Details of the Uni4 bus service linking the University sites on the west of Cambridge to the city centre and Addenbrooke's can be found at <http://www.admin.cam.ac.uk/offices/em/travel/bus/uni4.shtml> . A discounted fare of 70p for students per journey is available – just show your University Card to the driver when paying your fare.

The fastest way to travel to London and various other places is by train. As a student, you are entitled to a Young Persons' Railcard, which entitles you to one third off all train fares. Just take a valid ID, passport photo (and if you're over 25, written proof that you are a current student in college – there is a form you will need to ask the tutorial office sign) to the train station and get your railcard on the spot.

There are several taxi companies in Cambridge, often best to book in advance if you need to be on time! **There is a direct telephone line in the Porters' Lodge to Panther Taxis 01223 715715.**

Other taxi companies include:

Diamond Taxis 01223 523 523

CamCabs 01223 704 704

If you ever get stranded in town after hours and feel unsafe walking home on your own, then don't! Take a taxi to the porters' lodge even if you have no cash at hand. The porters will pay the taxi driver and add the amount to your college bill.

THINGS TO DO IN YOUR FIRST WEEK

Get to know your house and meet your House Rep

Each graduate house or house block has its own **House Representative**, a student living in one of the rooms who has volunteered to sort out general communal issues. She will be happy to advise you on any queries. Please introduce yourself to her as soon as you've moved in, if she has not already done so to you.

Some of the houses do not have a House Rep yet, but should get together and elect one in the first week of term. Why not consider volunteering to be a House Rep if there isn't already one in your grad house? House Reps are really important people for the general happiness of the graduate households.

The House Rep keeps a list of everyone's email addresses; as soon as you have your new email address, please give it to her.

Collect your University Card

The Tutorial Office orders and they can be picked up from the Porters' lodge when you check in. These cards enable you to access a range of library, computing and catering facilities in Newnham and the wider university. They will also let you in to many of the gates around Newnham – especially after 8pm – so be sure to keep your card with you! There is a fee to replace lost cards.

Find the University Library

You need to validate your University Card with the UL (University Library) to access it and to borrow books. The same probably applies to your faculty library. If you investigate the UL as soon as possible you can avoid the rush. It is well worth joining one of their tours and introductory courses. We have reserved a tour just for Newnham MCR members, keep your eyes open for an e-mail.

You can access the UL via the internet on: www.lib.cam.ac.uk

Sort out a Gown

If you come from outside the Oxford or Cambridge system, the fact that you need to wear a gown for more than just graduation may come as a bit of a surprise. You'll soon get used to this tradition!

You'll need a gown especially the first weeks of October: for Matriculation, the MCR Photo, the Graduate Feast, and for any other Formal Halls in college. You should have information about all of these events in your welcome pack.

If you are staying for just a year, you might not want to purchase a gown –, you can rent or borrow a gown when you need one. The Graduate Union rents gowns (tel. (3)33312) for £7.50 (but be aware they require a £50 cash deposit each time). If you want to buy a gown, used ones are available from Ryder & Amies for £55 or the Graduate Union for £35. New ones are available from **Ede & Ravenscroft** (Silver Street), **Ryder & Amies** (Market Square) and **A.E. Clothier** (Pembroke Street). If you're 23 or younger, you'll need a B.A. gown, otherwise an M.A. gown is for you – the shops should be able to help you with this.

Telephone and email

Email

You have already been given an email account on the University server and you should have received a letter telling you how to access it. There is a plug for internet connection in your room. To get your computer onto the network plug it into the internet connection point in your room, try to surf the web and then follow the online instructions.

Telephone

There are several shops in Cambridge selling mobile telephones if you would like one. These include, Phones 4 U, 3, Orange, O2, Carphone Warehouse etc. There are many different plans – either Pay as you go (PAYG) or monthly contracts. Think about what you will be using your phone for (calling, texting, or mostly internet) to choose the best plan for you.

MCR FACILITIES AND COMMITTEE

MCR Website

Visit the MCR website at www.srcf.ucam.org/newnhammcr/ to know more about the College and the events held in the MCR. Also, create an account (instructions on the webpage).

MCR Facilities

The MCR has a suite of rooms on the ground floor of Old Hall, one of the older and more elegant parts of college. The MCR common room is accessible from the gardens and is located at the end of Old Hall before the turning to the sports field. Access is by University Card.

The common room has recreational books, and most importantly a television and a DVD player. The room can be booked for College and university society functions by emailing the MCR I.T. Officer on [mcr.it\[at\]newn.cam.ac.uk](mailto:mcr.it[at]newn.cam.ac.uk). If you are thinking of holding a private event in the room you must get in touch with the MCR president and discuss this first.

There is a Grotian Steinweg Grand Piano (kindly donated by Lady Lee, a former student), which you can play. Please do not put anything other than sheet music on top of the piano

Wi-Fi access is available for your laptop in the MCR room via the University network Lapwing.

Lockers

The MCR can offer a small number of lockers for students wishing to store books and other possessions in college (located in the study room by the Old Hall entrance to the MCR Common Room). These will be allocated on a first-come, first-served basis at the start of Michaelmas term; priority will be given to students living outside of Newnham. You will need to pay a deposit on the locker, which will be returned to you on return of the key at the end of your time at Newnham.

Note that college provides a place to store coats and bags before Graduate Formal Halls.

Gardening Facilities

If you're interested in gardening / fancy having nice, home grown vegetables, herbs, or just growing some flowers there are a number of allotments available for MCR members. These are located behind The Pigtle (on Newnham Walk). For more details, contact the **MCR Environmental Officer** mcr.environment@newn.cam.ac.uk

MCR Room Rules

The MCR is available 24 hours a day to members of the MCR and their guests for reading, listening to music, watching TV and DVDs, film nights, meeting up with friends, and general relaxation.

- The MCR can also be used for gatherings or meetings of clubs and College or University societies, provided that the person booking the room is a member of the Newnham MCR and will be present during the event. To book the MCR, please email the MCR Secretary (mcr.secretary@newn.cam.ac.uk) with the date, time, name and event description.

- The MCR cannot be used for birthday or other private parties of any sort.

- Please always bear in mind the college's guidelines when using the MCR in the evenings and keep noise to a minimum between the hours of 11pm and 7am. This year there are both undergraduate AND graduate bedrooms above and around the room itself.

Please help us keep the room nice and tidy for all to use and don't remove communal items like mugs, glasses, blankets etc.

- Put back ANY furniture you have moved about to its original place – Wash up used crockery and cutlery - Recycle where possible (extra bins are located inside the wooden gates just beyond Pfeiffer Arch - Turn off the lights and electric heaters on leaving the room - Report breakages, spillages, and other accidents to Housekeeping or a member of the MCR Committee as soon as possible.

MCR Committee

The MCR Committee is composed of graduate students who are studying at Newnham, just like you. We organise, with your help, all the MCR activities in which you will be participating this year. These include social events (see below), theme talks, and an annual career event. We also represent the graduate community on various college committees. The committee are elected in elections held in the fourth week of Michaelmas term.

MCR Elections

If you are interested in being on the next MCR Committee contact the President, on: mcr.president@newn.cam.ac.uk or just speak to anyone on the Committee.

The elections for the new committee will be held in the fourth week of term - look out for the announcements. Think about standing for election even if you've just arrived – we would love to welcome some new people with new ideas onto the Committee.

It's also a fantastic way to meet other MCR members and make lots of friends in College!

Meanwhile, and finally, please feel free to approach present committee members with any ideas, suggestions or concerns about graduate life at Newnham.

The MCR Committee roles are:

President: mcr.president@newn.cam.ac.uk

The president leads the MCR committee. It is her role to co-ordinate events, chair MCR committee meetings, and to represent both individual students and the graduate community at a college and university level on Newnham Governing Body and CUSU Presidents and Externals committee. Feel free to contact her with any problem or question you might have. Please note this role is open to PhD students only.

Secretary: mcr.secretary@newn.cam.ac.uk

The MCR secretary is often the first person to respond to requests. She answers a lot of questions from students about most aspects of college life. Her role in the MCR is to co-ordinate committee meetings, take minutes during such meetings and to send out the weekly bulletins. Please note this role is open to PhD students only.

Treasurer: mcr.treasurer@newn.cam.ac.uk

The MCR treasurer oversees the MCR accounts, with the help of the college accountant, and advises the committee on the budget. Please note this role is open to PhD students only.

Governing Body Representative: mcr.govbodyrep@newn.cam.ac.uk

This is an important and more formal role. She sits on both Governing Body and College Council and represents all graduate students' interests on these committees. Please note this role is open to PhD students only.

