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Welcome to Caius!

Congratulations on getting into Cambridge and for joining Caius! Your next few years are going to be exciting, challenging and rewarding. This booklet will help prepare you for when you get here and give you an idea of what to expect.

Nathalie (Human, Social and Political Sciences), Evelyn (French and German) and Nwla (Human, Social and Political Sciences)

We are your Freshers’ reps and we’ll be around to help you settle in. We’ll be one of your points of contact if you have questions or problems. The Gonville & Caius Student Union (GCSU) will also be around to make your start here as smooth as possible and to ensure that you enjoy yourself!

If you’ve got Facebook, join the ‘Gonville and Caius Freshers 2016’ group for any announcements and updates. Enjoy the rest of your Summer and we look forward to seeing you in September!
Before you arrive
Things to bring...

This isn’t an exhaustive list, nor do you have to bring everything; just take what applies.

Wardrobe

- Clothes— pretty important!
- Formal wear— suits/ dresses/ smart shoes/ black tie. You’ll need to dress formally for your Matriculation (when you become part of the college) and there will be other dinners and events which require formal wear.
- Gown— to be bought on arrival at Caius. New ones are sold at £50 but you can get second hand ones starting from.
- Towels/ bath linen/ shower mat
- Coat hangers
- Dressing gown/ slippers etc.
- You can also buy a college jumper from Ryder and Amies which is just round the corner from Old Courts

Household

- Bed linen, duvet, pillow, blankets—the College only provides a mattress and protector. Most beds are single, but some very lucky people in Harvey Court have double beds. You’ll find out which one you have when you are given your accommodation.
- Cutlery
- Plates/bowls/mugs/glasses
- Microwaveable dishes— there aren’t any hobs so pots and pans will not be needed
- Bottle/tin opener
- Tea towel/ washing up liquid/ sponges etc.
- Tea/ coffee/milk/bread/cereal/sweets/ chocolate/fruit to fight off freshers’ flu
- Washing powder/ fabric conditioner—you have free access to washing machines, there are also ironing facilities in the laundry room.
- It can be useful to have a small clothes drying rack in your room, although there are a couple in the laundry room, as well as tumble dryers.
Household (continued)
- Pins for your pin board
- Photos from home
- No electrical items like kettles or toasters

Toiletries
- Soap/shampoo/conditioner etc.
- Toothbrush/ toothpaste
- Deodorant
- Paracetamol/ Lemsip— unfortunately freshers tend to get ill at some point in the first few weeks
- Toilet paper is provided

Electrical
- Laptop and charger
- Mobile phone and charger
- Extension leads
- Alarm clock
- iPod
- Speakers— these can make people both very popular and unpopular
- Camera
- Hairdryer /straighteners/curlers etc.

Academic
- Books (see next page)
- Stationery
- Potentially any relevant A-level notes/books
- Ring-binders/arch-lever files
- Rucksack/bag

Official
- Student loan details and paperwork
- Bank account details and paperwork
- NHS and National Insurance numbers
- Some form of ID as proof of age (e.g. passport/driving licence)
- Passport sized photos for society membership cards

Other
- Bike/lock/helmet/ lights (see next page)
Books – Depending on your subject, your DoS may have written to you with a reading list for your course. Don’t rush out and buy all of these immediately - there is always a huge trade in second-hand books at the beginning of each academic year, and you are likely to be able to pick up some if not all of your books much more cheaply this way. Ask your college parents for advice!

Bike – Handy for quickly getting from SHB/HC to the town centre or to lectures. If it’s feasible for you, it’s a good idea to bring one, although you can always buy one at the college bike sale in January. Alternatively, there are a half dozen stores and stalls to buy new or used bikes in Cambridge. A bike is almost essential if you have aspirations to be a rower!

Some words of advice:
- Make sure it’s not too flashy. Flashy = not there when you get back to it.
- Get a lock, or better yet, get two. Be careful where you leave your bike and make sure the lock is securely fastened
- Watch out for one-way systems (and policemen)
- Lights are essential: the police impose annoying fines on those caught cycling after dark without them
- It’s important to get your bike registered with the Porters early in the term, or else it will be ‘culled’

Rowing is a popular sport at Caius and a bike is very handy to get to those 7am sessions....
Money

Planning ahead with your money is strongly suggested, as it’s very easy to spend a lot of money at university! This section is written to try and make all things regarding money a little bit clearer. This section is split into the 3 parts:

- Things you need to do before Cambridge
- Things you need to do in the first week here
- Things for the rest of your time in Cambridge

Things you need to do before Cambridge

Money matters

Everyone has to pay tuition fees. This is money that you pay the University for your education, and is a fee that all students at UK universities face. UK students who have a student loan will never see this money – it goes straight from the Student Loan Company to the University so you don’t need to worry about it!

The other half is generally called ‘maintenance’, and is money spent on keeping you alive away from home. This covers rent, food, books, going out, clothes, haircuts, and the rest of it. It is useful to view this ‘maintenance’ spending in 2 parts: your College Bill will mostly consist of rent plus food, whilst the personal part is whatever else you choose to spend money on!

Student loans

If you’re a UK student you’ll probably need a loan, and hopefully you will have arranged it by now!

The Student Loan Company provides the following loans to all UK students:

1. A non-means-tested tuition fee loan of **£9000 per year**: This goes straight to the university.

2. A means-tested maintenance loan of **up to £8200 per year** to go towards all other expenditure.

For more information on student loans visit [https://www.gov.uk/student-finance](https://www.gov.uk/student-finance). The easiest way to apply for your student loan, if you haven’t already done so, is online: [www.gov.uk/apply-online-for-student-finance](http://www.gov.uk/apply-online-for-student-finance). Do this NOW if you haven’t already!

Remember to **bring all your Student Loan forms** to university to give to the Bursary for verification when you arrive. Once this is done you should receive the first maintenance instalment directly to your bank account within a couple of weeks.

When your money arrives, don’t spend it all at once! Suddenly seeing your bank balance rocket can be quite exciting, and it’s tempting to blow it all in the first few weeks on essentials such as new shoes and alcohol. Remember: you’ll have to pay your college bill in a month and also manage to live for the rest of term, so be careful!
You do not need to take out room insurance, because college has already done this for you! College negotiates room insurance for all students in bulk, so it is good value for money. The insurance cost is £10.90 per year, and will be included on your college bill.

This insurance provides the following cover:

- £5000 for personal possessions in your room against fire, theft, flood and burst pipes
- £500 for laptop outside your room
- £200 for items outside the room
- £75 for money inside your room
- £200 for bicycle (including accessories) outside your room
- £5000 for accidental damage to your rented property

There is a £30 excess on all claims.

You should only act now if you wish to extend your cover which you should do for any high risk or valuable items (over £1000), which will not be covered otherwise. You can add other items or increase the level of cover of the policy at www.studentinsurance.nwbrown.co.uk.

In your first week

For all UK students, it is essential you bring the necessary forms from the Student Loan Company or your Local Education Authority (LEA) with you. The Bursary needs to see these forms to know what your loan status is, even if you have only taken out a tuition fee (and not a maintenance) loan. In your first week in Cambridge, you need to show these forms to the Bursary (which is found in O Staircase, Tree Court).

You won’t receive any maintenance loan until you’ve done this, and might get charged the £9000 tuition fee too, so this is very important!

EU students need to bring in a different set of forms to the Bursary: these are from the DfE.
The rest of your time at Cambridge

Your college bill

You receive a college bill every term, which is where you are charged for your room rent and evening meals eaten in hall.

The following table shows the fixed charges that you will see on your bill:

<table>
<thead>
<tr>
<th></th>
<th>Michaelmas term</th>
<th>Lent term</th>
<th>Easter term</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rent</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>This is the termly cost of your room</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>College Establishment Charge</td>
<td>£197.02</td>
<td>£197.02</td>
<td>£197.02</td>
</tr>
<tr>
<td>This pays for maintenance of facilities in college</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minimum Dining Requirement</td>
<td>£153.30 (36 meals)</td>
<td>£153.30 (36 meals)</td>
<td>£136.30 (32 meals)</td>
</tr>
<tr>
<td>This is the cost of evening meals in hall (see ‘Food at Caius’, p. 40)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Insurance</td>
<td>£10.90</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>(see above, page 8)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deposit</td>
<td>£85</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Charged at the start of each year, this is refunded to you on your final college bill when graduating</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

As well as these fixed charges, you may see other items on your college bill:

- **Extra dinners** – if you’ve been to more dinners than your Minimum Dining Requirement, the extra dinners cost £4.26 each.
- **Extra guest dinners** – you can include up to 4 guests in your Minimum Dining Requirement; after these, guest dinners cost £6.21 each.
- **Superhall** – there tend to be two or three of these very formal dinners a year that you can choose to go to. They cost £20.40 each.
- **Subject dinner** – many subject societies hold a formal dinner in college, usually in Lent term. The costs of these vary a bit, up to about £35.
- **Administrative charges (fines!)** – although fines are not levied very often, you could get fined for forgetting to pay your college bill (£10) or damaging college furniture (£££!). The College Handbook you will be issued details all the possible charges and they are listed on the College website but don’t worry: most people escape each term without getting any!

You can expect your first term’s bill to be roughly between £1750 and £1850, so don’t get caught out!

If you think you are going to run into financial trouble or you think you might have difficulty paying your bill, go to see your Tutor or the Senior Tutor (Dr Wingfield) or contact the Bursary as early as possible. It is important you do this early because they may be able to arrange a postponement of the deadline of your bill – otherwise you’ll get the late bill payment added too.
Financial Assistance

College funds

College has specialist trust funds and general endowment funds, from which it can make grants for those facing money problems. There are three broad categories of application:

- **Cambridge Bursaries** – these are co-funded by College, and are only available to domestic and EU students. Please see [www.admin.cam.ac.uk/univ/cambridgebursary](http://www.admin.cam.ac.uk/univ/cambridgebursary) for more details.

- **Overseas Student Bursaries** – these are funded by College. Talk to your Tutor about this to get a form to fill in and return to college. Such applications take roughly 2 or 3 weeks to process, but can be dealt with more quickly in a case of emergency.

- **Application for a grant from the Tutors Donation Fund (TDF)** – your Tutor is authorized to give out grants of up to £60 him/herself. The grant can either be made by reducing your college bill or by direct transfer to your bank. Grants of over £60 are discussed at the fortnightly Tutors’ meeting so funds are therefore less speedily available, although even here money can be given out urgently in exceptional circumstances.

If you require financial assistance, for whatever reason, please do not hesitate to discuss the circumstances with your own Tutor, any other Tutor, responsible for pastoral care or the Senior Tutor. The College recognizes that students face financial pressures and will do its best to assist deserving students as far as possible.

In applying, there are two basic rules to bear in mind:

1. **In all cases, go and see your Tutor.** They will be fully aware of the various funds available and will be able to tell you what to apply for and how to do so. If your Tutor proves unhelpful or is unavailable, then see the Senior Tutor instead.

2. **Be truthful in your application** and try to give as accurate and as much information as possible. It is helpful, for yourself as well as for college, if you can set out a budget of your income and expenditure including any exceptional/unusual vacation expenses. If you don’t provide enough information you risk getting little or no money, as college will not hand out money without being sure of your financial position.

If you are unsuccessful and feel that you should not have been refused a grant, you should go and see the Senior Tutor, who may ask for further information and/or reconsider your application.

All applications are treated confidentially.

**Hardship funds (university-wide)**

The university has a range of difference hardship funds and bursaries available. Lots of useful information is available online here: [www.admin.cam.ac.uk/students/studentregistry/fees/funding/hardship](http://www.admin.cam.ac.uk/students/studentregistry/fees/funding/hardship)
Other Forms of Financial Assistance

**Book grants**

You can pick up a Book Grant Application form outside the Tutorial Office (S1 Tree Court). You can claim up to £50. **Keep your receipts** and hand them in with your form before half way through Easter term; if you buy books second-hand, have the person buy it from write out what you paid for it.

