On behalf of the Graduate Union, I'd like to warmly welcome you to Cambridge. Being a graduate student here is an exciting experience: it is inspiring to be part of this diverse community, and a delight to live in such a beautiful city.

This handbook is designed to help you to settle into life as a graduate student, whether you are coming straight from an undergraduate degree, moving to Cambridge from outside the UK, or returning to study after a number of years away from university. It includes information on accommodation, supervisions, events and activities in and around Cambridge, and where to turn to for support and advice.

I hope that during your time here you will benefit from everything that Cambridge has to offer, and that you will enjoy being part of our graduate community.

Liv Watson
Graduate Union President, 2011-2012
president@gradunion.cam.ac.uk
Hi, I’m the full-time GU-CUSU Welfare and Rights Officer, and head of the Student Advice Service. I’m here to provide support, guidance and advice on any personal or academic issue, problem or concern, however big or small. I can provide a listening ear, an in-depth knowledge of both University and wider services, regulations, policies and procedures, and can help you to explore options in order to tackle any problems or resolve any issues you are experiencing. I also run cross-University campaigns, organise events and coordinate support groups and training throughout the year, as well as representing you on University committees and working groups.

If you’d like to get involved, raise an issue or get support on any event or campaign, please do get in touch!

Rosie O’Neill
GU-CUSU Student Support Officer, 2011-2012
welfare@gradunion.cam.ac.uk

Hi! I am the Student Advisor and I offer free and confidential support to all students. You can come and see me with any issues that you have - whether personal or academic. I am based at the Graduate Union, so do feel free to pop by or to make an appointment to see me. You can also reach me by phone or email. Whether you would like to discuss something that is bothering you or you need help navigating college or University regulations, don’t hesitate to get in touch. I might not always have the answer, but I should have a good idea of who can help within your college, the University and the wider community in Cambridge. This being said, the Student Advice Service is independent and confidential and we won’t tell your college or department that you have used the service unless you would like us to. I am here to help you make the most of your experience during your studies.

Lisa Déry
Student Advisor
advice@gradunion.cam.ac.uk

Hello, I manage the GU’s Service Point & Shop (see page 8), providing students with a variety of essential services such as binding, printing and gown hire. I’m often the first point of contact for enquiries, take room bookings (see page 9), and support the GU’s President and Board in the provision of services to graduate students.

Jennie Hastie
GU Administrator
enquiries@gradunion.cam.ac.uk
The Graduate Union

GU Contact Details & Location

17 Mill Lane, Cambridge, CB2 1RX
www.gradunion.cam.ac.uk

Enquiries
Tel: 01223 333312
Email: enquiries@gradunion.cam.ac.uk

President
Tel: 01223 339250
Email: president@gradunion.cam.ac.uk

The Graduate Union is located in the heart of the city centre, on the 17 Mill Lane Site. To access the main entrance, which is via stairs, enter the site from Silver Street, opposite Mr. Polito’s Barbershop, or from Mill Lane, opposite the Board of Graduate Studies. Access via lift and ramp is available at the rear of the building, on the 16a Mill Lane site. Enter the site from Mill Lane, opposite Mill Lane Lecture Rooms. Please email Dave Homeyard at dmh41@cam.ac.uk to have your University card enabled for access.
Membership of the GU

Membership of the Graduate Union (GU) is automatic and free. Full members, who have the right to vote in our elections, and who are welcome to use all GU services and facilities are:

• All registered graduate students
• Candidates for the LL.M, Post-Graduate Certificate of Education and other postgraduate degrees, diplomas and certificates in the University
• Clinical Students in the School of Clinical Medicine and in the Department of Clinical Veterinary Medicine
• Undergraduates in their fourth or higher year of residence
• Undergraduate mature students, defined as those undergraduates who were 21 years of age or over at the commencement of their course of study
• Affiliated students

Associate members, who don’t have voting rights, but who are welcome to use all GU services and facilities are:

• Spouses of full members
• All graduate research workers including postdocs and research assistants

Representation

The GU has one full-time elected sabbatical officer (the President), one part-time elected sabbatical officer (the GU-CUSU Student Support Officer), and a part-time elected Board of Officers. The GU is the central representative student body for all graduate students, as well as mature and fourth year undergraduates.

In their departments, students are represented through Faculty Representatives. In college, MCR Officers are the first point of contact for queries and concerns. The GU President takes concerns raised by Faculty Reps and MCR Officers to a wide range of University committees, acting as the graduate student voice on issues ranging from accommodation to grading boundaries.

www.gradunion.cam.ac.uk/representation/
Facilities at the GU

Service Point & Shop

The GU provides a number of services to students at discounted prices:

- soft & hard binding
- gown hire
- computers & WiFi (free)
- photocopying
- printing
- scanning
- faxing
- laminating

The GU Shop sells University-crested stationery, panic alarms and second-hand gowns

Opening Hours:
Mon, Wed & Fri 9:30am-1pm & 2-5pm
Tue & Thu 9:30am-1pm
(hours subject to change)
cash only

www.gradunion.cam.ac.uk/facilities/shop/

Bar

The GU bar is stocked with a range of well-priced alcoholic and soft drinks, and can be booked for a small fee by GU members, for evening and weekend events.

www.gradunion.cam.ac.uk/facilities/meetingroom/
Café ‘Cambridge Blue’

The Cambridge Blue café serves delicious, fresh and good value drinks, sandwiches, snacks and cakes, to eat in our Lounge or to take away. It also caters for events.