External Officer: : mcr.external@newn.cam.ac.uk

The external officer represents Newnham MCR on the University level and beyond. They attend regular meetings on both CUSU and the Graduate Union, report back to the MCR what is happening in the wider university and participate in campaigns and on other committees.

Social Secretaries: mcr.social@newn.cam.ac.uk

Formal swaps, bar nights, wine tasting, movie nights, trips away and our famous MCR garden party – these are just a few examples of events which are organised by the Social Secretaries. They are always keen if you want to suggest an event, work in the bar or offer a helping hand more generally.

IT Officer: mcr.it@newn.cam.ac.uk

The IT officer is in charge of managing the MCR website and other online presence. They also represent graduate students on the IT committee at Newnham.

2 x Welfare Officers: mcr.welfare@newn.cam.ac.uk

There are times when your work, relationships or other things can have an impact on you. There are many sources of advice. Our welfare officers are here to offer a listening ear and even if they cannot help you they will know who can. If you would like a chaperone in a meeting or a helping hand from the MCR this is who to get in contact with. They also organise regular welfare teas so you can meet them informally. They are also the MCR representation on college sports facilities,

stand on the college safety committee and are able to provide free sexual health aids like pregnancy tests, condoms etc.

Women's Officers: mcr.womens@newn.cam.ac.uk

Newnham is an all-female college so there is a crucial role for women's officer. The women's officers promote the development, education and empowerment of women in the college, university and society. They encourage discussion and debate about issues faced by women around the world. This includes organising events and discussions, including an event for international women's day (March 8th).

International Officer: mcr.international@newn.cam.ac.uk

Almost 2/3 of the graduate community are from outside the UK which gives us an amazing diversity and community. However, sometimes it can be difficult to come to a new country and study. Our international officer is here to help you as part of our welfare team and to promote our internationality and plan events around international holidays.

LGBT+ Officer: mcr.lbgt@newn.cam.ac.uk

Our LGBT+ officer represents all those students who are lesbian, gay, bisexual, transsexual, or questioning. She has information about events in Newnham and Cambridge and forms part of the MCR welfare team.

Speaker Series Organiser: mcr.international@newn.cam.ac.uk

Newnham College MCR organizes a series of talks throughout the year. These usually involve an outside speaker coming in and talking to the MCR about a topic. In the past we have had writers, journalist, a doctor from MSF, and our college Principal. They also try to promote students presenting their work to a mixed audience of MCR members, including the Newnham Graduate Conference.

According to the MCR Constitution, with the exception of President, Secretary, Governing Body Representative, Treasurer and IT Officer, all of the positions on the committee are available for two people as a job share. So if you and a friend share a passion for recycling, or you want to get involved but share the time and work commitment with another person, consider standing as a pair! Equally, if certain roles are not filled by the election, they can be shared by a single committee member. Contact the president for more information.

MCR EVENTS

The MCR organises a variety of social events throughout the year. Every week in Full Term, Newnham holds a Formal Hall. This is a 3-course formal dinner in college, where gowns must be worn. It is a central part of the traditions of all Cambridge colleges. You can invite up to two guests when you book your ticket over the computer from the 'Current Students' page on the Newnham College website.

On several occasions each term, the MCR arranges exchange Formal Halls with MCRs from other colleges. This is a wonderful way to get to know other colleges and try out their cuisine, and to make new friends from other colleges and other subjects. Just watch out for emails from our MCR Social Secretaries.

Graduate Supper on Tuesdays

During Full Term, graduates are invited to a buffet supper (6.30-7.30) in Clough Hall on Tuesdays. This is a good chance for an informal chat with the Graduate Tutor and fellow Newnhamites. Grad Suppers are free for Newnhamites. You can also bring friends along (their meals are charged to your college bill). **It is free, but you must sign up via the Formal Hall booking system on the Newnham College webpage if you wish to attend (www.newn.cam.ac.uk -> At Newnham -> Current students -> Formal Hall).**

You must sign in at the door with your student card on arrival. To minimize waste, anyone who misses two graduate suppers they have registered for in one term will be charged the price of the meal.

Pudding Seminars

Newnham has a proud tradition of hosting lunchtime, or 'Pudding', seminars at which members of the College (undergraduates and graduates as well as Senior Members) give brief twenty-minute talks on their current research projects. Coffee and phenomenal cakes are always served, and lively discussion follows. In previous years topics have included a diverse range of subjects: from butterflies to schizophrenia, Fascism to the National Trust; and speakers have also included alumnae such as Emma Thompson.

All pudding seminars take place on Fridays, between 1pm for 1:15pm - 2pm, in Sidgwick Hall. Notices of forthcoming speakers are sent out via email and in Newnham News. Email Delphine Mordey (dmm36) if you would like to give a talk on an aspect of your own studies!

SOCIETIES

There are a wide range of societies run by undergraduates in College that would welcome any graduate interest with open arms. These include the Anonymous Players (the Newnham dramatic society), the Raleigh Music Society, the photographic society and the many sports clubs.

In 2008-2009, a new joint undergraduate and graduate society, The Arts Society, Newnham College, was started by Pam Hirsch with a group of students (graduates and undergraduates). If you are interested in the arts and can think of writers, artists, actors, musicians or filmmakers who you would like to invite to speak at Newnham, then consider getting involved. After a successful first year the society is looking for new graduates to join its organising committee and would love to hear from interested people. For more information, check out their website at <http://artssoc.wordpress.com/>.

For more info on college societies, go to Newnham Societies' fair, which will take place 2-6pm on 12th October, in Sidgwick Hall.

If you would like to set up a graduate society, grants are available from College, contact the MCR Treasurer for more details.

University Societies

There are university societies for almost every taste; whether you are into making films, playing table-tennis or want to socialise with people from, say, China or Finland, there will be a society for it. Joining a University society is a great way to socialise with people outside of Newnham and your department. To join a University society, attend the Societies' Fair at the beginning of Michaelmas term – the details are in your Freshers' Week timetable.

SPORTS – COLLEGE, UNIVERSITY AND PRIVATE FACILITIES

College facilities

Multi-gym

The College gym is located in the Coach House. You will need induction training before you are allowed to use this. Details about induction will be sent out to you by email. The gym includes various training-machines, hand weights, and an erg machine.

Tennis

The tennis courts are at the end of the sports field. Keys can be signed out from the porters, and some racquets and balls owned by the MCR can be signed out from the Porter's lodge.

Rowing

We share a boathouse with Jesus College. Trials for the Newnham College Boat Club are in the beginning of each term, so watch for information on the boards in the Porters' Lodge (and go to the College societies fair). Trials are fairly painless - you don't have to be a star athlete to get in a novice boat. A cost of £30 per term will be added to your college bill to pay for the maintenance of the boat club.

University Clubs

Newnham has clubs in many sports for all levels of ability including football, hockey, lacrosse and netball. Watch the notice boards, attend the College societies fair or contact the JCR club representative whose name is listed in the glass case in the centre of the porters' lodge.

To join University clubs, either attend the Societies' Fair at the beginning of Michaelmas term or see the information sheets posted at Ryder and Amies, the University outfitter, next to Great St Mary's Church in the centre of town near the market.

Gyms and fitness centres

The University gym is Fenners, located in Gresham Road. Fenners has basketball courts, a more elaborate multi-gym, rooms for aerobics and a brand new all-weather track (£35 a year membership, which gives free gym entry). **Kelsey Kerridge** (Tel: 01223 462226) is the city gym, located on Parker's Piece. It has all sorts of sporting facilities and classes for a fee. To be eligible for reduced rates, purchase a City Leisure Card. Leisure cards are available at the Tourist Information Centre, at the rear of the Guildhall near the Corn Exchange or at Kelsey Kerridge. You need to bring two passport-sized photos, proof of Cambridge city residency (something official with your Newnham address), and proof that you are a student. This leisure card can be used at swimming facilities: the indoor Abbey pool, and the outdoor pool on Jesus Green. The Parkside pool (corner of Gonville

& Mill Road, next to Kelsey Kerridge) features water slides, sauna and Jacuzzi (upstairs) and it is the closest pool to Newnham.

Green's Health & Fitness is located at Coldham's Lane, approx. 15 minutes of cycling from Newnham. It is well equipped (multi-gym, aerobics, swimming-pool, three spa-pools, sauna and steam-room) and spacious. Stylish Glassworks Health Club off Bridge Street has the advantage of a very nice, central location - for which they know how to charge you! Sometimes they have student offers on membership so it is worthwhile asking about this.