**Cash loans**

Should your student loan not come through in time (as sometimes happens) college are willing to give a £60 loan, provided you have filled all the paperwork in correctly. See the Bursary for details.

**Prizes and awards**

Lots are awarded each year to those who do well in their end of year exams.

**Travel grants**

You can apply for a Long-Vacation travel grant in Easter term. Grants available are limited, and are not expected to be sufficient to meet full costs of travel plans. The money is usually deducted from your college bill, although you may sometimes receive a direct payment instead. You will have to prove your expenditure.

**Vacation study grants**

These grants are publicised on College notice boards every term. Details of eligibility are given on the notices, and applications are made through your Faculty or Department.

**Student discounts**

Many shops, restaurants and cafes in Cambridge offer a 10% discount to all students if they have proof of student status. It’s always worth asking!
When you arrive
Arrival Checklist

So, you’ve arrived! However, getting here was just the start of it. Here is a list to make sure that everything that you absolutely must do is all written down in one place. Each point comes with a panic rating (1 to 10, 10 being the most important), so that you have an idea of which points should be tackled first.

- **Pick up key from Porters’ Lodge** – You will all find your keys in the Harvey Court Porters’ Lodge on West Road (that’s for the SHB people too).
  
  *Panic rating: 11 – no room = home is a box by the plodge*

- **Sign the Redit book** – unless you want a fine! Go to the main Porters’ Lodge in Old Courts. You’ll need to do this at the beginning of each term.
  
  *Panic rating: 7 – £10 less on essentials (food, drink, clothes…)*

- **Give Student Finance forms to Bursary**. You need to visit the bursary in ‘O’ Staircase, Tree Court, from Tuesday. Just hand in the letter you got from the SLC (with the barcode). Even if you think you’ve already sent it in, do it again now just in case. See page 8 in the ‘Money’ section for more details.
  
  *Panic rating: 8 – busking will never cover your college bill!*

- **Get your computer set up and connected to the internet**. See ‘Computers and Internet’, p.15. Be warned, the college can take time to adjust to the large number of new arrivals.
  
  *Panic rating: 8 – what could go wrong?*

- **PAT test your portable appliances** – This happens on Wednesday, have a look at your Freshers’ Week timetable when you receive it.
  
  *Panic rating: 7 – cheap replacement phone charger goes up in smoke at 3am. Other 100 people in your building forced to shiver outside in dressing gowns.*

- **Register with a doctor**. This is really ESSENTIAL. College will have sent you a list of those in Cambridge; we recommend Newnham Walk Surgery, which is located not far behind Harvey Court gardens, with another branch above Boots in the town centre. If you already have an NHS number you can now register online too: caiusjcr.co.uk/welfare/surgery.
  
  *Panic rating: 7 – better safe than sorry!*

- **Buy a gown** on Wednesday, the day you arrive, in the Harvey Court Dining Room (there should be plenty of signs up). You need a cheque book or cash. They cost £20 upwards second hand with a guarantee to buy back for £15 if the gown is in good condition at the end of your Undergraduate course) or £50 new – so get there quick! Don’t worry: unlike other colleges we actually use these gowns a lot – it will soon become as close to you as a dear old friend. They can also be bought from Ryder & Amies or Ede & Ravenscroft, both in Cambridge.
  
  *Panic rating: 6 – without one you won’t be let into Formal hall and would look like an ‘outsider’ at the big formal college meals.*

- **Register for your exams** online, using CamSIS. Emails from college will be sent out about this, so follow the instructions given there: every subject has a different timescale for exam registration. If you have to register for practical exams, this is apparently often quite confusing to do, so ask your college parents if you don’t understand. Best to do it early when you get the email from college!
  
  *Panic rating: 5 – one word: exams.*

- **Go to your Tutor and DoS (Director of Studies) meetings**: you don’t want to look like a complete fool in the first week by missing these! If you lose the times, they’re on notices in Harvey Court and the
Stephen Hawking Building. Note that these meetings are informal, so no need to dress up.

Panic rating: 5 – the complete fool image is out of fashion.

- **Register your bike.** Just take your bike to the Old Courts Plodge if you want to avoid your bike being 'culled' later in term. This will only take a couple of minutes.

  Panic rating: 5 – without a registration number your bike is like a lamb to the slaughterhouse.

- **Go to the Freshers’ Fairs.** Remember you can join the societies at any point during the year, so get the free stuff while you can! Caius has one which will take place on Saturday morning, and the University has a larger (but non-college oriented) one in Kelsey Kerridge Sports Centre. This is a big affair, worth going to for the free stuff.

  Panic rating: 2 – you might miss out on exciting freebies such as balloons and lollipops and all the lovely information on the amazing clubs and societies.

- **Check your pigeon hole in Old Courts,** and keep doing it regularly during Freshers’ week for updates on what’s going on, and important info. Your college parents should take you there on the family tours of the town. The pigeon holes are by the bar in Gonville Court. Don’t leave your gown in it or it may get borrowed and never returned.

  Panic rating: depending on contents of pigeon hole from 1 (“oh no, another flyer”) to 10 (spontaneous combustion leading to demolition of college).

*NOTE:* we can’t guarantee that this list is comprehensive for everyone (or anyone) but it should be a good way to reduce the panic of the first week! Of course, keep your eyes and ears open and pay attention to what everyone else is doing - chances are someone will be doing things right!
Computers and Internet

Getting started

Email is extremely important in Cambridge, so to try to get yours all up and running as soon as possible so you don’t miss any start of term information.

You should be able to collect your passwords in late August. You will need your UCAS application number and the email address you used in your application.

If you don’t have a UCAS number, email your name, course and college (i.e. Caius) to student.registration@admin.cam.ac.uk.

The password you receive (and then set) will give you access to three services:

- **Hermes** – this is your Cambridge email account: webmail.hermes.cam.ac.uk
- **Raven** – this is an authentication service that many Cambridge based websites will use to check you’re a member of the university, expect to ‘Login with Raven’ fairly frequently!
- **Desktop Services** – this means the college computers (and others around Cambridge). You can use the Computer Rooms in Harvey Court or in the basement of the Cockerell Building (the Library) to work, use the internet and print things out.

Your CRS ID is the combination of your initials and random numbers at the beginning of your email address e.g. egg57

The Computer Office will have sent you a much more comprehensive document about computing services on the USB drive of documents sent to you by the college – make sure you read this!

If you have any problems, just pop in to the Computer Office: they’re in the basement of the Cockerell Building, just along the corridor and opposite to the computer room. In Freshers’ Week they should be open from 14:00 - 17:00 Monday to Friday, and during the rest of term the hours are 14:15 - 16:00.

Internet usage

Pretty much all first year rooms are also covered by the university wireless networks. There are two you can use:

- “UniOfCam” – easy to use, just connect and then login with Raven, but you’ll have to do this each time you use it which becomes very annoying.
- “eduroam” – takes a little longer to setup first time, but then always works seamlessly, including at other universities across the UK! Full eduroam setup instructions (including for phones) can be found here: www.ucs.cam.ac.uk/wireless/eduroam/localusers

Printers

The College has printers for students to use. There are two in the library, one in Room 6 of the Upper Library and one in the Computer Room. There is also one in the Computer Room in Harvey Court.

For more information about printing, including how to top up your printing account and how to connect wireless devices to college printers, see http://www.ucs.cam.ac.uk/desktop-services/ds-print

Final notes...

File Sharing applications (Limewire, BitTorrent, Soulseek, all of them) are STRICTLY PROHIBITED. Illegal activity is monitored by the University centrally and is best avoided. That isn’t going to stop many of you but the quick follow up fine sure will. Just a friendly warning!
If you find you get into a problem that’s not entirely urgent – submit a support ticket to the Computer Office here: http://caiusitsupport.co.uk/support/

Remember; if you get stuck, just ask!
Hints & Tips
Advice from Freshers to Freshers

- **Get enough sleep**—It can sometimes be tempting to stay in the library till 1 ‘just so I can finish this paragraph’ etc., but consistently late nights and too little sleep are not a good idea. You’ll get run down and your work will suffer.

- **Do things other than work**—There is a vast range of activities and societies at Cambridge. From College Netball to University level Sailing to Ballroom dancing to Architecture Society, there is sure to be something that floats your boat. Cambridge has a lively arts scene and there are always plays and shows which you can be in or go to see. Although the night life is perhaps not the best, with friends, a night out in Cindies/wherever always promises to be good fun.

- **Take a break**—Working solidly for long periods of time is neither effective nor healthy. Go eat something, or visit a friend, or do whatever helps you relax. It is important that you let yourself unwind.

- **Let other people know if you are struggling**—Everyone finds it difficult when they arrive, don’t bottle things up. Talk to your DoS and your Tutor if you are having difficulty; ask your college parents for help and advice; and talk to your friends. Everyone is in the same boat, so the likelihood is that other people will know exactly how you feel.

- **Have fun!**—Make the most of being at Caius and of being a Fresher. Just remind yourself that you got into Cambridge, give yourself a pat on the back, and go celebrate. You’ll make some wonderful friends and meet interesting and exciting people. Yes, it may be hard at points, but you will also have a great time.

There is much, much more to Cambridge than work

Sometimes you need some TLC

Enjoy yourself!
Your College Family

Your college parents are second years, at least one of whom should be doing the same subject as you, although this isn't always possible. College families act as a buddy system - they are a valuable source of wisdom, as they have been through everything before. Listen to their advice and come to them in your hour of need! Before you arrive, your college parents should get in contact with you and help you with any questions you have.

When you feel that the time is right, you may feel the desire to propose to one of your fellow Caians and continue the family.

Blissfully married

A romantic proposal

This year’s winners of Best Dressed College Couple

Marriage Formal
Freshers’ Playlist

Hephzibah and Michael (3rd year Law students) compiled a playlist to help you along your way.

**Photograph by Ed Sheeran** - The real key to surviving first year is realising how special Cambridge is. Don’t forget to make those memories outside the work and spend time with the people that mean most. Take pictures!

**Where Are Ü Now by Justin Bieber** – When you’re trying to find the GP, your Tutor, your DoS, supervisors (the list is endless) for the thousands of appointments/meetings you have in first term. Leave some extra time to get lost.

**Say Something by Christina Aguilera** – When you look longingly at your fellow supervisees, praying one of them will know the answer to the question you’re certain wasn’t in the reading (or at least the 10% of it that you’ve actually done, oops awks).

**Do It Again by Pia Mia** - You’ve made it past that first supervision, you’re feeling good, you’ve done all the reading (maybe not all the reading, who am I kidding? What even is further reading?), written your essay, the sun shines just a little brighter and the wind is not quite so ghastly. Great. Only 49 more to go (or like 227 if you’re a Medic).

**Hey Mama by David Guetta and Nicki Minaj** - Genuinely, don’t forget to contact home every now and then. In between Cindies and the all-nighters it’s easy to forget to touch base. Let your parents know that you’re alive! Even your college parents.

**Cheers by Rihanna** - A toast to all the nights you won’t remember with people you’ll never forget. Ok, let me break it down to you gently guys. The nightlife here is terrible to say the least. But that’s ok! It’s the people you go out with that make it worthwhile. So enjoy your night out even if Cindies is playing Lion King. Yeah, I know, that has happened before.

**Sorry by Justin Bieber** – For the quality of your first essay and (to be honest) probably all your essays before exam term. It’s never too late to say sorry.

**Don’t Be So Hard On Yourself by Jess Glynne** - Seriously, don’t kids. Do your best and give it your all and you’ll be proud, whatever the outcome.

**Don’t Wake Me Up by Chris Brown** – For that 9am lecture.

**Everything Has Changed by Taylor Swift ft Ed Sheeran** - New friends, new lecturers, new buildings, new city, new lingo, I mean why do we call our parties ‘bops’ and kitchens ‘gyp rooms’? Don’t worry, you’ll adapt to the new environment very quickly and Cambridge will soon become your new home.

