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We offer you a warm welcome to the University of Cambridge and to the Graduate Union.

Whether you are about to embark on an exciting research project or join one of our taught Masters courses, we hope that you will benefit from the legacy of 800 years of educational excellence and also play your own part in contributing to the future of this special University. During your time at Cambridge, you will have the chance to make connections and seek out opportunities that will help establish or further your career, as well as make lifelong friends.

The Graduate Union works hard to support and further the interests of individual graduate students and the graduate body as a whole. This handbook contains useful information to help you navigate the collegiate University and make the most of what Cambridge has to offer.

I do hope you enjoy your time in Cambridge, and I look forward to meeting as many of you as I can.

Leszek Borysiewicz
Vice-Chancellor of the University
Patron of the Graduate Union
On behalf of the Graduate Union, I would like to warmly welcome you to the University of Cambridge!

Whether you come straight from an undergraduate degree, are moving to Cambridge from outside the UK, or settling in Cambridge with your family, the Graduate Union is here to assist you in your transition into Cambridge. Whilst you will all belong to both different colleges and different departments, the GU acts as a great cohesive centre with resources for everyone. The GU is the only graduate student union in Britain dedicated to serving the needs of graduate students!

The GU is the heart of graduate students’ social and academic life. We sit on University committees and raise issues which are important to graduate students. We also organise a range of social events for international students, mature students and families.

To do all this we really need your input. I would encourage you to get involved in the GU organisation or to just pop down to 17 Mill Lane and see what’s going on.

Have a fantastic time in Cambridge!
Hi, I am Jack. I work for the GU and CUSU as Welfare and Rights Officer. My work ranges from individual sexual health training to representing the student voice on committees. I also help head the Student Advice Service, which has an office in the GU and provides non-directive, non-judgemental advice and signposting.

Jack Wright
Welfare & Rights Officer

Hi, I am one of the staff Student Advisors at the Student Advice Service. I am here to offer you advice and guidance on any issues that you may have whether it is academic or personal. I split my week between both the Graduate Union and the CUSU offices, so you can arrange to make an appointment to see me at whichever location suits you best or feel free to simply pop in. You can also reach me by phone or email.

Rachel Wilson
Student Advisor

Hi! I am the Advice Service Manager as well as a 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 and CUSU, 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 don’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
Advice Service Manager/ Student Advisor
What is the GU?
In 1954 Mrs G M Burkill, the wife of the then Master of Peterhouse, was appalled by the treatment of graduate students, and called a meeting that resulted in the formation of the "Junior Graduate Society", later the "Graduate Union Society". Today it is an autonomous organisation, which is officially recognised and partially funded by the University and run by a Board of elected officers and trustees. Although the President is no longer required to cook meals for upwards of 150 graduates as Mrs Burkill did, the spirit of the GU still remains to serve not 150 graduates but over 9,000 – the entire graduate community.

The GU provides a wide range of services including publishing this annual Handbook, running the Service Point/shop, offering bookable meeting rooms with audiovisual equipment, organising social events and providing support for your welfare and academic issues in confidential settings.

Membership
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.
- mature undergraduates (who were 21 years of age or over at the commencement of their course of study)
- undergraduates in their fourth or higher year of residence
- affiliated students

Associate members don’t have voting rights but are welcome to use all GU services and facilities.
Representation
The GU President has one full-time elected sabbatical officer (The President) and one part-time elected sabbatical officer (GU-CUSU Welfare & Rights Officer). The President and Student Support Officer work together with the GU Board. Students are represented through their faculty representatives in their department and through MCR officers in their colleges. 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.

GET INVOLVED NOW!
We are looking for enthusiastic candidates for the GU’s Board of Officers 2014-15. Positions will be elected in Michaelmas term. Register your interest at: enquiries@gradunion.cam.ac.uk

Treasurer
Secretary
Academic Affairs Officer
International Officer
Events Officer
Communications Officer
Families Officer
Environmental Officer
Mature Undergraduate Officer
Women’s Officer

There is an exciting range of positions available suitable for almost any interest. It is an amazing experience to lead, shape and represent all graduate students at all levels of the university (and it looks great on your resume too ;-)
Facilities and Services

GU Service Point & Shop

The Graduate Union provides a number of services to help you in your work and student life through the GU Service Point. These services are:

- **Business services** – Printing, faxing, laminating, scanning, black and colour photocopying with competitive rates, public access computers, and a free wireless internet facility throughout the building.
- **Binding services** - ranging from soft-binding for drafts to professionally-produced hard back binding for final versions of theses.
- **Gown hire.**
- **The Graduate Union Shop** sells well-priced stationery, including University crested items, greetings cards, second-hand academic gowns.