LivingWell Cambridge (01223 259 989), is the closest gym at only a 5 minute walk from college in the Hilton Hotel by the Mill Pond. It is approximately £35 a month for student members, which includes gym with one-to-one fitness trainer, small pool, jacuzzi, sauna and steam room, and yoga and pilates classes (at an extra cost of £2.50 per class). Their website is: http://www.livingwell.com/health_clubs/uk/south/cambridge

The **University Sports Centre** is located on the West Cambridge site and offers off peak (daytime only) or full memberships. There are several classes run a day which non-members can attend at a higher price, and they also have squash and badminton courts which can be booked for a fee of around £7. Membership details can be found at: http://www.sport.cam.ac.uk/documents/en/Mem/Membership_Info_Sheet_21042015.pdf

LIFE IN YOUR GRADUATE HOUSE

Newnham College has five graduate houses: four turn-of-the-century converted family houses (Whitstead, Eva Smith, 2 Wordsworth Grove and Carmefield) and the Flats on Grange Road.

Whitstead, Eva Smith, Wordsworth Grove & Carmefield:

These four houses are located close to the main college and have their own gardens. Whitstead is situated next the tennis courts, on Barton Road; Eva Smith on Grange Road, and both are accessible from the college gardens. 2 Wordsworth Grove and Carmefield are on Wordsworth Grove, close to the Pfeiffer Archway. They are all large comfortable houses offering rooms in a variety of shapes and sizes, accommodating between 8 and 18 students. They have communal kitchens, bathrooms and off-road parking for about 5 cars. The gardens are very pleasant and leafy, with picnic tables. They all have their own character and old-fashioned charm, and are very enjoyable places in which to live.

Grange Gardens

The flats at Grange Gardens were previously used as accommodation for Fellows of the college. During the building project that is taking place at Newnham from 2016-2018, these rooms are available to graduate students.

Role of Cleaners

Students are responsible for keeping their own rooms clean. Vacuum cleaners are available in each graduate house for students to clean their rooms. **The college cleaners keep all the communal areas tidy**, but they are not responsible for doing the washing-up, taking the kitchen rubbish out or reporting broken college equipment (e.g., washing-machines). A list of their duties is posted in your kitchen. If there are any problems, contact your House Rep.

Disposing of Rubbish and Recycling

Graduate Houses (except RFB) participate in the Cambridge City Council recycling scheme. There are boxes for glass and plastic bottles, cans and newspapers for recycling; there is a green bin for cardboard and organic waste (i.e. waste that decomposes naturally) outside your house. For information on what to put in the available bins and boxes and other recycling information, see

<http://www.cambridge.gov.uk/ccm/navigation/environment-and-recycling/rubbish-waste-and-recycling/bins/>.

RFB residents should collect the recycling items and bring them to the bins in the college premises (search for available maps with the recycling points in your kitchen). Paper can be recycled in a bin in the Porter's Lodge and in the bins in Coach House car park and Clough Hall car park. Cans and glass should be put in available recycling bags in the

student kitchens and then brought to the bins in the Coach House car park and Clough Hall car park.

It is best if every house introduces a rota with volunteers who will be responsible to bring the cans and glasses to the bins.

Batteries and Printer cartridges should be put in the red box in the MCR room or into the green box at the Porters' lodge.

How to report practical problems in your house or room

If a **light bulb** needs replacing, Housekeeping has some supplies. When **Housekeeping** is closed, bulbs can also be got from the **porters** (if you can't reach your ceiling light, get in touch with maintenance (see below).

If any **college equipment inside your room breaks, report it to Maintenance** by filling in a note at [https://app.casc.cam.ac.uk/rms live/](https://app.casc.cam.ac.uk/rms_live/) ; if any college equipment in common areas breaks, talk to your House Rep before reporting it to make sure the problem has not been reported already (you can also look online if the problem has been reported).

A lot of jobs get sorted very quickly and usually very efficiently. Other times you will have to wait longer. Please be patient since Maintenance has to look after all issue for Senior Members, the JCR and the MCR. In all cases, Maintenance works very hard to keep things in college running, so please remember to thank them when you meet them!

In case of problems persisting after maintenance attending to them, get in touch with the domestic bursar. You can always include the MCR Committee's accommodation officer on emails reporting such problems.

In an emergency (e.g. major flood, smell of gas) get in touch with the Porters directly (ring 35700 from any internal phone, 335700 from any normal line).

Linen

College supplies clean linen for all students (although this is optional). The allowance consists of one sheet, one towel and two pillow cases and a duvet cover. New linen can be obtained once a week by students from the Linen Room (in Sidgwick).

In term-time, the opening times are: 8.30 - 10am Mon, Tues, Thu, Fri and 1-2:30 Wed. Out of term, the linen room is only open on Mondays 8.30-10.

Toasters & Rice Cookers

Please be aware that toasters and rice cookers are not permitted in student rooms under any circumstances – you will be fined if it is found that you are using one in your room. **Toasters and rice cookers are only allowed in student kitchens** – to save on every kitchen having five toasters or rice cookers it is a good idea to discuss sharing kitchen equipment with your housemates.

Heating

Heating only switches on once the outdoor temperature drops below a certain minimum. If you are cold you can use the electrical heater in your room but be aware that it uses a lot of energy and may thus get quite expensive.

RENT AND COLLEGE BILLS

Accommodation out of college is available in the Cambridge area. Many websites are available to assist you in the search process, including the university accommodation website. You can also contact the MCR accommodation officer for further information.

University of Cambridge Accommodation Service

<http://www.accommodation.cam.ac.uk/>

Cambridge Accommodation Notice Board

<http://www.brettward.co.uk/canb/>

Property News: Cambridge & the surrounding Area

<http://property.cambridge-news.co.uk/>

More information can be found on the **Cambridge University Students' Union website**

<http://www.cusu.cam.ac.uk/welfare/accommodation/wheretolook/index.html>

Also, there is accommodation for visitors. This is quite useful around graduation time when you may have family and friends coming to visit.

<http://www.cam.ac.uk/visitors/>

Community Classifieds for Cambridge

<http://cambridge.gumtree.com/>

Your College Bill

The College bills students four times a year for accommodation and facilities. An average bill is made up of fees, rent, Kitchen Fixing Charge (KFC), internet, formal halls in college, meals in the buttery (approximate costs are: breakfast £2.40, lunch £5.25, dinner £6.00) and optional extras (South African Bursary Scheme £3.00; membership of Rowing Club £30.00; extra night's accommodation outside of the licence period and energy charges).

College provides background heat. Students using heaters need to be aware that there is an additional energy cost of £0.12 per unit. Some students do not incur any extra charges, others – usually those who keep their heaters on all day and night – can incur quite large energy bills.

Included in the rent is a charge for Portable Appliances Testing (PAT), £30 per annum, which is included in your college bill. PAT happens once a year, when an electrician will, with due notice, enter your room and test all your portable electrical appliances (hi-fi, computer, hair-dryer etc.) to see if they are safe. Appliances with foreign plugs will be fitted with an English plug; the plug-adaptors that you can buy in most supermarkets do not meet the standards required! There is a surcharge of 25% for non-Newnham partners over 18 years of age living in the RFB flats; the surcharge applies only to the room occupied by the non-Newnhamite.

Current additional charges are approximately: KFC £134 per term for those living on-site. This is mainly a subsidy for the food served in the Buttery for those living in. Those graduates living out are not charged a KFC, and instead pay a guest rate if and when they use the Buttery. KFC is not charged during the long summer vacation.

The Internet connection charge is included in the rent. The bill also allows you to make a contribution to two student-linked charities: the South African Bursary and Student Community Action (a university-based charity that organises student volunteers to assist with projects in the local community). These donations (currently about £5 a term) will be included in your subsequent bills unless you opt out of paying them.

NEWNHAM COMPUTING FACILITIES

Before using the computing equipment, you must first become registered both with College and with the University Computing Service (UCS). You will be sent information on how to collect your user identifier and passwords online. You will usually have three accounts with the same user identifier and different passwords. First, a Desktop Services (PWF - personal Workstation Facility) account, providing access to the Newnham network. This account is also accessible university wide (e.g. in the Phoenix Teaching Room, Cavendish Lab. Language Centre etc.). Second, a Hermes or CUS account that receives your email. Your email address will be <userid>@cam.ac.uk. And finally, a Raven account. Raven allows you to identify yourselves as a Cambridge University member even when you are off-site.

Newnham College is the first to roll out college-wide WiFi, accessed using your Raven account.

Computing facilities in Newnham consist of about 40 computers (IBM PC compatibles and Apple Macs), printers, zip-drives, and a scanner. These are all networked together providing access to a file server that has various common word-processing and spreadsheet applications installed plus access to the Internet. The computers are mainly housed in the computer centres in the College Library and the Helen Gladstone room in the Sidgwick part of the main college building. The entrance is up the stairs next to the linen room - just follow the signs.