**Big Girls Don’t Cry by Fergie** - But big girls do cry, everyone cries. Don’t worry if you’re having a bad day/week/term, it’s perfectly okay to cry. It’s ok to be homesick. Remember that most of the time no-one knows what is going on but we all pretend that we do. You’re not going to be the only one struggling.

**Can’t Hold Us by Macklemore & Ryan Lewis ft Ray Dalton** - Do something else apart from work. There are so many extra-curricular societies, literally anything you can think of from wine tasting club to Law society to Quidditch club. Get involved! It’s a great way to meet new people especially from other colleges.

**Breathe by Sean Paul ft. Blu Cantrell** - You will be bombarded by information especially in first year. This will probably be the hardest you’ve worked in your life. Take a step back, take a deep breath and relax. It’s not that deep.

**Girls Just Want To Have Fun by Cyndi Lauper** - Finally, enjoy it! First year goes by very quickly and it would suck if you don’t make the most of it.
Life at Caius
Useful Information

Address & post
Your mail will be delivered to the Old Courts Porters’ Lodge, and will be placed in your pigeon hole.

Your postal address is:
<Your name>
Gonville & Caius College
Trinity Street
Cambridge CB2 1TA  i.e. NOT Harvey Court

Maps
The best detailed map of all Cambridge, including all College sites as well as all University buildings and departments can be found here online at: map.cam.ac.uk

Useful websites for life at Caius
- www.caiusjcr.co.uk – the GCSU website: all kinds of useful information including what’s on the hall menu this week!
- webmail.hermes.cam.ac.uk – your Cambridge email system: hugely important
- www.upay.co.uk – used to top up your uni card to pay for college food
- www.mealbookings.cai.cam.ac.uk – the hall dinner booking system
- www.cai.cam.ac.uk - the official Caius College website

Term dates
The Cambridge year is divided into three 8-week terms. In order, the terms are called Michaelmas, Lent and Easter.

Caius gives us accommodation for 10-weeks each term. The rental dates for 2016/2017 are:

<table>
<thead>
<tr>
<th>Michaelmas</th>
<th>Lent</th>
<th>Easter</th>
</tr>
</thead>
<tbody>
<tr>
<td>25th September – 3rd December</td>
<td>8th January – 18th March</td>
<td>16th April- 24th June</td>
</tr>
</tbody>
</table>

Domestic students should move into accommodation on Wednesday 28th September. International students can move in earlier; see "Early arrivals" on the next page.

‘Full Term’ lasts approximately 8 weeks, and is the name of the time during which lectures and supervisions take place. This is a lot shorter than other universities! During Full Term, you must be in residence, and will need written permission from your Tutor to leave Cambridge.

The 2016/2017 Full Term dates are:

<table>
<thead>
<tr>
<th>Michaelmas</th>
<th>Lent</th>
<th>Easter</th>
</tr>
</thead>
<tbody>
<tr>
<td>4th October – 2nd December</td>
<td>17th January – 17th March</td>
<td>25th Apr- 16th June</td>
</tr>
</tbody>
</table>
When you arrive in College, you must sign the *Redit Book*, which is the official record of when students arrive and leave. (See ‘When you arrive’, p.12)

When you leave college at the end of term, you must get an *Terminal Exeat* from your Tutor – your Tutor will contact you to arrange a meeting for this near the end of each term.

**Early arrivals**

All Freshers should arrive and move in on Wednesday 28th September which is when the main Freshers’ Week starts.

However, some subjects may ask you to arrive in Cambridge earlier than this.

You also may want to get permission to arrive earlier if you are coming from abroad (international students from outside the EU should read the information and invitations they will receive).

If you do move in before 28th September, there will be members of the GCSU about to meet you earlier.
Caius People

There are a variety of College people at Gonville & Caius who are here to support you as best they can with any problems (big or small) you may encounter during your time here.

**Key Personal Contacts**

Two key contacts will be your DoS (Director of Studies), who broadly deals with your academic affairs, and your Tutor, who is mainly there for pastoral wellbeing (though you can go to any college tutor if you’d rather speak to someone else).

You will schedule to see both your Tutor and DoS twice a term generally, through the Caius tutorbook system ([http://www.tutorbook.cai.cam.ac.uk](http://www.tutorbook.cai.cam.ac.uk)) in order to review how things are going, and to discuss any issues/problems that may have arisen over the course of the term.

**Tutors**

Tutors form the personal link between College and students; they are always available for any problems you may have.

Their consultation times for the academic year are posted outside their office doors, in the Undercroft and Porters' Lodges, and online. They can also be contacted by email as well if you need to see them or talk to them outside of these times.

See your Tutor when:

- You have pastoral or academic concerns
- You need an exeat (a form which gives you permission to leave college)
- You need to make a complaint
- You need a representative to speak on your behalf if you get into trouble with college, the University or the police (hopefully this will never be necessary!)
- You have financial concerns/queries, e.g. accessing the College’s student travel and book grants

Again, you can contact any of the Tutors if you'd rather not talk to your own or if the matter is urgent!

The Senior Tutor is Dr Paul Wingfield, who can be consulted in confidence, about any matter, in his office on R Staircase, Tree Court. There are eight undergraduate Tutors and 7 graduate Tutors at Caius, both male and female. The Admissions Tutors Dr Houghton-Walker and Dr Bond are fully occupied with administration of Admissions, and do not provide pastoral care.

Professor Holt, appointed by the College, is the Sexual and Racial Harassment Advisor.

A “Duty Tutor” is always available at night and weekends in case of emergency – a rota of the Tutors is posted in the Undercroft and also in R staircase (the porters can also put you in direct contact if you ask them!).

**Directors of Studies (DoS) and Supervisors**

The roles of the College and the University relating to your studies are distinct: whilst the University confers degrees and runs lecture courses and practical sessions, the College supervises your progress and helps prepare you for exams.

You will meet your Director of Studies in your first few days to discuss what courses you will be taking and any worries you may have. Your DoS appoints your Supervisors who will have direct influence over your studies. They will set you work, teach at supervisions, and generally have much more regular contact with you than
your Director of Studies (unless, of course, they also supervise you themselves). Usually your Supervisor will send a termly report to both your Tutor and your Director of Studies that you can access at [https://camcors.cam.ac.uk/camcors](https://camcors.cam.ac.uk/camcors). The password for this is simply your Raven password again.

Supervisors are an absolutely invaluable resource, so use them well! Caius is lucky to have some of the top experts in their fields for supervisors, so try not to fall asleep in supervisions - it doesn’t please your DoS usually...

**Dean**

The Dean is Rev’d Dr Cally Hammond and she is there to listen to your problems, not to preach or convert - regardless of belief or religious affiliation!

She organises both formal (usually in the beautiful Chapel) and informal worship in the College, termly programmes of which are left in your pigeon holes, as well as a leaflet for freshers – so keep an eye out!

**Everyday Ports of Call**

**Porters**

Dressed in suits and Caius ties (and coats in winter), and almost always up for a chat/laugh, the Porters really are the cogs of the College - things would probably grind to a halt, as well as seem that bit gloomier, if they didn’t exist.

They handle all the mail, take messages, act as gatekeepers, and control the issuing of most keys, including your spare room key. They are also the eyes and ears of the ‘authorities that be’ and will often report mischief back to the Head Porter (or worse), so be warned!

As you will soon discover, they have their own unique brand of humour that is especially entertaining when you’ve managed to lock yourself out of your room while in the shower, and arrive at the Porters’ Lodge clad only in a towel and ask for your spare key. Luckily this won’t happen to you in the en-suite first year accommodation.

They generally have bicycle repair kits and all sorts of crazy odds and ends that come in useful when you least expect it. Caius Porters are very helpful (much more so than the porters at almost all other Cambridge colleges) but their tolerance will vary, so it is worth making the effort to get on with them!

They have impressive memories and will soon recognise you all (for better or worse!) so here are some pictures so that you can have a head start in learning their faces and names in return.
The Porters

The Lead Team (left to right):
Russell ‘Russ’ Holmes (Head Porter);
David Brown (Deputy);
Peter Boyden (Deputy)

(left to right) Brian Anderson; Giulia Bertozzi; Danny Bowran; Andrew Bubien

(left to right) Graham Darling; John Davis; Jason Edwards; John Grosvenor

(left to right) Andy Jones; Ivan Jones; Lenny Neely; Mark Pammenter;

(left to right) Bernard Scott; Christopher Stacey; Jon Turton; Stephen Whiting; Brian Wilderspin
**Bedders**

In days gone by, “bedders” used to clean your room and make your bed for you. Although most no longer make beds, they are very nice ladies and gentlemen who will clean your room as well as all communal areas, including gyp rooms and bathrooms (for the second and third year rooms without an en-suite).

More than just College staff, they become like surrogate parents to some, great friends to others, prudish aunts to a few. Generally they cover a dozen or so rooms and are definitely people to make an effort with; like the Porters, if you are nice to them, they will be nice to you, and the rewards of a good relationship outweigh the cost tenfold.

A small gift at the end of term – flowers or a bottle – ensures that your hangover will be quietly dusted around and that your room will be the cleanest on the staircase.

**College Nurse**

The College employs an on-site, qualified General Nurse called Natasha Kear, who offers a 'drop-in' clinic and appointment slots to all Caians at the Health Centre in *U* staircase, *Tree Court*, on weekdays during Full Term, with reduced hours out of term.

Natasha is there to help with a wide range of health and welfare issues including minor injuries and illnesses, support with mental health difficulties and other personal matters; and also various health checks and advice. She is honestly super super lovely and uber helpful, never fret about approaching her about something - no matter how silly or embarrassing it may seem to you.

**Admin-type People**

**College Council**

The College Council essentially runs college and has the final say in all College business, they meet every fortnight, with the Master of Caius, Alan Fersht, chairing it.

The President and Vice President of the GCSU, as well as their MCR counterparts, also sit on College Council (so lucky to get to attend these *thrilling* meetings!). We are able to submit papers and participate fully in non-reserved business discussions, so you can contact the GCSU at any time (see page 30) for us to pass on and represent any of your views at College Council.

**College offices**

Help with the wide variety of problems which can arise in day-to-day Caius life and administration can be obtained at one of the College offices:

- The Tutorial Office on ‘*S*’ staircase, *Tree Court*, deals with the bulk of academic administration. Key name: Yvonne Holmes
- The Bursary, main entrance next to ‘*O*’ staircase, *Tree Court*, deals with financial administration. Your College bill should be paid in here and they also activate your loan. Key name: Hayley Hamilton.
- The Catering Office can be found in the Bursary.
- The Conference and Events Office in ‘*A*’ staircase, Gonville Court, accepts bookings for the use of rooms like the Junior Parlour or the Green Room as well as the gardens for barbeques etc.
- The Senior Head Housekeeper, can be found in ‘*N*’ staircase, *Tree Court* and her assistant Deputy in Harvey Court next to the laundry room.
- You can record any **housekeeping** or **maintenance** problems or requests at [http://www.helpdesk.cai.cam.ac.uk/support/](http://www.helpdesk.cai.cam.ac.uk/support/) using the online ticketing system. **Housekeeping** involves anything to do with cleaning, room furnishings or faults with college electrical equipment (e.g fridge, kettle, microwave, desk light). **Maintenance** problems are things like leaks, drafts, heating or problems with
plumbing/door locks/electricity.

- The Computing Office is in the basement of the Cockerell Building (the library), opposite the computer/printing room, with drop-in hours on weekday afternoons. You can record any problems using the online ticketing system: caiusitsupport.co.uk.
Gonville & Caius Student Union (GCSU)

Gonville & Caius Students’ Union (GCSU) exists for the sole purpose of helping you throughout your time at Caius. The most important things we do include:

- Representing students’ needs to the College at all levels
- Providing information and advice on welfare, housing, finances, etc.
- Organising social events (‘Ents’), from bops to quizzes

The GCSU can help with virtually any problem that you might have and will be very happy to do so. You should feel free to email any of us with the email addresses on the following pages, or you can send a completely anonymous message to the President and Vice-President (Paige and Caitlin) on our website: www.caiusjcr.co.uk/contact/anon-feedback.