Opening hours: Mon, Wed & Fri 9:30am-1pm and 2pm-5pm
GU lounge and room booking

The central lounge space and meeting rooms are available for hire free of charge by graduates for individual use or on behalf of a society. All that is required is the payment of a refundable deposit. The lounge is wired with surround-sound audio-visual equipment; the meeting room has white boards and flip charts. There is also a PA system which may be booked for use by MCRs and other societies.

Contact details Graduate Union:
17 Mill Lane, Cambridge, CB2 1RX
www.gradunion.cam.ac.uk
Enquiries: 01223 333312/enquiries@gradunion.cam.ac.uk

The GU produces a weekly email bulletin with information about its current activities, graduate issues and forthcoming events.

Access via lift and ramp is available at the rear of the building, on the 16a Mill Lane site. Email: Dave Homeyard (dmh41)
Term dates
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.

Michaelmas term: 7 October 2014 - 5 December 2014
Lent term: 13 January 2015 - 13 March 2014
Easter term: 21 April 2015 - 12 June 2015

College
All students belong to a college. Colleges exist to provide, among other things, accommodation, welfare and some financial assistance. Although many grad students don’t live in college accommodation, so their interaction with college might be limited to checking post or dining in hall occasionally. Each student is assigned a (Graduate) Tutor, whose role is to assist you with any academic- or welfare-related query.
Faculty and Department
In most cases, the faculty or department become the base for graduates. Graduate courses are either taught (most MPhils) or research-based (most PhD’s), and supervisions occur year-round in most instances. Your relationships with your supervisor will play a key role in your experience of Cambridge. In order to gain the most benefit from your working relationship with your supervisor, set clear expectations at the beginning and follow-up with an email confirming what was discussed and when you will next meet. In addition to having a Supervisor, graduates are often assigned an Advisor. This person is available to help in case you have problems with your supervisor, write reference letters or to offer career advice.

The Student Registry
The Student Registry oversees the registration and approval of the University’s graduate students, as well as managing graduate students’ progress, examinations and records (CamSIS). The Student Registry is also a valuable source of information about fees, funding, and University regulations. Alongside your college and faculty/department, the Student Registry provides information and support about how to manage your graduate studies while in Cambridge.
University Libraries

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

- University Library (UL)
- Dependent libraries
- Department and faculty libraries
- College libraries
- Other University associated libraries

University Library (UL)

The main University Library (known as the UL) is home to over 8 million printed items, 100,000 ejournals, more than 400 full-text and citation databases, and ebook collections from over 40 different publishers and suppliers, the Library provides a unique space to study. The UL also houses the University Archives and many of the University's special collections, with specially designed reading rooms for rare books, manuscripts and maps. To read at the UL all you will need is your University card. Your University card also allows you to borrow 20 books for 8 weeks. You'll need to leave any large bags, in the locker room next to the Entrance Hall before going into the Library. You can take into the Library any books (including items from other libraries), files and stationery. Clear plastic bags can be purchased at the Reader Services Desk in the Entrance Hall. The Tea Room in the Library serves snacks and hot lunches. The Tea Room in the Library serves snacks and hot lunches and is a good place to catch up with friends.

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The Reporter
The Reporter is the official journal of the University. Special editions of interest to graduate students include the Lecture List for the academic year, the Awards, Funds, Studentships and Prizes issue.

University Information Service
If you have any queries or need technical support, the UIS is the place to go. The UIS offers many instructor-led, self-taught and online courses to improve your computer skills. The UIS also offers computer software at reduced prices. The UIS also runs the following services, which you will encounter frequently:

- **Hermes:** this is the University’s email system. You can access Hermes through the web or through a mail client (e.g., Outlook/Apple mail).

- **Raven:** is the University-wide web authentication service. Logging in using Raven grants you access to private online resources. Your college may use it to book punts or hall. The GU uses Raven-authenticated online voting for all of its elections.