A new printing system has recently been installed, so that you can print from any machine on the college network (including the one in your room if you have one). More details are available here:

http://www.newn.cam.ac.uk/sites/default/uploads/files/At-Newnham/Computing/new_printing.pdf (or follow the links from the Newnham home page > 'at Newnham' > 'current students' > 'computing')

NB: the Newnham MCR mailing list is essential for getting up-to-date info on events concerning graduates in college including the weekly MCR Bulletin.

You should be on the MCR mailing list automatically, but if you don't receive any emails from the MCR then go to the webpage at <https://lists.cam.ac.uk/mailman/listinfo/newn-mcrfull> and follow the instructions there. If you have any problems, contact the MCR IT officer at mcr.it@newn.cam.ac.uk

Among the applications installed on the University Computers, we recommend using Office, which will read most word-processing formats that you may have worked with in the past. Mulberry or Hermes webmail are available and Internet Explorer is installed for Internet surfing. At the beginning of term, there are a few introductory tours of the Newnham Library and the UCS give various talks and run courses throughout the year. There are multimedia PCs in the library with access to various on-line library catalogues and CD-ROMS.

The computer officer, and his assistant, are happy to answer any queries you may have. They are available on weekday mornings though they may be around at other times too. The Computer Office Phone number is (3)30488, and they can also be reached by e-mail: helpdesk@newn.cam.ac.uk

Use of your account

In your room, there is a daily upload and download limit of 1GB per 24 hours. The College Computing Service monitors computer network usage and gives warning via email when your machine exceeds 75% of the daily limit, or is exhibiting strange behaviour, which could be attributed to viruses.

If you exceed your daily download limit, your internet connection will be throttled, giving you reduced access to the internet, until your traffic goes below the allowed limit for 24 hours. This makes accessing the internet very slow.

More information about your network traffic usage can be found by logging onto <https://register.newn.cam.ac.uk/> and selecting the 'Traffic Statistics' link at the top of the page.

If the data uploaded is required for your academic studies then you please contact the Computer Officer to discuss your individual circumstances.

HEALTH AND WELFARE

One of the intentions in writing this booklet is to reassure you that Newnham is a supportive place in which to live and study. This year's MCR committee will do its best to provide opportunities for you to meet other members of the MCR and the rest of the college, and we hope that you will soon settle in and feel at home here and make many new friends.

Obviously, we hope that you will have some of the happiest years of your life here. Realistically, you may well be swamped by information, slightly dazed, homesick and probably a little confused for some of the first term. The 'peak' or depth of this feeling may be at the end of your first week or as the first deadline bites. We have all been there, no matter how confident we look now. **If you do find you have problems that don't seem to be resolving themselves, please don't wait until they seem insurmountable before you talk to someone. Apart from the old adage of a problem shared being a problem halved, you can't do your best work if you're distracted!**

A number of different resources come under the category of "welfare" in Cambridge. Some of these are in College; others run by the University; and others are part of the wider community/provided regionally and nationally. For academically related matters you will be able to talk to a number of people: your supervisor, other members of your subject department, your college-based Graduate Tutors, the CUSU Welfare Officer, the Women's Officer or the GU President. The MCR officers do have information relating to all aspects of welfare health - or call CUSU Welfare Advice Line on 356454/ (3)33313. Newnham also has an in-house counsellor, for more information please contact the Welfare Officer (mcr.welfare@newn.cam.ac.uk).

Physical Health

You will need to register with a **doctor** (General Practitioner - GP) before you make appointments. This is not usually much more than a form-filling exercise and getting your blood pressure measured. If you have a National Health Service (NHS) number you will need to bring that along and details of your previous doctor. If you don't have an NHS number you will receive one after this initial consultation. Behind Newnham College is **Newnham Walk Surgery** (Tel: 01223 366811), which most members of the College use. Registration and subsequent care at the surgery is free to all students, both Home and Overseas.

For many minor physical problems, our **College Nurse** is available. During the new build the nurse's office is moving, more information will be available once you arrive at Newnham.

For **accidents and emergencies go to Addenbrooke's Hospital** at the south end of town. For real emergencies only! (Tel: 01223 245151).

University' Dental Services: 3 Trumpington St, full NHS coverage (Tel: 01223 332860). You no longer need to be registered with an NHS dentist. Call them if you are in pain and they will try to fit you in as an emergency appointment.

Occupational Health Services: Fenner's, Gresham Road. (Tel: 01223 336594/336260).

CUSU Eating Disorder Support (Tel: 01223 740555)

Someone to talk to

Both the **College Nurse** and the **Chaplain, Revd. Brett Gray**, are available to chat with you about problems you may be facing. Bear in mind that if you have a problem which you do not feel comfortable discussing with either your friends, supervisor or tutor, the nurse and Brett are sympathetic listeners who can be relied upon to listen, give sensible advice, provide thoughtful referrals if needed, and respect your confidentiality.

There is a listening service, **Linkline**, provided by trained university volunteers. You can pop in to 17 St Edward's Passage or phone 367575 (network 31122), 7pm - 8am in Full Term. You can ring them about anything, and they will be particularly aware of Cambridge pressures. They are also looking for volunteers.

There is also the **University Counseling Service** who provide free and individual and group counseling (within limits) with professional counselors. Appointments are made by filling out their online form at <http://www.counselling.cam.ac.uk/students.html>. Hours: 9am - 5.30pm Mondays to Fridays and Saturday mornings during Easter Term examinations. The sessions are always strictly confidential - at no point will anyone other than the counselor know why you are seeing him/her.

The **Cambridge Psychotherapy Practice** is located at 26 Newnham Road and offers private counseling services. See <http://www.cambridgepsychotherapy.co.uk/> (Please note that the College does not pay for the services of private practitioners on behalf of its students. If you consult a private practitioner the bill will be your own responsibility.)

The Samaritans offer a nationwide listening service: 4 Emmanuel Road from 9am - 10pm. (Tel: 01223 364455 or 08457 909090, 24 hrs).

Help is available and you should not hesitate to ask for it, as early as possible.

Gender and Ethnicity

The University of Cambridge is committed to providing equality of opportunity to all its students, to promoting an inclusive culture and valuing diversity. The implementation of the Equality Act 2010 sought to harmonise equalities law and expand the University's public equality duty to additional protected groups, such as Religion and Belief and Sexual Orientation. The MCR Committee upholds these values and is willing to address any issue related to the matter.

Sexual Matters

Emergency Contraception: phone your doctor immediately or the Family Planning Clinic service (Tel: 01223 217533). If you are registered with the **Newnham Walk Surgery**, they provide an emergency contraception service (walk-in clinic: 12:30-1:30, Mon-Fri). It is also possible to get the 'morning after pill' from pharmacies e.g. Boots in centre of Cambridge.

The Laurels offers a friendly, free and confidential contraception and sexual health service, including routine sexual health and HIV testing. 20 Newmarket Road, Tel: 08456 505152

CUSU Pregnancy Helpline: offers impartial advice on pregnancy-related issues, including single-parent families, benefits advice, contraception and termination (Tel: (3)33179).

Free condoms and pregnancy testing kits are available through the MCR Women's Officer or Welfare Officer (or from CUSU reception).

Clinic IA at Addenbrooke's deals with Sexually Transmitted Diseases (STDs) and will not report to your GP unless you give permission. Appointment required (Tel: 217774).

Cambridge AIDS Action free phone: for confidential help, advice and education (Free phone 0800 697 697).

LGBT (CUSU) run a phone line for information on more personal issues related to sexuality Tel: 740777). There is also the **Cambridge Lesbian Line** (non-uni): Friday 7-10pm (Tel: 311753). LGBT produce a Little Purple Book and a regular newsletter that you can sign up for at the Societies Fair, or receive via NewBiLes, Newnham's own LGBT group (see below).

NewBiLes (Newnham College Bisexual and Lesbian Society) welcome women both from within Newnham College, and from the wider Cambridge community to all their meetings. In their own words: "We don't ask how you define yourself, whether lesbian, bisexual, questioning-your-sexuality, or just wanting info for your sociology essay, we've always opened our meetings to everyone and our video evenings in particular have always been advertised as 'all women welcome'. This policy has resulted both in visibility for our group and acceptance of our members as an important part of the College. We work hard to make Newnham a supportive place for all women." For more information on NewBiLes please see the website at <http://www.newnhamjcr.co.uk/page/support/lgbt/>

Disability

Students coming to Cambridge have a wide mixture of disabilities, like anywhere else in the world - some are 'hidden', others obvious to everyone. The experience of disabled students at Newnham has been generally good, but attitudes and facilities vary widely between different colleges and departments. At Newnham, needs are assessed

individually. It is important to make your needs known to your graduate tutor, supervisor and anyone else who may be able to help - Terri Apter, the Senior Tutor, is the tutor with responsibility for disability issues within college.