Open term time: Mon-Fri 9am-6pm & closed vacations. Cash/cheque only. www.gradunion.cam.ac.uk/facilities/cafe/

Lounge

Drop into our comfortable and relaxing lounge, perfect for rest or study. Bring your own food, or buy from the café. Newspapers and filtered water provided. Free WiFi available.

Open term time: Mon-Fri 9am-6pm & vacations: Mon-Fri 9.30am-5.30pm (hours subject to change).

Book a Room at the GU

The GU is the perfect venue for a wide range of events, including society meetings, presentations, study groups and film nights. We have three rooms, available to book daytime, evening and weekends, free of charge to GU members.

Facilities available include:
• Bar (and hired staff)
• TVs, DVD, AV equipment, WiFi
• PA System with speakers and mics
• Projector, wipe board and flip chart

www.gradunion.cam.ac.uk/facilities/meetingroom/
Keep in Touch with the GU

There are a number of ways to keep touch with the GU:

**Contact the GU President & Board**
www.gradunion.cam.ac.uk/gradunion/board/

**GU Council Meetings**
GU members are welcome to attend GU Council Meetings, 6-7:30pm in the GU Lounge on:
- 7th September
- 30th November
- 22nd February
- 2nd May
- 13th June
www.gradunion.cam.ac.uk/gradunion/council/

**GU Handbook**
Hard copies of this handbook are available from the GU and your college MCR. The handbook is also published on our website.
www.gradunion.cam.ac.uk/publications/handbook/

**GU Bulletin**
The GU produces a weekly email bulletin containing information about its current activities, graduate issues, and forthcoming events. You can subscribe to have the bulletin emailed directly to you, and it’s published on our website. You might also like to submit an item for the Bulletin.
www.gradunion.cam.ac.uk/bulletin/

**GU Website & News**
www.gradunion.cam.ac.uk
www.gradunion.cam.ac.uk/news/

www.facebook.com and search for
‘Cambridge University Graduate Union’
‘Cambridge University Graduate Freshers 2011’

www.twitter.com/GraduateUnion

**GU Events**
Keep an eye out for forthcoming GU events.
www.gradunion.cam.ac.uk/calendar/guevents/

**GU Forum**
Visit our online forum for information, chat, news, and advertisements.
www.gradunion.cam.ac.uk/forum/
GU Board Elections 2011

We are looking for enthusiastic candidates for the GU’s Board of Officers 2011-12. Positions will be elected in November.

GET INVOLVED NOW!

Keep an eye out around colleges and the GU in October, or contact president@gradunion.cam.ac.uk for more information.
Studying at Cambridge

There are three terms in the academic year: Michaelmas, Lent and Easter. Term begins on a Tuesday and teaching starts on the first Thursday of the term.

<table>
<thead>
<tr>
<th>Term Dates 2011-2012</th>
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<tbody>
<tr>
<td><strong>Full Term</strong></td>
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<tr>
<td><strong>Michaelmas</strong></td>
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<tr>
<td><strong>Lent</strong></td>
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<tr>
<td><strong>Easter</strong></td>
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Giving Supervisions

A unique feature of the Cambridge undergraduate curriculum is the small group teaching (supervisions) provided by colleges. While often done by academic staff, these are also conducted by graduate students. Supervisions last for an hour and are generally held weekly. Group sizes vary between one and four students and pay is standardised across colleges. Supervisors are expected to grade work and provide feedback to students in preparation for their yearly Tripos exams in June.

If you are interested in supervising, start by contacting the Director of Studies in your college, who will normally be responsible for organising undergraduate supervision. It is also advisable to network with academics in your faculty. Lecturers in your department and your Supervisor may also be able to advise you.
CamCORS

A system used to provide termly progress reports to undergraduates. CamCORS is also the place to register for the automated payments made by colleges at the end of each term (quarterly) for supervisions. Graduate Supervisors are liable to pay National Insurance in the unusual circumstance that they earn more than £1,260 in one term.

Demonstrating

An alternative to supervising in many scientific disciplines is demonstrating. Many departments run practical classes headed by a lecturer with graduate students providing supplementary staffing. Training and rates of pay vary between departments.

Key Contacts for Academic Support

If you are experiencing any worries, problems or concerns about any academic issue, sources of support include:

• Your Director of Graduate Education, or similar role-holder, who is in charge of managing the research-degrees of students assigned to them. They are responsible for organising supervisions, and are the first port of call if any problems or concerns arise
• Your supervisory team comprises a number of Supervisors, including a Principle Supervisor, who will be the academic you work most closely with during your studies
• Your Head of Department and Departmental Administrators
• Your College Tutor
• Student Advice Service (see page 21)
• GU website – www.gradunion.cam.ac.uk/postgrad/

Board of Graduate Studies (BoGS)

4 Mill Lane, Cambridge, CB2 1RZ
Tel: 01223 766302
Email: graduate.students@admin.cam.ac.uk
www.admin.cam.ac.uk/offices/gradstud/

The Board of Graduate Studies oversees the admission, registration and approval of the University’s graduate students, as well as managing graduate students’ progress, reporting (CGSRS), examinations and records (CamSIS). The Board is also a valuable source of information about fees, funding, University regulations and Research Council liaison.
University Libraries

There are over 100 University libraries, which house rich and diverse collections. Libraries fall under one of five groups:

- University Library
- Dependent libraries
- Department and faculty libraries
- College libraries
- Other libraries associated with the University

University Library (UL)
West Road, Cambridge, CB3 9DR
Tel: 01223 333000
Email: library@lib.cam.ac.uk
www.lib.cam.ac.uk

To use the UL you will need to register on your first visit, taking along your University card and a letter from the Board of Graduate Studies confirming both your place as a graduate student and the duration of your course.