University Language Centre
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. Many colleges contribute to the price of language classes taken during the academic year.
**University Careers Service**
The University Careers Service provides information and advice to all University graduate students and alumni. Register onto their website for over 4,000 graduate-level vacancies a year, a full diary of events running throughout the academic terms and sign-up for their ‘CamCareers’ email news service. Staff are available for advice and they also run regular workshops, briefing sessions and major careers events covering most employment sectors, including careers in academia.

**International Student Team**
The International Student Team (IST) provides specialist support to students who come to study at Cambridge from outside the UK and to Cambridge students who study overseas as part of their course. You can contact them for visa advice, orientation information and guidance on living in the UK.

**CUSU**
Every member of the University automatically becomes a member of Cambridge University Students’ Union (CUSU). CUSU represents you and provides welfare advice, support and services for everyone studying at the University. Alongside the GU, CUSU has executive officers who represent the interests of both undergraduate and graduate students, so graduates are represented twice over in Cambridge.

**iCUSU**
As an international student, you automatically become a member of International CUSU, an autonomous campaign affiliated with CUSU. iCUSU provides support from students for students. They have exciting events in Fresher’s Week for both graduate and undergraduate students.
Living in Cambridge

Accommodation
The majority of students on one-year courses, and those in their first year of research degrees, are allocated in college accommodation. If your college is having difficulties providing accommodation for you, it is worthwhile emailing other colleges to ask whether they can offer a room. In many colleges graduate students rent private accommodation in their 2nd, 3rd and 4th years of research. It is advisable to start looking a few months in advance.

Accommodation Service
The Accommodation Service is the accommodation-finding department of the University. They can help you finding a place for short visits or to find a home and settle into life in Cambridge.

Be aware when using other websites listing properties. Fraudsters will often target students; use your common sense and never agree to send money as a deposit to the advertiser without viewing it first. Never use Western Union to transfer money. It is the well-known source of fraud.

Council tax
Council tax is a tax on private property from which students are usually exempt, even in the 4th year of research degrees. 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 info: https://www.cambridge.gov.uk/council-tax
Transport

Bike

The cheapest and quickest way to get around Cambridge is to cycle. You may find adverts in college from students seeking to sell their bikes. Alternatively you can purchase new or second-hand bicycles in a number of shops in Cambridge.

When cycling it is worth noting a few points:

- It is illegal to cycle without front and rear light. Police regularly fine people for cycling without lights.
- It is illegal to cycle on the pavement
- It is not compulsory to wear helmets, but it is really advisable.
- Bicycle theft is common in Cambridge and always lock your bike to immovable objects.

Bus

Cambridge is well-serviced by buses. Local services usually run to/from Cambridge bus station in Drummer street, and/or adjacent Emmanuel Street and St Andrew’s Street. There are frequent buses to the railway station from the city centre. Discounted fares operate on the Uni 4 bus (which runs Mon-Fri from Addenbrookes to Madingley Road). For more information: www.cambridgeshire.gov.uk/info/20017/buses
Train
Cambridge Train Station is a 10 minute cycle ride and 20 minute walk from the city centre. Regular services operate to London Kings Cross and Liverpool Street, as well as to many local and national destinations. If you use the trains frequently it is advisable 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 £30, valid for a year, which gives you a third off most rail fares anywhere in Britain. Railcard info: http://www.16-25railcard.co.uk

Car
If you are in college accommodation, you will need to check with your college and obtain a licence from the Motor Proctor to register your car. For info: http://www.admin.cam.ac.uk/offices/proctors/motor/

Student parents
There are a significant number of students with families at Cambridge, and support is provided by the University, the GU 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.
GU Parent & Toddler Group
Your family is part of the GU. The GU hosts weekly coffee mornings for student parents, every Friday between 10:30am and 12:30 in the University Centre. The group is free for all students with children and their partners. Free coffee and biscuits are provided.

University Childcare Office
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. The University has two workplace nurseries, managed on behalf of the University.

Practical information
Leaving home and coming to a new place to live can be a daunting experience. Thankfully, Cambridge has a vibrant international community, which is very well integrated with the rest of the student population.

