



INTERNATIONAL
STUDENTS'
CAMPAIGN

CAMBRIDGE INTERNATIONAL FRESHERS' GUIDE

2024-25

Chairs' Foreword

Hi **Freshers!**

A huge, warm **welcome to Cambridge!** We are **Qinglan** and **Sihan**, your ISC co-chairs for 2024-25. So, what exactly is the ISC? We are a committee of **international students** across different colleges coming together to represent our diverse international student body and make your voices heard! We **organise exciting events** throughout the year, ranging from a food festival to bowling nights, and we **bring your concerns or queries** to the overarching Student Union. Notably, we organise International Freshers' Week to help you make friends and settle into life at Cambridge.

You should all be immensely **proud of yourselves** for being here. Getting into Cambridge is no small thing. But you may soon realise that it can be hard to live abroad on your own and be thrown into an unfamiliar environment. We were all once in your exact position. We quickly found our community and sense of belonging at Cambridge, as we are sure you will soon. It is undeniable that the academics will be rigorous and the workload will be intense. But you will be surrounded by **like-minded, supportive peers** who will make **unforgettable memories** together with you. And as you will soon discover, Cambridge is a gorgeous city with plenty of places for everyone, regardless of interest.

This handbook contains our advice for starting life at Cambridge as an international student. The University has also produced a handbook for international students which we hope will also be helpful for you (https://www.internationalstudents.cam.ac.uk/files/international_student_guide.pdf). We hope you enjoy our handbook and find it useful. Feel free to reach out to our committee if you have any questions or would just like to talk! We hope you also enjoy the International Freshers' Week that we have prepared, and we look forward to meeting each of you in Cambridge! In the meantime, enjoy packing and have a safe journey.



Best,
Qinglan & Sihan
Co-Chairs (2024/25)
International Students' Campaign

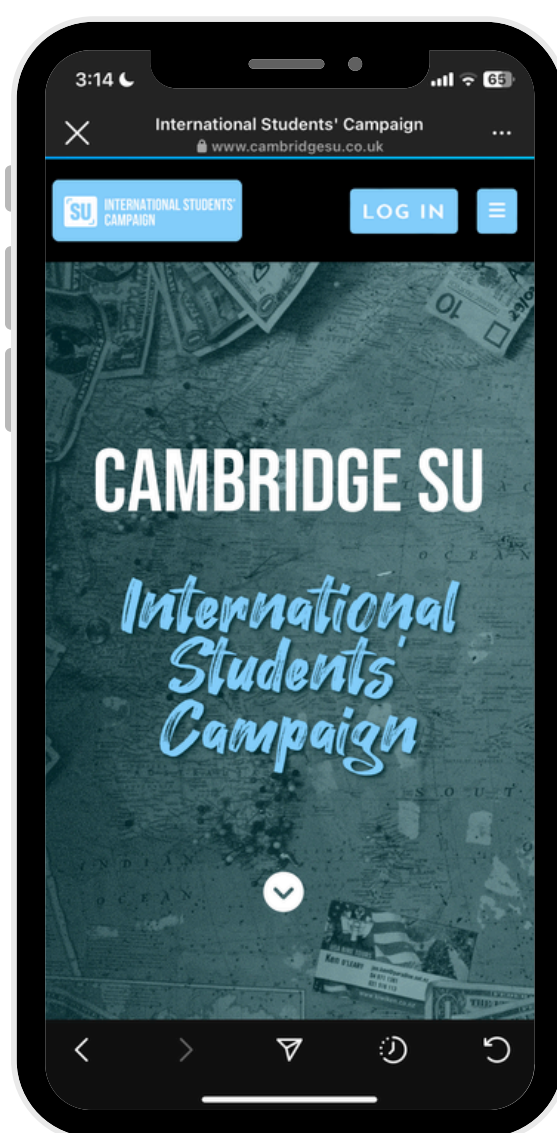
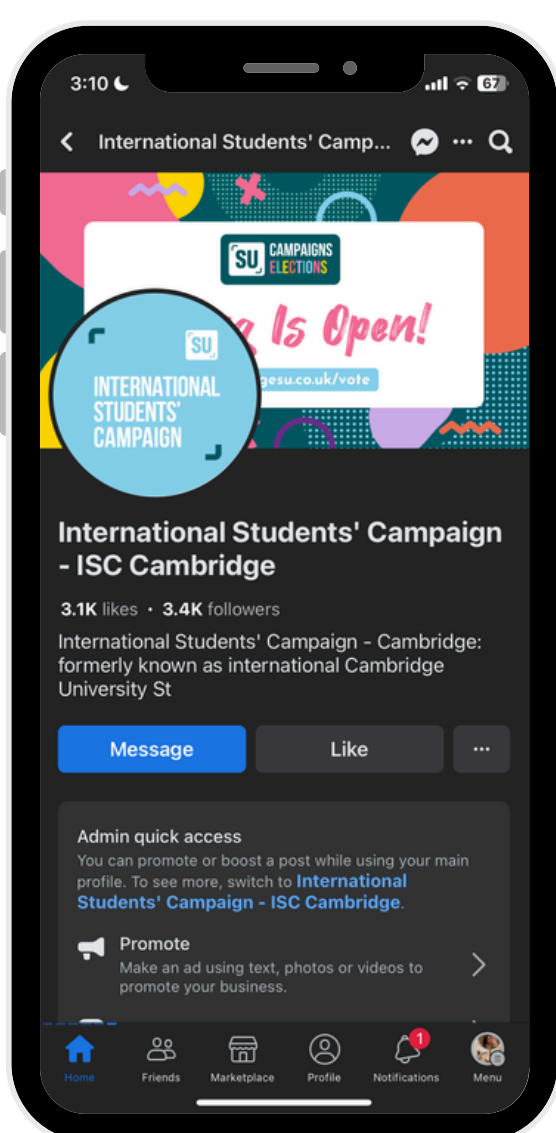
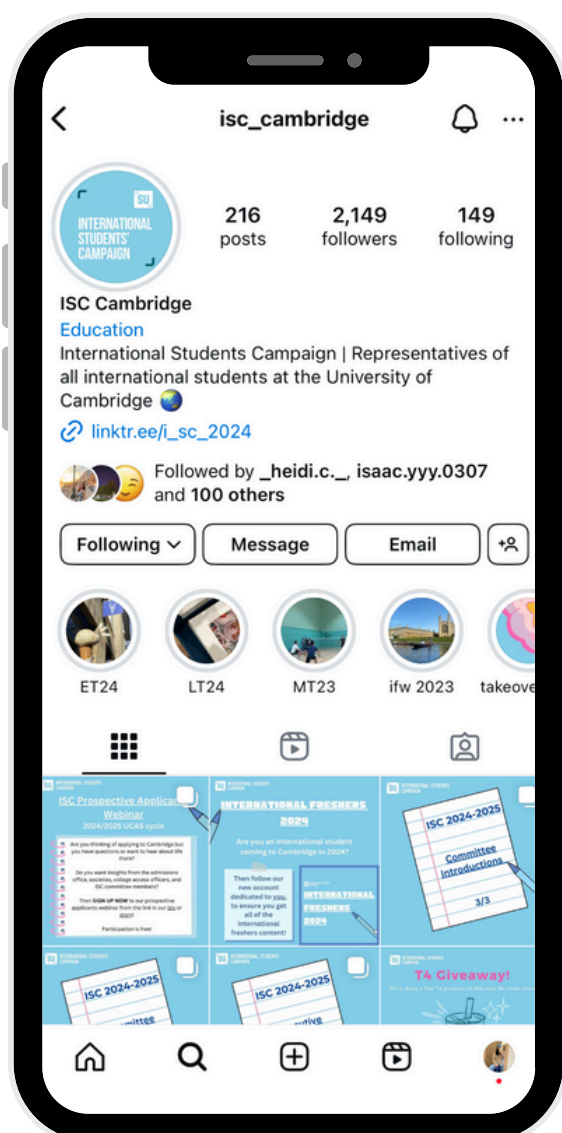
About the ISC

International Students' Campaign of the Cambridge Student Union

The ISC is an **important point of contact** for international societies and students at the University of Cambridge. We organise **events for internationals**, campaign for **improvements in international-specific issues**, and act as the **link between international students and the university!**

We aim to serve as a hub for all things international happening in Cambridge, whilst looking out for the needs of international students. Any student of the University of Cambridge who identifies as an international student is automatically a member of the ISC. Members are entitled to partake in all events, elections, forums, and can run to become part of the ISC committee.

Find out more and get in touch:



@isc_cambridge
@isc_cambridgefreshers2024
(for freshers-specific updates)



International Students'
Campaign - ISC Cambridge



<https://www.cambridgesu.co.uk/international-students-campaign/>

ISC committee members



QINGLAN DU

CO-CHAIR
BEIJING, CHRIST'S
(qd227@cam.ac.uk)



SIHAN YU

CO-CHAIR
FINLAND, CHRIST'S
(sy440@cam.ac.uk)



ALISON CARLESS

CO-VICE CHAIR
HONG KONG, MURRAY EDWARDS
(amc275@cam.ac.uk)



KITTY TSENG



NAUSICAA NG

FRESHERS OFFICER
HONG KONG, LUCY CAVENDISH
(nhkn2@cam.ac.uk)



CARISSA WONG

FRESHERS OFFICER
HONG KONG, QUEENS'
(clyw2@cam.ac.uk)



DAIN CHUNG

FRESHERS OFFICER
SOUTH KOREA, ST CATHARINE'S
(dc877@cam.ac.uk)



ANNI MYLLYMÄKI

PUBLICITY OFFICER
FINLAND, ST CATHARINE'S
(am3230@cam.ac.uk)

ISC committee members



HAOYANG HUANG

SOCIETIES COORDINATOR
CHINA, FITZWILLIAM
(hh612@cam.ac.uk)



PYNCHA SOOTTREENART

SOCIAL EVENTS
THAILAND, GONVILLE & CAIUS
(ps968@cam.ac.uk)



HAILEY CHING

COLLEGE COORDINATOR
HONG KONG, TRINITY HALL
(hyhc4@cam.ac.uk)



JOY MAGOMBA

ACCESS OFFICER
KENYA, GIRTON
(jnm44@cam.ac.uk)



SOLOMON TSAI

WELFARE OFFICER
HONG KONG, FITZWILLIAM
(hzst2@cam.ac.uk)



BAILEY LIU

GENERAL COMMITTEE
NEW ZEALAND, CHRIST'S
(bl542@cam.ac.uk)



CHERRY CHU

GENERAL COMMITTEE
HONG KONG, SELWYN
(htc29@cam.ac.uk)



JULIE LI

GENERAL COMMITTEE
NEW ZEALAND, GIRTON
(jjl79@cam.ac.uk)

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Getting your CRSid

CRSid stands for “Common Registration Scheme Identifier”. It is a **login name** used to identify you on any computing system managed by the University’s Information Services, including Raven, Hermes, and Desktop Services. Your CRSid also forms part of your standard **Cambridge @cam.ac.uk email address**. For example, if you have a question relating to student welfare, you can contact our Welfare Officer, Solomon Tsai at hzst2@cam.ac.uk.

Microsoft Authenticator – Microsoft Authenticator is a two-factor authentication program for added security to your Cambridge email address. The program is required upon login and can be downloaded on platforms such as Google Play Store and the App Store.

Outlook – Outlook is where you will access your mail, calendar and more. It is very helpful to download it onto your phone. After resetting your password for the first time, allow up to 3 hours for the change to propagate to the mail server before you can log in. You can access it at outlook.office.com.

For New Undergraduates

In late August or early September, before the start of your first year, you will be sent **an email from the Student Registry** (student.registration@admin.cam.ac.uk OR cambridge.registration@admin.cam.ac.uk) which will contain instructions on how to complete your student registration. As a reference, last year, this email was sent out on the 29th of August 2023. The registration window was also set to close on the 30th of November 2023 last year. In case you don’t receive the email, you can head to <http://www.cambridgestudents.cam.ac.uk/new-students/student-registration> in early September to complete your student registration. Once you complete your registration, you’ll be given **a link to collect your CRSid**.

For more information on setting up your CRSid, please visit:

<https://help.uis.cam.ac.uk/service/accounts-passwords/your-crsid>

For New Postgraduates

“New Postgraduates” refers to students who were not previously undergraduates at Cambridge. If you are a new postgraduate student, you will be able to find out your CRSid and correspondingly your Hermes email address within a few weeks of receiving your offer. To find out your CRSid, head to: jackdaw.cam.ac.uk/mailsearch/newPG.

For "Old" Postgraduates

"Old" Postgraduates refer to students who were **previously undergraduates** at Cambridge. If you are such a student, you will retain your CRSid and Hermes email address from your undergraduate years. There is no need for you to do anything vis-à-vis your CRSid.

Using your CRSid



For CamSIS

CamSIS is Cambridge's comprehensive system for handling student information, records and transactions. It is the **official repository of the student's record** from application all the way through to graduation and is the sole source of official University and College transcripts. You can access CamSIS using your CRSid here: <https://www.camsis.cam.ac.uk/>.

For Eduroam

Eduroam is **a Wi-Fi service** that allows you to connect your laptop and/or smart phone to the internet while in Cambridge (it should be available in **colleges, faculty buildings, and other university departments**). It is also accessible on the **campuses of most universities in the UK** and across Europe.

To login to Eduroam, you'll need to collect your **network access token** (a 16-letter lowercase password). Please refer to <https://help.uis.cam.ac.uk/service/wifi/connect-to-eduroam> for detailed instructions. Do take note that when collecting your token that your "Eduroam identifier" is your CRSid followed by "@cam.ac.uk"; given that the Eduroam network is not limited to Cambridge, your CRSid alone will not be sufficient.

If You Need a VPN

Residents in certain countries may need a VPN to access Facebook, Google Form, amongst other sites. Cambridge does provide a VPN: <https://help.uis.cam.ac.uk/service/network-services/remote-access/uis-vpn>

Travelling

Visa and Immigration

In general, it is recommended that you arrive at Cambridge by the date given as the 'Course start date' in the CAS and definitely by the 'latest arrival date'.

For internationals who are sponsored by the University for a **Tier 4 student visa**, here are some general guidelines for immigration and arrival. For more details, please visit <https://www.gov.uk/study-uk-student-visa> to know what to prepare.

Before arrival

If you have applied for your Tier 4 Visa overseas, you will be issued a **30-day entry vignette** in your passport which enables you to travel to the UK. You must **arrive within the time frame specified** in the vignette or apply for an extension at extra cost. This means you cannot enter before the 'valid from' date on your entry vignette or enter the UK as a standard visitor (tourist) before your 'valid from' date and then 'switch' inside the UK to Tier 4.

For **EU citizens**, your visa is fully electronic and linked to your passport. You will receive an email confirmation that your visa has been approved, and you will not need to do anything else. You will not receive a physical entry vignette.

Remember to check your immigration document for any errors and keep your passport safe!

On arrival (at border control)

Here is some advice given by the UK Border Force to get through UK border controls as efficiently as possible:

- If you're from a non European Economic Area (EEA) country, **complete the landing card** given to you during your flight before you arrive at border control.
- Have your **passport ready**. Remove it from any cover and remember to remove sunglasses and hats.