The web site of the **University Disability Resource Centre** is:

<http://www.admin.cam.ac.uk/univ/disability/>

If you think that you might have a disability or specific learning difficulty, you can make an appointment with the staff at the Disability Centre who will be able to talk to you about the process of diagnosis and the options available to you. They are helpful and supportive. Below is a link to the DRC's publication page that includes downloadable versions of the Handbook for Disabled Students and Information for Students with Specific Learning Difficulties:

<http://www.admin.cam.ac.uk/univ/disability/publications/>

Within college, however, any number of people from the Bursar to Housekeeping may be involved ultimately with meeting your needs, depending on the nature of your request. If you require special equipment or conditions in exams, for instance, discuss this with your supervisor or tutor. For all types of requests, it is vital to ask well in advance, and to be prepared to compromise - not all access problems for wheelchair users are easy to solve in a city full of ancient buildings, but faculties and colleges are generally ready to change lecture venues, install extra ramps, and adapt rooms. If you are in need of notetakers etc., contact Student Community Action.

Make sure you are getting all the benefits that you may be eligible for, such as Disability Living Allowance, and an allowance for British Academy Award Holders (AHRC). There are also certain funds, such as the Charlie Bayne travel award, which are specifically for students with disabilities. (Details of Awards can be obtained from the Reporter - in the MCR and Newnham Library). If you would like more information or just a chat, feel free to contact the MCR Welfare Officer or the MCR President.

Panic alarms

The MCR Welfare Officers sell panic or attack alarms; to purchase one either pop £2 in their pigeonhole(s) with a note or see them before Grad Suppers on Tuesday evenings. Cambridge is generally a safe and well-lit city, but it is always best to take extra precautions such as this when travelling through certain areas at night; where possible walk with friends after 11pm, and go to any College Porters' Lodge if you feel unsafe for any reason.

SUPPORT FROM NEWNHAM

The Graduate Tutors

Newnham has an official **Graduate Tutor, Dr Kate Fleet**. You will be told who your specific graduate tutor is when you arrive, but all graduate tutors are available for consultation on pastoral matters.

The Graduate Tutors are here to help out. You can go and see them whenever you have a question about financial matters, or any other questions about your research funding. They have access to information about assistance available within the College, the University and elsewhere. Don't hesitate to go and talk to them.

All graduates and postgraduates will be assigned to a graduate tutor. They all hold regular 'office hours' which are like open surgeries - this means that you can turn up without an appointment. The times of these regular open surgeries are put up in the porters' lodge. However you are encouraged to email your tutor whenever you want to. Often, an email giving an indication of what you wish to discuss is beneficial.

SOURCES OF FUNDING

There is a range of sources of advice and information about financial matters. Applications for most sources of financial support require some planning: you need to investigate eligibility criteria, deadlines and the type of information you have to supply. This section helps you start by setting out some of the main sources, and how to find further information. At the end of the day, word of mouth is often how people find out about funding, so keep sharing those snippets of information!

Information is available from:

- The **Graduate Studies Prospectus** (this is the book you received with your information package when you applied and is also available online)
- The **Cambridge University Graduate Union Handbook** (a copy is in the MCR)
- The **Alternative Prospectus** (also in the MCR).
- The **Cambridge University Reporter** (especially the November edition). This is the plain magazine-type newsletter held in the College and University libraries. It lists all the main University grants and awards, as well as the information on the application procedures. A copy will be in the MCR, or you can buy your own from bookstores, such as the Cambridge University Press store on Trinity Street and WHSmith. Or you can access it online from the main University webpage – www.cam.ac.uk
- Departmental and Newnham's MCR and Financial Tutor's notice boards.**
- Web sites (see below).
- The **Careers Service** on Mill Lane where a folder on funding is held.

Financial Support from Newnham

As you know, the Colleges do not admit Graduate Students to the University, as they do Undergraduates. You are admitted by faculties and departments. Colleges accept graduates on at least 2 conditions. First, that they have been accepted by the University and, secondly, that they have provided guarantees of full funding. Newnham offers a range of studentships which can be seen on the website.

The college only awards studentships to applicants who are applying to start their first year. This is open to students who were undergrads at Newnham and those who were not. The awards are decided by the **Graduate Awards and Research Support Committee (GARS)** in July and it is a competition. We try to make our funds go as far as we can and to make as many awards as we can but we have a deadline for applicants because their applications have to go out to assessors and because it is unfair to those who have met the deadline to allow late applicants to increase the competition.

Those moving from the first to second, or second to third year of a PhD programme are also eligible to apply for a **Continuing Studentship**. This is also competitive and the deadline is the same as for the major studentships. This is all laid out in the existing webpages.

What Newnham does not have is funding for those who are inadequately funded. All Graduate Students are expected to have funding organised before they come. In this difficult economic climate it is even more important that potential Graduate Students have secure funding before they come.

What we do have is a **Welfare Fund**. This fund is not huge and cannot be used to make up the shortfall in funding for those who are inadequately funded. It is intended for those students who face emergency and unexpected hardship that is temporary. For example, if you are faced with an unexpected visa extension bill or face another unexpected bill, then it might be appropriate for you to apply to the Welfare fund. Each application for a Welfare Grant is considered by GARS and if an award is made you will receive it very quickly. The amount awarded is limited and the number of awards is limited. Students who have completed their terms as fully funded (either self-funded or funded by others) may not have finished their writing. Newnham sometimes allow a Welfare grant to help with rent for a short period. But the college cannot allow this to go on indefinitely! So, if a first year PhD student announces two weeks after having commenced her research that her funding has collapsed (as has happened) and asks for financial support for her 3 years the answer has to be no.

The Board of Graduate Studies (BOGS) also has welfare funds. But BOGS does not intend such funds to supplement funding for those who start inadequately funded. So the amount awarded does not usually go over £1500 and only those who have completed 4 terms of their PhD can apply. So it is meant to help unanticipated hardship.

For those of you who go over terms the Graduate Tutors can help with applications to BOGS or to outside funders but ultimately there will be a limit to what is available. But you may have to consider some paid employment (if your visa, etc, permits) or you may have to take out loans. You should certainly discuss with your supervisors throughout your course the need to finish as quickly as possible so that you are not left with long periods of no funding.

Of course, Newnham has other funds for Graduate Students. For example, there is a generous **fund for Travel and Research** to which all Graduate Students can apply. This is not considered part of a student's core funding (fees and maintenance) and is a bolt-on to the general student experience. Newnham also has an annual book grant and, for the fortunate few, equipment grants.

If you have major funding problems talk to you Tutor. However, with 150-180 Graduate Students, many of whom are self-funded, there is a limit to what the College can do for those who are just inadequately funded.

Furthermore, **the MCR Committee offers small sports grants** for acquiring equipment for students playing in a University team, and **cultural grants** for acquiring tools and materials for students performing arts. Information will be sent out by email.

Support from the University/ Departments

In addition to possible funding from Newnham, there are funds available from the University and its departments, as well as the odd university society. Joining the Cambridge Philosophical Society is recommended since members may apply for travel and translation grants and for research studentships. The latter are intended for graduate students to conclude a promising piece of research nearing completion – i.e. if you over-run! However, you have to be a member for over 12 months so apply early (Philosophical Society - contact the Executive Secretary in the Scientific Periodicals Library, Bene't Street, Cambridge, CB2 3PY. Tel: (3)34743, <http://www.cambridgephilosophicalsociety.org/grants.shtml>).

Other Sources

There are some other funding sources to consider. Some research councils and funding bodies, which supply core funding, also provide additional support with travel, equipment and other related expenses. For example, the Medical Research Council will give travel grants. Some Professional Societies will also give grants to student members.

Consider supervising or demonstrating to undergraduates: this can be fun and rewarding, but also supplements your income. The Board of Graduate Studies restricts hours of teaching to six per week without and ten with the permission of your supervisor (averaged over the year!) There are also a limited number of jobs in the butchery during term, and in the library and Housekeeping during the vacations. It is also worth approaching your department and faculty libraries and the UL. Useful brochures can be picked up at the Careers Service.

For those home students whose expenditure is much higher than their income, there may be help from the government funded, but University run, Access to Learning Funds scheme. This can help home students (especially those over-running) to pay their rent, and Clinical students to obtain equipment. Information can be obtained from the graduate tutors.