Clothing
Formal wear is required for matriculation and formal dinners. For men, a dark suit with shirt is normally worn, and for women a dress or blouse with skirt/trousers. You may also need a gown. To hire a gown from the GU: http://www.gradunion.cam.ac.uk/facilities/shop/gown-hire/
Food
You might enjoy Christmas dinner, mince pie and mulled wine in Michaelmas term, pancakes and hot cross buns for Lent term, and BBQ’s, strawberry with cream and Pimm’s for Easter term. The UK has a reputation of having food from all around the world. You can find all kinds of restaurants in Cambridge (e.g., French, Italian, Japanese, Chinese, etc.). If you have any dietary requirements (e.g., Halal or Kosher) or allergies please inform your college in order for them to prepare the formal and hall dinners accordingly. Another way of trying international food is to make as many friends from different nationalities as you can and let them cook for you! :)

Weather
British weather is notorious for being cold and cloudy, but it can also be sunny. Bear in mind that winter is often snowy, and it does rain throughout the year.

Student Profile: Wei Liu

“It is going to be my third year here in Cambridge. As an international student, I feel extremely warmly welcomed by the University, colleges and Graduate Union. Studying at Cambridge is difficult, as you have to compete with the genius students from all over the world. Fortunately, you may always find an appropriate training program for enhancing yourself, such as a language class, report writing class and entrepreneur training workshop. The libraries provides you with millions of books and countless on-line materials for acquiring the knowledge and securing a solid foundation for brilliant research. The peaceful environment offers the students with enough space and time to think of the nature of their research. Time goes quickly. I still remembered the first day when I arrived in Cambridge. I am not sure how I would feel when I leave the campus, but I am sure that it will be my loving home, for my life. You may have the same feeling as me and I hope you enjoy your new journey from here. Good luck!”
Health, Support & Welfare

**College support**

**Tutor**
In your college, you will be assigned a Graduate tutor who will be responsible for providing you with personal and non-academic support (e.g. finance, accommodation, family or medical issues) and assistance in matters of communication with your Faculty, Department and supervisor. Make sure you know who your tutor is. Try to maintain good contact with your tutor.

**College nurse**
Some colleges have a nurse or access to a nurse. 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 when you arrive. Your college nurse will also be able to direct you to other sources of support, help you joint a GP or dentist.

**College chaplain/dean/advisor**
Most colleges have a chaplain, dean or advisor available, who offer pastoral and spiritual support, a listening ear and guidance on any issue, regardless of religious belief/non-belief.

**University support**

**University Counselling Service**
Many decisions are made or problems solved through discussions with friends, family, tutor, nurse, chaplain or colleague, but at times it is right to seek help away from one’s familiar daily environment. The University Counselling Service (UCS) exists to meet such a need. UCS provides free, confidential and professional counselling to all students. To make an appointment, visit their website. UCS also regularly runs group sessions on a range of issues.
Student Advice Service

The Student Advice Service offers free, confidential and independent support to all Cambridge University students. 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 GU and Cambridge University Students’ Union (CUSU). All Advice Officers are trained to provide support and representation.

Explore your options.

Drop in, email, call…

Cambridge University Students’ Union
Old Examination Hall, Free School Lane,
Cambridge, CB2 3RF

The Graduate Union
17 Mill Lane, Cambridge,
CB2 1RX

Email: advice@studentadvice.cam.ac.uk
Call: 01223 746999
www.studentadvice.cam.ac.uk
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. As (disabled, wheelchair user) GU President, I can really advice you to contact the Disability Resource Centre.

Disability Resource Centre (DRC)
The University has an active Disability Resource Centre (DRC). 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 (e.g., note-taker) and liaison with your college or department. The DRC also administers several bursaries and publishes an online guide containing practical access information to most University buildings. All enquiries and discussions with the DRC are completely confidential.

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/dependents are entitled to free health care from the NSH. Students are not, however, generally exempt from paying prescription charges, dental or optician’s costs unless they are below 19 years.
Sport & Fitness
In 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. The University competes at the highest levels with its sports teams, most notably in the series of head-to-head Varsity fixtures against Oxford. Some colleges and sporting clubs have their own gyms, but these tend to be small. Therefore, if you intend to work out at a gym, you may want somewhere better equipped, such as Glassworks Gym. Glassworks Gym is an absolute favourite among graduate students. It has a sauna, steam room and a jacuzzi.