(cont. on next page)



Keep information about the **course you're studying** in your hand luggage. Border Force officers may ask to see this information. This must be **in paper copy** (it may be useful to keep them in a folder, so you can bring them up quickly during border control). This includes:



- Your university **Confirmation of Acceptance for Studies (CAS) number**, as well as any other documents you used for your visa application.
- Your **visa application decision letter** (this will have been issued to you to confirm your visa application was successful and specify the collection point for your BRP).
- Recent **bank statements and details of where you are staying**.
- **Photocopies** of your passport and visa.
- For certain countries, you may need to bring the original copy of your **tuberculosis report**. Check this website for whether you need this: <https://www.gov.uk/tb-test-visa/countries-where-you-need-a-tb-test-to-enter-the-uk>.

Other useful information regarding border control:

- Expect Border Force officers to ask **simple questions** about your stay in the UK when you arrive at passport control.
- Do not bring in any meat or dairy products from outside the European Union (EU). Check if any food products you wish to bring are restricted by the UK Government (<https://www.gov.uk/bringing-food-into-great-britain>).
- There are also restrictions on the amount of tobacco, alcohol and gifts you can bring to the UK. If you exceed your duty-free allowance and do not declare them, all your items could be taken away from you.
- Never bring in counterfeit goods, illegal drugs, offensive weapons or indecent or obscene material.
- You must declare cash of 10,000 Euros or more (or the equivalent in another currency) if you are travelling from a country outside the EU.
- Never give false or misleading information (including forged or counterfeit documents).

Nationals of the following countries will also be able to use the **eGates**. This means that you simply need to scan your passport at an automatic gate, instead of going through manual border control:

Australia	Canada	Iceland
Japan	Liechtenstein	New Zealand
Norway	Singapore	South Korea
Switzerland	USA	EU Countries



Note, however, that if you use the eGate, you must provide your College with evidence of your date of entry (eg. boarding pass), as well as your passport and BRP as your vignette will not have been stamped by a Border Force Officer.

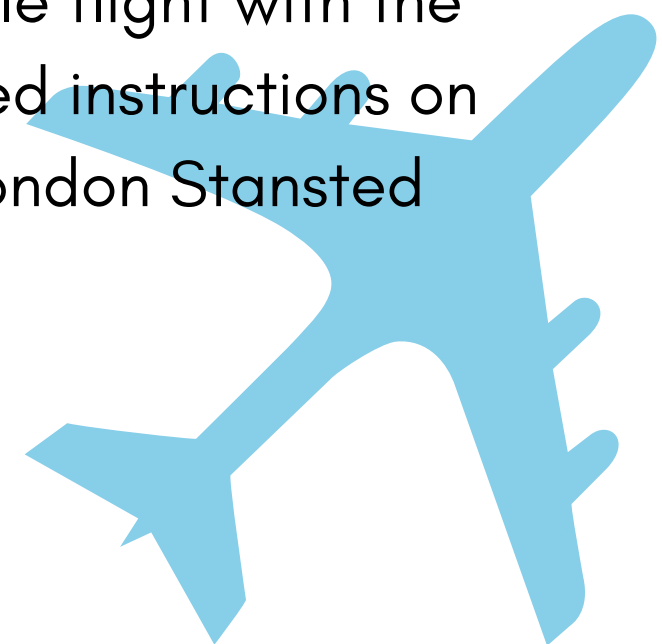
On arrival (in Cambridge).

- Collect your **Biometric Residence Permit (BRP)** if you have been issued an entry vignette in your passport. Check this link for further details on BRPs: <https://www.gov.uk/government/publications/biometric-residence-permits-overseas-applicant-and-sponsor-information/biometric-residence-permits-overseas-applicant-and-sponsor-information-accessible-version>. Please note that if you are an EU citizen, you will not have a BRP. BRPs are physical cards with the details of your visa and personal information. However, BRPs will be out of use starting from **31 December 2024**, which means if you have one, your visa will become electronic. So don't worry if your BRP has an expiration date before your expected graduation date!
 - You may collect your BRP at **your college's Tutorial Office or the Post Office**.
 - To collect it from your college, you must enter the **ACL code** in the relevant section of your Tier 4 visa application form. This will be provided in an email from the International Student Office following the issuance of your CAS.
 - If you do not use the ACL code and enter a residential or sponsor postcode, you will have to collect your BRP from the Post Office.
- Report to your **College Tutorial Office within 7 days** of your expected arrival date and
 - Sign for your first registration;
 - Provide your passport and immigration documents (for scanning into your student record); and
 - Provide your contact details.
- You no longer need to register with the police, regardless of which country you come from. Previously, students from certain countries needed to register with the police, but this scheme was terminated in 2022 (<https://www.gov.uk/register-with-the-police>).

Travelling to Cambridge

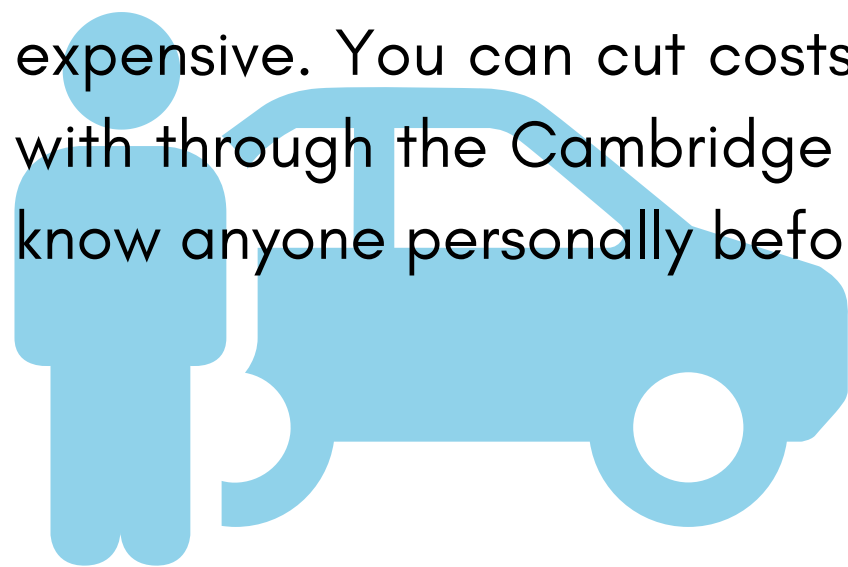
Booking your flight

First, you need to book your flight to the UK – typically, **most people land in London and travel to Cambridge via train, coach, or taxi.** We recommend using <https://www.skyscanner.net/> or other similar sites to find the most affordable flight with the best timing for you. As there are multiple airports in London, we have provided instructions on how to travel from London Heathrow Airport, London Gatwick Airport, and London Stansted Airport to Cambridge.



Option 1: By taxi

You can book a taxi from any of the London Airports to Cambridge online, either from Panther Taxi (www.panthertaxis.co.uk) or CamCab (<https://camcab.co.uk/>). You can also find taxi on the spot at the airport by following signs. This is obviously the most convenient way to get to Cambridge if you've never been to the UK before, and are bringing a lot of luggage – of course it is also the most expensive. You can cut costs by travelling with a buddy (or two). You may find one to share a cab with through the Cambridge Internationals Whatsapp and Instagram group chats if you don't really know anyone personally beforehand.



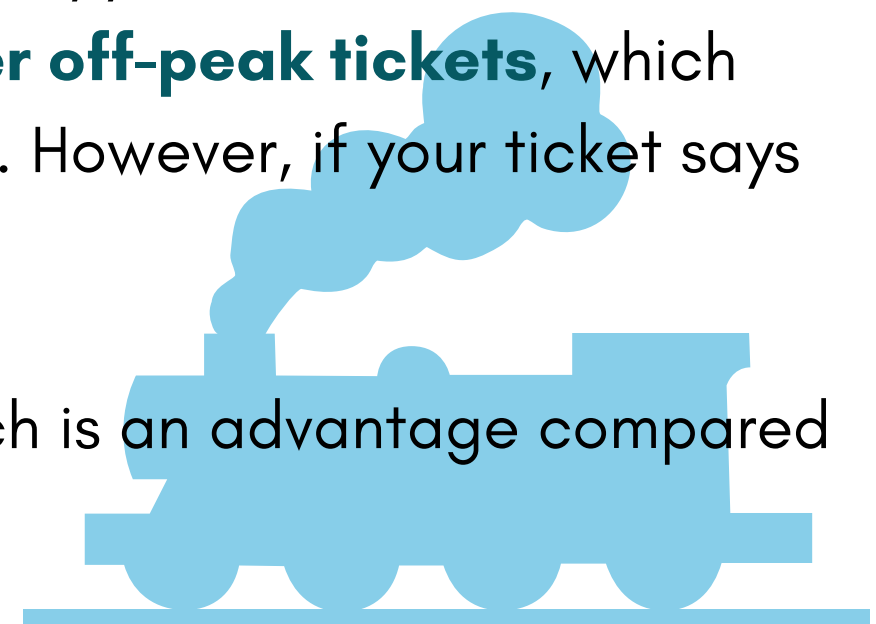
Option 2: By train

General information about taking the train to Cambridge station

If you are confident that your flight will not be delayed, you may **buy your train ticket online** prior to arriving at the train station (<http://www.nationalrail.co.uk/>). If you do so early, you are likely to get it at a lower price, but may be at risk of missing your train.

You can also download the **Trainline app** or visit their website at <https://www.thetrainline.com> to book tickets there. There is an option of purchasing **off-peak or super off-peak tickets**, which allows you to take one of many trains instead of one designated train. However, if your ticket says “advanced single”, then you can only take that one specific train.

You are allowed to bring luggage on trains without an extra fee, which is an advantage compared to taking coaches/buses.



Below are instructions for travelling from specific London airports to Cambridge station:

Heathrow Airport to Cambridge station

Get to the tube station at Heathrow Airport and take the **Piccadilly Line or Elizabeth Line** from Heathrow Terminals to **London King's Cross Station**. This should take approximately 1 hour and you can tap your bank card to enter tube stations. From King's Cross, you can buy a train ticket to Cambridge Station from any of the counters, ticket machines, or you can book online via the Trainline app or their website <https://www.thetrainline.com>. The fastest train option is only 50 minutes, while the longest is approximately 1.5 hours.

Gatwick Airport to Cambridge station

Getting to Cambridge from Gatwick via train may not be the most convenient. Gatwick is the furthest airport from Cambridge. From Gatwick, you need to take a **train (note: rail, not tube) from Gatwick Airport to London Victoria Station**. After arriving at London Victoria Station, you need to transfer to the tube to get to **London King's Cross**. You should take the **Victoria Line** for 5 stops. We recommend downloading the apps **Google Maps, TfL Go** or **Citymapper** to navigate the London tube. Note there is no phone signal in the tube so you should always navigate before entering the station. It is also recommended to use google maps for suggested routes since the quickest and cheapest travelling routes often vary between time to time.

At King's Cross, you can buy a train ticket to Cambridge Station at one of the counters or ticket machines. As stated above, the train ride will take between 50 minutes to 1.5 hours depending on which one you book.

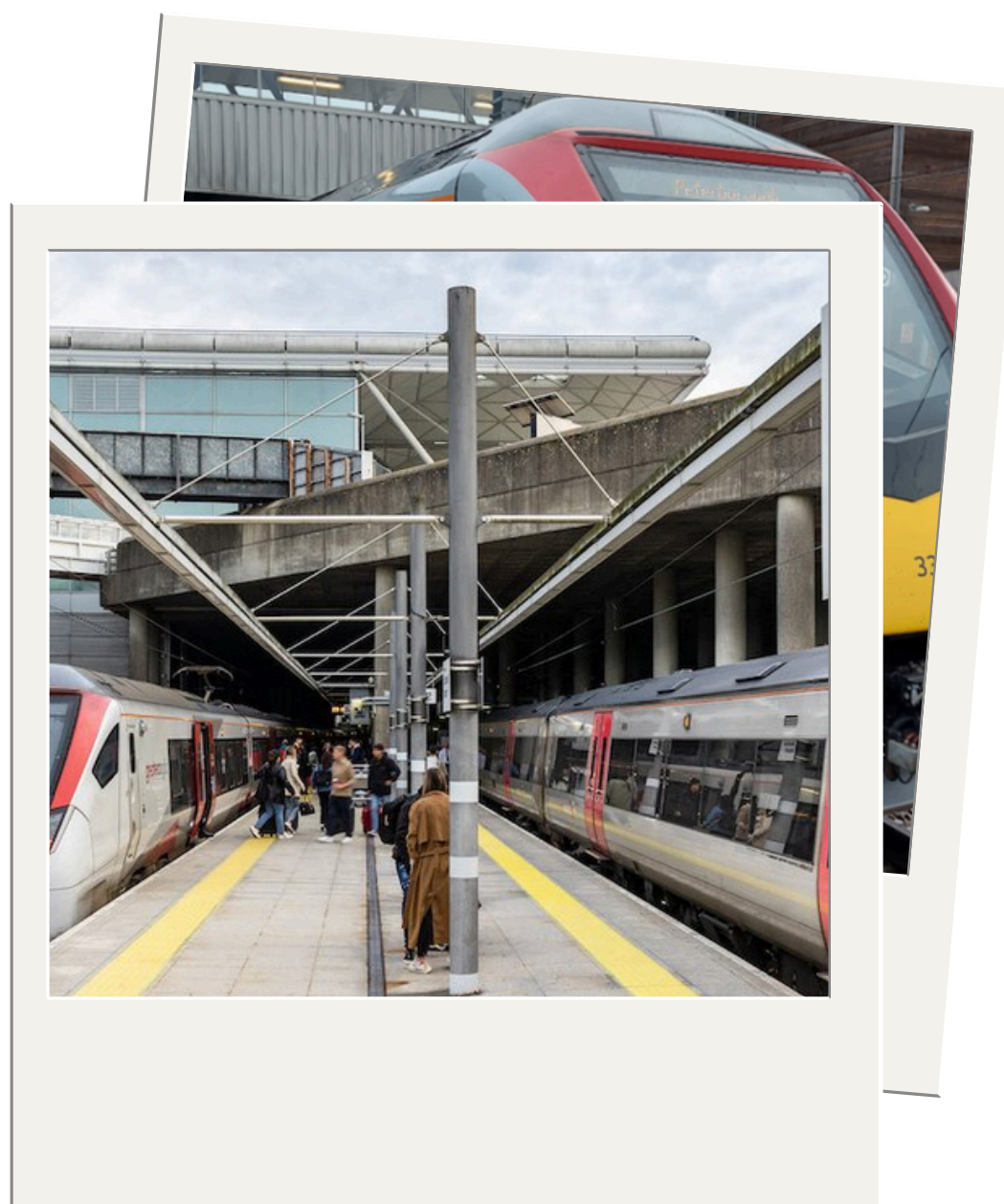
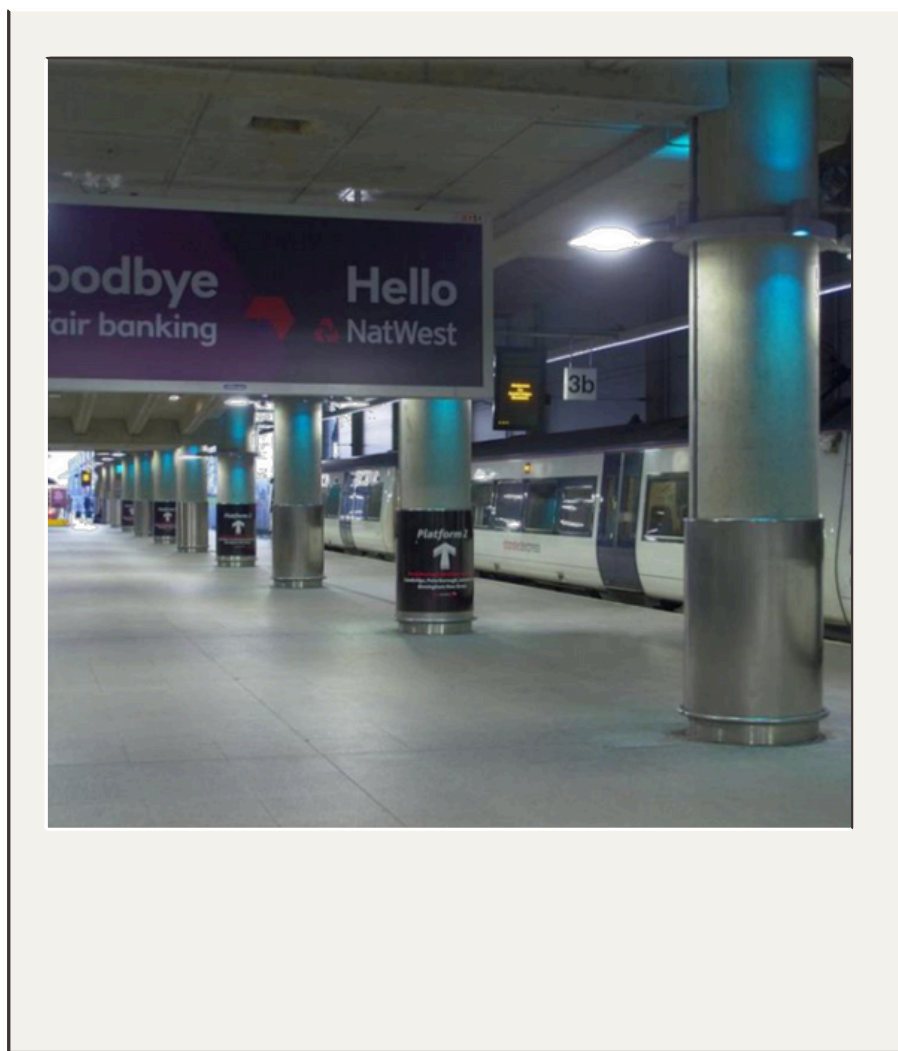
Note: This route is not recommended as it involves quite a few transfers, and London Victoria Station does not have lifts – you'll have to carry your luggage up the stairs which might be extremely difficult!