The UL runs a number of induction courses for new users, which are advertised in the library foyer and on the library website at the start of term.

University Computing Service (UCS)
New Museums Site, Pembroke Street, Cambridge, CB2 3QH
Tel: 01223 762999
Email: service-desk@ucs.cam.ac.uk
www.cam.ac.uk/cs/

UCS Help/Service Desk
Located in the UCS reception and available to assist with most queries or problems.
Contact details above.

IT Training
Whether you are a beginner or looking for advanced training, the UCS offers many instructor-led, self-taught and online courses.
www.training.cam.ac.uk/ucs

Hermes Webmail Service
A managed mail server for members of the University.
webmail.hermes.cam.ac.uk

Raven Authentication Service
A system used to authenticate you onto various web based systems within the University.
raven.cam.ac.uk

Managed Cluster Service (MCS)
A centrally managed group of workstations distributed around the University. A list of departmental and college locations is available at www.cam.ac.uk/localusersonly/cs/mcs/manclus.html.

Virtual Private Dial-up Network (VPDN)
Enables you to connect to the University systems that are not otherwise accessible externally.
www.cam.ac.uk/cs/remote/vpdn.html

Further details about these and more services are available on the UCS’s website.
University Careers Service
Stuart House, Mill Lane, Cambridge, CB2 1XE
Tel: 01223 338283/286
Email: enquiries@careers.cam.ac.uk
www.careers.cam.ac.uk/

The University Careers Service provides information and advice to all University students and alumni. Staff are available for advice and also run regular workshops on subjects such as compiling a CV, vacation work and being interviewed. The Service organises a number of careers fairs covering a wide range of industries and sectors.

University Language Centre
Downing Place, Cambridge, CB2 3EL
Tel: 01223 335058
Email: enquiries@langcen.cam.ac.uk
www.langcen.cam.ac.uk/

The University Language Centre offers many courses in foreign languages, including English for international students. Taught classes for some European languages are offered – normally a two-hour class once a week – whilst material is available for those wishing to teach themselves. The Centre also provides online resources and foreign language films and television series on DVD. Many colleges contribute to the price of language classes taken during the academic year; check with your college for more information.
Living in Cambridge

College Accommodation

The vast majority of students on one-year courses, and those in their first year of research degrees, are allocated college accommodation. Your college will usually charge rent and a ‘Kitchen Fixed Charge’ (KFC) in advance at the beginning of each term. If you should have difficulties paying this charge in advance, contact your college MCR or your Graduate Tutor for advice.

If your college is having difficulties providing accommodation for you (if you accepted your offer late in the year, for example), it is worthwhile emailing other colleges to ask whether they can offer you a room: www.cam.ac.uk/colleges.addresses.html.

Private Accommodation

In many colleges graduate students rent private accommodation in their 2nd, 3rd and 4th years of research. It is advisable to begin looking for private accommodation a few months in advance, as September is a particularly busy time of year for housing. See the page opposite for a comprehensive list of websites for those seeking accommodation in the private sector.

Council Tax

Council tax is a tax on private property from which students are usually exempt, even in the 4th year+ of research degrees, as long as they have not graduated. However, if you are living in a shared house with one non-student, the household will be charged 75% of the usual rate. For two or more non-students, the full rate is charged. For more information on council tax rates, visit: www.cambridge.gov.uk > Benefits and Council Tax > Council Tax > About Council Tax.
University Accommodation Service & Cambridge Notice Boards

www.accommodation.cam.ac.uk       www.brettward.co.uk/canb
www.cambridge-news.co.uk/Home     www.cambridgeletting.net
www.cambridge.gov.uk/ccm/navigation/housing
www.cambridgepropertydatabase.co.uk

Property Listings, Finding Flatmates, Lodging and Boarding

When using any of the websites below, it is important to be careful as many of them have no quality control and therefore not all adverts are necessarily genuine. Fraudsters will often target students; if a property sounds too good to be true, it probably is. Please use your common sense and never agree to send money as a deposit to the advertiser without having viewed the property first.

www.flatmateclick.co.uk           www.angliastudentpad.co.uk
www.simple2rent.co.uk             www.homesandproperty.co.uk
www.housepals.co.uk               www.gumtree.com/cambridge
www.spareroom.co.uk               www.studentaccommodation.org
                                   www.accommodationforstudents.com

Adverts from Estate Agents

If you do manage to find a group of students with whom to share accommodation, you may wish to search for a flat or a house as opposed to a room. When searching for accommodation through the following websites, one way of choosing which agents to use is to verify whether or not they are members of a professional body. You can check this at the following websites: www.arla.co.uk, www.nalscheme.co.uk, www.naea.co.uk

www.rightmove.co.uk               www.findaproperty.co.uk
www.fish4lettings.co.uk           www.ukpropertyshop.com
www.net-lettings.co.uk            www.homesandproperty.co.uk
Many colleges also operate a scheme whereby cycle helmets can be bought at cost price or you can claim the cost of the helmet back. Check with your MCR to see if this is the case in your college.