Doctor, dentist and hospital

Doctor
It is important to 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. GP’s are run by the National Health Service (NHS)

Dentist
The Cambridge University Dental Service provides dental treatment exclusively for University staff and students at NHS prices. Registration is free and ensures prompt emergency treatment. For routine treatments, appointments should be made as early as possible.
Out-of-hours Health Care

Urgent Care Cambridgeshire
When your problem can’t wait for your GP practice to open, Urgent Care Cambridgeshire provides non-emergency out of hours services between the hours of 6pm and 8:30am during weekdays and 24 hours a day service at weekends and Bank Holidays.

For comprehensive advice on health and local services in Cambridge visit Cambridge Student Health website: http://www.camstudenthealth.nhs.uk

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

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

Security
Cambridge is a relatively safe city, 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 good lights and reflectors.
• Carry a personal attack alarm (£2.20 at the GU)
• If you are alarmed or concerned, go to any college Porter’s Lodge. If the porter is unavailable or in case of a serious crime call the police.
Fun in Cambridge

**GU events**
The Graduate Union puts on a wide range of social events for graduate students, both at the GU lounge and in venues throughout Cambridge. Our aim is to facilitate interaction between graduate students from different colleges and departments.

**Upcoming events:**
- **Graduate Union Squash:** The Graduate Union will be hosting a squash with jazz and cocktails starting at 7PM. Great chance for grads to mix and mingle!
  *When:* Monday, 6th of October from 4PM onwards.
  *Where:* The Squash will be held at the Cambridge Union Society (9A Bridge Str.). The Cambridge Union is a debating society and a private members club. The Graduate Union (located on 17 Mill Lane) is the official University students’ union for all graduate students in Cambridge, representing students to the University.
- **Intercollegiate LGBT+ Grad Mixer:** The mixer is a great way to meet grads from the University and reconnect with old friends after the Long Vacation. There will be free drinks (alcoholic and non-alcoholic) and nibbles. Following the event, the night continues at the first Spectrum (CUSU LGBT Club Night) of the year!
  *When:* Monday, 6 October, 8-11 pm
  *Where:* Jesus College Cricket Pavilion
- **CUSU Societies’ Fair:** all Cambridge societies. Drop by at the GU stand! :)
  *When:* Tuesday 7 and Wednesday 8 October at.
  *Where:* Kelsey Kerridge Sports Centre.
- **GU Film Night:** join us for a movie (of your choice). Free popcorn and drinks
  *When:* Thursday 9 October, doors open at 7:30pm, movie starts at 8pm
  *Where:* The Graduate Union (17 Mill Lane)! :)
- **GU Parent Toddler Coffee morning:** every Friday at the University Centre between 10:00am - 12:30pm Student Parent Event on 24 October
- **GU elections** for new executive officers: nominations for the GU Executive Board open between 13-27 October (tbc). GU elections: Monday 3 November 2014 (tbc). Get involved and register your interest as International Officer, Events Officer, Treasurer, Families Officer or many other positions.
Student Profile: Telma Almeida

"I am a second year PhD student at the Department of Psychology and I came from Portugal full of dreams and aspirations. As time goes by this amazing experience keeps exceeding all my expectations. I have met and learnt from extraordinary people whose work is inspiring. I made new wonderful friends, was "Social Secretary” for Sidney Sussex College MCR, presented my work at international conferences, got my first house and even got engaged. For all of these reasons Cambridge will forever hold a dear and special place in my heart. I wish that your Cambridge experience is as rewarding as it has been for me and that you succeed in everything you do.”

University events

ADC Theatre
The Amateur Dramatics Club (ADC) Theatre is a department of the University and is the oldest University playhouse in the country. It is run almost entirely by students. This theatre has seen the emergence of, amongst others, Academy Award winners Emma Thompson (Newnham) and Rachel Weisz (Trinity Hall). During University Term, they usually present two shows a night: mainshow at 7:45pm Tuesday to Saturday, followed by a late show at 11pm.