Stansted Airport to Cambridge station

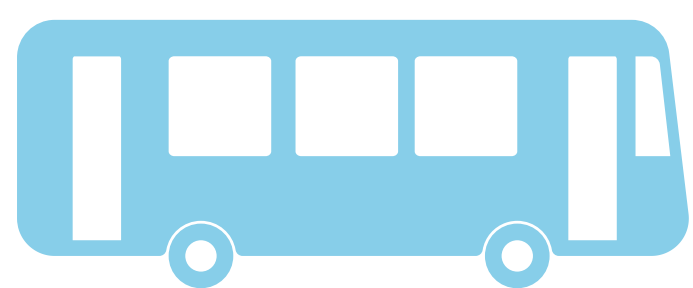
Getting to Cambridge from Stansted via train is extremely convenient. From Stansted, you do not need to transfer to another station. You simply need to head down the lift to the **Stansted Station and buy a direct train ticket to Cambridge** at one of the counters, or in advance from the **National Rail or Trainline**. The train ride will only take approximately 30 minutes.

There are trains running from Stansted Airport to Cambridge every 30 minutes. This service typically **runs until 11:30 PM and starts at 5:30 AM**, so you can plan according to your arrival time.

Note: If you have the option of flying straight to Stansted and are planning on going straight to Cambridge when you land, this route is recommended! Stansted is also most suitable for flights within Europe.



Pictures of Stansted Airport Station



Cambridge station to accommodation

Once you've reached Cambridge Station, you can either **walk or take a bus/taxi** to your college or place of accommodation. If you are carrying a lot of luggage (or are alone), we do not recommend that you walk. Instead, we recommend that you take an **Uber** or a taxi to your destination (you may book one via Panther Taxi at 01223 715715 (www.panthertaxis.co.uk) or CamCab at 01223 704704 (<https://camcab.co.uk>)).

If you choose to take the bus, there is a bus stop just outside the train station. The bus routes **1, 3, PR4 Park & Ride, and 7** will take you to city centre where you may be within walking distance of your college. For more details, please refer to Google Maps. The U-Bus is also convenient if you are staying at certain colleges (more details on page 15).

Example of a Railcard



Buying a Railcard

If you intend to travel by train often in the UK, it would be worthwhile to purchase a **Railcard**, which is available for anyone aged between **16 and 25, or 25 and in full-time study**. It costs £30 per year or £70 for 3 years, and gives you 1/3 off for every train ticket you purchase. You can save a ton of money with a Railcard. You may purchase it at a train station or online at <https://www.railcard.co.uk/>, and you'll need a passport-sized photo and your identification/passport. You can choose to have a physical or digital card. Note that you will need to bring this with you on future train journeys and may be asked to show it to ticket checkers.

Option 3: By coach (from Heathrow, Gatwick or Stansted)

National Express coaches (coaches are buses for longer distance services) are available from all airports to Cambridge City Centre. However, they usually take quite **a fair bit longer** than travelling by train (e.g. approximately 3 hours from Heathrow). But if you don't mind a slower trip, taking a coach can be quite relaxing since you don't have to manage your luggage (the driver will stow your bags). Plus, the coach pick-up points are usually right outside the arrival hall of the relevant airport or terminal, meaning you don't have to make any transfers. You can search for a trip and **purchase a coach ticket in advance** at <http://www.nationalexpress.com/>. Do note that coaches have a **luggage allowance** (check the figure below). You might have to pay extra if you exceed their allowance. Do check their website for more details if you are planning to take a coach.

As with National Rail, you can also purchase a **Young Persons Coachcard** (available for anyone aged between 16 and 26). It costs £10 per year or £25 for 3 years, and gives you 1/3 off for every coach ticket you purchase. You may purchase it at a train station or online at <http://www.nationalexpress.com/offers/coachcards.aspx>.

Once you've reached Cambridge City Centre, you can either **walk or take a bus/taxi** to your college or place of accommodation. The details are the same as above.

Your luggage allowance



Hand luggage:
1 soft item

Maximum size
45 x 35 x 20cm



Hold luggage:
1 large item

Maximum size
75 x 50 x 32cm & weight 20kg

Please ensure all luggage is labelled.

2 medium items may be carried instead of 1 large item. Subject to availability.

Coaches luggage allowance

Picture of National Express Coach



Visiting London before going to Cambridge

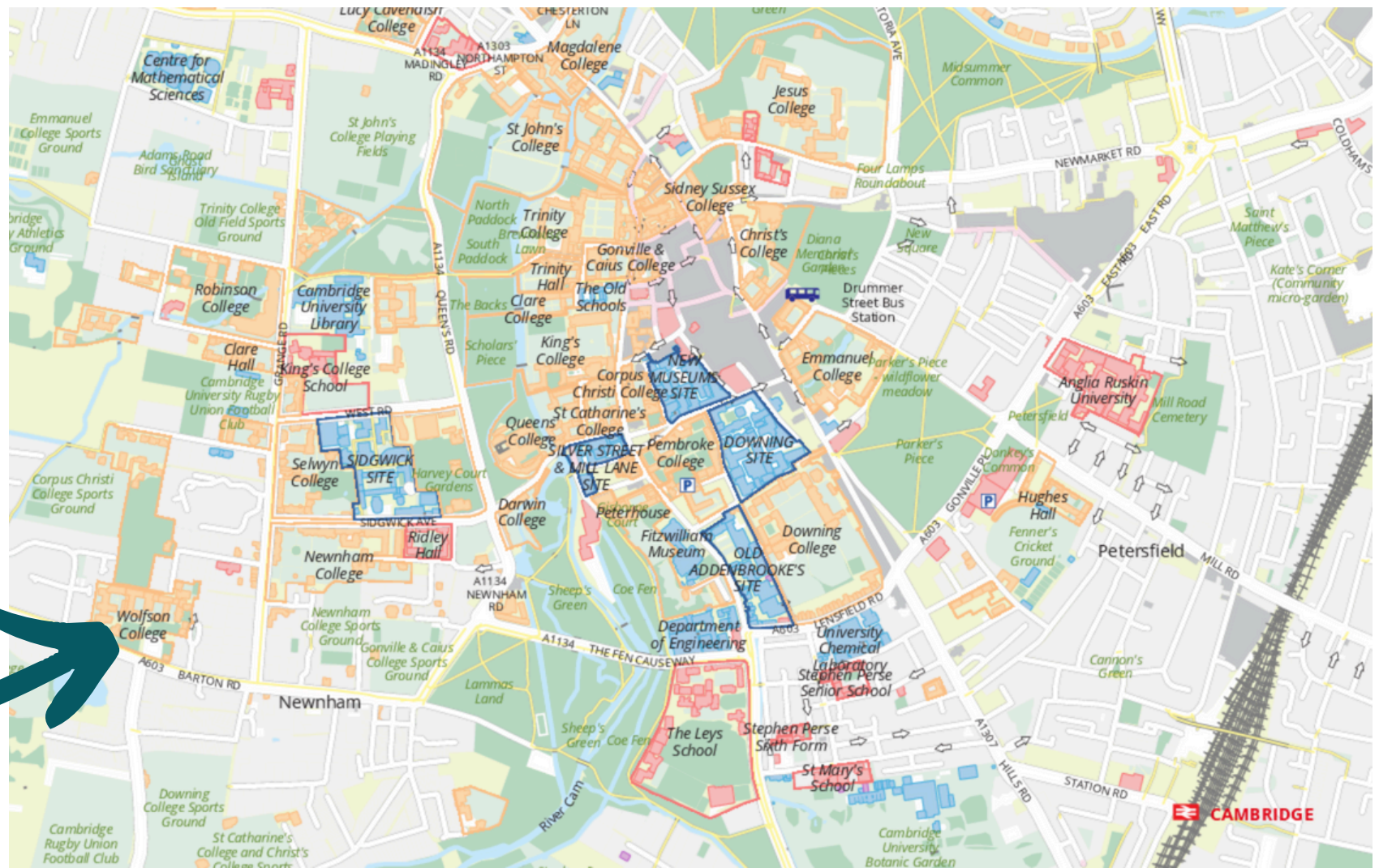
If you do plan on visiting London for the day before heading to Cambridge, and are planning on travelling by train to Cambridge, you can **buy your train ticket ahead of time** to get some discounts on attractions in London. You just need to present your train ticket to get a 2-for-1 offer – visit <https://www.daysoutguide.co.uk> for more information!

In and around Cambridge

Walking

Cambridge itself isn't impossibly big and it is **certainly possible to walk to everywhere** you will need to go. It is a simple matter to make use of Google Maps or the University Map (<https://map.cam.ac.uk/>), which more accurately points out places of interest within the University. If you do not yet have data set up, save all the Google Maps offline before you leave home. Alternatively, obtain a map from a tourist information centre or purchase one from the Cambridge University Press bookshop (www.cambridge.org/about-us/visit-bookshop). Free maps may also be up for grabs during Freshers' Week.

A simple map of Cambridge City Centre for your reference!



Cycling

While it is possible to walk, most people in Cambridge **get around by cycling** – it is especially useful if your college is situated far from the city centre or your faculty. You can purchase **a new bicycle from a shop; they typically cost between £100 and £150**. However, there are often many promotions available during Freshers' Week and at the Freshers fair. You can also buy used bicycles from seniors or from sellers on www.gumtree.co.uk. However, before getting a second-hand one, do your due diligence to make sure you're getting something worthwhile!

Wherever you get your bicycle from, be sure to equip it with a **set of lights** (both front and back) and **a sturdy lock** (preferably a 'D' lock) to avoid cycle-theft. Both of these things are absolutely essential as cycling in the dark without either front or back lights entails a £50 fine, and cycle-theft in Cambridge is quite prevalent. You can register your bike in the National Cycle Database (www.bikeregister.com) to protect your bike.

Although **helmets** are not strictly compulsory, they are recommended, especially if you're not a strong cyclist. You should also consider purchasing mudguards when getting your bicycle – they'll keep you and your bike clean!

Do note cycling in the UK can be different from your home country. For example, it may take some time to get used to cycling on the left side of the road. There are also hand gestures (e.g. sticking an arm out when turning left/right) which are commonly used by cyclists. Make sure to get acquainted with this before getting on the road!