The GCSU Executive does the hard work of running GCSU. Their individual jobs and beautiful faces are shown below. Please feel free to hassle us at any time (honestly, we love any reason to avoid work).

The most important thing about the GCSU is that the more interest its members take in it, the more effective and representative it is, so please make as much use of it as possible.

GCSU Website – www.caiusjcr.org.uk

Our website holds lots of useful information – take a look! All our surveys and polls are held on this website, and the weekly Hall menus where you can rate and comment on each meal are here too.

Elections

Your first opportunity to vote will come at the end of the Michaelmas (first) Term when we have elections for First Year Representative and Junior Treasurer. It is important that you take part in these elections, particularly those for First Year Representative, because only first years can stand for the position and vote for this post. Get yourself elected and next year’s freshers could be reading your words of wisdom in their guide! The rest of the Executive are elected in the middle of the Lent (second) Term. Elections are always extremely competitive, with a large number of candidates and a high turnout – it really is fun to do though, so take part and join in!
Meet the GCSU

President - Paige Walker  
jcrpresident@cai.cam.ac.uk

Vice President - Caitlin Pley  
jcrvice@cai.cam.ac.uk

Secretary - Alice Kavanagh  
jcrsecretary@cai.cam.ac.uk

Junior Treasurer - Zixuan Xiong  
jcrtreasurer@cai.cam.ac.uk

Access Officer - Hephzibah Adeosun  
jcraccess@cai.cam.ac.uk

LGBT+ Rep - Toby Ashworth  
jcrlgbt@cai.cam.ac.uk

Female Welfare Officer - Cristiana Orlando  
Male Welfare Officer - Jack Bell  
jcrwelfare@cai.cam.ac.uk

Women’s Officer - Alison Cheung  
jcrwomens@cai.cam.ac.uk
GCSU Co-opts

Co-opted Freshers' Reps
Nwla Tonkin Wells
Evelyn Henderson-Child

Bar Officers
Ollie Smith

International Officers
Bronte Cullum
Paul Aste
Kate Ellison

Library Officer
Sean Jones

LGBT+ Ents
Amelia Hall

Access: School Officer
Adam Barlow

Social Media Officer
Natalia Skorupska

Computing Officer
Vidya Ramesh

Gym Officer
Accommodation

Prepare to be the envy of the other Freshers you’ll meet in lectures: Caius’ first-year accommodation is a strong suit. You’ll all live together on West Road in two buildings, on the site where Stephen Hawking once lived – look for the house address ‘5 West Road’ in The Theory of Everything. Second and third years live in a variety of other places, including in the Old Courts, but don’t worry about that for now!

The West Road Site

All first-years are allocated an en-suite room on the West Road site. The vast majority of you will live in The Stephen Hawking Building (SHB) or Harvey Court (HC). Some Music students may be placed in K-Block or Springfield. If you haven’t been contacted already, College will be in touch soon to ask what size room you’d like, and will then allocate you a room.

The West Road site also includes music practice rooms, an art room, Victorian villas and gardens that make the perfect backdrop for a May Ball photo-shoot:

Harvey Court

Originally built in the 1960s, Harvey Court is a Grade II listed building, being of some architectural significance: opinion differs as to whether this is merited or not! Harvey Court is very definitely a nice place to live, having been fully renovated in 2011, and will home around 100 of you.

HC boasts:

- 98 en-suite rooms
- A number of 'gyps' (kitchens)
- Gym
- Breakfast Room
- Laundry Room
• Computer Room
• JCR (Junior Combination Room)

Although all one building, rooms in Harvey Court are arranged into staircases A-H, which share one or more ‘gyps’ (see above – kitchens).

**Stephen Hawking Building**

The Stephen Hawking Building was finished in 2006 and will home 75 of you. SHB’s curiosity is that it is built on a curve: depending on who you believe, this was to imprint Professor Hawking’s initial on the world, or was to avoid protected trees. In practice, this means that wardrobes vary enormously in size. The SHB is modern and minimalist, lots of glass and clean lines. Gyps are shared by corridors.

SHB contains:

- 75 en-suite rooms, some of which are disabled rooms
- A number of gyps.
- The Cavonius Centre, a common room

**What you can expect**

**SHB**

**Harvey Court**
**Furniture**

Rooms vary in size and shape, but all have the same basic set-up and furniture:

- Desk – of a good size, with desk lamp and drawers
- Bookcase – suitable even for historians and lawyers
- Wardrobe – of variable size
- Chairs – one desk chair, and another easy chair
- Tables – All SHB rooms have a coffee table, some HC rooms have a table
- Pin-boards – in all rooms, ranging from large to immense
- En-suite
- Bin
- Full-length mirror

**Kitchen facilities**

Small groups of students – ranging from four to eight in HC, and about eight in SHB – share a gyp room. Because the emphasis at Caius is on dining together in Hall, the gyps are intended for more basic cooking, fitted with a combination microwave oven, fridges, kettle and toaster. All being well, you will have hobs in place in your second-year accommodation. The microwave ovens are surprisingly versatile; Head Chef Tony has written a number of tried-and-tested recipes: [http://caiusjcr.co.uk/hall/recipes](http://caiusjcr.co.uk/hall/recipes). The gastronomically adventurous Caian has also been known to produce cakes and roast dinners in a microwave!

Additional cooking equipment, such as hotplates or plug-in hobs, is prohibited, so please don’t bring them. See the ‘what to bring’ list for what most students find suitable.

**Cleaning**

All rooms are serviced by a cleaner. Still called ‘bedders’ from the days when these members of staff made our beds and stoked our fires, they will clean your room (and en-suite) once a week, and clean the gyps daily. They’re often the first person you’ll see in a day, and will soon become familiar. As with Porters, it is very much worth staying on the right side of your bedder!

**Further Points**

Guests – subject to being signed in and some rules, guests are welcome to stay with you in your room.

Parties – permission must be obtained from a Tutor for a gathering of ten or more people, but are usually fine.

Decorations – because both SHB and HC are also conference centres in the vacations, fixing things to the walls is not permitted, so no blu-tack.

You are welcome to contact me, Jack Drury, Housing Officer, at jcrhousing@cai.cam.ac.uk with any queries about accommodation.
College Facilities

The College provides plenty of good facilities for its students, many of which are described here. If you have any problems or queries about them, you can ask the Porters, a member of the GCSU, your college parents, or the housekeeping staff.

Porters’ Lodges

The ‘Plodge’ is the nerve centre of the College, and is often the first place to go for whatever you need. Manned 24hrs a day, 7 days a week, there is one lodge by your accommodation on the West Road site, and one at the entrance to the Old Courts in town. The place to go for any emergencies or if you’ve misplaced your key (again...).

College Bar

The Old Courts Bar is located just outside hall and is usually open 12:00 - 14:00 and 18:00 - 23:00, except on Saturdays when it shuts earlier. Changes to opening times will be published by email. As well as a selection of snacks and soft and alcoholic drinks, the bar serves high quality fair-trade coffee from only £1.20, much cheaper than any of the chain coffee shops in town! There is also a loyalty card to get your 7th coffee free!

You can buy a Caius Card for just £3 at the beginning of the year to get a 10% discount off all drinks.

Sometimes the bar in Harvey Court will be open too, like for several of your events during Freshers’ Week, and at bops.

Library

Caius has THE nicest college Library in Cambridge: it really is second to none. It is a great place to work, and is open until 01:00 (it opens at 07:00). Your college parents should show you the Library during the family tour of the town – it’s really worth taking a look!

Computing

The main College computer room is in the basement of the Library opposite the Computer Office. There is also a computer room in Harvey Court. Both rooms have a printer/scanner/photocopier, and are accessed by using your uni ID card.

Laundry

Washing machines and driers for your accommodation are located in the downstairs area of Harvey Court – just bring your own washing powder, and the laundry machines can be used free of charge! There are lots of washers and dryers so usually no queues. There are also irons and ironing boards.

The Gym

Harvey Court has a gym with a decent range of equipment. There are free weights, rowing machines, cross trainers, treadmills, cycling machines, exercise balls, a chest press, and various other weight machines. To join costs just £10 per year, or £25 for 3 years.
Print off and complete the membership form on our website: caiusjcruk/societies/gym. As the gym is right in Harvey Court, it doesn’t even take much motivation to get there!

**Bike Sheds**

There is a large bike shed below SHB in the underground car park, and there is another on the opposite side of HC. St. Mike’s/St. Mary’s also have bike racks and underground bike storage too. Wherever you leave your bike, remember to chain it up as a precaution, and remember to register your bike with the Porters!

**Chapel**

Caius has one of the oldest chapels in Cambridge (it’s the oldest part of the college), and also has one of the best college choirs! A service is held every day in Full Term, to which all are welcome. Choral Evensong is every Tuesday, Thursday and Sunday. The Dean, Rev’d Dr Cally Hammond, is always available to help with any problems which you may not wish to share with your Tutor, irrespective of your religious convictions. She will give a quick talk to you all in Freshers’ Week.

**Post**

Post is delivered to your pigeon-hole near the Bar. There are post boxes at the Harvey Court and the Old Courts Porters’ Lodges, including an inter-collegiate post box in Old Courts. This inter-collegiate mailing service is free for any envelopes up to 9” x 4”, though it can take a couple of days.

**Gate Hours**

SHB, HC and St. Mikes are always open, accessed by your uni ID card. Old Courts Plodge shuts in the early hours, but you can buzz the duty porter to let you in. As a shortcut to town, you can also walk through King’s college between 07:00 and 19:00 if you show your uni card, and you can use Clare College until midnight.

**Barton Road Sports Grounds**

This is Caius’ very own sports ground and Club House. It’s about five minutes from West Road and is well equipped with cricket and football pitches, tennis and squash courts, amongst other things.

**Boat House**

Caius is a strong rowing college, with both the men and the women at second place on the river following last Mays, and a new boathouse on the way. Rowing is always a popular option for people to be part of in Caius. This year the gym facilities will be on Barton Road (near HC), and we’ll be training with a few other colleges so it’s a good one for meeting new people!
Punts

Caius owns two punts, moored at John’s, and both are usually available during the Summer. They can be booked out from the Old Courts Porters’ Lodge for £10 for 2 hours. Caius students can also get a discount on Scudamore’s walk up punt hire (i.e. not pre-booked) by presenting their card, see prices and hire details here: www.scudamores.com/student-punt-scheme.

Guests staying/Leaving Cambridge for a few days

If you wish to be away from Cambridge for a night, officially you are meant to have tutorial permission. Your Tutor will normally issue an Exeat to allow you to be away for a day or two; permission is not unreasonably withheld.

On a similar note, if you wish to have guests staying in your room, you are required to sign them in at the Porters’ Lodge. The main reason for this is safety: if there is a fire or some other incident, it is very helpful to know how many people should be in the building. You are allowed to have somebody staying in your room for 3 nights out of every consecutive 7 nights. If you’d rather book one of the guest rooms instead, this can be done through the Porters. You can also hire camp beds for a small charge from the Plodge.
About the Chapel

The Chapel was built for the worship of God, in a time when Christianity was the norm in the city and university. This religious tradition remains part of the College’s historical identity. In today’s multi-faith, multicultural society, all members of the College, whatever their religious beliefs, are welcome to use the Chapel for quiet and reflection, or to attend Chapel services and events. No-one should feel excluded. It is not necessary to be a committed member of any branch of Christianity, or any other religion, to attend Chapel—and enjoy the music or the silence—with integrity. It is always open during the daytime and evening. There are ten services a week in term time, three of which are enriched by our renowned College Choir. The College Dean, the Revd Dr Cally Hammond, normally officiates at services but the College welcomes several visiting preachers per term. Caius Chapel is the oldest purpose-built College Chapel in Cambridge still in use and members of the college wear gowns at evening services.

The Sunday morning Eucharist service is followed by free brunch and the Choral Evensong that evening by drinks. Once a term the whole congregation comes together for Corporate Communion to enjoy a fantastic meal in the Fellows’ Dining Room after the service.