Finding Funding on the WWW

This is the link to the Cambridge University funding search engine: <http://webservices.admin.cam.ac.uk/camfunds/gfinder.jsp>

Go directly to the UK Research Council sites <http://www.rcuk.ac.uk/default.htm> and The Arts and Humanities Research Council (AHRC): <http://www.ahrc.ac.uk>

See 'how to get more money' in the CU Graduate Union Handbook and alternative prospectus: <http://www.cam.ac.uk/CambUniv/GUHandbook>

Final Note: As competition for funding becomes greater, and support less secure, many students do face financial problems. You should always feel free to contact the Graduate Tutors, or anyone on the MCR committee, for advice and help.

ARE YOU FROM ANOTHER COUNTRY?

You've arrived, jet-lagged, at the Porters' Lodge... And from there you may set off to a graduate house where you appear to be the sole inhabitant.

Please believe that this isn't because you're not welcome, nor is it some bizarre rite of passage. **We are so glad that you've arrived safely!** Often, the reason is that College does not know the precise arrival dates of all students. This is especially true with overseas students, many of whom have difficulties in obtaining funding and therefore may arrive at the last minute - before the friendly MCR have been notified!

By the time you have read this, hopefully your house rep will have knocked on your door, answered your questions and brought you over to the MCR where you can enjoy a cup of tea/coffee and relax reading the books whilst meeting other new arrivals. If you haven't yet met your house rep this may be because she may not realise you have arrived. If you've finished unpacking and are wondering what to do or where to go next, she's the best person to ask. Go and knock on her door! If you find that there doesn't seem to be anyone else in your house, there should be someone in the MCR who'll be able to help during your first week. **Have a look at the Freshers' Week timetable and be sure to come along to the various events so that you get to meet people – everyone will be very glad to meet you, so don't be shy!**

Whether this is the first time you've left your own country, or whether you've already studied in the UK before, either as an undergraduate here or at another university, don't worry if it all seems a bit strange at first. Your new friends from college and your department/faculty, will be happy to help – and always remember: everybody who is new to Cambridge is puzzled in the first few weeks, and two months down the line all will be as normal to you as brushing your teeth.

You will certainly find the Societies Fair and the Graduate Union useful places for university-wide contacts. Several societies have been set up especially for and by foreign students. Many arrange social events, and there are also thriving religious societies. In the first few weeks you should also receive a copy of the Cambridge University Overseas Students Guide, which is packed full of valuable information.

Within the University, there is also an autonomous campaign, named **iCusu (International Cambridge University Student Union)**, which aims to serve international students. The following link provides a guide for international freshers: www.cusu.cam.ac.uk/welfare/international/freshers.doc Furthermore, iCusu also organises a wide range of activities during freshers' week and throughout the year. Feel free to visit <http://www.international.cusu.cam.ac.uk/> for events.

In order to meet more people in College come along to the Freshers events, attend Grad Suppers on Tuesday nights when they get started (see e-mails and MCR website) and

consider standing for a position on the MCR Committee! You'll soon make plenty of friends!

Registering at the Police Station

Students from certain non-EU countries have to register within 7 days at our local **police station**, which is at **Parkside off Parker's Piece** - you will have been told this when you entered the country. Call 01223 358966, ext 3220 (Aliens Officer) to check, if you are in doubt. If you are to register, you need to find the Aliens Registration Desk at the police station, **where you'll be expected to have your passport, 2 passport-sized photos and be charged a handling fee**. The desk is open from 10am-12pm and 2pm-4pm Mon-Fri. There are photo booths in Boots, a large chemist in the centre of town, and the Central Post Office near the Drummer Street Bus Station (the one in Boots allows you to view and retake the photo before you print it out - ensuring you look your best!).

SOUTH AFRICAN BURSARY

In 1998, members of the College decided to help South African students by using the money we raise to provide scholarships for South African women to pursue tertiary education in South Africa itself. The bursaries are administrated by the South African Institute for Race Relations (SAIRR), with whom Newnham has had good links in the past years. We, as students, play a very active role in this bursary scheme, in that we are largely responsible for helping to raise money so that this remains feasible.

How Can You Help?

First of all you will notice a voluntary contribution is added to your college bill, which goes towards this bursary. You are also most welcome to drop by the Fees and Grants Office at any other time and contribute. A number of events will be organised throughout the year to support this bursary. You can contribute financially to these by coming along, and have fun at the same time. People are also needed to help co-ordinate and to set up these events, details of which will be made available later in the Term.

We all feel the financial crunch, especially when faced with a large bill. Nevertheless, helping another student like yourself, in spite of your own financial position, is something to be proud of. We will see our money and effort work because we receive regular information about our award holders in South Africa. Our common goal is to help other students accomplish their dreams. If you have any questions about the South African Bursary, or wish to find out how you can help contact any member of the MCR Committee.

Who's Who in Newnham

You will soon get to know the **Principal**, and the **Graduate Tutors**, but there are many people apart from the Fellows without whom College couldn't function. **All of these people are here to help. When you approach them, remember that a smile will always get you further than a grumpy complaint!**

Tutorial Office

The Tutorial Office is at the heart of keeping Newnham running smoothly and is a friendly and efficient office run by **Victoria Bonnici** and her assistant **Sarah Loveday**. The office is in the Pfeiffer Corridor on the way to Old Hall. They can help you with questions about term times, examinations, college rules, grant applications, gown hire and other questions about college administration and academic matters that you may not know quite where to begin with. The office works closely with the Graduate Tutors.

The Porters

On a day-to-day basis the Porters will become familiar faces. The Porters' Lodge (P'lodge) and the porters themselves are a wealth of information about college and the community. In addition to keys to the tennis courts, multi-gym and Old Labs (Newnham's all-purpose "performance space" that can be booked with tutorial permission.); you can also get light bulbs (after 4pm; before that time, collect at housekeeping), phone directories, coach and train timetables, bicycle pumps, and phone messages (but not change for the payphone).

The P'lodge also has a free Panther taxi phone and the MCR and JCR message boards. In addition, the porters are responsible for security; they should be notified if you have any security problems in your graduate house or around college. They lock up all the entrances to college grounds (except the front door) between 7:30 and 8:00pm every evening. If an emergency of any kind happens - whether it's a break-in, a flood, an accident or whatever - the porters will know whom to contact and what to do.

The Nurse

A new Nurse is starting at Newnham in October 2016, more information will be available on her availability once you arrive at Newnham.

The Chaplain

Revd. Brett Gray is Newnham's Chaplain – we share him with Selwyn College. He's very welcoming and friendly and is happy to talk to students from any religious or non-religious background.

Maintenance

If there is a maintenance problem you can log it at https://app.casc.cam.ac.uk/rms_live/. However, if it is a general house problem, let your house-rep know so that she can report it. This prevents maintenance receiving a note about the same problem from every person in the house! If you stumble upon a major catastrophe, e.g. burst water pipe, Newnham burning down etc. call the Porters straight away. The Maintenance department is responsible for coming around to the graduate houses or college rooms to undertake repairs: dripping taps, broken light switches, blocked drains, broken windows etc.

Housekeeping

Sheana Yardy is in charge of housekeeping for all of college. If you have concerns about the furnishing or cleaning of your house, let your house representative know, and she can take the issue up with housekeeping. They can be found in ground floor Sidgwick.

Catering

The Catering Manager, **Peter Robertson**, and his staff run the Buttery, Tuesday graduate suppers and Formal Halls. Formal Halls happen once a week during term, usually on Wednesdays. Bring your own wine (1 pound corkage) and don't forget to wear your gown (gowns can be borrowed from the Tutorial Office or hired from the Graduate Union).

Tickets for Formal Hall can be booked through the Newnham College website (At Newnham > current students > formal halls). BOOK IN ADVANCE as they sell out early on in term. The charge will appear on your college bill. You can generally bring two guests, more with tutorial permission. Catering are happy to provide meals for any special dietary requirements. There is always a vegetarian option available and dishes containing nuts should always be labelled. If you require vegan, halal, Kosher or any other special meal, let the Catering Manager know.

Newnham Bar is run by an enthusiastic team of students from the JCR who aim to create a friendly and relaxed environment, which is also used to host some fantastic ents every week. They want Newnhamites to WANT to come to the bar, chat to friends and generally have a good time. As well as bringing you ents and specials nights, they offer a great selection of drinks and service, always, with a smile.

Fees and Grants

Louise Chandler runs the Fees and Grants office. This is where you need to go to pay your college bills, collect grant cheques and ask questions about your fees.

Accounts Manager

Sarah Blackadder is responsible for Newnham's day-to-day finances of the college.