Bicycle shops near the city centre – these shops are convenient spots to buy a bicycle, but they may not necessarily offer the best deals:

Halfords

1 Bridge Street
01223 350808

Ben Hayward Cycles

69 Trumpington Street
01223 352294

Cambridge Cycle Centre

8 Botolph Lane
01223 350808

Kingsway Cycles

8 City Rd, CB1 1DP
01223 350808

Primo Cycles

5-7 Jesus Lane
01223 500502



Bicycle shops further away – these shops are a bit inconvenient to get to (especially since you don't have a bicycle yet), but you may be able to get a cheaper bike here:

Mike's Bikes

26-28 Mill Road
01223 312591

Cycle King

195-197 Mill Road
01223 214999

Cambridge Station Cycles

Station Building, Station Road
01223 307125

By bus

If you would like to travel around Cambridge by bus, the bus services are **efficient**, and you can pick up a bus map during Freshers' Week to familiarise yourself with the routes. Or, you can visit:

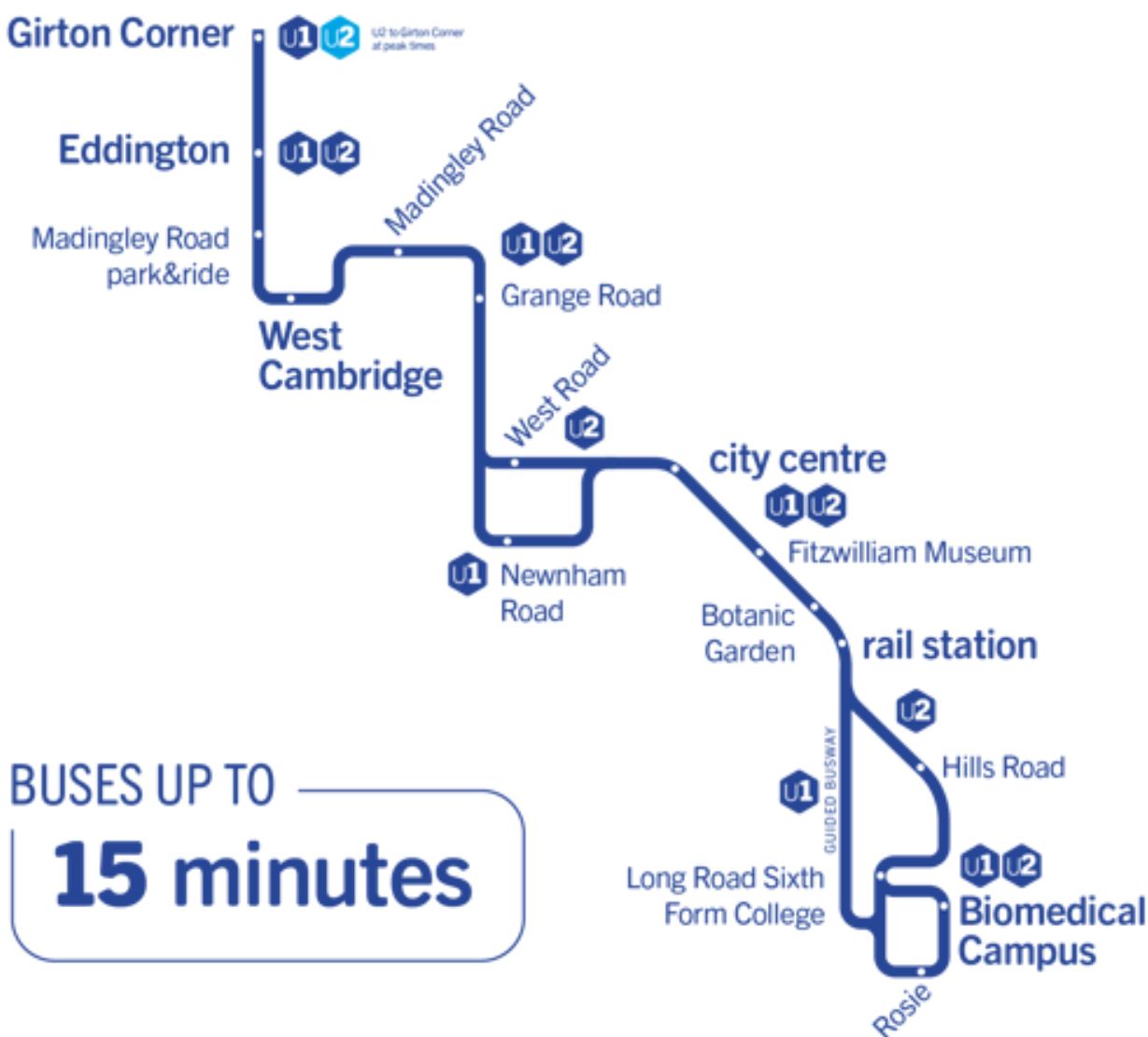
- <https://www.cambridgeshire.gov.uk/residents/travel-roads-and-parking/buses>
- <https://www.thebusway.info/routes-times.shtml>
- <https://transport.cambridgeshirepeterborough-ca.gov.uk/journey-planner/>

Note that for all buses, you can pay with your bank card or Apple Pay. There is no separate bus card that you need to get. If you show your **CamCard** (university student card), you can get a discount.

You may also take the **U-bus**, which is slightly cheaper than the usual buses. If you show your CamCard, you can purchase a ticket for £1. Visit <https://www.whippetbus.co.uk/universal> for more details. To the right is a map of the U-bus route:

Driving

While there are a few parking spaces in the city itself, parking space for students is usually not provided at College sites. Contact your College directly for any special requests regarding cars or parking.



Communication

Getting your SIM card

Making calls in the UK

The UK's country code is **+44**, and if you arrive in the UK without a UK mobile phone line yet, you'll need to preface the number you are dialling with +44. For example, the number given above for Panther Taxi is 01223 715715. If you **do not** have a UK SIM card, you will have to dial +44 1223 715715; note that the zero at the beginning is dropped from the number. The zero is only necessary when you change to your UK SIM card, after which you will simply need to dial 01223 715715, without +44.

UK SIM cards

Assuming you have a phone which is usable in the UK (this is not a prevalent problem, but do note that mobile phones produced for different countries may not be usable in the UK – just check if there might be any issue, but this is unlikely), you can simply get **a UK SIM** from one of the following operators:

VOXI (provided by Vodafone):

www.voxi.co.uk

23, Grand Arcade, 14 St Andrew's St,
Cambridge CB2 3BJ

O2:

www.o2.co.uk/shop/sim-cards/

1, Lion Yard, Cambridge CB2 3NA

EE:

shop.ee.co.uk/sim-only

40/41 Lion Yard, Cambridge CB2 3NA

Three:

www.three.co.uk/Store/SIM/

16 Grand Arcade, Cambridge CB2 3BJ

Note: the following operators do not have stores in Cambridge:

Lycamobile:

www.lycamobile.co.uk/en/

Giffgaff:

www.giffgaff.com/

Lebara:

mobile.lebara.com/gb/en/

The two key differences between these operators are **pricing and connectivity**. Depending on where you are in Cambridge or the rest of the UK, connectivity can vary largely. For example, Three tends to have poor reception in Cambridge but better reception in London and elsewhere in the UK. We recommend checking with seniors in your college to find out which operator has the best connectivity in your college (where you'll likely be spending most of your time). From these operators, you may select a **monthly contract** (this is a good option if you intend to get a new contract phone) or a **pay-as-you-go account** (this is best if you like the flexibility of stopping your line whenever you return home). If you choose the contract option, the operator may ask for proof of a UK bank account so you would have to set that up first (e.g. Vodafone has this requirement).

Recommendations

If you don't need to get a new phone, **VOXI is your best choice**, it allows you to start and end your line from month to month with **no cancellation fee or obligation to continue**. Furthermore, VOXI packages often come with **unlimited social media** -- a blessing for students. Otherwise, **Giffgaff** is the best alternative as it enables you to use up to 5 GB of your full allowance while you're in the EU.

You can order your SimCard before you arrive in the UK so it will have arrived in college for you to set up in your first few days in Cambridge. If you are planning to use your phone number from your home country initially, remember to contact your local provider to set up global roaming, so the costs will not be too high. We do recommend getting a UK SimCard though -- it will be very handy.

A thing to note is that a UK phone number is required for you to set up a bank account (more information in later sections), but you would also need a bank account to set up your UK phone number with a contract. Hence, the recommended solution is to buy a one time payment sim card, set up bank account, and then convert the sim card into a contract one later. More info can be found by asking the respective sim card providers.

Social media

In the UK, frequently-used social media include Instagram, Facebook, WhatsApp and Snapchat, while TikTok and YouTube are also frequently used for media consumption.

At university, you will find **Facebook** extremely useful -- it is the main tool used by societies and organisations to organise events, and people will be using it a lot to socialise and run campaigns. Download Facebook (and the **Messenger** app) and sign up (if you haven't already). Also make sure to follow ISC on Facebook and Instagram as well!

Here are the links:

<https://www.facebook.com/internationalstudentcampaign>

https://www.instagram.com/isc_cambridge/

https://www.instagram.com/isc_cambridgefreshers2024/



Wifi in Cambridge

As mentioned above at page 6, using your CRSid, you have access to the campus-wide networks **Eduroam and UniOfCam**. However, Eduroam and UniOfCam are sometimes not reliable (differs from place to place).

Half of the **colleges have their own Wifi**, while the other colleges will be relying on the University-wide Eduroam. For more information on how to connect to your college's wifi, ask the relevant staff in your college or your seniors!

Accommodation & Storage

During International Freshers' Week

Not all colleges allow early arrival. This year, the International Freshers' Week (IFW) will run from **September 30th to October 6th** for one week. This year IFW events will all be **in-person**. You should check with your college about the earliest date they allow students to move in.

If they do not allow **early arrival**, you may book a room (Airbnb) in any Cambridge college. For most students, we recommend booking a room in **Sidney Sussex College** (<https://www.sid.cam.ac.uk/confer/accommodation/bookingindiv>) if you would like to come to Cambridge earlier than your allotted college move-in date. It is centrally located and is right next to one of the larger supermarkets (Sainsbury's) in Cambridge. However, the availability of college accommodation cannot be guaranteed.

If you are having trouble booking early accommodation, you can find external accommodation online, stay with your family in a hotel before you move in, or elect to only arrive for the later events in IFW. You can head to <http://www.booking.com/> to search for hotels or other lodging as necessary.

During term time

All colleges in Cambridge provide accommodation to **first year undergraduates** (usually **onsite**), and almost all of them guarantee accommodation for **all 3 years** of your undergraduate course. Sometimes colleges provide **offsite accommodation** in 2nd and 3rd years; this means that the property is college-owned but located outside the college campus itself. However, there are some colleges which may not provide accommodation for 2nd and 3rd years. Accommodation allocation for 2nd and 3rd years may also vary between different colleges. For example, some colleges use the **ballot** method -- drawing names randomly -- to determine the order in which students can choose their accommodation. You will get more information on this soon from your college so don't worry!

Some colleges may also allow you to live outside college if you wish (typically in 2nd or 3rd years). Popular private accommodation choices include **Student Castle and Castle Hill**. These accommodation are typically better equipped (e.g. have private bathrooms) than college accommodation and offer more comfort, but they are usually more expensive and you would miss out on the college living experience.

For **postgraduates**, accommodation is not always guaranteed; you will have to check with your college's accommodation office to be sure. For all students living in college, please visit the porters' lodge upon arrival to register yourself and receive your CamCard and/or keys.

During holidays



Over term breaks (Christmas, Easter, and summer holidays), different colleges have different policies regarding holiday accommodation. Most colleges require **room clearance** during term breaks since rent is charged per term (term-time contracts). Some colleges provide **39-week room contracts** (that is the whole academic year excluding summer holidays) or **yearly contracts** which include summer holidays (mostly for postgraduates), allowing you to keep your rooms during term breaks so you don't have to move in and out. Again, check with your college for more details.

However, there are also colleges that provide **vacation accommodation** even if your room contract is term-time only. You may be allowed to stay in the same room or required to move to a different allocated room. If you plan on staying in Cambridge over the breaks, do email your college accommodation team ahead of time to see if accommodation is available and secure one as soon as possible. You can also find out about the range of room choices and rent prices on college websites.

The ISC is working hard on improving vacation rent and storage policies. We are pushing for lower rent for international students staying over breaks and more storage space for internationals in each college. Stay tuned for more information on this throughout the year!

International storage during holidays

Most colleges do offer **free storage spaces in college** for international students over the holidays, in which the storage allowance and requirements vary across different colleges. Sometimes you may have your own storage space, other times you may be required to share with other students. However, there are exceptions where no storage space is granted at all. For students at these colleges (as well as those who have more items to store), you may store your items through external storage companies. Here are some common options used by past students:

- **LOVESPACE** (discount codes are usually available)
 - <https://lovespace.co.uk/student-storage/cambridge/>
- **Packsend** (shipping storage internationally)
 - <https://www.packsend.co.uk/cambridge/>
- **One Stop** (storage for students at £1.46 per week)
 - 3-4, Carlton Terrace, Carlton Way, Arbury, Cambridge CB4 2DA
- **Storage Collect** (£1.61 per week and FREE boxes)
 - <https://www.storagecollect.com/storage-Cambridge.php>

There are also various other service providers in Cambridge, which you can find by a quick Google search!

Compiled list of accommodation & storage information

College	Accomodation & Vacational Rent	Storage
Christ's College	<ul style="list-style-type: none">• Holiday rent: £21/day• Grant available that covers base rent + £5/day, for up to 2 weeks.	<ul style="list-style-type: none">• Designated storage spaces for each student• Unlimited size and amount• Different space for summer on first come first serve basis
Churchill College	<ul style="list-style-type: none">• Vacational rent charged• Room clearance required for summer vacation, subject to demand in short vacations if ensuite; if not you can stay in your own room	6 boxes/items
Clare College	Vacational rent charged + Room clearance required during vacations unless you opt for a 9-month license	Subject to availability
Clare Hall	<ul style="list-style-type: none">• Vacational rent charged, same as weekly term-time rates• Room clearance required for vacations	Subject to availability
Corpus Christi College	<ul style="list-style-type: none">• Vacational rent charged, same rate as term-time for Christmas and Easter holiday, more expensive in Summer• Room clearance required unless the contract covers a full year	4 reasonably sized bags or cases
Darwin College	<ul style="list-style-type: none">• Vacational rent charged• Room clearance required for vacations	No storage space, students need to find their own storage company

College	Accommodation & Vacation Rent	Storage
Downing College	<ul style="list-style-type: none">• Vacation rent charged, same rate as term-time.• Room clearance required for all rooms, apart from those on long (51 week) contracts• Students with 29/30 week agreements (approx. 1/3 of total rooms) should expect to clear their rooms during short holidays, unless the necessary application to stay in College has been made (subject to availability)	5 boxes, 1 can be luggage bag without any size restrictions, otherwise the boxes are 60x40x40 cm and 20kg (max).
Emmanuel College	<ul style="list-style-type: none">• Available with tutor's approval• Vacation rent charged at £16.60 per day (as of 2022/23, to rise with inflation)• Will be relocated from your original room every holiday	6 boxes and students' suitcases can be used for storage; staff will help students place their belongings into the storeroom
Fitzwilliam College	<ul style="list-style-type: none">• Vacation rent charged, same rate as term-time. Not guaranteed if student can get their same term-time room.• Room clearance depends on room location	6-8 bags or large boxes per student
Girton college	<ul style="list-style-type: none">• Room change required only in certain parts of college.• No vacation rent (tenancy is whole year)• Room clearance not required in main site rooms	5 boxes and large bag, with more available upon request. Free storage for summer.