When cycling it is worth noting a few points:

- It is illegal to cycle without front and rear lights. Police regularly fine people for cycling without lights
- It is illegal to cycle on the pavement
- Although wearing a helmet is not compulsory by law, it is certainly advisable
- Bicycle theft is common in Cambridge. Always lock your bike to an immovable object, locking the wheels to the frame too. D-locks are most effective

Adult Cycle Training
If you’ve never cycled before, or are not knowledgeable or confident about cycling on roads in the UK, the Adult Cycle Training Scheme, run by the Road Safety Team at Cambridgeshire County Council, can provide help and assistance.
Email: roadsafety@cambridgeshire.gov.uk

For further guidance on cycling in Cambridge visit: www.camcycle.org.uk.

Bus
Cambridge is well-serviced by buses, and discounted fares operate on the Uni 4 (which runs from Madingley Road Park and Ride to Addenbrooke’s Hospital Bus Station, via many University sites) and Citi 4 (for journeys between the City Centre and the West Cambridge Site).

For further information visit: www.admin.cam.ac.uk/offices/em/travel/bus/index.html.
Train
Cambridge Train Station  
Station Road, Cambridge, CB1 2JW
Tel: 08457 484950
www.nationalrail.co.uk/stations/CBG.html
Ticket Office open:
Mon-Sat 5:10am-11pm & Sun 7am-10:55pm

Cambridge Train Station is a 10 minute cycle ride and a 20 minute walk from the city centre. Fast and regular services operate to London Kings Cross and Liverpool Street stations, as well to many local and national destinations. For further information visit: www.nationalrail.co.uk.

Railcards
If you use the trains frequently it is a good idea to invest in a railcard. If you are aged 16–25, or you are a full time student, you can buy a Young Person’s Railcard for £28, valid for a year, which gives you a third off most rail fares anywhere in Britain. Buy online at www.16-25railcard.co.uk or at the ticket office in any train station.

Car
If you are in college accommodation, you will need to check with your college and obtain a licence from the Motor Proctor of the University to register your car. An application for a licence must be made within seven days of the vehicle being brought to Cambridge. For information visit: www.admin.cam.ac.uk/offices/proctors/motor/.

If you are renting accommodation privately that doesn’t provide a parking space, you must obtain a permit to avoid receiving a Penalty Charge Notice from the local Council. To obtain the permit you must produce your vehicle logbook, have your driving license registered to your Cambridge address and have proof of residency at the address in the form of a rental contract or a stamped letter from the college. There will be a small fee for the permit. For more information visit: www.cambridgeshire.gov.uk/transport/around/carjourneys/parking/residents/.
Support & Welfare

College Support

Tutor
In your college, you will be assigned a Graduate Tutor who will be responsible for providing you with non-academic pastoral support (e.g. finance, accommodation, family or medical issues). The tutorial system varies from college to college but you can always approach any other tutor or your Senior Tutor, who is in charge of the academic and pastoral welfare of the whole College, in addition to or instead of your assigned tutor.

depression) when you arrive. Your college nurse will also be able to direct you to other sources of support, help you join a GP or find a dentist.

College Chaplain/Dean/Advisor
A Chaplain, Dean or Advisor is available at every college. The chaplain offers pastoral and spiritual support, a listening ear and guidance for all students on any issue, regardless of your religious affiliation or belief/non-belief.

College Nurse
Most colleges have a nurse or access to a nurse who you can visit at advertised hours during full term. You can go to your college nurse about any medical or personal problem confidentially, and it may be good to inform your nurse of any pre-existing medical problems (such as asthma or

College Welfare Officer
Each college MCR has a Welfare Officer, and often also a Women’s Officer or Equality and Diversity Officer, who provides a listening ear and information, and will be able to signpost you to different sources of support.
Student Advice Service

The Student Advice Service offers free, confidential and independent support to all Cambridge University students. If you feel you have been discriminated against, treated unfairly or would like to discuss something that is bothering you, contact us by phone or by email, whether it’s the first time you have a question or as a last resort. We can discuss your concerns with you, explore what options are available to you and represent you at college or University level if necessary.

You can come to the Service with any issues or problems that you might experience as a student - from questions or concerns about your education or University procedures to a health enquiry or a mental health issue. The Service is a full member of AdviceUK, and is provided by the Graduate Union and Cambridge University Students’ Union (CUSU). The Student Advice Service team includes a full-time, professional Student Advisor, the GU-CUSU Welfare and Rights Officer, CUSU Education Officer and CUSU Women’s Officer. We are all trained to provide support and representation.