Cambridge Science Festival
The Cambridge Science Festival is the largest free science festival in the UK, welcoming around 25,000 members of the public each year. The Festival aims to encourage young people’s interest in science and technology, and to engage the public through debates, talks and activities.
The University Centre
The University Centre offers a wide range of catering and social facilities for Graduate members of the University, as well as University and College staff. The Centre enjoys lovely views across the river near Mill Pond. There is a bar, restaurant, cafeteria-style dining room, TV lounge, computer room, cafe, reading room and a number of conference rooms. This is also the place where the GU parent toddler coffee mornings take place (Cormac Room).

Cambridge Union Society
The Cambridge Union Society is a debating society in Cambridge and should not be confused with the Graduate Union. The Cambridge Union Society is a private society with membership open to all students of the University of Cambridge and Anglia Ruskin University. It is completely separate from the GU and CUSU. The Cambridge Union receives no formal funding from the University and raises funds through membership fees and sponsorship. They organise Thursday night debates and individual speaker events. The Society is headed by students.

Museums and Galleries
Cambridge has a wide range of free attractions catering for all tastes.

Fitzwilliam Museum
The Fitzwilliam Museum is the art museum of the University. The museum has artefacts from Ancient Egypt, Greece, Rome, European & oriental sculpture and decorative arts, coins and medals, and Medieval and Renaissance illustrated manuscripts. The museum also has a large collection of paintings of Italian, French, Dutch and Flemish schools. Admission is free! :)

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Green spaces
Many colleges have lovely gardens open to students. Equally, Jesus Green, Parkers’ Piece, and Mill Pond are good candidates for summer picnics or simple outdoor activities. For walkers and cyclists with an afternoon to spare, the historic village of Granchester, with its scenic meadows and friendly pubs, is wonderful. It’s about 45 minutes on foot each way.

The Cambridge University Botanic Garden
The Cambridge University Botanic Garden is wonderful and entrance is free with your Cambridge University card. The garden comprises 40 acres with many fascinating features including a lake and glasshouses.

Kettle’s Yard Art Gallery
Kettle’s Yard Art Gallery has exhibitions of contemporary art and live music recitals, lunchtime talks, evening lectures, and also runs practical workshops (e.g., art, film-making and drawing workshops).

Other museums or galleries
The Zoology Museum (closed until 2016), The Polar Museum, The Museum of Cambridge and The Archaeology and Anthropology Museum are also worth a visit. Opening hours, web address and visitor information can be found in the back.
Societies
Societies are student groups established to promote sports, hobbies, subjects, countries and issues of interest. There are hundreds of student societies in Cambridge. From the CU Canoe Club, to the CU Rifle Association, CU Opera Society, CU Law Society, CU Dutch Society, CU African-Caribbean Society and many more! You can meet representatives of Societies’ Fair on 7-8 October at Kelsey Kerridge. Visit: http://www.societies.cam.ac.uk

College events
Engaging in social events in your college provides you the opportunity to meet fellow members and experience the historical aspect of Cambridge’s social traditions. The most known college events are ‘Formals’, ‘Bops’, and ‘May Balls’.

Formals
Depending on your college, Formals are hosted in Formal Hall (or Dining Hall), each week, twice a week or every night. Students attend in evening attire and often their academic gowns. Formals often include a pre-dinner drinks reception, a four-course meal with wine, and a post-dinner drinks reception. The Master (President of the college) sits at the head table and recites a Latin grace before and after dinner and often makes a short speech. Formals are popular because of the ambience they present - the candlelight setting and members of the University.
Bops
A ‘bop’ is Cambridge lingo for a college party. Each college organises a number of bops each term with various themes. Students of other colleges often can also attend as it provides the perfect opportunity to build inter-collegiate bonds.

May Balls
The academic year at Cambridge ends with most the colleges hosting a May Ball - which ironically are held in June. These events often begin at 7pm and last until 6am when the survivor’s photograph is taken, often followed by breakfast or event a punt to Granchester. May Balls are either black tie or white tie events and ticket prices typically range from £100-£300. Some colleges opt to organise a more modest June event in which tickets are often less expensive -ranging from £55-£100. May Balls and June events usually include a variety of musical performances from some rather famous bands or singers, as well as magic shows, amusement rides, silent discos, and various dancing venues. Of course, these events also include a great variety of alcoholic and non-alcoholic drinks and savoury food stands. Whilst the costs of tickets to these Balls are steep, many students consider it a worthy event to experience!
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Thompson’s Lane, Cambridge CB5 8AQ
01223 305060
www.theglassworksgym.co.uk
memberships@theglassworkshealthclub.co.uk
Accommodation Service
Kellet Lodge, Tennis Court Road, Cambridge CB2 1QJ
Tel: 01223 338099, Email: accommodation.service@admin.cam.ac.uk
http://www.accommodation.cam.ac.uk
Opening hours: Mon-Fri: 9am-12:45pm, 2pm-4:45pm