College	Accommodation & Vacation Rent	Storage
Gonville & Caius College	<ul style="list-style-type: none">• Available with application• Vacation rent charged at £22.53 per night, discount rate available for continuous rental over Christmas and Easter vacations if applied in advance (only available for 2nd and 3rd years who are allowed to stay in same room over vacations)• First year student and anyone staying in Harvey Court and SHB have to move out over vacations• There is also a separate ballot of international students only, which guarantees a gyp with hob, and a central location	<ul style="list-style-type: none">• Limited size (approx. 1½' width x 3' depth x 3' height) of boxes for 1st years, while 2nd years get 4 “medium sized boxes”• First come first serve basis
Homerton College	<ul style="list-style-type: none">• Available, but same room not guaranteed.• Vacation rent is the same rate as term-time, approx. £140-200 per week• Do not have to move out over vacations if vacation rents are paid	<ul style="list-style-type: none">• 6 boxes/suitcases per student (no size restrictions).• Storage opening times controlled by student body – not very convenient for internationals.• Around £5-12 per item
Hughes Hall	<ul style="list-style-type: none">• Vacation rent charged• Usually do not have to move out over vacations, depending on room location.• Very accommodating of international students – early checkin or late departure would never be a problem	5 boxes + 1 luggage maximum, but must apply to the porters early to secure slots
Jesus College	<ul style="list-style-type: none">• Require application, subject to availability• Vacation rent charged at £22/night regardless of the room size• Students have to clear their rooms for vacations if on-site; off-site do not, but rare for first years to stay here	Unlimited for international students

College	Accomodation & Vacationl Rent	Storage
King's College	<ul style="list-style-type: none">• Rent charged at the same level as term time over Christmas and Easter, summer prices may be different• Short room contracts have to move out during vacations but if you email, you will be provided with another room to stay in	3 luggages for each international student
Lucy Cavendish College	Room clearance over Christmas and Easter is not required since all leases are 37 weeks +	Storage not available
Magdalene College	<ul style="list-style-type: none">• Rent charged at the same level as term time• Room clearance depends on room. Higher rent bands (A,B,C) more likely to need clearance	1 box + 1 suitcase per student, but more storage can be requested via email to Head Porter
Murry Edwards College	<ul style="list-style-type: none">• Room licenses of various lengths available• Vacationl rent charged at £30 per night. Same room is not guaranteed but this can be requested.	4 items per student, for £10 per holiday
Newnham College	<ul style="list-style-type: none">• Room licenses of various lengths available• Vacationl rent charged – unless you have a continuous license (then it's included)• Room clearance not required if you have a continuous license; if you have a termly license you have to clear your room at the end of each term	4 boxes of 20kg each

College	Accomodation & Vacational Rent	Storage
Pembroke College	<ul style="list-style-type: none">• Vacational rent charged at the same level as term time.• 1st and 2nd year undergraduates living in College must clear rooms over vacations unless they request permission (will try and leave students in their term-time rooms)• 3rd/4th years do not have to clear their rooms.	<p>Essentially unlimited, with storage charges:</p> <ul style="list-style-type: none">• Christmas vacation: £40• Easter vacation: £40• Summer: £80• Year abroad/ intermitting storage: £150• Use of storage without permission: £50 + standard storage charge
Peterhouse College	<ul style="list-style-type: none">• Vacational rent charged at £17.50 per night, scholars can stay for free.• Can apply for study grants from college to fund 50% of their vacation accommodation.• Vacation room could be your own, or a new room.• Room clearance required for every holiday	<p>Each person gets a bag cage, you can store until you run out of space.</p>
Queen's College	<ul style="list-style-type: none">• Vacational rent is included within room charge. If you do not intend to use your room, the college "buys back" your room at £20/night• Room clearance required for certain types of rooms	<ul style="list-style-type: none">• Storage room: 2 large suitcases recommended• Bunkers near rooms also available
Robinson College	<ul style="list-style-type: none">• Vacational rent charged• Room clearance required	<ul style="list-style-type: none">• 2 items per student• The JCR Treasurer has implemented a new refund system (up to £20 a year for each oversea student) for external storage

College	Accomodation & Vacationl Rent	Storage
Selwyn College	<ul style="list-style-type: none"> • Vacationl rent charged at same rate as during term • Room clearance subject to demand; onsite rooms are always cleared 	5 boxes of storage (no size limit) for international students
Sidney Sussex College	<ul style="list-style-type: none"> • Vacationl rent charged at term-time rate (per week) • Room clearance subject to availability and room location, move-out is required for rooms reserved for conference. • Graduates can keep their room for the entire academic year 	8 items per student, but more can be requested.
St. Catharine's College	<ul style="list-style-type: none"> • Vacationl rent charged at £14.5 per night for long contract option; £19.5 per night for short contract option • Room clearance required unless the contract covers a full year 	No limit but the earlier you store, the more space you have. 2nd years live off-site, so moving luggage to storage will likely require additional help from friends/cab, etc.
St Edmund's College	<ul style="list-style-type: none"> • Vacationl rent charged • Room clearance not required, but have to apply early for summer rooms 	No space for storage
St. John's College	Tenancy includes Christmas and Easter breaks, so room clearance not required for Easter and Christmas.	3 boxes per student
Trinity College	<ul style="list-style-type: none"> • Available, same room unless your room is chosen for conference invitees. • Vacationl rent charged at £17 per night, £11 for senior scholars • Room clearance required unless the contract covers a full year 	Unlimited storage

College	Accomodation & Vacationl Rent	Storage
Trinity Hall	<ul style="list-style-type: none">• Available with application via Tutorial office, subject to availability• Vacationl rent charged at 20% discount or 35% discount for Easter vacation in students' third year (not the same room though).	<ul style="list-style-type: none">• Limited by available space.• 2 boxes allowed
Wolfson College	<ul style="list-style-type: none">• Available, students stay their own room.• Rooms have long contract, vacationl rent included• Room clearance not required	3 bags, 60x60x90cm

*NOTE: The above table is not a comprehensive list to the accommodation and storage policies at all colleges. These are the latest policies according to the best of our knowledge but we cannot guarantee that individual colleges have not changed their policies. The list is just here to help guide you on your decisions for the upcoming breaks, as well as to plan ahead for vacation accommodation. For more details, we recommend you to contact the student accommodation team at your college or visit your college website.

Bank accounts

Various banks and branch locations

Most international students choose to set up a UK bank account with one of the following banks:



Address(es):

56 St Andrews Street, Cambridge CB2 3DA
23 Market Street, Cambridge CB2 3PA
36 Fitzroy Street, Cambridge CB1 1EW

Webpages:

<https://personal.natwest.com/personal/current-accounts/international-student-account.html>



Address(es):

9/11 St Andrews Street, Cambridge
CB2 3AX

Webpages:

<https://www.barclays.co.uk/current-accounts/international-student-bank-account/>



Address(es):

63-64 St Andrews Street, Cambridge
CB2 3BZ
62 Hills Road, Cambridge CB2 1L

Webpages:

They do not have a bank account specifically for international students:
<https://www.hsbc.co.uk/current-accounts/products/basic-bank-account/>



Address(es):

3 Sidney Street, Cambridge CB2 3HQ
Chesterton Road, Cambridge CB4 3AU

Webpages:

<https://www.lloydsbank.com/current-accounts/all-accounts/student-account.html#collapse2-1499456163436>



Address(es):

60, St Andrews Street, Cambridge
CB2 3RR

Webpages:

They do not have a bank account specifically for international students:
<https://www.santander.co.uk/personal/current-accounts/basic-current-account>



Address(es):

28 Trinity Street, Cambridge, CB2 1TB

Webpages:

<https://personal.rbs.co.uk/personal/current-accounts/international-student-account.html>

For more guidance on which bank you should open an account with, check out this comprehensive webpage by **Save the Student** that compares all the terms and benefits offered by these different banks:

<https://www.savethestudent.org/international-students/top-international-bank-accounts-uk.html>

Setting up an account

Setting up a bank account isn't terribly difficult or troublesome, however, you will need to plan ahead in order to get it up and running as early as possible. To do so, you'll need to **fill up an application for an international student account online** (using the links given above for the various banks – do check out their features and benefits before deciding which you would rather set up) and pick a date and branch location for your appointment to set up your account. Try to do this before flying to the UK, and make sure you pick an appointment date and time when you will not miss out on freshers' events!

Generally, you'll be required to bring your **passport, UCAS acceptance letter** (or other offer letter for postgraduate students), a **proof of residence** or **bank letter** (you can get this from your tutor in your college, or you may email the tutorial office at your college), your **CamCard**, amongst other things. Some banks may require the letter to be submitted in a physical format. Make sure you bring all the documents listed when making your application, or they will turn you away!

You may also opt for a virtual bank (e.g. **Monzo**), where instead of going to a physical branch, you open an account online. Some virtual banks might not require UCAS/college letters—proof of your visa might suffice. Make sure your bank is FSCS protected. Feel free to read more into various virtual banks before choosing one!

Registering with a GP

As a student on a course of 6 months or longer, you will be **covered under the National Health Service (NHS)**. As such, upon arrival in Cambridge, you will need to **register with a GP** (General Practitioner) – there are many GPs in Cambridge and you can get a list of them from your porter, college tutor, or college nurse. Your college will give you more specific details on registration when you arrive. You can use this link to check which GP is closest to your accommodation: <https://haycambridge.co.uk/find-support/gp-practices/>. Registration with a GP is important to make sure your health is taken care of during term time.

It might be helpful to **obtain a vaccination record** from your home country and any detailed information of medications you take or your medical conditions so you will find it easier to fill out registration forms for Cambridge GPs and update them accordingly. After you have registered with the GP, you can phone them to check that registration is complete and **obtain your NHS number**. Below is a non-exhaustive list of commonly used GPs in Cambridge:

Bridge Street Medical Centre	Newnham Walk Surgery	Cambridge Access Surgery
Cambridge City Centre Medical Practice	Petersfield Medical Practice	The Red House Surgery
Trumpington Street Medical Practice	Huntingdon Road Surgery	Cambridge Access Surgery
Lensfield Medical Practice	Woodlands Surgery at Eden House	York Street Medical Practice

Medication & Hospitals

It is common for incoming students and returning students to suffer from **'Freshers' Flu'** during their first few weeks in Cambridge after coming back. This is due to a lack of immunity against the different areas that international students are from. Although your college will inform you on how to register with a GP in Cambridge, it is important to note that GPs are not dispensaries – the GP appointment **normally takes a week**, the doctors merely prescribe medication, and you have to **go to a pharmacy** (e.g. Boots Pharmacy at 28 Petty Cury, Cambridge CB2 3ND) to actually obtain the medication. This is not the most efficient use of time when you're treating something relatively minor like a flu.

We recommend that you can **bring or buy some readily-accessible medication** to help deal with the flu, coughing, runny noses, mild fevers, body aches, and sore throats. For example, **paracetamol** (for body aches and fevers), **chlorpheniramine** (for runny nose and sneezing), **ibuprofen** (anti-inflammatory pain killer), **codeine tablets** (for coughing), amongst others.

For more serious and urgent issues, the **A&E** (Accidents & Emergency) at **Addenbrooke's Hospital** is available 24/7 (but there can be a long wait). The address is Addenbrookes Hospital, Hills Rd, Cambridge CB2 0QQ.

INTERNATIONAL FRESHERS' WEEK

SEPTEMBER 30-October 6, 2024

30

19:30 - 21:30

Formal @ Robinson

1

14:00 - 18:00

Shopping Trip

20:30 - 22:30

Board Games Night

2

10:30 - 12:30

Cambridge Tour

14:00 - 15:00

Punting

20:30 - 22:30

Board Games Night

3

14:00 - 15:00

Scavenger Hunt

18:30 - 21:00

Karaoke + Bowling

23:00 - Late

Club Night

4

14:00 - 15:00

Punting

19:30 - 21:30

Formal @ Churchill

5

10:30 - 12:30

Brunch @ Queens'

19:30 - 21:30

Open Mic Night

6

10:30 - 12:30

Brunch @
St Catharine's

International Freshers' Activities

Ticketing for International Freshers Week (IFW)

This year, **all tickets for IFW** will be handled via our SU website. Please follow the given **instructions** to purchase your tickets.

1. Visit <https://www.cambridgesu.co.uk/international-students-campaign/>.
2. **Make an account** from the "Log In" button in the upper right corner. If you do not have your University Student Login yet, register yourself under "**Staff & Guest**" with your full English name and an email you regularly check.
3. Navigate to the "**Event**" tab where you will be able to access the individual pages for each event.
4. Use the "**Add to Basket**" button on the event page for the event(s) you will attend.
5. Access "**Review Basket**" from the upper right corner and **proceed to checkout** with the instructions given.

International Families

In addition to International Freshers' Week, ISC is also organising **International Families** to give everyone more support and opportunities to make friends in the weeks before term starts!

As we know starting university can be filled with worries and stress, we want to provide you with **an international family** consisting of **international parents (current international students at Cambridge)** and siblings! Your family may come from the same country/culture as you, the same college, or same subject. We hope that this will give you a support system who understand **the challenges of being international**, and also people you can talk to about your course and Cambridge life in general.

Signups are open here: <https://forms.gle/4ehHUvzKUEhLUBiS6>

International Fresher Profile Submission

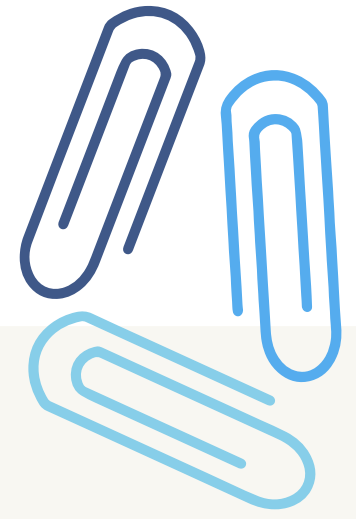
This year, ISC has created a new Instagram page @isc_cambridgefreshers2024 for publishing profiles of incoming international freshers and tagging their accounts. Through this, we hope to provide you with the opportunity to connect with fellow international freshers before coming to Cambridge. Do seize the opportunity to introduce yourself!

Submit your **profile** here: <https://forms.gle/CrewtNt37tB2nNiZA>

Packing & shopping

Things to bring and things to buy

Things to bring



Stationery

Stationery is considerably more expensive in the UK, and some brands of pens with which you are familiar may not be available there. All the choices are quite bland. It is recommended that you stock up on the stationery you like from home and bring it over with you. It would be useful to bring along:

- **Pens and refills** (as many as you think you need, especially during exam term)
- **Highlighters** (if you need them)
- **Mathematical sets and calculators** (if you need them; note that for science students, only certain calculator models are approved for use during exams – make sure you check this before bringing one with you)
- **Pencils and sharpeners** or **mechanical pencils and lead**

Formal wear

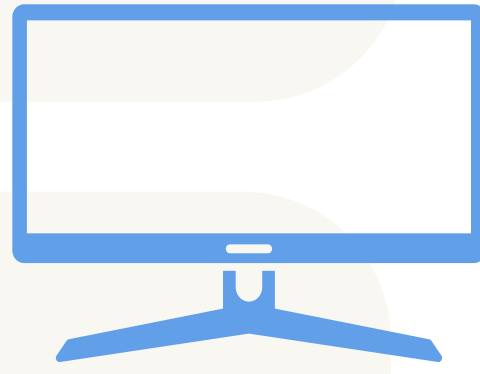
Formal wear will often be worn for **matriculation, formal halls, networking events, black-tie events**, or **May Balls** (don't worry, you will soon find out what all these events are!). The overall effect must be smart and respectful of the event's atmosphere. Acceptable clothing may include items such as suits, cocktail dresses, jumpsuits, formal shirts, and evening dresses. Acceptable shoes may include items such as dress shoes, smart shoes, heels, and loafers. Different colleges/events have different dress code expectations. Since each college/event has different dress code expectations, it is always best to **check how the dress code** is defined beforehand.



Winter and rain wear

A light coat and a couple of sweaters from home will suffice till November, after which **a wool or down-feather winter coat** will be needed. The weather in the UK is notoriously wet – although it won't be too cold when you arrive in Cambridge. During Michaelmas, **rain is constant and persistent**. The good news however, is that the rain is generally light, especially if you're used to tropical rainfall. Nonetheless, we recommend that you bring a good umbrella or a waterproof coat. If you do not yet own a winter coat, it may be a better idea to purchase one in the UK as there is a wider range available and is often cheaper. Students also like to wear what we call **college puffers**, which are winter jackets with your college's logo and your initials embroidered on the front. More information on this can be found on page 27.