Tel: 01223 746999
Student Advisor, Lisa Déry: advice@camstudentadvice.co.uk
Welfare & Rights Officer, Rosie O’Neill: welfare@gradunion.cam.ac.uk
Education Officer, Morgan Wild: education@cusu.cam.ac.uk
Women’s Officer, Ruth Graham: womens@cusu.cam.ac.uk
www.camstudentadvice.co.uk
University Counselling Service

2-3 Bene’t Place, Lensfield Road, Cambridge, CB2 1EL
Tel: 01223 332865
Email: reception@counselling.cam.ac.uk
www.counselling.cam.ac.uk/

The University Counselling Service provides free, confidential and professional counselling to all students. Counsellors are friendly, non-judgmental and very experienced in issues pertaining to student life at Cambridge. To make an appointment, simply fill in a form on their website and they will get back to you with a time that fits into your timetable. The Counselling Service also frequently runs group sessions on a range of issues, from ‘Writing Up Your PhD’ to ‘Healthy Self Esteem’ and ‘Overcoming Worry’.

GU Welfare

There are two student Welfare Officers at the GU who can provide a listening ear, information and support and also facilitate regular events which work towards making student life at Cambridge a happier and more positive experience for all, such as those highlighted below:

Meet. Play. Dance.
This event provides an opportunity to meet other graduate students, alone or in a group, over free food in a relaxed and inclusive environment. The event can be directed by you – whether it’s playing board games, discussion, or simply having a drink and chatting.

Coffee and Cakes at the GU
An event that takes place outside of full term to tackle isolation. A simple coffee and cake morning, followed by a walk around town and through some of the many green spaces in Cambridge.

What’s the Point?
Many people undertake graduate degrees thinking that they will pursue what they like to study, but lose sight of the bigger picture along the way. This event acts as a way of encouraging students to think about that bigger picture, whatever it may be for them. A forum for positive and interesting discussion about goals, values, money, careers, and life in general.

For more information about GU events, see page 34.
Support for Disabled Students

The University and its colleges have a responsibility to support disabled students and to make reasonable adjustments in order to make education accessible to disabled students. If you have, or suspect you have, a mental health condition, specific learning difficulty, autism, chronic health condition and/or mobility and/or sensory impairment, it is advisable to let your college and department know, preferably before you arrive, so that access and support arrangements can be made. It is also worth contacting:

**Disability Resource Centre (DRC)**
Keynes House, Trumpington Street, Cambridge, CB2 1QA
Tel: 01223 332301
Email: disability@admin.cam.ac.uk
www.admin.cam.ac.uk/disability/

The DRC provides information and advice on disability issues, study skills tuition, assessment for dyslexia, guidance on assessments for disabilities, assistance with funding applications, the loan of specialist equipment, human support (eg note-taker or mentor) and liaison with your college and department. It also administers several bursaries and publishes an online guide containing practical access information to most University buildings.

**Student Advice Service**
See page 21.

**Disabled Students’ Campaign**
Email: disabled@cusu.cam.ac.uk
www.disabled.cusu.cam.ac.uk
Exists to support and advance the interests of its members through sharing information, advocacy, organising and campaigning. Also provides a range of events, has several mailing lists, and welcomes applications to join the committee.
Useful Contacts & Information

Listening & Support

Linkline
21 Jesus Lane, Cambridge, CB5 8BQ
Tel: 01223 744444/367575
www.linkline.org.uk/home.html
A confidential, anonymous listening, support and information service, run by students for students, every night of the University’s full term.

Samaritans
4 Emmanuel Road, Cambridge, CB1 1JW
Tel: 01223 364454 or 08457 909090
Email: jo@samaritans.org
www.samaritans.org/cambridge/
Provides confidential emotional support to people in distress or despair.

University’s Student Handbook
www.cam.ac.uk/staffstudents/studenthandbook
Provides a comprehensive and detailed guide to all aspects of student life, including: exams, student complaints, University facilities, welfare, finance and how to deal with personal and academic problems.

University’s Code of Practice
www.admin.cam.ac.uk/offices/gradstud/policy/quality/cop/
The Code of Practice sets out the University’s guidelines for research degrees and outlines your responsibilities and rights, as well as those of your faculty and college.

University’s Guidance & Good Practice
www.admin.cam.ac.uk/committee/seniortutors/guidance
Outlines what you can expect from your college, Senior Tutor and Supervisor.

Legal Advice

Citizen’s Advice Bureau
66 Devonshire Road, Cambridge,
CB1 2BL
Tel: 08448 487979
Email: www.cambridgecab.org.uk/
Find_advice/Find_advice.htm#e-mail
www.cambridgecab.org.uk

Sexual Health

The Laurels
20 Newmarket Road, Cambridge,
CB5 8DT
Tel: 08456 505152
www.sexualhealthcambs.nhs.uk/
info_laurels.php
For confidential sexual health check-ups.

Sexual Health Cambridgeshire
www.sexualhealthcambs.nhs.uk

Cambridge University Students’ Union
www.cusu.cam.ac.uk/welfare/
sexualhealth/

NHS Guide to Contraception
www.nhs.uk/Livewell/Contraception/Pages/Contraception-hub.aspx
Health & Fitness

Doctor

Your college nurse may be able to help you with a variety of non-emergency conditions, but you should also register with a General Practitioner (GP) as soon as possible after your arrival. You can do this by either visiting the GP surgery or your college nurse should be able to help you. GPs are run by the National Health Service (NHS).

Dentist

The Cambridge University Dental Service provides dental treatment exclusively for University students and staff at NHS prices. Registration is free and ensures prompt emergency treatment. For routine treatments, appointments should be made as early as possible. If you are not registered with an NHS dentist, you will need to have private treatment for any emergency. This costs a great deal more than NHS treatment.