The Domestic Bursar

The Domestic Bursar, **Wendy Evans**, is responsible for various aspects of the running of the college, including maintenance, refurbishment, expenditures, conference bookings, catering, housekeeping and gardens. Be sure to speak to **Marilyn Dowling** in her office ground floor Fawcett to **organise events or conferences**.

The Library

Deborah Hodder is College Librarian and is assisted by **Jo Roos**. **Anne Thompson** is in charge of the College Archives. Newnham's beautiful new library opened in 2004, featuring a splendid extension to the original Yates Thompson library. Your college card gets you in to the library, and you may borrow 10 books at any one time.

Newnham's Development Office

The College always has exciting plans for the future. If you'd like to hear more about them, or help with fundraising, the Development Director **Penny Hubbard** whose office is next door to the Tutorial Office will be delighted to speak to you.

Newnham News

A distinctive orange news sheet is issued every Monday during full term to members of the MCR Committee, House Reps, other representatives on College Councils and posted on notice boards around College. This is a good way to keep up with what's going on in College (appointments, awards, lectures). Copies can be found on the MCR noticeboard in the P'lodge and in each graduate house. You will also receive them via e-mail. Anyone can submit items - deadline is 9am on day of issue. Contact **Frances Hazlehurst** or **Pam Halpin** in the College Office.

THE NEWNHAM ASSOCIATES: CAREERS ADVICE AND MENTORING

Careers may not be the first thing on your mind right now, but when you are ready to think about this, the Newnham Associates are a valuable – and approachable! - source of help and advice.

They are a group of 60 elected Newnham alumnae, who have volunteered to support Newnham and its students. They represent a wide range of interests and careers, ranging across all sectors and including academia. Associates have a real and very friendly interest in mentoring and advising students; supporting them during their time at Newnham and beyond.

The Associates run occasional career workshops at Newnham, which are well publicised, so do come along to these. Past topics have included time management, career planning, interview techniques and building your confidence. They also participate in subject-specific networking and advisory activities, liaising with Directors of Studies.

A good way to get in touch at other times is by checking out their website on www.newnhamassociates.org.uk, particularly their 'Find an Associate' section. This links you to members who studied your subject, and are involved in areas you might want to work in after your time at Newnham. You can also search for particular kinds of help Associates may be able to offer, such as advice on CVs and work-shadowing opportunities.

The Associates are also occasionally able to give limited financial support to selected student initiatives which enrich the life of the College, such as societies and student events. To find out more, contact the Associates' Treasurer, m.jayaweera@btinternet.com.

Associates have an enduring passion for Newnham, which they are keen to share with you!

Graduate Union (GU) and Cambridge University Students Union (CUSU)

You are now a member of the Graduate Union as well as the Cambridge University Students Union to which the GU is affiliated. (Both graduate and mature students are represented by the GU). You are also a member of the National Union of Students (NUS). Watch the MCR noticeboard for details.

What Does the GU Do?

In your welcome pack, you have received the (very useful!) GU handbook, which explains what the Graduate Union is. One of its crucial roles is representing the graduates on various university committees. On a more mundane level it offers graduates a number of services, including, but not limited to, a comfortable café, free newspapers to read and a notice board for displaying useful info. The GU also runs campaigns and is at present concerned with childcare provisions within the university. If you are having problems with some aspect of University or college life the GU may be able to help you.

Each college MCR has a representative who attends GU Council meetings (In Newnham, it is the External Officer), and any MCR member can get involved in the GU committee or the Graduate Women's Committee. The GU also organises a number of events throughout the year. The Graduate Centre (Grad Pad) on Mill Lane, where some of the events are held, is another useful place to meet graduates from other colleges. Check out the dining hall as a good, though more pricey, alternative to the Buttery.

THINGS TO DO IN CAMBRIDGE (APART FROM YOUR RESEARCH)

Museums and Attractions (remember to check opening hours)

Definitely go for a wander around the **University Botanic Garden**, entrance on Bateman Street. Students displaying their University Card at the entrance have free admission.
www.botanic.cam.ac.uk, tel. 01223 336265

The **Fitzwilliam Museum** is another good diversion definitely worth a visit. Collections include paintings, antiquities, armour, fans and ceramics. Located on Trumpington Street, it has a cafe with friendly service and a well-stocked gift shop. Admission is free.
www.fitzmuseum.cam.ac.uk, tel. 01223 332900

Kettle's Yard Museum and Gallery on Castle Street is an absolute must. Special exhibits and a permanent collection are scattered through a lovely house and gallery given to the University by Jim Ede. You can also use their fabulous art history library, or just sit and read a novel. They also host a wonderful subscription concert series - cheap for penniless students. Admission free.
www.kettlesyard.co.uk, tel. 01223 748100

Next to Kettle's Yard is the **Cambridge and County Folk Museum**. Small entrance fee.
www.folkmuseum.org.uk, tel. 01223 355159

When you feel like visiting something beautiful, explore the various **college chapels, halls and gardens**. You and your guests can get in everywhere for free if you show your University Card. In particular, you might like to go along to Evensong in King's or St John's College Chapel. King's Chapel also regularly has very beautiful organ recitals.
<http://www.kings.cam.ac.uk/chapel>
[http://www.joh.cam.ac.uk/chapel and choir](http://www.joh.cam.ac.uk/chapel_and_choir)

There are a number of excellent departmental museums, all with free entry, including:

The **Museum of Classical Archaeology** on the Sidgwick Site.

www.classics.cam.ac.uk/museum, tel. 01223 330402

The **Sedgwick Museum of Earth Sciences** on the Downing Site.

www.sedgwickmuseum.org, tel. 01223 333456

The **Whipple Museum of the History of Science** on Free School Lane.

www.hps.cam.ac.uk/whipple/index.html, tel. 01223 330906

The **Museum of Archaeology and Anthropology** on the Downing Site.

www.maa.cam.ac.uk/home/index.php/1, tel. 01223 333510

The **Museum of Zoology** on the New Museums Site.

www.zoo.cam.ac.uk/museum, tel. 01223 336650

The **Scott Polar Research Institute** on Lensfield Road.

www.spri.cam.ac.uk, tel. 01223 336540

Cinemas

There are three cinemas in town:

The **Arts Picture House** on St Andrew's Street.

www.picturehouses.co.uk/cinema_home_date.aspx?venueId=camb, tel. 0871 704 2050

The **Vue Cinema** at the Grafton Centre.

www.myvue.com/cinemas/index.asp?ci=17, tel. 08712 240240

Cineworld on Clifton road.

<http://www.cineworld.co.uk/cinemas/7>, tel. 0871 220 8000

Keep an eye on the student newspapers for college film society showings. Several colleges have high quality projection set-ups and get big Hollywood films a few months after they leave the cinemas. They're usually very cheap!

Theatre

The **Amateur Dramatic Club** (ADC) on Park Street has a wide variety of productions. Generally student performed and produced, the program runs throughout the year. They usually present a 'mainshow' at 7.45pm Tuesday-Saturday, followed by a 'lateshow' at 11pm, with occasional Saturday matinees.

www.adctheatre.com, tel. 01223 300085

The **Arts Theatre** on St Edward's Passage, by the market, offers mainly professional repertory and touring plays, with something new every week.

www.cambridgeartstheatre.com, tel. 01223 503333

Term time is awash with **college productions**. Check student newspapers and noticeboards for what's on.

Music

The **Corn Exchange**, Wheeler Street, is the big venue in town. Events range from the Moscow Ballet to pop and rock bands.

www.cornex.co.uk/ccm/portal, tel. 01223 357851

Whether you are interested in classical concerts, live rock or thumping DJs, there are also **college and university events** to cater for all tastes – again, check the student newspapers and notice boards for what's on.

Punting

You can hire punts from **Scudamore's** (near the Anchor pub). There are some other punt companies but we get a discount at Scudamore's as Newnham students. You can either go along the Backs for a view of the Colleges (very touristy in summer) or make the

relaxing 5-hour round trip to Grantchester with a picnic on board and/or a campfire on the Grantchester Meadows. This is an excellent option for overnight punting on a summer's night!

Grantchester

If you fancy a walk/cycle out of town, then the nearest place to go to is Grantchester - the village famous for its association with Rupert Brooke and the Bloomsbury group. The path starts in Newnham Village and follows the river all the way to Grantchester (about 30 minutes walk). The meadows on the way are an excellent place for a picnic or barbecue in summer. There are also some decent pubs in Grantchester (see below). The village and church in Grantchester are very pretty and worth wandering through. At the far end of the village, you will find The Orchard, a tea garden, where you can sip Earl Grey and eat scones on the same old deckchairs where famous poets penned their great works! Can get busy during the summer weekends.