Service schedule

Services in bold type are sung by the College Choir:

Sunday    Eucharist 10.30am

          followed by free brunch in Hall

          Evensong & Sermon 6.00pm

          followed by drinks in the White Room, to which all are welcome

Monday    Morning Prayer 8.15am

Tuesday   Morning Prayer 8.15am

          Evensong 6.30pm
Who’s Who in Chapel

The Dean

The Dean is the Rev’d Dr Cally Hammond. Contact the Dean for confidential help and counsel; guidance on matters of Christian faith; confirmation, vocation or confession; or if interested in becoming involved in Chapel.

The Precentor

The Precentor is Dr Geoffrey Webber. The Precentor directs the College Choir of Choral Exhibitioners, which sings on Sundays, Tuesdays and Thursdays, and for other services, broadcasts and recordings.

The Dean’s Vicar

The Dean’s Vicar is the Rev’d Canon Prof. Huw Jones. The Dean’s Vicar assists with services and with pastoral support.

The Chapel Clerks

Other students at the College assist in the day-to-day running of the Chapel as clerks. The Senior Chapel Clerk is Jack Drury. The Junior Chapel Clerk is Ruxandra Rogojinaru. The Additional Chapel Clerk is Kate Ellison. Offers of help and involvement from other members of College are very welcome.

Outside of services

The Ecumenical Discussion Society (TEDS – named so in honour of Father Ted), meets three times a term in the Junior Parlour on a Thursday, after Formal Hall. The meetings start with a presentation by a visiting priest, a member of the college or our Dean, which is followed by open discussion until a break for the service of Compline. Everyone is welcome for dessert, drink, discussion and debate. No set level of religious knowledge, or indeed belief, is necessary to attend TEDS, just a willingness to explore new ideas and an openness to having your views challenged.

Finding out more

Every term you can pick up Term Cards and Bookmarks in chapel or from your pigeon holes and find out more about special services, TEDS meetings and the visiting preachers. You can also follow our Chapel Facebook page (www.facebook.com/caiuschapel), where we post updates and reminders about services and TEDS. You are also welcome to ask the Dean, the Dean’s Vicar or any Chapel Clerk you spot around college, about Chapel at any time.
Food at Caius

Daily victuals

Hall

Your parents have probably always told you that breakfast is the most important meal of the day. When you come to Cambridge, you can forget this. Students can be found eating together in the dining hall every day. Cambridge is rife with metonym so, naturally, we call this meal ‘Hall’.

Caius offers two sittings of Hall every evening (except Saturday):

Formal Hall. This is a three-course meal served at 7:30pm. While there is no dress code, gowns must be worn; furthermore, phones are not permitted and no lavatory breaks are allowed. It’s a sit-down affair, but food isn’t served until the gong is rung, the Fellows file in, and grace is read (in Latin) by a student. (Though you may not know what it means, you will inevitably know this grace by heart by the end of your first term.) Then, a horde of waiting staff descends on the Hall bringing plates of salad and bowls of soup (you get a choice for the first course – it’s always ‘soup’ or ‘salad’, but, to the waiters, ‘salad’ is pretty much synonymous with ‘not soup’, and can range from your conventional caesar to a plate of onion rings). A main course and pudding are then served as is conventional. (You may have read bad reports of food at Caius. This is completely unjustified. Caius food is of a very high standard; indeed, the only regular complaint is that the hoisin duck is a bit on the large side. You’ll know soon enough!) Occasionally, the Fellows finish eating before the students, and the gong will be rung again, and everyone must stand. Once they’ve left, you can sit down again.

First Hall. The ‘express’ version of Formal Hall, served at 6:00pm. The same nosh is served, but there are no Fellows, no gowns, no side plates; no decorum.

On Saturday, a different kettle of fish is presented. (No, not literally.) Instead of a waited meal, a cafeteria style buffet is available from 6pm to 7:30pm, where you may choose from an assortment of meals. You’re allowed a main course, a drink, a pudding, and there’s also a salad bar.

If you don’t want to eat in Hall every night, then you can cook some things at home. Please read the Housing section of this guide to find out about cooking facilities in your accommodation.

Formal Dinners

Each term, there is an extra formal dinner, known generally as ‘Superhall’. The Food and Bar Officers choose a menu and wine to match it – it’s a four course meal, and the ingredients are of high quality, and so the dinner is more expensive, at approximately £25. It’s a very jovial occasion, and is a nice reminder of matriculation dinner!
and paying for Hall

Each term, students at Caius have 36 meal tickets included in their College bills. Because of this, students try to go to Hall at least 36 times in a term. If you go to more than 36 meals in Hall, then the extra ones are charged to your bill at the end of the term, at £4.26 each.

You can book hall during term-time by going to www.cai.cam.ac.uk/meal-bookings; it’s as simple as clicking a button! Just make sure to book before 10am on the day of the meal. You may cancel your booking before 5pm provided there’s a waiting list.

The waiting list

Every year freshers arrive with cynical views of waiting lists. "You never get anywhere from a waiting list,” they say. At Caius, we exhibit the paragon of waiting lists.

At 10am on the day of booking, the number of hall places that evening is fixed. So if you try and book, you’ll be met with a message saying ‘booking for this meal has closed’. However, before 5pm, you’ll also get the message ‘The waiting list remains in operation’. This is basically a one-in, one-out list, so if you put yourself on, and someone cancels their booking, you get their ticket.

The important thing is that this waiting list almost always gets you a place if you put yourself on it in the morning. So if you’ve slept past 10am, then there’s still hope of eating that evening!

Internal competition at lunchtime

For some reason, the College chooses to compete with itself at lunch times, and offers two options: lunch in Hall, and lunch in the bar.

Lunch in Hall is like an amalgamation of brunch and cafeteria hall. The food is largely the same as cafeteria hall (sometimes you can even find goodies like Dime Bar Pie!), but you pay using Upay (see below). It runs from 12:15 to 13:30, and to get it you just need to walk upstairs to Hall and into the servery (turn hard left at the top of the Hall staircase). You pay per item, so don’t go overboard!

Lunch in the bar, however, is an entirely different experience. Caius offers an excellent meal deal until 13:15 every weekday. It costs £3.70; for this you get a sandwich, and you get to choose three other items, including:

- Cups of soup (the same soup that the Fellows are having for lunch – it’s delicious!)
- Chocolate bars
- Pastries, muffins and cakes

Enjoying lunch in Hall on Matriculation Day
To get the meal deal, just ask whoever is serving at the bar.

**Brunch: the hebdomadal fry-up**

This glorious meal happens every weekend. On Saturday and Sunday from 9:30 to 12:30, Caius throws healthy eating out of the window and turns to frying hundreds of sausages, rashers of bacon, hash browns, and eggs. This meal is hugely popular and students who do not go to brunch are sneeringly dubbed 'phryophobes'. It's also well-priced; a plate piled with fried goods doesn't cost much more than £3.50.

(You may also opt for unfried goods should you so desire it.)

**Upay**

'You pay' for brunch, lunch, beer and bacon baps with 'Upay'. Practically, this means that you can scan your UniCard to pay for things (it's all very hi-tech); you'll have to have an account with Upay in order to top up the balance on your card, and you can set this up once you get to Caius. The bursary will have already put a few pounds on your card so you can start buying meals as soon as you get here!

For instructions on how to set up Upay once you get here, go to caiusjcr.co.uk/about/food/upay.

**Quotidian quenchers**

Bars are focal points of any student settlement, and the Caius Bar is no exception. Located in Old Courts, just downstairs from Hall, the bar is open every day. Whether it's a stiff gin and tonic, a glass of Caius port, or even a pint of lager beer, the bar has it all, and, every evening, students from Hall enjoy aiding the digestion with a post-prandial snifter.

Drinks are well-priced, and you can even get 10% off everything if you buy a Caius Card from the Bar at the start of the year – these cost £5, and easily pay for themselves once you get into the habit of going the bar often, as many Caians do.

The Bar also does cocktail nights on Wednesdays, which are a fun way to begin your evening, whether you’re planning on going to Cindies (Cambridge's own terrible club), or cracking out that mid-term essay, and the Food and Bar officers put on a pub quiz every week, with a chance to win a bottle of our very own Caius port!

If you would like to bring a bottle of wine to Hall, you can buy it in the bar, where they have a good selection; if you don’t fancy any on offer there, then feel free to bring your own bottle, but you must pay a 'corkage charge' of £1 at the Bar before Hall. You may also bring any drinks you have bought in the bar up to Hall – no need to down that sherry at 7:15!

During the day, the bar also serves excellent coffee, at excellent prices: a cappuccino costs £1.55. There’s a loyalty card scheme, and you get your seventh coffee for free! You can drink in, or take away, and these are also discounted with your Caius Card.

The Bar is much more than a place to slake one’s thirst and grab a hasty doughnut. The Bar is also a communal area which can be used for working during the day - an alternative to sitting alone in your room, or in silence in the library. But be warned: if you do work in the Bar, you will soon know every song on Heart FM... and be sick of all of them!
Welfare

A note on Freshers’ Week

So you probably don’t need me to tell you that arriving in Cambridge is going to be quite daunting. You also may have seen/heard reports of Freshers’ week, either here or at other unis. They’re not all likely to be 100% accurate, so here are some things to bear in mind about Freshers’:

- Some people may have told you that Freshers’ will be the best week of your life. If that ends up being true for you – and we’re certainly doing everything we can to make sure that it’ll be pretty special – then great, but I wouldn’t pin all my hopes on it. The worst thing you can do is to expect that everything will slot into place immediately. People get used to the rhythms of Cambridge life at different rates, and just because everyone else looks like they’re having loads of fun doesn’t mean they necessarily are.

- Freshers’ week is not all about partying and drinking. If you like partying, then don’t worry, we’ve got you covered, but if you don’t then there’s plenty of other things to do so you shouldn’t feel like you’re missing out at any point.

- Your three or four years at Cambridge won’t be determined by what you do in Freshers’ week, so please don’t force yourself to do anything you don’t want to. You might feel like missing out on one particular activity is the end of the world at the time but trust us when we say it’s not. The most important thing about Freshers’ week is that you look after yourself.

- If you ever feel down and need to talk to someone, either in Freshers’ week or at any other time, then help will be there whenever you need it. NB there are a lot of useful contacts in the pages below – please put them into your phone/address book even if you think you won’t need them!

One such form of help is the Welfare team, who are:

Cristiana Orlando (Welfare Officer) Tel: 07748748720 E: co359@cam.ac.uk
Jack Bell (Welfare Officer): Tel: 07836342377 E: jb2047@cam.ac.uk
Toby Ashworth (LGBT+ rep) Tel: 07717852525 E: tba23@cam.ac.uk
Alison Cheung (Women’s Officer) Tel: 07791770147 E: ac998@cam.ac.uk

What we do:

- We run a free, weekly, listening and referral service where you can come to us with any problem at all and we can help you. Everything you say will be kept entirely confidential.

- We can advocate on your behalf if you find that you have any problems with your tutor, and we monitor the tutorial feedback form on the website to check if there are any problems with students’ tutors.

- **Our pigeon holes will be stocked with free condoms and lube for anyone to take.** We can also provide other forms of contraception, welfare and sexual health supplies, such as pregnancy tests, rape alarms, and chlamydia testing kits, on request, in person or by email to icrwelfare@cai.cam.ac.uk.

- Special Week Five deals and treats – watch out for these later in the term! This includes ‘Welfare Tea’ which is served in the Library foyer and is one of the highlights of Week Five.
The College Nurse

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<thead>
<tr>
<th>Day</th>
<th>Drop in clinic</th>
<th>Appointments only</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>8.30am to 11.30am</td>
<td>11.30am to 12.30pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>9.30am to 13.30am</td>
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<tr>
<td>Wednesday</td>
<td>NO CLINIC</td>
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<tr>
<td>Thursday</td>
<td>9.30am to 12.30pm</td>
<td>12.30pm to 13.30pm</td>
</tr>
<tr>
<td>Friday</td>
<td>8.30am to 11.30am</td>
<td>11.30am to 12.30pm</td>
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</table>

More on this later, but the College Nurse, Natasha Kear, is available by appointment and drop-in Mondays to Fridays:

**What she can do**

- Provide professional medical support and advice on any physical or mental health problem
- Refer you to your GP or to the University Counselling Service, normally meaning you can get an appointment quicker

**CUSU Welfare**

The Cambridge University Students’ Union provides student services and represents the interests of students at both a university and a national level. The Women’s Officer and the Welfare and Rights Officer are most useful for welfare and can be contacted by email at welfare@cusu.cam.ac.uk and womens@cusu.cam.ac.uk.