Newnham Walk Surgery
Wordsworth Grove, Cambridge, CB3 9HS

Trinity Street Surgery
3 Trinity Street, Cambridge, CB2 1SY

(for both surgeries)
Tel: 01223 336811
www.newnhamwalksurgery.nhs.uk

More Surgeries
www.camstudenthealth.co.uk/pages/single/practices/
Out-of-Hours Health Care

Urgent Care Cambridge
Union Lane, Chesterton, Cambridge
Tel: 0330 1239131
For non-emergency out of hours medical assistance contact Urgent Care Cambridge (formerly CamDoc). You may be automatically transferred to this service if you dial your usual surgery out of hours.

NHS Direct
Tel: 0845 4647
www.nhsdirect.nhs.uk
NHS Direct is a 24 hour telephone, online and interactive digital TV health advice and information service provided by the NHS. NHS Direct provides confidential advice on how to manage illness at home, and is a good source of information during the hours outside Doctors’ and Dentists’ opening times.

Emergency Services
999 is the British emergency telephone number, which can be dialed for any emergency service. 112 has the same function.

Hospitals
The local hospital for Cambridge is Addenbrooke’s Hospital. The Accident & Emergency Unit is based here, and is open 24 hours a day.

Medical Costs
If you are a British/EU national or a student from any country on a full-time course lasting over six months, you and your spouse/dependants are entitled to free health care from the NHS. Students are not, however, generally exempt from paying prescription charges, dental or optician’s costs unless they are under 19 years old. Students 19 or over can only get free prescriptions if they have a Certificate of Exemption. These are available to some students on the grounds of low income. You can pick up the necessary HC1 form by emailing the Welfare and Rights Officer, Rosie O’Neill: welfare@gradunion.cam.ac.uk.

Addenbrooke’s Hospital
Cambridge University Hospitals NHS Foundation Trust,
Cambridge Biomedical Campus,
Hills Road, Cambridge,
CB2 0QQ
Tel (Hospital): 01223 245151
Tel (A&E): 01223 217118
Night Safety

Cambridge is generally very safe but it is still important to take sensible precautions at night. Basic tips for keeping safe when out and about:

- Walk in groups at night or in busy, well-lit areas
- Let someone know where you are going
- If you are cycling, make sure your bike has goods lights and reflectors
- Carry a personal attack alarm (£2.20 from the GU)
- If you are alarmed or concerned, go to any college Porter’s Lodge where Porters will provide shelter, advice and assistance

Insurance

You might not think you own very much but research shows that the average student owns £6000 worth of belongings such as a laptop, iPod, television, mobile phone, bike, clothes etc. We strongly recommend that you take out personal insurance to cover you against theft, loss or damage to your personal belongings. Although there are many insurance companies in the UK, the National Union of Students recommends Endsleigh Insurance (www.endsleigh.co.uk).

Sport & Fitness

If you’re interested in staying fit and healthy in Cambridge, there are plenty of options available. Cambridge is very flat and has plenty of green space, so is the ideal place for jogging and cycling. There are plenty of University sports and fitness societies of every sort imaginable, from team sports to dance to fitness.

Although the University of Cambridge has no centralised sports centre, many colleges may have their own weights or small fitness room. There are also a number of sports centres in Cambridge offering cheap student rates for both classes and use of the fitness suites.

Sport at Cambridge
www.sport.cam.ac.uk

Societies Directory
For all sport and fitness societies at Cambridge
www.cusu.cam.ac.uk/societiesdirectory
Student Parents

There are a significant number of students with families at Cambridge, and support is provided both by University and student-led organisations. These organisations are a valuable source of information and assistance, and regularly plan events to facilitate socialising between students with families.

University Childcare Office
21 Trumpington Street, Cambridge, CB2 1QA
Tel: 01223 760901/765305
Email: childcare@admin.cam.ac.uk
www.admin.cam.ac.uk/univ/childcare

The Childcare Office provides information and advice to all student parents on financial matters, health care, nurseries and activities. The Office also organises events, runs a childcare bursary scheme and publishes a weekly email bulletin, as well as producing the Cambridge Guide to Student Parents which can be viewed on their site. To contact an adviser and join the mailing list, email childcare@admin.cam.ac.uk.

University Family Society
Email: soc-family@lists.cam.ac.uk
www.societies.cam.ac.uk/family/

The Family Society is a student-run group that organises events specifically for students with families and dependents, providing opportunities for families at the University of Cambridge to get to know each other.

GU Parent & Toddler Group
Granta Lounge, Ground Floor, University Centre, Granta Place, Mill Lane, Cambridge, CB2 1RU

The GU’s popular Parent & Toddler Group is held every Friday, 10am-12.30pm, in the University Centre. The group is free for all students with children and their partners. Free coffee and biscuits are provided.
**International Students**

**Advice & Information**

Cambridge has a vibrant, well-integrated international community, and lots of support is offered to those moving to the UK from abroad. International student societies, the Student Advice Service (see page 21), and International Representatives on your college MCR can all provide advice and information.

**English Language Support**

The University Language Centre offers a five-week intensive English for Academic Purposes (EAP) course in August and September before the start of the academic year. The course also includes English language support during the year. For prices and information visit: www.langcen.cam.ac.uk.