If you plan to cycle in Cambridge, bring along **scarves and gloves** (preferably waterproof ones) to help keep yourself warm (your hands can get especially cold even when cycling). **Waterproof trench coats** are also recommended. Long johns and thermal wear are generally not necessary for most people, however, if you are particularly sensitive to the cold, we would recommend bringing a set.



Electronics and gadgets

Do check with your college whether the electronics/gadgets you are bringing can be used in your room. High wattage appliances such as microwaves and fridges (unless they are of a particular size) are not allowed by some colleges. Some colleges (but not others!) also forbid **rice cookers**, while some require all gadgets to go through PAT (Portable Appliance Testing) before use.

If you are the kind that prefers studying in your room, you might consider getting **an additional screen or monitor** for your computer – this does really help ease the squinting and struggle to read on your screen. Some subjects also offer lecture recordings and this can be especially useful if you are watching those. Also, a keyboard and mouse is recommended. You may purchase monitors on Amazon for under £100 if bringing one over is too big for your luggage.

As some rooms have a limited number of power sockets, a **multi-plug with switches** may come in handy. A cheap one can be easily obtained from Argos/Sainsbury's and therefore it may not be necessary to bring it from home. However, if you prefer to have one with you immediately when you start unpacking, feel free to bring one. Also, remember to prepare a **UK adapter** for appliances with different socket shapes. Note that UK sockets are three rectangular pins in a triangular pattern.

As mentioned above at page 18, your college will help you set up your Wi-Fi connection when you arrive – it is not necessary to bring your own router; often they may not be configured properly and might not work anyway. However, do check with your college if you require a LAN cable for direct Ethernet connection.



Toiletries

Most brands of toiletries are available, but you should still bring some along small samples of shampoo, body wash, conditioner, toothpaste, and etc., to tide you over for the first few days. For a good gauge as to what is available, you can do a quick search on <https://www.boots.com/> or <https://www.superdrug.com/>. These are the two biggest pharmacies in Cambridge. We do strongly recommend bringing along lip balm and moisturiser which will help prevent your lips and skin from cracking – the air in the UK is extremely dry.

Store-cupboard comfort food

We do recommend that you bring **some food from home** which can be kept and which cannot be found in the UK. For example, pre-mixes, sauces, a particular brand of instant ramen, etc. However, bear in mind that **meat products are not allowed to enter UK** from outside EU. For a good gauge as to what foods are available in Cambridge, you can do a quick search on <http://www.ocado.com/>, <http://www.waitrose.com/>, or <http://www.sainsburys.co.uk/>. In the later section you will also find supermarkets in Cambridge which you can buy comfort food from.

Things to buy

College gown and puffer

There are 2 main shops which sell **academic gowns**:

Ryder and Amies

22 King's Parade, Cambridge CB2 1SP
01223 350371
www.ryderamies.co.uk

Ede and Ravenscroft

70-72 Trumpington St, Cambridge CB2 1RJ
01223 350048
<https://shop.edeandravenscroft.com>

Example of college puffer

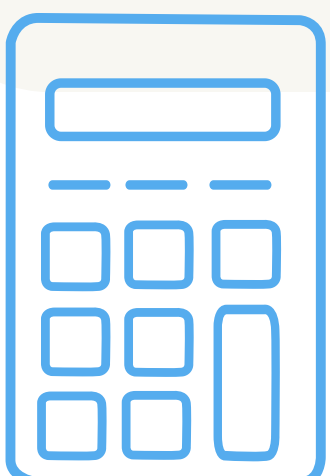


Each college has their own unique academic gown, and they do vary slightly in pricing. Gowns range from approximately **£35 to £50** at Ryder and Amies, and approximately **£45 to £60** at Ede and Ravenscroft. The ones from Ede and Ravenscroft are of slightly better quality but are for the most part indistinguishable. Some colleges may also sell gowns at their porters' lodge during Freshers' Week or allow you to pre-order gowns (pay upon arrival).

Furthermore, you can also buy **college puffers** with your initials from Ryder and Amies. Sometimes, these will be bulk-purchased by your JCR or MCR (undergraduate and graduate student unions of your college, so please look out for order requests). These puffer jackets are around £40 and they are generally of good quality so they can last all the winters you will spend at Cambridge!

Course-specific equipment

For science courses like Natural Sciences or Medicine, you will need equipment such as scientific calculators, lab coats, and safety goggles (check your course webpage and relevant guides for more details). If you happen to have them at home, you could bring them over. However, your respective departments will often arrange sessions for you to purchase the necessary equipments, so don't be stressed if you are not sure if your calculators are university-approved, or you don't have the equipments at home.



Where to buy what

Remember there is also online shopping -- sign up to [Unidays](#), [Student Beans](#) and [Percent](#) to obtain student-specific discounts! (Trust us, it will save you so much money). You can do this on their websites or by downloading the app.

Supermarkets: cheapest to most expensive

Aldi (very cheap if not the cheapest); Tesco / Tesco Express;
Sainsbury's Eddington (massive one)/ Main Sainsbury's / Sainsbury's local;
Co-op (Hill's road); M&S / Waitrose @ Grafton (the most expensive)



The green flags on the above map are the locations of various supermarkets, with the red location mark being the main Sainsbury opposite Sidney Sussex College (sometimes called Mainsbury).

Superstores Location

Cambridge Beehive Shopping Centre: Asda, B&M Home store, M&S Food Hall, TK Maxx etc.

Cambridge Retail Park: Lidl, Dunelm, Sports Direct etc.

These are the stores and places where you can get almost everything you need from (e.g. food, duvets, kitchenware, laundry hanging racks/ lines, etc.) at very cheap prices. They are quite far from Cambridge city centre, but if you are arriving early, it might be worth it to visit these superstores and spend a day or two there to bulk purchase some items before term starts. Some stores also offer delivery or click-and-collect options. Feel free to check their websites for more details.



Duvets/bedding

- **TK Maxx** (very cheap)
- **Primark** (cheap, but farther away)
- **M&S** (comfortable, fair prices, not the cheapest)
- **John Lewis** (can be slightly more expensive)



Stationery

- **Ryman** (next to the main Sainsbury on Sidney Street, UK chain supermarket, more expensive)
- **WHSmith** (a large store near Market Square that sells stationery)
- **Poundland** (a cheap store in the Grafton Centre that sells various things such as plastic boxes for storage, stationery, kitchenware, etc)



Kitchenware

- **John Lewis** (you can find almost everything there, though it can be pricey)
- **Sainsbury's** (more cleaning tools than pots and frying pans)
- **Lakeland** (expensive, higher quality, located on Sidney Street)



Restaurants

Chinese: Golden House (takeaway); HK Fusion; Seven Days; Yim Wah Express; Café Oriental (very good dumplings); Gourmet House; Golden Noodle Bistro; Noodle Plus

French: Côte Brasserie

Generic Halal: Zi's

Greek: Gardenia (Gardies) (mostly halal)

Indian: The Tiffin Truck, Tawa Kitchen

Italian: Bella Italia, Pizza Express, Zizzi, Franco Manca's, Don Pasquale, De Luca Cucina and Bar

Japanese: Wasabi, Yo! Sushi, Sticks'n'Sushi, Sushimania, itsu, Kineya Mugimaru

Korean: Yori, Bibimbap House, Little Seoul, Kim's Bulgogi

Lebanese: Lagona (halal)

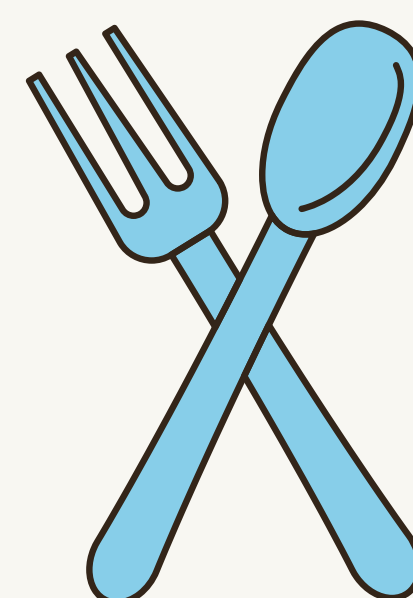
Mexican: Nanna Mexico (chicken is halal), Las Iguanas

Spanish: Tabanco, Tu Casa Tapas

Thai: Sala Thong, Thaikhun, Baan Thai Street Food, Thai food truck in market

Vietnamese: Pho, Thanh Binh

Fried chicken: Van of Life (THE place after a night out)



*Note: The restaurants above came from student recommendations, no sponsorship involved.

Study Places / Cafes

Hot Numbers Coffee, London Grade Coffee, Gail's Bakery, Starbucks, Fitzbillies, Pret, Caffè Nero, Costa, The Grad Cafe, Cafe Foy, Bould Brothers, Michaelhouse



Medicine / Cosmetics

- **Boots** (one of the biggest chains that sells various brands of cosmetics and medicines; you can also collect prescriptions and even print photos there)
- **Superdrug** (mainly for cheaper cosmetic brands and small toiletries, such as combs, hair bands, nail polish removers etc.)

Books

- Heffers
- Waterstones (large bookstore with cafe)
- G. David Bookseller (second hand books)



Supermarkets for comfort food

Chinese / Asian:

- Retour (Massive, next to Train Station / also online)
- Ocean (Mill Road)
- Jia Mart (Grafton / Regent Street / also on Deliveroo / Hungry Panda)
- J&M Supermarket (Histon Road, close to Hill Colleges)

Malaysian / Singaporean:

- Cho Mee Supermarket (Mill Road)

Korean:

- Seoul Plaza (Mill Road)
- Oseyo (Lion Yard)

Indian:

- Al-Amin (Mill Road)

Online shopping

If it is too inconvenient to purchase and carry items from stores, we suggest using different online platforms, especially **Amazon**. Joining **Amazon Prime** would make purchasing items much more convenient as you get busy after term starts, since they often deliver items to your college's Porter's Lodge as quickly as the next day after you make your purchase. As a student, you can enjoy a **6-month free trial** followed by paid membership at half price.

Mental Health Awareness

Taking care of yourself (by Student Minds Cambridge)



Starting at Cambridge can be particularly stressful for international students – leaving home to study in a foreign country, sometimes for the first time, staying far away from family and friends, and experiencing culture shock. Academic and interpersonal factors can also have **an impact on your mental health**. The difficulties you might face are common among many international students, and there are **safeguards and resources available** to make the transition as easy as possible. This section of the guide is to let you know about **mental health resources**, and where you can go if you want some support, whenever you want.

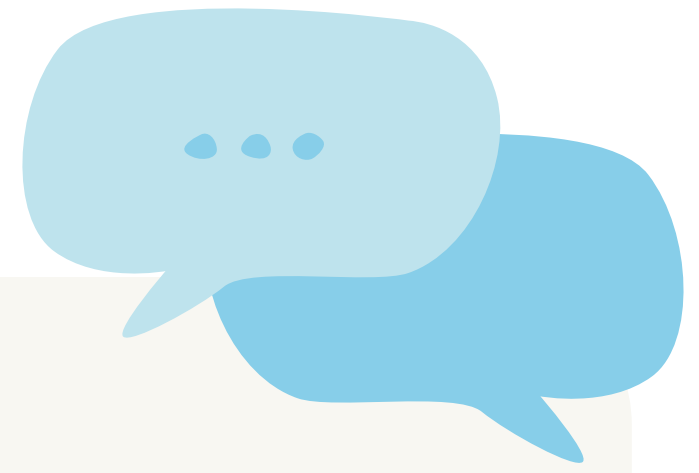
It is normal to feel homesick after coming to Cambridge, especially if this is the first time you are away from home for an extended period of time. But keep in mind that **you are not alone, almost every international student experiences homesickness at some point**, so don't panic or worry if this happens to you. It can be nice to join **societies with your cultural background**, where you can all get together to do things you're used to doing at home (for a list, see www.cambridgesu.co.uk/opportunities/societies/ or meet them at the Freshers' Fair which will take place on 8-9 October, 2024). Sometimes talking to people who share the same cultural background can help you feel "connected" and at ease.

However, other times meeting new people can be distressing too, and it's important to remember that you don't need to rush into making loads of new friends if you don't want to. Many people might find their groups only later in their Cambridge journey, so you shouldn't feel stressed if you don't immediately fall into a group. If you do ever feel lonely, or just want to have a chat with someone, you could try to come along to one of **Student Minds Cambridge's** events where you will have a chance to socialise in a relaxed environment (<https://studentmindscambridge.wordpress.com/>).

You may begin to feel a number of negative emotions which often (but not always) start due to homesickness. You can try the following or seek help in the places listed below if this happens to you.



Below are a number of ways you can tackle homesickness if/when you feel it:



1. Talk to people

Speak to your **family or friends** about your problems and concerns. If you don't want to disclose everything to people you know, a short catch-up may also free you from the anxious thoughts that constantly disturb you. You may also want to talk to the committee members at **Student Minds**, Welfare Reps, and **Nightline** student volunteers for informal, but private support.

2. Disconnect from social media

Some anxious thoughts and feelings stem from FOMO – fear of missing out. **Leaving your phone** and other electronic devices alone for a couple of hours can actually let you disconnect from the outside world and isolate you from the noises that bother you.



3. Do some gentle exercise

Go for a stroll or do some gentle exercise to relax your mind and body. **Practising mindfulness** may also help to calm you down when you are overwhelmed by negative thoughts.

4. Review and assess your stress

Think about what causes you to feel stressed and rate them by grading them in order of importance or effect to you. Try to find ways and activities to **reduce each of these sources of stress** and jot them down so you can refer back to the list whenever you feel bad.



5. Seek help

Sometimes, you might not be able to handle these negative emotions alone. If you feel like you require proper help, you can talk to your **College Nurse, Tutor, Chaplain, GP, University Counselling Service, Student Unions' Advice Service, and SU Welfare & Community Officer**. These are all people with great expertise in this area who would be more than happy to help you.