ADC Theatre
Park Street, Cambridge CB5 8AS
Tel: 01223 359547, Email: info@adctheatre.com
Book enquiries: Tel: 01223 300085, Email: boxoffice@adctheatre.com
https://www.adctheatre.com

Addenbrooke’s Hospital
Hills Road, Cambridge CB2 0QQ
Tel: 01223 245 151
http://www.cuh.org.uk/addenbrookes-hospital

Cambridge Rape Crisis Centre
Box R, 12 Mill Road, Cambridge CB1 2AD
Tel: 01223 245888, Email: contact@cambridgerapecrisis.co.uk
Available: Wed: 7pm-9.30pm, Sat: 3pm-5.30pm,
Sun: 10am-12.30pm

Cambridge University Botanic Garden
1 Brookside, Cambridge CB2 1JE
Tel: 01223 336265, Email: enquiries@botanic.cam.ac.uk
http://www.botanic.cam.ac.uk/
Opening hours: April – September: 10am–6pm daily,
February, March & October: 10am–5pm daily,
January, November & December: 10am–4pm daily.
Admission: Free for Cambridge students, Adult (£4.50), Concession (£3.95), Children under 16 years (free)

Citizen’s Advice Bureau
66 Devonshire Road, Cambridge CB1 2BL
Tel: 03448 487 979/cell phones: 0300 330 0650
http://www.cambridgecab.org.uk/
Drop-in, no appointment: Mon-Fri: 9:15am-12:45pm

Fitzwilliam Museum
Trumpington Street, Cambridge CB2 1RB
Tel: 01223 332900, Email: fitzmuseum-pdp@lists.cam.ac.uk
Opening hours: Tue-Sat: 10am-5pm, Sun & bank holiday Mondays: 12-5pm
Admission is free.

Glassworks Health Club
Thompson’s Lane, Cambridge CB5 8AQ
Tel: 01223 305060, Email: membership@theglassworkshealthclub.co.uk

Graduate Union
17 Mill Lane, Cambridge CB2 1RX
Tel: 01223 333312, Email: enquiries@gradunion.cam.ac.uk
http://www.gradunion.cam.ac.uk
Opening hours: Mon, Wed, Fri: 9:30am-1pm, 2pm-5pm

Disability Resource Centre
Keynes House, 24A Trumpington Street, Cambridge CB2 1QA
Tel: 01223 332301, Email: disability@admin.cam.ac.uk
http://www.admin.cam.ac.uk/univ/disability/
Opening hours: Mon-Thu: 9am-5pm, Fri: 9am-4pm

Kettle’s Yard
Castle Street, Cambridge CB3 0AQ
Tel: 01223 748100, Email: mail@kettlesyard.cam.ac.uk
www.kettlesyard.co.uk
Opening hours: Tue-Sun and Bank Holiday Mondays: 12-5pm
Admission is free
Lifeline - Cambridgeshire Mental Health Helpline
Tel: 0808 808 2121, Email: lifeline@lifecraft.org.uk
http://www.lifecraft.org.uk/lifeline.asp
Available: 7.00pm and 11.00pm, 365 days a year

Linkline
21 Jesus Lane, Cambridge CB5 8BQ
Tel: 01223 744444/367575, Email: info@linkline.org.uk
http://www.linkline.org.uk/
Available: every night during Cambridge University full term.