**Societies Directory**

There is a student society for almost every nationality

www.cusu.cam.ac.uk/societies/directory/
Weather

British weather is notorious for being cold and cloudy, but it is not unusual to experience very sunny weather at the beginning of Michaelmas term. However, bear in mind that winter is often snowy, and it does rain throughout the year, so pack accordingly.

Clothing

Formal wear is required for matriculation photos and formal dinners. For men, a dark suit with shirt is normally worn, and for women a dress or blouse with skirt/trousers.

Academic Dress

You’ll also need a gown and other items of academic dress; visit: www.gradunion.cam.ac.uk/facilities/shop/#gownhire for guidance.

Food

Various supermarkets on Mill Road stock ingredients from all over the world: Halal grocers and butchers can also be found here. If you are a consumer of Halal or Kosher food, be sure to notify your college so that it will be provided at hall.
Banks

It is worth opening a bank account as soon as possible once you arrive in Cambridge as it can take a while for cards, PINs, cheque books and other details to come through. Banks offer different benefits to students, and it is important to find one that suits you. Opening hours vary, but are usually: Mon-Fri 9am-5pm & Sat 9am-1pm.

To open a bank account you must provide the following:

- Original and copy of Passport
- University Confirmation/Registration letters
- Accommodation letter from your college stating duration of your course and non-UK address
- Confirmation letter of sources of funding (if applicable)

Telephone Services

For calling in the UK, it is very cheap to purchase a ‘Pay As You Go’ mobile phone and top-up your balance regularly. Alternatively, many service providers offer good deals for a contract, whereby a fixed monthly charge gives you a limited number of minutes and messages. The five main UK operators are 3 Mobile, O2, Orange, T-Mobile, and Vodafone.

There are a number of ways to make international calls. If you have access to the internet, Skype offers free international calls between computers. Alternatively, you can purchase a phonecard from a newsagent, which offers lower rates on international calls than when paying with coins.

iCUSU

As an international student, you automatically become a member of CUSU International (iCUSU), an autonomous campaign that is affiliated with Cambridge University Students’ Union (CUSU). iCUSU is there to provide support from students for students, and has an exciting Freshers’ Week events timetable open to both graduates and undergraduates. See their website for more details: www.international.cusu.cam.ac.uk.
University International Office
16 Mill Lane, Cambridge, CB2 1SB
Tel: 01223 764680
Email: international@admin.cam.ac.uk
www.admin.cam.ac.uk/offices/international/

The International Office offers guidance to students who have been accepted to Cambridge or who are currently in residence, as well as providing inductions and orientation information for new students. It is also responsible for administering the Socrates-Erasmus Exchange Programme and the Cambridge European Trust Vacation Scholarships. It’s well worth dipping into their ‘A-Z for International Students’ at: www.admin.cam.ac.uk/offices/international/orientation/az.pdf.

Visas & Immigration

The UK Border Agency now operates a Points-Based Immigration (PBI) scheme, applicable to all incoming international students outside of the European Union (EU). For information on how this might affect your study at Cambridge contact:

University Points Based Immigration Office
Tel: 01223 337984/760199
Email: studentvisas@admin.cam.ac.uk
www.admin.cam.ac.uk/office/pbi/

UK Border Agency (Home Office)
www.ukba.homeoffice.gov.uk/studyingintheuk/

UK Council for International Student Affairs
www.ukcisa.org.uk

Major Changes to Tier 4 Visa Applications
(from 4th July 2011)

- Restrictions on bringing dependants
- Simpler application procedure for nationals deemed ‘low-risk’
- Funds requirements - students’ declaration and unacceptable financial institutions
- Statements on academic progression to be included in the CAS
What’s On

GU Events

The Graduate Union puts on a wide range of social events for graduate students, during term time and vacations, both at the GU Lounge and in venues throughout Cambridge. Our aim is to facilitate interaction between graduate students from different colleges and departments and to give students an enjoyable break from study.

Highlights of the GU’s Annual Events Calendar

**MCR**Revolution (October)
The biggest start-of-term party in Cambridge, bringing together 900 graduates from all the colleges and Cambridge’s best DJs, for an unforgettable night at Vodka Revolution. This year’s MCR Revolution is on Sunday 16th October. Tickets go on sale from mid-September, so don’t forget to reserve one through your MCR.

**GU Ski Trip (March)**
The popular and affordable Ski Trip is always a resounding success, so keep your eyes peeled for more information in Michaelmas term.

**The Nobel Laureate Lecture (June)**
In 2011 the GU, in partnership with the Union Society, was proud to host Amartya Sen at the Annual Nobel Laureate Lecture. This event takes place in June of every year.

**The GU Ball (July)**
For those who didn’t quite get enough of May Week, the GU Ball is terrific fun and great value. Tickets for the 2011 Ball included a champagne reception, free food and drink all night, live bands, silent disco, casino, massages and a professional photographer.
Keep an eye out for forthcoming GU Events

GU Events page
www.gradunion.cam.ac.uk/calendar/guevents/

GU Bulletin
www.gradunion.cam.ac.uk/bulletin/

www.facebook.com and search for
‘Cambridge University Graduate Union’
‘Cambridge University Graduate Freshers 2011’

www.twitter.com/GraduateUnion
In & Around Cambridge

Cambridge is a beautiful place to live in both winter and summer, and whilst the town centre is relatively small there is plenty to keep you occupied. The listings below are our pick of the best spots in and around the city.