Further details on where to seek help in Cambridge:

College

Personal Tutors JCR/MCR Welfare Reps College Nurse Chaplain Porters

University

- University Counselling Service (UCS)
- Students' Unions' Advice Service
- Accessibility & Disability Resource Centre



Student Initiatives

Nightline: 01223 744444 (7pm-7am during term time)

External support

- **Cambridge Women's Aid:** 01223 361214
- **Cambridge Rape Crisis:** 01223 245888
- **Switchboard LGBT+:** 0300 330 0630 (support for LGBT+)
- **Beat:** 0808 801 0677 (support for eating disorders)
- **Cruse Bereavement Care:** 0808 808 1677 (support for those who have lost a loved one)
- **Samaritans:** 116 123 (24/7 helpline, non-directive listening)
- **Lifecraft:** 0808 808 2121 (7pm-11pm helpline based in Cambridge, non-directive listening)
- **Mind:** 0300 123 3393 (particularly good for finding information about mental illnesses, self-care tips, and tips for supporting friends and family)
- **SANE:** 0300 304 7000 (helpline 4.30pm - 10.30pm)
- **Papyrus:** 0800 068 41 41 (helpline particularly for young people having suicidal thoughts)

In an emergency: Porters are 24/7, NHS 111 press option 2

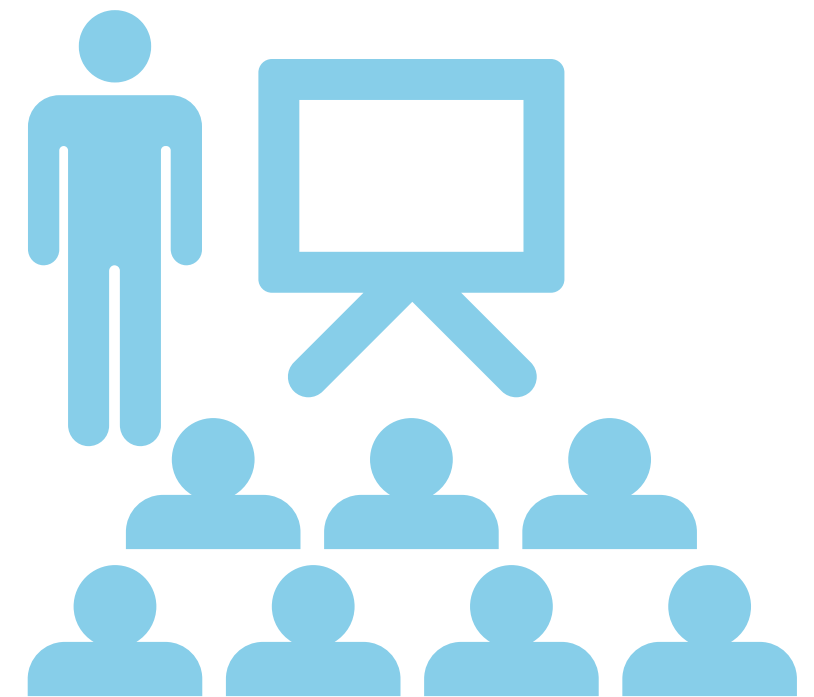
You may also want to follow and read the **Mental Health Blog** (at <https://studentmindscambridge.wordpress.com/our-blog-speak-your-mind/>) ran by Student Minds Cambridge. It features **mental health stories** of students and discusses ways of **self-care, supporting others and tips to gain mental health** support in Cambridge. Feel free to also keep in touch with **Student Minds Cambridge** (at <https://www.instagram.com/studentmindscambridge/?hl=en>), who regularly update mental health related information, organise events to promote mental health awareness, and can also signpost you to useful resources and support systems to improve your mental wellbeing.

General academic information

Academics in Cambridge

Lectures

Lectures are normally held in **various lecture theatres** around Cambridge. You will be provided with more information such as lecture timetables using your CRSIDs on www.timetable.cam.ac.uk by early October. Lecture attendance is not recorded, but they are the backbone of any university course (plus they're what you're paying for), so do attend them, whether they are in-person or online! Some departments also offer recorded/online live lectures, but this varies between courses (check with your department for more info).



Supervisions

Supervisions are **a mode of teaching rather unique to Cambridge**, and form an invaluable part of the learning experience. The sessions usually involve anywhere from **1-10 students with one teacher - the 'supervisor'** - and last around **an hour**, where you will discuss your work. For example, you might be discussing an essay, set questions, or a problem sheet - which you would've been given in advance and (hopefully!) completed beforehand. These sessions are designed with the intent of allowing you to **fully discuss your thoughts, questions and ideas with your supervisor, and can be hugely rewarding!** That being said, each supervision can take a couple of hours of preparation (whether that's completing an essay, pre-reading, or problem sheets), and it is up to you to do the work necessary in order to get the most out of your supervisions. Your supervisor may be a lecturer, a professor in the relevant field, or a PhD student. They could be from your college or another college. Most supervisions will be with peers from your college, but there are also instances where you might be in a supervision group with students at other colleges.

For someone new to Cambridge, the idea of having a supervision can be incredibly intimidating - "what if I don't know the answer??" Fear not! Firstly, everyone will be in the same shoes - even those who act confident - no one's had the experience before, and they're probably all as clueless as you are. Secondly, some supervisors may come off as intense or even a bit mean, but they know you're new to this! So the best you can do is to **do any work you are set** (but don't stress if you can't - it's supposed to be hard!), and **go in with an open mind** - just like an entrance interview, they're not looking for someone who always knows the answer, but rather someone who's ready to learn.

Whilst it can vary between departments, first year supervisions are mostly organised by your college **Director of Studies**. They will put you in contact with your supervisor, and from there it is your responsibility to organise your meet ups - some supervisors set a fixed weekly schedule, whilst others are more flexible. Make sure you learn about your specific supervisor's preferred style (e.g. which format they would like you to submit work in).

Degree Classification

You'll notice that your examinations are divided up into parts, each known as a "**Trip**os". A Trip^{os} is simply a fancy name that Cambridge gives to a cluster of examinations in a particular subject (e.g. Geography Trip^{os} Part II, Manufacturing Engineering Trip^{os} Part IIB, Mathematics Trip^{os} Part III, and etc.).

Each Trip^{os} is given **its own individual classification (grade)**:

- First (1st)
- Second-Upper (2:1)
- Second-Lower (2:2)
- Third (3rd)



In addition, you will also have an **overall degree classification**. However, you can refer to the individual classes you attained in each part of your Trip^{os} – if you got a First in all 3 parts, you can say you've got a "Triple First". When you obtain a First, you become a **Scholar**. This can come with certain recognitions such as a Scholar's Dinner or certain awards, along with signing your name on the scholar book etc. The specifics depend largely on individual colleges.

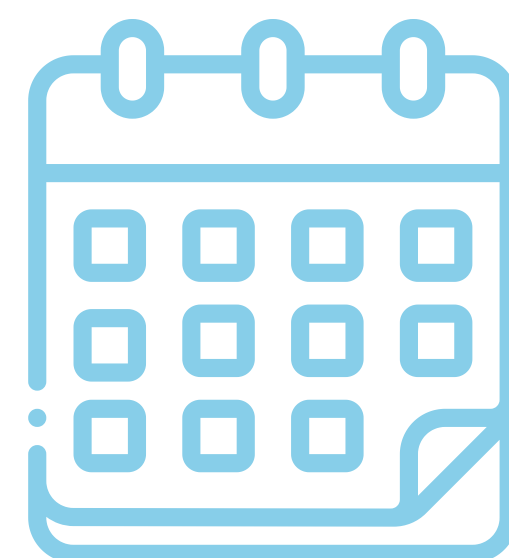
Term Dates

Undergraduate Students

Michaelmas Term: Tuesday 8 October 2024 – Friday, 6 December 2024

Lent Term: Tuesday, 21 January 2025 – Friday, 21 March 2025

Easter Term: Tuesday, 29 April 2025 – Friday, 20 June 2025



Take note that **the Cambridge week starts on Thursday and ends on Wednesday** (lectures typically start on the first Thursday of full term and end on the last Wednesday). However, as can be seen above, full term begins on Tuesdays and ends on Fridays. Even more confusingly, supervision cycles typically start on Mondays and end on Sundays. (Yeah, no one really gets it, just go with the flow!) Also, do note that Cambridge terms are only **8 weeks**, and hence extremely short compared to other universities.

Postgraduate Students

Note that the above term dates do not necessarily apply to postgraduate students. Postgraduate students operate on the basis of the academic year which extends beyond the end of the Easter Term. The Academic year commences on 1st October and finishes on 30th September each year. For more information, head to:

<https://www.cam.ac.uk/about-the-university/term-dates-and-calendars>

International Officers in JCRs

College	International Officer	Contact
Christ's College	Anna Petrides	intl@thejcr.co.uk
Churchill College	Anna Yiu	jcr-international@chu.cam.ac.uk
Clare College	Prateeti Saran	ps975@cam.ac.uk
Clare Hall	N/A (Postgraduate College)	N/A
Corpus Christi College	Trídha Haritwal	jcr-international@corpus.cam.ac.uk
Darwin College	N/A (Postgraduate College)	N/A
Downing College	Nathan Ng, Wesley Wong	international@jcr.dow.cam.ac.uk
Emmanuel College	Dio Sangwon Shin, Rose Luo	ss2945, jl2319 internationals@ecsu.org.uk
Fitzwilliam College	Solomon Tsai, Bryan Bukoh	jcr.international@fitz.cam.ac.uk
Girton College	Christina Chen	jcr-overseas@girton.ca.uk
Gonville & Caius College	Mari Puttick	jcrinternational@cai.cam.ac.uk
Homerton College	No international officer atm	N/A
Hughes Hall	N/A (No JCR)	N/A (No JCR)
Jesus College	Devavrat Verma	inte@jcsu.jesus.cam.ac.uk
King’s College	Gabby Kurniawan	international@kcsu.org.uk
Lucy Cavendish College	Sonali Biswas	sb2592@cam.ac.uk

International Officers in JCRs

College	International Officer	Contact
Magdalene College	Mey Rais, Brendan Mark	jcr-int@magd.cam.ac.uk
Murray Edward's College	Cheryl Tsang	jcr-overseas@murrayedwards.cam.ac.uk
Newnham College	Sophia Li	jcr.international@newn.cam.ac.uk sl2121@cam.ac.uk
Pembroke College	Kate Lin	kl615@cam.ac.uk
Peterhouse	Ruxi Rusu	rr684@cam.ac.uk
Queens' College	Parijaat Jain	pj388@cam.ac.uk
Robinson College	Justine Kwek	overseas@rcsa.co.uk
Selwyn College	Ari Katz	jcr-international@sel.cam.ac.uk
Sidney Sussex College	Syna Majumder	international@sscsu.org.uk
St Catharine's College	Anika Pai, Junho Huh	jcr.international@caths.cam.ac.uk
St Edmund's College	Fatima Pasha	cr-international@st-edmunds.cam.ac.uk
St John's College	Erik Todd	et534 / internationals@sjcjr.com
Trinity College	Zayna Mian	international@tcsu.net overseas@tcsu.net
Trinity Hall	Kai Zhen Tek	kzt21@cam.ac.uk
Wolfson College	Gilbert Nkpeniyeng	wcsa-international@wolfson.cam.ac.uk

Do reach out to your international officers if you have any specific questions about your college. They'll be happy to answer all your inquiries!!

International Officers in MCRs

College	International Officer	Contact
Christ's College	Marlo Avidon (also Vice President)	vicepresident@christs.mcr.co.uk
Churchill College	No international officer	N/A
Clare College	No international officer	N/A
Clare Hall	No MCR	N/A
Corpus Christi College	Ana Lleó Bono	mcr_internationale@corpus.cam.ac.uk
Darwin College	Salomey Afua Addo	dcsa_international@darwin.cam.ac.uk
Downing College	Jasleen Virk	jv456@cam.ac.uk
Emmanuel College	Sebastian Pujalte Ojeda	international@emmamcr.org.uk
Fitzwilliam College	No international officer	N/A
Girton College	Ali Khalifi	No email given
Gonville & Caius College	Ivan Brea	ib511@cam.ac.uk
Homerton College	Stephen Sun	js2597@cam.ac.uk
Hughes Hall	No international officer	N/A
Jesus College	No international officer atm	N/A
King's College	Janice Zhong	international@kccgs.org.uk
Lucy Cavendish College	No international officer	N/A

International Officers in MCRs

College	International Officer	Contact
Magdalene College	Dillon Lewis	dl715@cam.ac.uk
Murray Edward's College	No international officer	N/A
Newnham College	Shara Arzooman Chowdhury, Makena Nugi	sac229@cam.ac.uk, smn47@cam.ac.uk
Pembroke College	No international officer	N/A
Peterhouse	Mowei Lu	ml2010@cam.ac.uk
Queens' College	No international officer	N/A
Robinson College	No international officer	N/A
Selwyn College	Preeti Dash	mcr-intstudents@sel.cam.ac.uk
Sidney Sussex College	No international officer	N/A
St Catharine's College	No international officer	N/A
St Edmund's College	Fatima Pasha	cr-international@st-edmunds.cam.ac.uk
St John's College	No international officer	N/A
Trinity College	No international officer	N/A
Trinity Hall	Constantin Schmidt, Shaashwat Saraff	mcr-international@trinhall.cam.ac.uk
Wolfson College	Gilbert Nkpeniyeng	wcsa-international@wolfson.cam.ac.uk

Do reach out to your international officers if you have any specific questions about your college. They'll be happy to answer all your inquiries!!

Extracurriculars

University-wide Clubs and Societies

Aside from your academic work, there are many extracurricular opportunities offered by the Student Union for you to take a break from the hectic coursework and meet new friends from different colleges. There will always be a club that suits your interest! You may discover and explore the activities that you are interested in through the Student Union website before coming to Cambridge at <https://www.cambridgesu.co.uk/opportunities/societies/>, then follow their social media pages to keep track of their events. During Fresher's week, all the clubs and societies will be setting up stalls at Parker's Piece for you to learn more about what they do, and also provide you with the opportunity to sign up to their mailing list or directly join their activities/membership. This event is known as **Freshers' Fair** and will run from 8-9 October, 2024.

Sports Opportunities

Cambridge also offers many chances for you to get involved in sports and recreational activities. Whether you would like to compete for Cambridge as a Cambridge Blue, or simply want to start learning a new sport, we do recommend you to follow [@camunisports](https://www.instagram.com/camunisports) on Instagram to keep track of updates related to sports opportunities offered. There will be a sports fair held during Freshers' Week at the University Sports Center for you to sign up to mailing lists, join taster sessions, get information about team trials and training timetables, etc. Do keep an eye out for that!



College Clubs and Teams

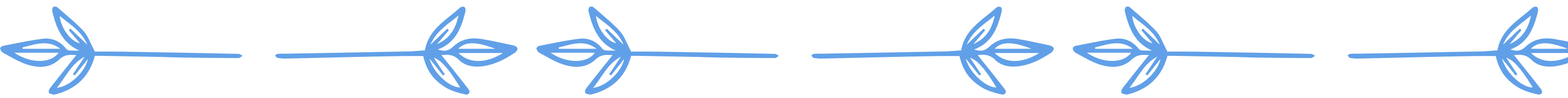
If you would like to compete in a particular sport at a less competitive level, or simply want to do something you enjoy at your college, there are also many sports teams and societies offered at college level. You will get more information on this through your JCR and your college freshers' fair!

Words and Phrases in Cambridge

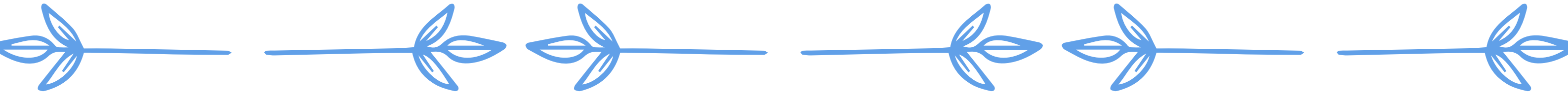
Below are some words and phrases specific to university life at Cambridge. We have also included some common vocabulary in the UK, which might not be used in other places:

Term	Definition
ADC (Theatre)	The Amateur Dramatics Club, one of the larger student theatrical production groups OR the Amateur Dramatics Club Theatre located on Park Street.
ARU	Anglia Ruskin University, another university with a campus in Cambridge.
ASNAC	The Anglo-Saxon, Norse and Celtic degree, referring to the most mysterious of all the Triposes OR someone who studies that course.
Backs	Pleasant green area west of the river Cam, so called because it backs onto the riverside colleges, Queens, Kings, Trinity, Johns, etc.
Ballot	A draw that decides the order at which you get to choose your rooms. The specific system differs from college to college.
Bedder	A cleaner within college who will clean your room and empty your bin.
Black Tie	Formal wear you might have to use in Cambridge consisting of a dinner jacket, white dress shirt, bow tie and (optionally) a cummerbund or a dress or black skirt/trousers and white blouse.
Blue	Cambridge’s official blue colour (although more green than blue) OR highest level sporting award. Awarding of a sporting blue depends on the sport.
Boatie	Someone whose waking hours revolve around rowing and more rowing. Known for waking up at insane hours to train. Topic of conversations are limited to, you guessed it, rowing.