Museum of Archaeology and Anthropology
Downing Street, Cambridge CB2 3DZ
Tel: 01223 333516, Email: admin@maa.cam.ac.uk
http://maa.cam.ac.uk/
Opening hours: Tue-Sat: 10:30am-4:30pm, Sun: 12-4:30pm
Admission is free

Samaritans
4 Emmanuel Road, Cambridge CB1 1JW
Tel: 08457 909090, Email: jo@samaritans.org
http://www.samaritans.org
Available 24 hours a day, 365 days a year

The Museum of Cambridge
2/3 Castle Street, Cambridge CB3 0AQ
Tel: 01223 355159, Email: enquiries@museumofcambridge.org.uk
http://www.folkmuseum.org.uk
Opening hours: Tue-Sat: 10.30am - 5.00pm, Sun: 12-4.00 pm
Admission fee: Adults (£4.00), Concessions (£2.00), Child under age 12 (Free)

The Laurels
20 Newmarket Road, Cambridge CB5 8DT
Tel: 08456 50 51 52
https://www.sexualhealthcambs.nhs.uk/
Opening hours: Mon-Fri: 9:30am-12:30pm, Mon-Thu: 1:30pm-4pm, 4:30pm-7:30pm, Sat: 11am-12:30pm (for contraception only)

The Polar Museum
Lensfield Road, Cambridge CB2 1ER
Tel: 01223 336 540, Email: museum@spri.cam.ac.uk
http://www.spri.cam.ac.uk/
Opening hours: Tue-Sat: 10am-4pm except Bank Holiday weekends and public holidays. Admission is free.

The Student Registry
4 Mill Lane, Cambridge CB2 1RZ
Tel: 01223 766302, Email: student.registry@admin.cam.ac.uk
http://www.cam.ac.uk/current-students

Train Station Cambridge
Station Road, Cambridge CB1 2JW
Tel: 0345 600 7245
http://www.nationalrail.co.uk/stations/CBG/details.aspx
Opening hours, ticket office: Mon-Sat: 5:10am-11pm, sun: 7am-11pm

International Student Team
17 Mill Lane, Cambridge CB2 1RX
Tel: 01223 761806, Email: internationalstudents@admin.cam.ac.uk
http://www.internationalstudents.cam.ac.uk

University Careers Service
6 Mill Lane, Cambridge CB2 1XE
Tel: 01223-338283/286, Email: enquiries@careers.cam.ac.uk
https://www.careers.cam.ac.uk/
Opening hours: Mon-Fri 9am-5pm

University Centre
Granta Place, Mill Lane, Cambridge CB2 1RU
Tel: 01223 337766, Email: info@unicen.cam.ac.uk
http://www.unicen.cam.ac.uk/
Opening hours: Mon-Sun: 9am-11pm daily
University Counselling Service
2-3 Bene’t Place, Lensfield Road, Cambridge
CB2 1EL
Tel: 01223 332865, Email:
reception@counselling.cam.ac.uk
http://www.counselling.cam.ac.uk

University Dental Service
3 Trumpington Street, Cambridge CB2 1QA
Tel: 01223 332860 / emergency, out of hours
http://www.dental.cam.ac.uk
Opening hours: Mon-Fri: 9am-1pm, 2pm-5pm
(4pm on Fridays)

University Information Services (UIS)
Roger Needham Bldg, 7 J J Thomson Avenue,
Cambridge CB3 0RB
Tel: 01223 762999, Email: service-
desk@ucs.cam.ac.uk
http://www.uis.cam.ac.uk
Opening hours: Mon, Tue, Thu: 9am-5pm, Wed:
10am-5pm, Fri: 9am-4:30pm

University Language Centre
Downing Place, Cambridge CB2 3EL
Tel: 01223 335058, Email:
enquiries@langcen.cam.ac.uk
http://www.langcen.cam.ac.uk
Opening hours: Mon-Fri: 9am-7pm, outside Full
term and Easter term: Mon-Fri: 9am-5pm

University Library (UL)
West Road, Cambridge CB3 9DR
Tel: 01223 333000, Email: library@lib.cam.ac.uk
http://www.lib.cam.ac.uk
For induction courses: http://
training.cam.ac.uk/cul/event-timetable
Opening hours: Mon-Fri: 9am-7:15pm (no
admittance after 7pm), Easter term: 9am-10pm,
Sat: 9am-5pm (no admittance after: 4:45pm)

Urgent Care Cambridgeshire
Chesterton Medical Centre, Union Lane,
Cambridge CB4 1PX
Tel: 111 (out-of-hour) / 01223 726050, Email:
admin@ucc.nhs.uk
http://www.urgentcarecambridgeshire.co.uk

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