Places to Visit
University Botanic Garden – www.botanic.cam.ac.uk
Grantchester – www.grantchester.info
Punting and picnic on the River Cam

Cinemas
Arts Picturehouse – www.picturehouses.co.uk/cinema/Arts_Picturehouse_Cambridge/
Vue – new.mylvue.com/home/cinema/cambridge
Cineworld – www.cineworld.co.uk/cinemas/7

Theatres
ADC Theatre – www.adctheatre.com
Cambridge Arts Theatre – www.cambridgeartstheatre.com
The Junction – www.junction.co.uk

Museums & Galleries
Fitzwilliam Museum – www.fitzmuseum.cam.ac.uk
Kettle’s Yard – www.kettlesyard.co.uk
Museum of Archaeology and Anthropology – www.maa.cam.ac.uk
Museum of Zoology – www.museum.zoo.cam.ac.uk
Cambridge Folk Museum – www.folkmuseum.org.uk
Scott Polar Research Institute – www.spri.cam.ac.uk

Live Music
Cambridge Corn Exchange – www.cornex.co.uk
The Junction – www.junction.co.uk
The Cricketers Pub – 18 Melbourne Place, Cambridge, CB1 1EQ
The Portland Arms Pub – www.theportlandarms.co.uk
La Raza – www.laraza.co.uk

For lots more things to see and do in Cambridge visit: www.visitcambridge.org/VisitCambridge
Cristine Pâtisserie

Situated in pretty surroundings in the heart of Cambridge, Cristine Pâtisserie opened its doors in May 2008. Three years on and it is a favourite for everyone, with the ‘home sweet home’ feeling and smell of fresh baking combined with the thrill and flair of Brazil.

We specialise in homemade cakes, sandwiches, light lunches, fresh juices, teas and coffees. Our flavours range from typical British recipes to the exotic tastes of South America. Our mouth-watering cakes are made for all occasions such as birthdays, weddings, Christenings, etc. We also cater for business lunches, picnics and parties. Just call or pop in to see Cristine to discuss your needs!

1 Botolph Lane
Cambridge CB2 3RD
07763 529 886  www.cristinepatisserie.com

DOJO noodle bar

A popular, quick and easy option for students in town in search of something filling and relatively inexpensive. As one of the restaurants in the small courtyard off Mill Lane it is in a conveniently central location for many graduate students. There is a large choice of rice and noodle dishes from around the Pacific Rim and the portions are generous. There are excellent, steaming hot soups and plenty for vegetarians and those with nut allergies as well. Do not expect an intimate night out — parties are often asked to share benches and service is basic — but this place does have a nice buzz to it. Take-away is available as well, making this a generally useful backup where you know what to expect and won’t be stung by an inflated bill.
CamSAN was set up by the Cambridge Alumni Relations Office (CARO) in conjunction with the Graduate Union, and organises a range of events throughout the year enabling graduate students to network with alumni.

Find out about forthcoming CamSAN events and get news updates through Facebook

www.facebook.com/CambridgeSAN

As soon as you become a member of the alumni community, you will be able to benefit from:

- A personalised CAMCard, giving you a wide range of discounts in Cambridge and online
- Updates from across the University, through CAM magazine, the monthly e-bulletin, and the website www.alumni.cam.ac.uk
- Access to over 400 Alumni Groups, connecting you with alumni across the world

www.facebook.com/cambridgealumni twitter.com/CARO1209
www.linkedin.com/groups/University-Cambridge-Alumni-3980060
Cambridge Glossary

**Backs**
Areas in colleges which are situated next to the river Cam

**Boatie**
A very dedicated rower

**Bop**
Student party, usually held in college

**Buttery**
Canteen

**CUSU**
Cambridge University Students’ Union. Represents both undergraduates and graduates

**Easter Term**
Third term (April – June)

** Ents**
Events

**Fellow**
A senior member of college who often teaches in the subject in which they specialise

**Formal or Formal Hall**
Normally held at least once a week in the college dining hall – a relatively cheap three-course meal. Students are required to wear formal clothes and gown

**GU**
The Graduate Union

**June Event**
Toned-down and less expensive version of the May Ball

**Lent Term**
Second Term (January – March)

**May Ball**
Black/White tie events held in May Week, beginning at around 7pm and ending at around 6am the following morning. Endless entertainment, food and drink of all varieties

**May Week**
Confusingly takes place in mid-June. A week dedicated to balls (see May Ball), garden parties and general revelry after exams

**MCR**
Middle Common Room. A college’s graduate students’ union, representing the views of graduate students to official college bodies and providing social activities in college. Variations of the MCR depend on the makeup of the college, and include: Student Association (SA) at Darwin and Wolfson, Common Room (CR) at St. Edmund’s, Graduate Parlour (GP) at Pembroke, Students’ Union (SU) at Lucy Cavendish and the Graduate Student Body (GSB) at Clare Hall, to mention a few

**Michaelmas Term**
First Term (October – December)

**Pigeon Hole**
Personal letterbox in college

**Plodge**
The Porter’s Lodge

**Porter**
Based in the Porter’s Lodge (surprisingly), gives help and information to visitors and students alike. Very friendly and helpful even when you’ve locked yourself out of your room for the third time

**UL**
The University Library

**UMS**
University Mail Service