**What they do:**

- Provide legal and other support for students via the Student Advice Service (SAS)
- Advocate on your behalf in case of any disputes with the College
- Provide access to cheap condoms and pregnancy testing kits.

**The University Counselling Service (UCS)**

This is a popularly-used service, with almost 900 students making use of its trained counsellors every year. You can book an appointment online, by phone on 01223 332 865, or through your Tutor, Welfare Officer, or the College Nurse.

**What they do:**

- Provide confidential one-on-one counselling and therapy. **You don’t have to have been ‘diagnosed’ with a mental health condition to get an appointment:** they’re there to help with any problem, no matter how small you think it is.
- Offer group therapy sessions
- Provide information and advice on mental health and other things students often struggle with.

**Linkline**

Linkline is the student nightline, running on similar principles to the Samaritans, but it is run and staffed by Cambridge students. They can be contacted every night of full term from 19:00 – 07:00 on 01223 744 444. You can apply to volunteer there, but the intensive nature of the training means that the selection process only takes place once a year.
What they do:
- Offer non-judgemental, non-directive and completely confidential listening, support and information.

The Disability Resource Centre (DRC)
This doesn’t just cover ‘disabilities’! The DRC is there for any problem which might hinder you in academic or exam performance. They can be contacted by phone on 01223 332 301 or by email at disability@admin.cam.ac.uk.

What they do:
- They can sort out special exam requirements, such as extra time, for anyone who needs it.
- Advocate on your behalf with the university and your supervisors if you feel like your academic needs are not being met.
Sexual Consent

Sexual Harassment

If at any time you feel you have been harassed, please consult us. You can talk to the College Nurse, Natasha, in the Health Centre (U staircase, Tree Court), or a member of the GCSU Welfare Team. The Fellow who officially deals with issues surrounding harassment and equal opportunities is Professor Christine Holt. Professor Holt has a great deal of experience, is very easy to talk to, and can also be approached, either directly or through a Welfare Officer or the Nurse. Everything is confidential (see our confidentiality policy) and nothing will be revealed without your consent, so please feel free to just come and talk and we’ll do everything we can do to help.

The College’s harassment policy is set out in the General Information booklet which will be provided to you by the college.

Read more about sexual consent in the section below (p.47)

Health

The College Nurse, Natasha Kear, is a friendly and helpful health professional, and will give advice on medical and personal problems. You should make an appointment to meet her within the first few weeks of term. Throughout your time at Caius she will be available for appointments and holds regular drop-in sessions which are open to everyone regarding any problem you may have. Generally, the times when she is available are on her notice board outside the Health Centre, which is in U staircase, Tree Court. She can sometimes arrange appointments with a GP or at Addenbrookes quicker than if you try on your own!

You have to register with a doctor when you arrive in Cambridge. You need to know your NHS number for this if you have one. Newnham Walk Surgery is the nearest to the West Road site, and the practice has a second surgery in town near Old Courts too. You can register with them online, see caiusjcrg.com/welfare/
surgery.

The College Nurse and your local doctors will, of course, provide treatment free of charge, but it is highly advisable to get an NHS exemption form, which will get you free prescriptions, free NHS sight tests, free NHS dental treatment, and about £30 towards the cost of glasses/contact lenses. Forms can be obtained from dentists, opticians, hospitals and many GPs. Processing your application can take several weeks, however, so it is best to complete it and send it off before you come up to College. For more information, see http://www.nhsbsa.nhs.uk/HelpWithHealthCosts.aspx. There is a University Dental Service, which may be used free of charge by students, at 3 Trumpington Street.

For matters of sexual health, you can talk to Alison, Toby, Jack, Cristiana, the College Nurse, your GP, or the special clinic at Addenbrookes (Clinic 1A). In all cases you are assured of complete confidentiality.

Emergency Use of Taxis

As part of the College’s commitment to support students’ welfare, the College now administers a scheme to provide the emergency use of taxis for students who may find themselves in a position where it could be unsafe to travel at night, or where they find that they have insufficient funds to pay for a taxi.

If any student feels they have a need for the emergency use of a taxi, they should contact Gonville & Caius Old Courts Porters Lodge and request the on-duty Porter to order a taxi, who will then request a means of identification from the student. Once identification is confirmed, the taxi will be ordered.

To contact the Porters’ Lodge, either:

- Ring the Old Courts Porters’ Lodge on 01223 332400.
- You will be asked for your CRSid (see ‘Computers and Internet’, p. 15) and your accommodation address to confirm identification before a taxi is ordered.
• Go to any other college Porters’ Lodge. The porters at there will ring Caius Porters’ Lodge for you and use your university ID card to confirm identification.

Once taxi invoices are confirmed, the taxi fee will be charged to your College account for your next college bill.

Sexual consent
In Freshers’ Week (and, indeed, the whole of their time in Cambridge), many people may engage in some kind of sexual activity. Sexual health is something that the Caius Welfare Team feel strongly about (free condoms and lube are readily available in Welfare pigeon holes in Old Courts!). Remember that in addition to the practicalities and paraphernalia of sexual health, CONSENT is just as important.

During Freshers’ Week, the Welfare Team will be putting on a consent workshop which will take you through some of the issues surrounding sexual consent, as well as providing information on sexual health. We know some of you may have already gone through a similar series of sessions at school, however the range of backgrounds and schools which our students come from mean that not everyone has had the same information, if any at all. Therefore, it is in everyone’s best interest to attend these workshops so that we can ensure all of you have had the same information delivered in the same way.

So, **what is consent?**

• Consent is not just the absence of a ‘no’. It is an informed, enthusiastic ‘yes’.
• Consent can be withdrawn at any time.
• Consent is active and willing participation in sexual activity. It means that both parties had the freedom and capacity to make the choice.
• Consent means enthusiastic participation in sexual activity. Consent cannot be assumed, regardless of whether you’re in a relationship, or have engaged in sexual activity previously. Checking for consent needs to be an ongoing process, and is the responsibility of both partners. **An absence of a "no" doesn't mean "yes".** If you're not sure, it's always best to ask.
• A lot of people are worried that checking for consent will be embarrassing. But if you think the mood could be ruined if you ask, then it can't have been that good to start with.
• Consent is just as much about having the confidence to say "no", and respecting that decision, as much as it is about ensuring a "yes".
There are a fair few damaging myths surrounding consent, so let’s get myth busting:

<table>
<thead>
<tr>
<th>Myth</th>
<th>Reality</th>
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<tbody>
<tr>
<td>If you don’t say anything, that means you want it.</td>
<td>‘No’ means no, but so does silence. <strong>Passivity does not equal consent.</strong> Sometimes, people feel like they are unable to say no due to social pressure or power imbalances. People can also become unresponsive or not know what to say when they are in uncomfortable or frightening situations.</td>
</tr>
<tr>
<td>Consent is generally not something you can communicate because of the nature of sexual interaction.</td>
<td>If both parties are confident about engaging in sexual activity, they can communicate their consent to each other. Consent can be spoken, but it can also be expressed in action. If in doubt, ask. It will not ‘kill the mood’ and, if it does, it probably wasn’t that great to begin with.</td>
</tr>
<tr>
<td>If you wear revealing clothing/have had multiple partners in the past/are walking home alone at night, then you are asking for it.</td>
<td><strong>Rape or sexual assault is never, ever, the victim’s fault.</strong> If someone chooses to assault, the consequences are their responsibility and their fault. It is not the fault of the person who is assaulted.</td>
</tr>
<tr>
<td>Rapists are men hiding in the bushes or in dark alleys waiting to attack scantily clad women.</td>
<td>92% of survivors of assault knew their attackers before the attack. Rape and sexual assault can happen to anyone no matter their gender, age, class, culture, ability, sexuality, faith, race, or appearance. Rape and sexual assault can occur inside marriages and committed relationships, by trusted family or close family friends, or by community or religious leaders. <strong>There is no accurate stereotype for either victims or perpetrators.</strong></td>
</tr>
</tbody>
</table>

Check that these six buzz words are included in your understanding of consent:

- **Informed** – all individuals involved understanding the act being agreed to.
- **Mutual** – clear understanding from all individuals about what is being asked for and agreed to.
- **Given** – freely and actively.
- **Communicated** – in words and/or actions (preferably both!) that are mutually understandable.
- **Retractable** – saying ‘yes’ to one instance of one particular sexual act does not mean that you’re automatically okaying all others at any given time
- **Willing** – agreement does not count as consent if someone is forced, coerced, or made to feel obligated.

With this in mind, it is also not OK to coerce or shame someone into performing some kind of sexually related activity (e.g. stripping off, showing your underwear etc.) as part of a swap/pre-drinking activity; these such instances also require consent.

Do get in touch with the GCSU Women’s Officer, Alison, if you want to talk more about this.

*Alison Cheung*

*jcrwomens@cai.cam.ac.uk*
LGBT+

According to a 2014 survey by The Tab, Cambridge has the largest non-heterosexual population – 19% of the student body – of any university in the UK; similarly, it is thought to have the largest population of students whose gender identity does not fit traditional binaries. Stonewall’s University Guide gives the university quite high marks. Cambridge is known for its generally open-minded atmosphere, and its long-standing history of providing a haven for those who fall outside the definition of ‘normal.’ There is a particularly rich and long-running queer tradition at Cambridge, with authors like E. M. Forster, Virginia Woolf, Edward Carpenter, and countless other pioneers of early LGBT+ rights spending time here. The modern LGBT+ world at Cambridge is highly visible and often activism-oriented: many colleges fly the LGBT+ rainbow flag on the first or last day of February to celebrate LGBT+ history month, and LGBT+ students are often at the forefront of activism for other causes within the University. Nevertheless, LGBT+ life at Cambridge is truly what you make of it. Whether you attend every rally and march and discussion group, spend your time at LGBT+ club nights, enjoy formal candlelit dinners, outings or picnics, or indeed none of the above, there is a space in the LGBT+ world at Cambridge for you. If you’re not out yet, there are support groups and professional assistance for that process available. If you like simply being left alone, that’s okay, too!

CUSU LGBT+ is the university-wide society representing people who identify as lesbian, gay, bisexual, transgender and otherwise, or who are questioning their sexual or gender identity. They provide a variety of services for the LGBT+ community at Cambridge, including:

- A very popular magazine providing a safe space for the discussion of LGBT+ issues called Get Real. [http://getrealcambridge.com/](http://getrealcambridge.com/)
- A university-wide parenting scheme similar to the college one, open for signups online at the beginning of Michaelmas. [http://www.lgbt.cusu.cam.ac.uk/freshers/looking-for-a-parent/](http://www.lgbt.cusu.cam.ac.uk/freshers/looking-for-a-parent/)
- A weekly listings email that is the best way to find out about LGBT+ events and meetings, which can be subscribed to at the Fresher’s Fair or online. The list’s membership is kept confidential. [https://lists.cam.ac.uk/mailman/listinfo/cusu-lgbt-listings/](https://lists.cam.ac.uk/mailman/listinfo/cusu-lgbt-listings/)
- A weekly LGBT+ club night called Kaleidoscope, hosted at Kuda (Life) every Tuesday. Open to everyone, with discounts occasionally posted on the event wall on Facebook. While Kscope is often not as full as other club nights, it goes a long way to make LGBT+ people feel more included in Cambridge nightlife (and that means a lot more than simply playing more Beyoncé) [https://www.facebook.com/cambslgbt/](https://www.facebook.com/cambslgbt/)

A wide variety of other meetings, including weekly coffees (usually at Clown’s Café on Saturday or Sunday), lectures, film screenings and activism opportunities. The main CUSU LGBT+ website provides information on all of these, as well as a link to join the main Facebook page as well as a group designed specifically for freshers. [http://www.lgbt.cusu.cam.ac.uk/](http://www.lgbt.cusu.cam.ac.uk/)

LGBT+ Life at Caius

Caius is a nice place to be LGBT+. The college has its own bit of LGBT+ history, with a memorial to the romantic friendship between former master Dr. John Gostlin and his friend, the Vice-Chancellor Dr. Thomas Legge of two hands holding a flaming heart dating from 1619 visible in the college chapel. The current community of out students is fairly small and less active than some other colleges, but people are in general very supportive and welcoming, and the elected JCR and MCR LGBT+ representatives collaborate regularly to organise events for members of the college, in addition to those already offered throughout the University at large. These events generally include pre-drinks for Kaleidoscope, drinks evenings in the college bar, film screenings, etc.
The College also runs its own Welfare listening service, which has a particular emphasis on LGBT+ issues – there’s more information about that in the Welfare section of this guide.