Outside Cambridge

You might fancy a trip to the nearby Anglesey Abbey, by bike or car, if you have one. By train you can reach Audley End, near Saffron Waldon, Ely or Bury St Edmunds, all of which make good day trips. (There are some good ways to walk or cycle to Ely too, if you want some exercise – you can take the train home.) Finally, London is only about an hour away by train!

EATING OUT IN CAMBRIDGE

After extensive and exhaustive research (!) we've gathered some recommendations for a variety of places to eat in Cambridge. Starting with these local gems, get out of the buttery and go gourmet!

A good tip is to join Cambridge Local Secrets, who will email you genuinely excellent discounts and offers at local restaurants and shops: <http://www.localsecrets.com/>

Bangkok City, 24 Green Street: good Thai food (01223 354382)

Bella Italia, Food is half price on Mondays, and they offer a substantial student discount other days. Enough said.

Brown's, 23 Trumpington St: take your parents (if they're paying!) (01223 461655). Dinner is ok but Sunday lunch is excellent at around £10. Cocktail happy hour during the week is not to be missed.

Charlie Chan, on Regent Street for Chinese food.

The Bun Shop, 1 King St: good pub grub & a great Tapas bar upstairs (01223 366866)

De Luca for excellent home cooked Italian food and divine wines. With a discount for members of the Arts Picturehouse, dinner at between £20 and £40 per head is well worth saving up for.

Dojo, Mill Lane: excellent value noodle bar, have a takeaway and eat it on the grass by The Mill pub.

Efes, 78-80 King St: fabulous Turkish cuisine (01223 500005)

Eraina, 2 Free School Lane: retro fusion/international; fun! (01223 368786)

Gardenia's (Gardie's) on Rose Crescent: Takeaway notorious for pitta-bread chip butties to take home after a night on the tiles

Gourmet Burger Kitchen off Parker's Piece for huge bowls of chips and the widest choice of burgers this side of the Atlantic.

Gulshan, 106 Regent St: really excellent Indian food (01223 3011071)

India House, Newnham Rd: they do takeaways and offer a 10% discount to students (460173)

The **Rice Boat** right next to the India House, offering genuine Southern Indian cuisine at affordable rates. You'll need to book a table! (01223 302800)

The **Rainbow Bistro**, 9 King's Parade: delicious and much recommended vegetarian bistro with excellent vegan (and dairy) cheesecakes! Lunch around £15 per person. (01223 321551)

La Margherita, 15 Magdalene St: cheap pizza and good takeaway desserts (01223 315232)

Midsummer House for exquisite Michelin Starred food in gorgeous and intimate surroundings, for THE special occasion. Dinner from £100 per head, but if you're a foodie on a budget, lunch at £30 is an absolute must.

Pho, Regent Street. Small place serving delicious Thai food. Very reasonable prices

Pizza Express, visit the one at 7a Jesus Lane for a lavish setting in which to sample their familiar pizza menu (01223 361320/324633)

Sala Thong, 33 Newnham Rd: Excellent Thai food - delicious and nice service, takeaway available at 10% discount (01223 323178)

Tai Cheun, 12 John's St: divine Chinese food (01223 358281)

Varsity Restaurant, 35 St Andrew's St: Cypriot food (01223 356060)

Sandwiches and Snacks

Benet's on King's Parade for loose leaf tea and fabulously trashy cakes.

Originate, in the Law Faculty basement on the Sidgwick Site: Reliable for filled baguettes and yummy indulgent brownies.

Cazimar, 13 King's St: Polish specialities; fab sandwiches; eat in.

Fitzbillies, Trumpington St: for the famous Chelsea Bun and amusingly stropky service. If you are eating in. Try the brunch stack for a vertical breakfast!

Sam Smiley, 68 Trumpington St: brother of Peppercorns.

Trockel Ullman & Freunde, 13 Pembroke St: home-made soups of the day and sandwiches at lunchtime. Coffee, anyone?

King's College Coffee Shop right next to their College bar.

Cafe Nero, 11 Market Street. 'Italian' franchise - "The best coffee this side of Milan" - but when did Milan ever look like this? The coffee and foods ARE good, and there is additional seating upstairs, nice for reading or quiet chats.

CB1 on Mill Road was Cambridge's first "cyber-cafe". It also sells second-hand books; also, on Norfolk St (off East Rd), its sister **CB2**, which has good food (excellent pasta dishes and Bailey's Cheesecake!), coffee and a selection of hardback editions that you can read on site or buy.

The Copper Kettle, King's Parade: home-cooked food, popular with visiting parents and grandparents

Clowns, 54 King Street: 'continental' atmosphere. Open 'til midnight – great hot chocolate, with dairy or soy.

The Grads Cafe on top of the University Centre, Granta Place, on Mill Lane is great for relaxing, surfing the web and reading international newspapers. It has a good view over the Cam and a wonderfully quiet atmosphere – the secret being no undergrads.

Indigo, St Edwards' Passage: very small, but you can take food and drinks away.

Sidgwick Buttery on Sidgwick Site, three minutes' walk from College, is a nice place to go for a coffee between classes. But be careful not to develop an addiction to their scones...!

Starbucks, Market Square: American franchise experience.

Waterstones, 22 Sidney St: contains the News Cafe where they let you sit and read for hours; expensive, but their brownies are highly recommended.

Tea Room in the University Library. A bit dingy, but they offer enormous scones and a welcome break from your studies.

Cambridge Pubs

Newnham College Bar – During the building project the Newnham bar will be a 'pop-up' bar in the buttery. Very cheap drinks, in college, and board games you can borrow from the bar! Anyone from any college welcome.

The Granta - on the river bank (Newnham Rd). Excellent location near college, right on the river; good beer garden. Reasonably spacious. Mooring space for punts and also have punts for hire. Can be busy!

The Anchor - Silver Street (near the bridge). A bit of a tourist trap in the summer. However, benefits from its excellent location on the river. Good beer garden overlooking the punters. Fun atmosphere inside, although does get crowded (good pub food too).

The Red Bull - Barton Road (Whitstead's local). Misses most of the tourist trade. Good, solid, unspectacular pub. Pool room upstairs. Fun place if you're with a crowd: quiz night on Tuesdays. Better in winter than summer.

The Eagle - Bene't Street (just off King's Parade) Probably the most famous pub in Cambridge. Good atmosphere. Nice beer garden. Cosy & warm in winter. Warning: most expensive pub in Cambridge. Prices get cheaper the further away you are from town!

The Bath (Ale) House - Bene't Street Next to The Eagle, but less popular and cheaper.

The Mill - Mill Lane- near the river. Very small, traditional pub. Popular in summer, if you want to sit on the grass by the Cam (and don't mind drinking beer from plastic cups). Excellent selection of fruit wines; good food.

J. D. Wetherspoon's 'The Regal' St Andrew's St (under the new Picture House cinema) Enormous. Funky, smart but reasonable prices, but it all depends if you like theme pubs. Good central location.

Revolution specialises in vodka - slightly more grown-up than the Regal; has three floors including a club level and terrace bar.

The Maypole - Park Street (off Jesus Lane) Highly rated: for cocktails & food.

The Castle - Castle Hill. Busy, well-priced pub with pleasant outdoor area and excellent pub food (try the Castle burger). Has Adnams Southwold best bitter.

The Free Press - 5-7 Prospect Row. One of Cambridge's gems. Cosy, friendly, good value. Good pub grub at reasonable prices with friendly staff.

The Pickerel - 30 Magdalene St (opposite Magdalene College). At over 600 years old, (reputed to be) the oldest pub in Cambridge. Excellent atmosphere out of term, better than its neighbours.

The Green Man - The Broadway, Grantchester. Enjoy a walk out to Grantchester and a relaxing pint at this small, friendly pub. The food is okay here.

Cambridge Clubs

Okay, so Cambridge is not the clubbing capital of the UK but there are some places open late(ish) for dancing...

Ballare (aka Cindies) – cheese cheese cheese but THE night on Wednesday.

Lola Lo Lions Yard - Very Studenty, cheese, decent but expensive on the weekend

Fez Club Market Passage - Indie/ pop

Kuda (aka The Place aka Life) - Sidney Street - Mainly Cheese.

The Junction Clifton Road - Great range of music and theme nights and some live music.

Revolution – Downing Street – 3 floors including club level and terrace bar. CUSU's gay night is held here on Tuesday nights in term time.

Credits – Vikki Jennings, MCR Committee 1995, Becky Kershaw, MCR Committee 2014, Eva Higginbotham, MCR Committee 2016, and various MCR committee members since, as well as the Graduate Tutor and the Tutorial Office.