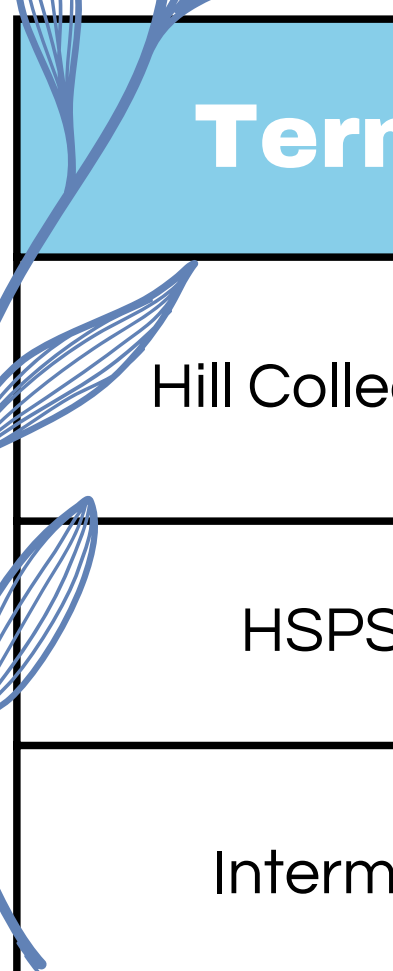
Term	Definition
Bop	A word meaning disco that, when used outside Cambridge, makes you sound quirky OR to dance furiously, drunkenly, ostentatiously or in a deeply misguided fashion especially when at a Bop.
Bridgemas	Cambridge Christmas, celebrated on the 25th of November.
Bumps	Bi-annual thrilling event where all college rowing crews line up in accordance with the previous year's final rankings and chase each other up the river, attempting to bump (overtake) each other.
Buttery	The main bar of a college.
Bye-Fellow	Similar to Fellow but of a lower status (see Fellow below).
Caius	Nickname for Gonville and Caius College (pronounced 'keys').
Cambs/Cam	Short form of Cambridge.
CamCard	Plastic card similar in size and shape to a credit card, used to pay for food and drink in the Buttery and Hall of your college, entering and taking books out of the library, gaining access to some faculty areas, and often used as Student ID.
Camfess	A Facebook page containing spectacular anonymous confessions from students across the University. There are also other pages for specific colleges, departments/faculties, societies, etc.
Catz	Nickname for St. Catharine's College.
Cellar	A posh name for underground bars some colleges, have, e.g. King's.




Term	Definition
College Parents	Two or three 2nd year students who are paired with two or three 1st years to help you settle in.
CompSci	The degree course Computer Sciences OR someone who studies that course.
Courts	Manicured grass patches in college. Not to be trampled on by students in most colleges. To be caught is to risk the wrath of the porters.
CRSID	Common Registration Scheme Identifier. Made up from your initials and a number. It is to identify you for administrative purposes and your email, followed by @cam.ac.uk
Crushbridge	A Facebook page where declarations of love/appreciation are anonymously posted by Cambridge students.
C-Sunday	Caesarian Sunday, a Sunday in Easter Term where students to go Jesus Green to drink and go crazy. It is the last Sunday before examination period officially starts.
DOS	Director of Studies. Each college has a Director of Studies for each subject, who is responsible for students' academics. For example, they organise supervisions in most years.
Econ	The degree course Economics OR someone who studies that course.
Emma	Nickname for Emmanuel College.
Engling	Someone who studies English.
Ents	Abbreviation for entertainment.
Exeat	Form giving you permission to leave college at the end of each term. You will have to routinely fill this out with the dates you plan to leave and return to Cambridge.

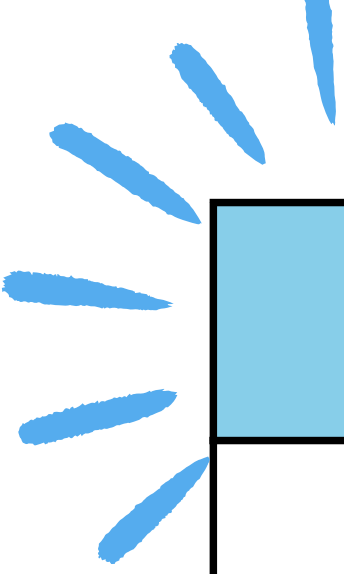
Term	Definition
Faff	<ul style="list-style-type: none">• [Verb] If someone tells you to stop faffing around, they want you to stop clowning around.• [Noun] An unnecessary, over-complicated, or troublesome task, especially one perceived as a waste of time. "I hate doing the dishes every night, it's such a faff."
Fellow	A permanent member of the academic staff at Cambridge.
Fine	Fining is another element of a typical Swap (see below). A fine is made by an individual at a Swap. It's similar to "I have never", but instead is something like "fine if you've done X".
First	First Class Honours, the best exam classification (grade), achieved by approximately the top 30% of students depending on the subject. Students who achieve a First will henceforth become Scholars.
Fitz	Nickname for Fitzwilliam College.
Formal Hall/Formals	Dressed up dinner with good food and wine (usually) held in Hall, sometimes requiring gowns (although highly variable).
Freshers' Flu	Flu that freshers may get during their first weeks at Cambridge due to meeting new people from all around the world and the start of flu season.
Full term	The length of time each term for which you have to be resident in Cambridge – you need to spend a minimum number of nights in Cambridge each term to "keep term". For example, Full Michaelmas Term in 2024 will be from Tuesday 8th October - Friday 6 December.
Gardies	Nickname for the restaurant Gardenia. Popular for post-clubbing/late-night food as it's open until very late.

Term	Definition
GDBO	God Damn Bloody Oxford, used to support Cambridge's Varsity (see later) teams during Varsity matches against Oxford.
Glitterbomb	Tuesday nights out at Life (Vinyl) playing all the queer hits. Drag queens perform weekly and it is THE night for LGBTQ+ folks!
Good Shout	"That's a good shout" means "that's a good idea" in informal terms.
Gown	Formal cloak-like item of clothing which is worn to formal events such as matriculation, formal hall, etc. Each college has a unique gown.
Grace	A prayer in Latin read before a Formal.
Grafton Centre	One of Cambridge's shopping centres. Has shops, a gym, a cinema, and a table tennis parlour.
Grand Arcade	Another Cambridge shopping centre, connected to Lion Yard right opposite Christ's College.
Gyp	Name for a kitchen in most colleges usually shared between 3-10 students.
Half Blue	A sporting award awarded in some sports that is of a lower status than a Full Blue.
Halfway Hall	A formal held around the midpoint of 2nd year for undergraduates, in the midway of the 3-year degree.
Hall	Dining hall. A place where food is served at meal times. Also called and acts as a buttery in some colleges.
Hawks Club	Hawks Club is a private university club for athletes.

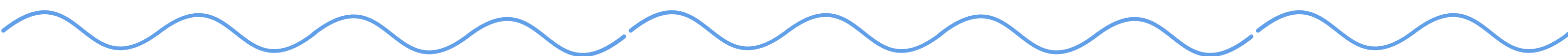


Term	Definition
Hill Colleges	Group of colleges (Medwards, Fitz, Churchill, Lucy Cav, St. Eddies) located on a hill slightly further out of town.
HSPS	The subject of Human, Social, and Political Science.
Intermit	An authorised year out from studies.
Jack's	Jack's Gelato ice cream shop. The most popular snacks shop for students with flavours you have never seen before.
JCR	<ul style="list-style-type: none"> • Junior Common Room, a common room for undergraduate students of each college. • Also a committee of students within a college representing the undergraduate students.
Jesus Green	A large grass field close to Jesus College.
June Event	Similar to May Ball (see later), held during May Week (see later), but of a smaller scale.
Lib	An abbreviation of Library.
Life	Actual name 'Vinyl' but known universally to students as Life. A disco-esque, sweaty underground club with an unreasonably small dance floor.
Lion Yard	Another shopping centre in Cambridge, connected to Grand Arcade, opposite Christ's College.



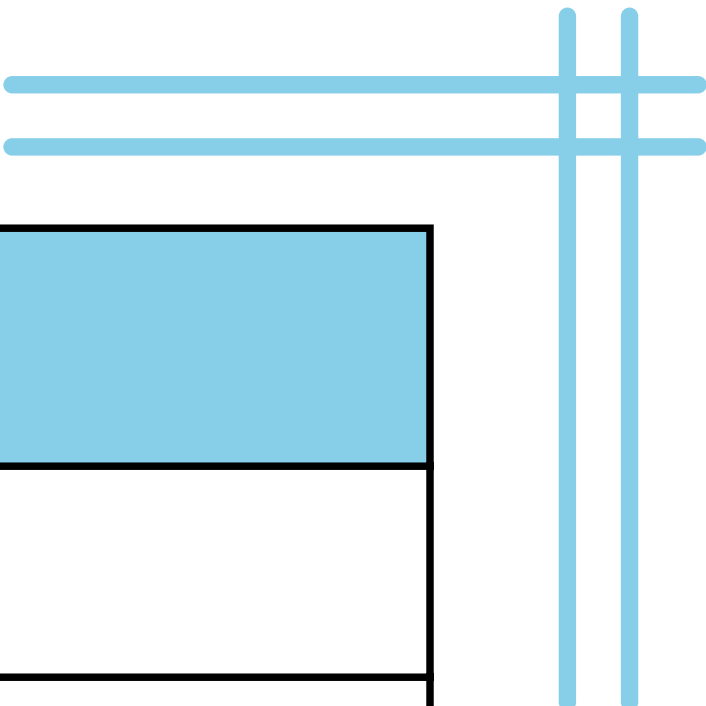


Term	Definition
Lola's	A nightclub in Cambridge, behind Grand Arcade.
Lucy Cav	An abbreviation for Lucy Cavendish College.
Mainsbury	Main Sainsbury, the Sainsbury's located opposite Sidney Sussex College.
Master	The head of a college for most colleges.
Mathmo	A mathematics student at Cambridge.
Matriculation	Officially becoming a member of a college, is done at the beginning of your first term. Involves writing your name in a book.
May Ball	Lavish all-night affair put on in May Week by individual colleges, tickets are sometimes sold in pairs, and dress is Black Tie, except for Magdalene and Peterhouse.
May Week	Period of a week or so in June characterised by drunkenness, debauchery and post-exam trauma. Contains several May Balls and Garden Parties.
MCR	<ul style="list-style-type: none">• Middle Common Room, a common room for postgraduate students for each college• Also a committee of students within a college representing the postgraduate students
Medwards	An abbreviation for Murray Edwards College
Moodle	Also known as VLE (Virtual Learning Environment), a site where lecture handouts, recordings and any other material are given.

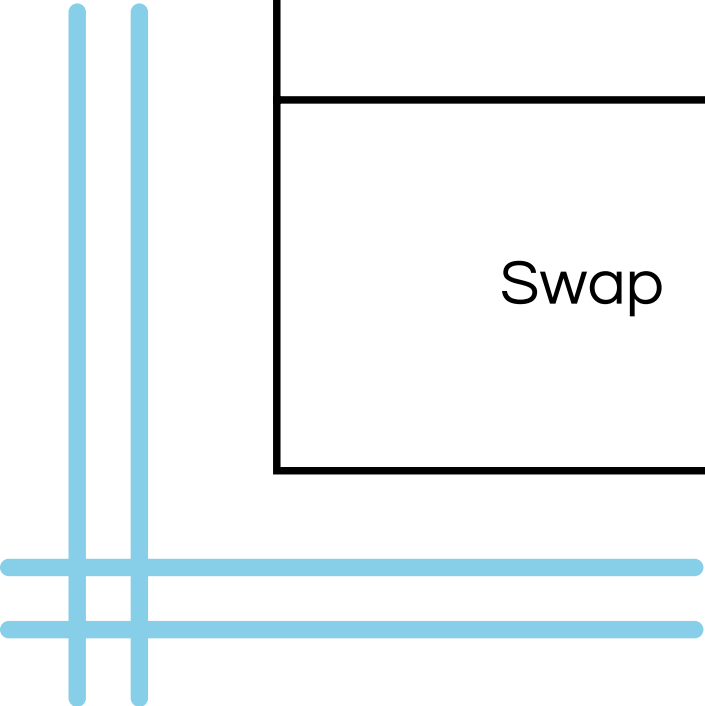




Term	Definition
Natsci	Short for natural science. Could mean the subject or a student studying the Natural Science Tripos.
Organ Scholarship	A scholarship given to students who play the organ.
Orgasm Bridge	Officially known as the Garret Hostel Bridge, between Trinity and Trinity Hall Colleges. The name comes from the steepness and the sounds that a biker makes after reaching the top.
Panopto	An online site where the lecture recordings (if available) are stored. Accessible via Moodle (see earlier).
PBS	The subject of Psychological and Behavioural Sciences
Pennying	Dropping a penny in someone's glass, and the person who's drink it is must down it. An engineer's penny is when an engineer folds a penny using a machine in the department and puts it down the neck of a bottle and the person must down the bottle.
Pidgeon hole/Pidge	A personal space in the Porters' Lodge where your mail is put.
Plodge	Short for Porters' Lodge, the place in a college where the porters are staying. Plodges are open 24/7 and should be your first port of call in case there is a problem, e.g. you've locked yourself out.
Prelim	Exams at the end of the first year that don't count towards your degree for most subjects.
Punt	A boat that you operate by pushing the bottom of the river with a pole.



Term	Definition
Quid	A quid means one pound sterling.
Quiet Period	A period right before exams in Easter Term where there are rules to ensure that college stays quiet for students to prepare for exams.
Revs	The nightclub Revolution, known for it's Wednesday parties, known as Wednesday Revs.
Scholar	A student who has achieved First Class Honours.
Sidge	Short for Sidgwick Site, the campus for various humanities subjects.
Spoons	Short for the pub Wetherspoons.
S-Sunday	Suicide Sunday, the Sunday after the Quiet Period and before the May Week, where people go to Jesus Green to drink, similar to C-Sunday (see above).
Stash	College merchandise, often with your name or initials. Can be bought for example from Ryder & Amies, though college JCRs often organise bulk purchases with subsidy.
St Eddies	Short for St Edmunds College.
Supo	Short for supervision. Small group teachings to go through problem sheets/essays and other assignments, usually 3-10 students and one "teacher".
Swap	Two societies come together to party/drink, or sometimes have a formal together.



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Cambridge!



isc-chair@cusu.cam.ac.uk



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