To stay up-to-date with LGBT+ events in college, contact the LGBT+ Rep to be put on the secret LGBT+ group on Facebook (which means nobody besides the members of the group will know of your membership), and/or by joining the anonymous mailing list (https://lists.cam.ac.uk/mailman/listinfo/cairo-lgbt/) for occasional updates on goings-on.

Your LGBT+ Representative’s name is Toby Ashworth, and he would be more than happy to make you a pot of tea and chat with you about anything you would like. He can be reached by Facebook, by email at jcrlgbt@cai.cam.ac.uk, on Facebook, by phone or text at 4¹ ¹ 5¹ ² 96969, or in person at Room 7, 6¹  Green Street. As Toby occupies a Welfare role within the college as well, you can come to see him if you’re feeling worried or upset, and all of your conversations with him will be treated as confidential, as per the GCSU’s Confidentiality Policy (available at http://www.caiusjcr.co.uk/welfare/confidentiality/).

Resources

In addition to the list of resources in the Welfare section of the guide, there are a variety of LGBT+-specific resources inside of Cambridge and out.

Within Cambridge

· Make No Assumptions – The new CUSU LGBT+ Trans campaign is very active and provides a wealth of resources for those who identify as trans or gender non-binary, as well as for those who are interested in learning more about trans issues. Their website includes an excellent section on trans-specific resources about coming out and life at Cambridge including advice on everything from registering with GPs to filing a Deed-Poll form, and is well worth exploring regardless of your personal gender identity. http://www.makenoassumptions.org.uk/

· The Harry Harris LGBT+ Library – This growing library is housed in the CUSU Offices at the New Museum Site and offers a wide variety of LGBT+-related material, of both an academic and non-academic nature. http://www.lgbt.cusu.cam.ac.uk/resources/library/

Outside of Cambridge

· Queers in Shorts – A semi-regular film night at the Cambridge Arts Picturehouse showcasing a variety of historic and modern LGBT+ cinema. The wider LGBT+ community of Cambridge comes to this, so it’s a nice way to see some new faces from outside of the University. https://www.facebook.com/QinShorts

· The Encompass Network – This is the LGBT+ umbrella group for all of Cambridgeshire. While they list events run by CUSU LGBT+ on their website, they aren’t affiliated with the university and can be nice if you want to get outside of the Cambridge world for a little while. http://encompassnetwork.org.uk/

· sexYOUality – A local LGBT+ support charity, which runs a weekly drop-in session in the city centre each Wednesday. The location of the meetings are kept confidential to ensure the space is safe, but you can find its location by sending a text to 07808 189158 or office@syacambs.org. http://www.syacambs.org/
May Week

When exam term rolls around, it’s the unfortunate case that Easter term does revolve heavily around revision and exams. Despite this, no-one parties quite like Cambridge do – and you’ll see exactly why at the end of Easter term in May Week!

May Week is actually in June, and is the week after everyone in the university has finished their exams. There’s much going on in May Week to be a part of, but the main two types of event are garden parties and May balls.

Garden parties

Garden parties form a major part of May Week: Every college will hold a garden party, most university societies will hold one, and many college societies will too. The GCSU hosts a free garden party for members of Caius, but generally people will go to quite a few more over the course of the week!

Most garden parties are ticketed in advance and cost mainly in the region of £3-£20, though bigger garden parties will cost more. Generally, they consist of boozy afternoon barbeques.

May balls

May balls are all night black tie parties held in each college, with endless stands of free food and drink, several music stages (with big names!), and often fairground rides, silent discos, comedians, magicians, and other attractions. Caius holds a fantastic May ball every other year, so that means you’ll get to go to one in your 1st year and one at the end of 3rd year. Tickets for almost all May balls don’t reach general sale though as they sell out on the ‘college only’ release, so you’ll need to make friends at another college to ask them to buy you tickets! Many freshers go to Jesus May Ball, but other popular balls include Clare, Emmanuel, John’s, Trinity and Caius of course!

Most May balls cost around £130 (Trinity, John’s & Caius around £155), but don’t let this put you off: there is no party like a May Ball, and is one of the most amazing experiences you will ever have! It’s what you’ll remember about your times at Cambridge, and something which you should try at the very least!

There are also smaller versions of May balls called June Events which cost roughly £70-£90. They don’t last as long (ending around 03:00), and while not quite as spectacular or high budget, can still be fantastic – Trinity Hall June Event is often one of the best, and King’s Affair, which is fancy dress instead of black tie, is also well known.

Tickets for May balls go on sale in Lent term, and you’ll need to be quick! As mentioned above, you’ll have to rely on a friend at another college to buy tickets for you, so make sure you’ve sorted this early before tickets go on sale.

A special note should be made about Selwyn, Churchill, and Girton; Selwyn has a Snow Ball and the other two have Spring Balls, their versions of a May Ball. Not quite as spectacular or with as big names as the May Balls, but they’re great nights. Selwyn’s a fantastic way to end your first term at Cambridge, and Churchill is also amazing fun. Tickets for these three do sell out, though not quite as fast as others.
In Harvey Court gardens before setting off for a May Ball
Bops

College bops are run by the JCR Ents team and are essentially like bigger and better school discos! They happen 2-3 times a term in the Harvey Court JCR, starting at 9pm and ending at 1.30am.

There is always a theme (Full Moon Party, Famous Duos, Around the World are a few from last year) and fancy dress is essential!

Tickets cost £3-5 and drinks are sold from the bar, with prices starting at £1.50.

Bops are always great fun and they are guaranteed to be the cheapest and one of the best nights out (or in as it’s so close!) of the term.
Cambridge Nightlife

1. Fez

Fez, actually called Fez, is Cambridge’s edgiest club. Most people tend to go here on Sundays and Thursdays. CREEM take over on a Sunday and run a series of nights that are usually a variation of 90s/garage music. If underground/house music is your thang then look out for Turf nights or Fever nights for disco.

Quirks:
R. Kelly errrrrry Sunday, steamy mirrors and it looks like a cave. Also excellent proximity to the Van of Life.

Entry:
£3 on guest list, £5 after 11 pm. Rumour has it you can get in for free if you actually wear a fez (cannot confirm this is true). Find it by walking down Market Passage just past TK Maxx. Or just follow the sea of wavy garms.

2. Kuda (Life)

Life is the favourite Sunday night destination. If you can deal with the fact that it is essentially like dancing in a sumo wrestler’s armpit then Life is gr8!!!! But no worries, you can overcome this with innumerable VKs and hours of grooving to classic tunes like Stacy’s Mum and Year 3000.

Quirks: Aforesaid smell and soaring temperatures. Smoking area in an alley = grunge.

Entry: £5 on a Sunday. Tuesday night is LGBT+ night (Kaleidoscope)
Life is found next to Waterstones on Sidney Street. Expect huge queues on Sundays.

A night isn’t quite complete without a trip to the Van of Life, or maybe the Van of Death for braver souls

Having the time of her ‘Life’
3. Ballare (Cindies)

What isn’t to like about a club whose name is the Latin infinitive for ‘to dance’? Actually, no one calls it Ballare. Everyone calls it Cindies and **Wednesday** night is where it’s at.

**Quirks:** 10/10 for cheese. Lion King remix guaranteed. Smoking area is spacious and equipped with yellow umbrellas. Photographer enjoys a good selfie.

**Entry:** £5 (sometimes £3 on Tuesdays but Wednesday nights are the biggest and busiest and best)

On Wednesdays you will be able to see/hear/feel the queue winding down past EAT by Lion’s Yard or outside of Sports Direct in the shopping centre.

4. Lola Lo (Lola’s)

Lola’s is a Polynesian-themed nightclub, which means free flower garlands, hula skirts and straw hats (modelled below). Spread across 2 floors, the music here is a clean balance between the incessant cheese of Cindies and the lyricless edge you sometimes find in Fez.

**Quirks:** 3 floors with the top floor as the smoking area. There is also a retro light up dance floor. Décor is on point.

**Entry:** Free most **Thursdays** if you’re on the guest list. **Tuesday** is also a popular night for Lola’s. Normal entry is £5.
Green Issues at Caius

Green issues don’t have to be boring. If each one of you is willing to contribute in (however small) a way, we can make Caius a more environmentally-friendly College.

Want to get involved?
In Michaelmas we are assembling a Green Team to help out with Green initiatives around college and more importantly, to brainstorm new ideas on how to make Caius greener. Here are some initiatives you can get involved in:

- Fair-trade chocolate and wine tasting
- Electronic waste collection week
- Installing a clothing bank in collaboration with a local charity
- Spearheading competitions for the university-wide Switch Off Campaign and Green League Table

Be it energy conservation, recycling, fair-trade or more, everyone can play a part.

Here are some top green tips for your time at Caius!

- **Be a staircase rep**
  Each corridor has a staircase rep to report maintenance issues and make sure recycling runs smoothly. You will also be part of the Green Team. Reps get money off their college bill!

- **Recycle**
  It’s very easy to recycle; cans, glass, cardboard and paper all go in the recycling bin in your gyp room. For electronic waste there will be E-waste collection week!

- **Reusable shopping bags and coffee mugs**
  Keep a reusable bag with you at all times for stocking up at Sainsbury’s. Why not invest in a Caius coffee mug for all the caffeine intake in your first year?

- **Switch off**
  You will spend a lot of time out of your room, so make sure the lights and all your appliances are switched off.

- **Scrap paper**
  Scrap paper is available in the Library and Computer rooms. Use scrap paper for rough working to save the planet and your pocket.

- **Bring a drying rack**
  Save energy and avoid the tumble dryers by drying your clothes in your room or on the balcony.

- **Buy local; go fairtrade**
  Cambridge has a great market with tasty, local produce every day. Moreover, by buying Fairtrade products including chocolate, coffee and bananas you guarantee farmers worldwide a fair price.

- **Pedal power**
  Cycling around Cambridge is quick and requires minimal effort with plenty of cycle paths and no hills!
A Day in the Life of...
A Bio NatSci (Biological Natural Science)

8am  Wake up! My first lecture today isn’t until 10am – I’ve just had three days of 9am starts so this morning is a relative lie-in. If I’ve got time after eating breakfast I’ll do a question from my supervision work or read for my next lab. It’s more likely that I’ve hit snooze too many times and am still eating breakfast as I walk out the door.

9:30am  Aim to leave Harvey Court. It’ll take about 20 minutes for me to walk to my lecture, longer if I’m walking with a friend and we’re too busy chatting to walk quickly.

10am  Chemistry lecture. I managed to arrive early enough to get a seat – Chemistry is my one lecture that has more students than seats in the lecture theatre so if you’re unlucky you end up perched on the sides, balancing your notes on your knee.

11am  I now have an hour gap until my Physiology lecture so I find somewhere quiet to get some supervision work done.

12 noon  Physiology of Organisms lecture. These are usually pretty rapid in pace but the lecture notes are helpful and I manage to follow most of it. I’ll find time over the next few days to review the bits that lost me.

1pm  Lunchtime! I head to Caius Old Courts to eat in the cafeteria with some of the other NatScis and we get a chance to rest our brains before people rush off to various labs and supervisions. I’ve got a supervision later so I may as well stay in the city centre; after lunch I work in the college library, which is probably my favourite place to study.

3pm  Biology of Cells supervision. An hour of intense science-y discussion ensues and then I’m set some past paper questions to do for next week. I return to the library to get some work done before the next thing.

4:45pm  Mathematical Biology practical. Labs are normally around 5 hours long – the kind where you dissect something or attempt to produce some chemical compound. This MatBio practical is only 1hr 15mins long and essentially consists of me and the other Bio NatScis trying to learn how to code. We struggle together. Fortunately we’re given solution sheets at the end of each session, so I’ll stand a chance when I’m revising it all in the vacation.

6pm  Dinner time! First Hall usually takes 45 minutes maximum, so it’s the shorter of the two Halls (the longer one being Formal). Hall is a time for eating and catching up with friends without feeling like you should be working instead because obviously, everyone has to eat. Also, we have a Minimum Dining Requirement at Caius which means it would be a waste of money not to go to Hall. So really, I’m financially obliged to spend this time eating and relaxing.

7pm  Usually at this point I walk back to Harvey Court with everyone else and spend the evening working (and procrastinating). As it happens, this evening I’m going to see Sweeney Todd at the ADC Theatre with a friend so we walk over after Hall and enjoy an evening of musical madness.

11pm  After the show I check there isn’t any work left to do for tomorrow (there isn’t) so I have an early night. Most nights I try not to work after 11pm, although sometimes it’s necessary. Sometimes at this point I’ll head up to one of my friends’ rooms and we’ll chat/watch a film until it feels like it should be bed time, but tomorrow is a 9am start again so I want to get a reasonable amount of sleep.
A Human, Social and Political Sciences Student

10am – Force yourself out of bed for your 11am lecture and contemplate bad decisions made last night while whipping up some porridge in the gyp-room

11am- Cycle haphazardly to Downing Site (10 mins away) hoping you don’t bump into anyone you know (no time for concealer). But it’s Cambridge, so of course you manage to come across a girl from your old school, some randomer who you think may go to your college (?) and your supervisor who stares at your rapidly re-treating dishevelled self.

12noon- Lecture over, whiz back to Harvey Court site and make pasta for lunch (yes, it is possible in microwaves!!) Munch pasta while laughing at the Apprentice candidates on BBC iPlayer.

2pm – Time for a supervision at St John’s – assert to yourself that you would rather even be at Oxford than John’s whilst you walk through the huge college grounds. Arrive at supervision and essentially spend an hour having a nice academic chat about monkey mating systems.

3pm – Stop off at the beautiful Caius library to find some books for your latest essay and curse silently because everyone has already taken them out. Throw some pitying smiles at the natscis/medics/lawyers who are littered around the library desks – their eyes have an empty, haunted look about them.

3:30pm – Hop over to Sainsbury’s to stock up on the essentials, like chocolate caramel shortbread bites.

4pm – Back in the crib and after extensive YouTube video watching, Facebook stalking and (if feeling desperate) Tumblr scrolling, you finally open up an empty Word Doc and type out the title for your latest psychology essay.

6:45pm – Jolted out of your essay stupor by a rap at the door – your new mate from upstairs is reminding you that its time for Formal Hall, aka dinner! Grab your wavey gown off the hook and walk to college in a gaggle of freshers.

8pm – Waddle back to accommodation rubbing your food baby – Caius food definitely doesn’t deserve the bad rep it gets...most of the time! Settle down in a chair with some supervision reading.

11pm – If it’s a Wednesday, you turn up with your squad to Cindies. Unfortunately the entire student population of Cambridge has had the same idea, so you entertain yourself in the queue by taking selfies with the bouncer. You find out his name is Dave and he owns a cat.

11:30pm – In the cloob at last, you throw some shapes to Dancing in the Moonlight and Lion King with wild abandon, and bump into everyone you’ve ever known in Cindies smoking area.

2:30am – Gather your surviving friends and head over to the Van of Death for the best garlic cheesy chips in town. Profess your love to each other as you stumble over Orgasm Bridge back to Harvey Court.

3am – Finally back in bed – set alarm for tomorrow and prepare to do it all again...
Every historian’s timetable is quite different; lecture times are based on papers, the ebb and flow of your weekly essay on your supervisor’s schedule, and whatever extra-curricular activities you do being up to you. The vast majority of your workload will be reading for your essay which, obviously, can be done whenever you choose, so if you want to sleep all day and read all night that’s totally up to you. Mostly people do try and avoid becoming nocturnal to try and maintain other aspects of their lives, get some vitamin D, etc. but the day below definitely isn’t representative of how everyone does their degree and you can pretty much structure your time as you choose.

8:30  Given that it only takes three minutes to walk from Caius first year accommodation to the faculty anyway, even an 8:30 wake up can – just - get you there in time.

9:00  Lecture. Most weekdays start with a 9AM and one or two more lectures after that in the morning. All history lectures are technically optional, and whilst some people religiously attend all and others equally devoutly avoid them, making it out to glean pearls of wisdom without having to read a book is normally worth it.

12:00  Normally I head back after morning lectures to whip up lunch in my gyp room (a sandwich, salad, or soup) before hitting the libraries and getting some reading done in the afternoon. Normally much every book you need will be in the history library at the faculty, but the Caius library is also really well stocked for history books as well as being one of the largest and nicest college libraries in Cambridge so I often head there too.

12:10  I’ll probably have a coffee break with friends or a quick trip to Sainsbury’s at some point in the afternoon to ‘break up’ the reading before getting back to it. Cambridge is an excellent place to hone the art of procrastination.

4:00  One or two afternoons a week I also have a document class organised which involves a little pre-reading for a group discussion (around 10 people) chaired by a faculty member on the importance or meaning of what you’ve read. A couple of days before your essay is due you’ll also have to stop reading and start planning and begin to actually write your essay, and so some afternoons are slightly different. You’ll also have your once weekly supervision where you’ll get a chance to go through your essay one-on-one with an expert, whilst daunting at first you do get used it and they are really helpful when it comes to broadening your understanding of a topic to cover aspects from books you didn’t get a chance to read.

6:00  Most evenings people eat in hall, mostly because of minimum dining requirement but the food is also pretty good. It’s really good for seeing everybody too, particularly good if you’ve spent most of the afternoon just with your books.

8:00  After dinner it’s either back to reading/planning/writing for my essay for another few hours or going to a lecture or meeting with one of the numerous clubs and societies on offer here.

10:00  Later on, I stop working for the day to chill for a bit, catch up on admin, or meet up for pres before heading back out into the world of Cambridge nightlife.
A Medic

8.00: The alarm on my phone goes off (unless I forget to charge it and all hell breaks loose) and I somehow manage to drag myself out of bed. Boaties would have already been awake for 2 hours for those horrendously early training sessions. I prefer the comfort of my bed! Grab breakfast from the Gyp, get ready and head to lectures.

8.40: Luckily, first year accommodation is really close to Sidgwick Site, where we have most of our morning lecture. Lectures start almost every weekday morning at 8.45 and are usually HOM or MIMS. Frantically looking over the notes over breakfast hasn’t proved useful and I am usually completely lost from about 10 minutes in!

9.45: Lecture’s ended and time to go to dissection. You will usually have a 2 hour practical session during the day which is typically HOM, Dissection or Histology. Dissection is the Downing site which is about a 10 minute walk from Sidgwick. “Forget” to bring your dissection notes with you so they don’t come back stained with adipose fat... Dissection is actually really fun, and a great way to learn the seemingly endless amounts of anatomy that will be tested in the infamous Riches’ MCQs... Grab a quick snack from the sandwich cart conveniently placed outside the DR.

12.15: Back to Sidgewick for the final lecture of the day! Everyone’s usually awake by now and can understand what’s going on.

13.15: I’ll either have lunch in Old Courts or head back to my room depending on how much work I have. Write notes on the lectures we’ve just had and also complete any supervision work I have left.

6.00: Medic supervisions are in the evening lasting an hour. There are typically 5 a week and can start from any time from 5 to 8, with some unfortunate souls having 3 consecutive supervisions in an evening. Supervisions are a great way to consolidate the material from lectures with the key aim to making sure you really understand what’s going on in the subject. They are usually intense and sometimes you can’t answer the questions, but it’s all part of the journey!

7.00: Off to formal hall. This is a great way to wind down for a bit and it gives you a chance to socialise with everyone else (especially those outside of your subject). Some days, this can be the only free time you get so everyone makes the most of it. The candles and gowns mean that you never forget where you are!

8.30: After dinner, I may attend a debate at Union, play some badminton or even attend a play or concert. The list is endless, though most nights consist of supervision work (essays!!!) and reading for lectures the following day.

10.00: Most nights you do end up working quite late but some nights you have to let your hair down, with most medics going out at least once a week. This is almost always great fun if you’re with friends. Though a hangover mixed with that formaldehyde smell in the DR is not always a great combo!
Glossary

A small guide to some of the bizarre terms we have...

**Bop**: Themed college event including dancing and often drinking, similar to disco, not to be missed.

**Bumps**: Crazy rowing races in Lent and Easter Terms. Great fun to participate in or watch.

**Caian**: Pronounced ‘Kee-un’. A student at Caius; often overused as a substitute for ‘keen’ by some over-Caian Caians, as in “Get Caian!”

**Cindies**: Commonly used name for Ballare Nightclub.

**Cuppers**: Intercollegiate sports tournaments, generally of the knockout variety.

**DoS**: Director of Studies, in charge of your academic studies.

**Ents**: Short for Entertainments, events put on within college (by the GCSU) to amuse students.

**Exeat**: A form you need from your tutor to leave Caius at the end of a term. Without one you risk a fine!

**Gardies**: The Gardenia, in Rose Crescent: get food from here after most nights out.

**Gyp-room**: Kitchens.

**Hall**: Dinner in Old Courts: First Hall at 18:00; Formal at 19:05 (19:15 Sundays). Bit of a social affair.

**HC**: Harvey Court: accommodation block on West Road site next to SHB.

**Life**: Common name for the Kuda Nightclub.

**Master**: Like a Head Master, is overarching head of the college, lives in Master’s Lodge opposite the Chapel.

**Matriculation**: Formal ceremony in which you officially join the University.

**May Ball**: Large all night parties within colleges that occur in the week after exams finish (in June, not May).

**May Week**: Week long party time that occurs in June, after exams have finished. Absolutely awesome and makes exam term bearable.

**Michaelmas, Lent, Easter**: First, second and third terms, respectively.

**Plodge**: The Porters’ Lodge, hub of college, staffed by Porters 24/7, to be found both at the entrance to Old Courts and Harvey Court.

**Proctors**: University officials, who are in charge of order, dish out punishment for rule. Not to be messed with.

**RAG**: Cambridge University's charity initiative, which raises enormous amounts of money each year for good causes.

**Redit Book**: A book you must sign whenever you come to Caius at the start of a term.

**SHB**: Stephen Hawking Building: the other accommodation built on West Road. Looks quite like a snake from an aerial view.

**Squash**: The first of a given society’s meetings in a given year, where they attempt to ‘squash’ as many new members in as possible.

**Supe (soup)**: Short for supervisions, or the starter to 95% of your meals at Caius.

**Swap**: 10-15 girls from one college, 10-15 boys from another, either go to one of the formals or go to a curry house for a fun booze filled night!

**Tab**: Popular Student-run newspaper detailing (tongue-in-cheek) all the goings-on in Cambridge life.

**TCS**: The Cambridge Student: another popular student-run newspaper.

**Tutor**: Member of college who provides pastoral support (not to be confused with DoS!)

**Varsity**: Another Cambridge student-run newspaper.

**Undercroft**: The area just under Hall, next to pigeon-holes (at base of F/G staircases, Gonville Court).