International Student Welcome

A guide to help you settle in Cambridge.

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Welcome to Cambridge!

International Student Welcome(ISW) warmly welcomes you to Cambridge. We hope that you will have a wonderful time studying here.

Moving to a new place is exciting, but stressful if you are unsure about details or don't know anybody there.

International Student Welcome(ISW) offers friendship and support for new international students to Cambridge University. It is hosted by friendly students and residents who already know Cambridge and are willing to answer small (and big) questions that aren't always easy to figure out on your own.

We also have a number of events where you can meet freshers like you and current students. This will help you to make friends and explore the University before you settle down.

ISW is organised by the Cambridge University Christian Graduate Society (CGS) for all new international students. We can't wait to meet you!

ISW Team 2020

1.Cambridge University

With 31 colleges and many departments, Cambridge University is spread all around the city. You can find out more about the university via the university website, or by asking the porters at your college. There are also a number of other bodies of which you should be aware:

Cambridge University Students Union(CUSU) represents the interests of the student body to the university authorities. All students are enrolled automatically. A list of the services that they provide can be found on their website: https://www.cambridgesu.co.uk/

Clubs and Societies
There are hundreds of clubs and societies catering to a wide range of interests including sport, music, theatre, religion, politics and charity. Many of them can be found at www.societies.cam.ac.uk and www.cambridgesu.co.uk/opportunities/societies/. These societies are a great way to meet new people and develop new interests.

2.Finding Food

Sainsbury's, located on Sidney Street, is the main supermarket in the centre of town. Supermarkets further from the city centre include Tesco(Newmarket Road and Cherry Hinton), Asda and Sainsbury's(Coldham's Lane and Eddington Avenue), Waitrose(Trumpington), and Aldi(Histon Road).

There are also smaller supermarket branches such as Tesco Express(Christ's Lane and Hills Road), Sainsbury's Local (Regent Street), Co-op(Hills Road and Newnham) and Waitrose(Fitzroy Street).

You can also find fresh produce and a variety of interesting foodstuffs in Market Square.

Eating Out
Cafés: You will find coffee shops everywhere in the city centre, such as Espresso Lane on Botolph Lane, and Fitzbillies on Bridge Street and Trumpington Street.
Restaurants: There are restaurants of every variety all around the city, but if you are looking for somewhere to start, try along Regent Street, Bridge Street or, for more international cuisine, Mill Road. Check availability online!
Fast food and take-away: There are many places that offer quick food to take away, including fish & chips, burgers, pizzas, kebabs, Chinese food and Indian food.

Food at the university
The college dining hall or buttery is usually the cheapest place to eat if you don't want to cook for yourself. Your college may also offer formal hall on certain nights of the week. This is where formal dinners are served for less than you would pay at a restaurant and in the beautiful setting of your college dining hall. However, this year the format of catering arrangements are likely to be different; check with your college.

3.Accommodation

University Housing
Your college may provide you with accommodation for your first year and possibly for the whole of your course, either in college or in college-owned housing. If you have to find your own accommodation, you can try one of the following websites: Rightmove, Zoopla and ChristianFlatshare. As a student, you won't be personally liable for Council Tax, but you should confirm this with your landlord. In addition, be sure to find out whether gas, water and electricity bills are included in the price. The university is also in contact with a number of landlords around the city offering rooms to rent to students, and you can find them through the Accommodation Service at www.accommodation.cam.ac.uk.

Hotels / Hostels
If at first, you can't find long-term accommodation, Cambridge has a large range of hotels, bed-and-breakfasts and guest houses that you can find through websites such as Hotels.co.uk or Booking.com. You can also try AirBnB, or the Youth Hostel on Tenison Road.

4.Important Information

Banking
You should be able to withdraw money from any bank ATM in the city centre, but be aware of fees if you're using an overseas bank account. You should get a UK bank account as soon as possible and be aware that this can take a few days. Before going to the bank, check online to see what personal information or ID you need to take with you in order to open an account - most banks require a letter from college as proof of student status. You can find main branches of these banks on or near St Andrew's Street.

Most shops will accept and prefer contactless payment, and they will all accept Google Pay or Apple Pay, so you can still go spend money if you haven't set up a local bank account with a debit card yet.

Immigration
Some nationalities need to register with the police (this is only if your passport says you need to – most do not!). For details, check with Cambridge University International Student Team:
https://www.internationalstudents.cam.ac.uk/tier-4-responsibilities/police-registration
If your details change, you will need to notify the police at Parkside Police Station to update your Police Registration Certificate.

Mobile phones / Internet
You can find branches of most **phone operators**, such as Vodafone, EE, O2 or Three, in the city centre. UK telephone numbers begin with +44 (in place of the first zero).
Many places in the city centre offer free Wifi, including libraries and cafés. If you are living in rented accommodation, then your landlord will usually provide you with internet access.
Most **University buildings** (Faculty, Department, Colleges etc.) have **Eduroam**, which allows you free internet access as a student. This means it is available in many places in the city and any other university which implements Eduroam.
Wifi Access Instructions: help.uis.cam.ac.uk/service/wi-fi

Health Care
The NHS(National Health Service) is the UK public health system which, as a student on a course at least 6 months long, you are automatically covered by. Check their website (www.nhs.uk) for more information. Most colleges have nurses for quick help and advice.
Doctor: Register with a GP (General Practitioner) as soon as possible. They are your first contact for almost any health problem. If you need to see a specialist, your GP will refer you. Check online or ask your college to find the nearest surgery/clinic to you, and for dental care.

Well-being
Get in touch with your ISW buddy if you have one, or contact the ISW committee at cgs.isw@gmail.com.
College Chaplains are also available to chat to students about any matter they may be worried about.
University Counselling Service: Free professional counselling for students and staff (01223 332865)

Important Numbers:
999: Emergency number that will redirect you to the police, ambulance or fire brigade.
101: Police number to report less urgent crime or disorder (non-emergency)
111: NHS number for quick medical help (non-emergency)

5.Transport

Cycling

Cambridge is the cycling capital of the UK. **Lights are a legal requirement and a cycling helmet and a good bike lock are highly recommended, as bike theft is common.** The rules for cycling on the road can be found on the Highway Code website (www.gov.uk/guidance/the-highway-code).
There are many bike shops in Cambridge: Rutland Cycling (Grand Arcade), The Bikeman (Market Square), S&G Cycles (Laundress Lane; cash only!), Lensfield Road Cycles, Townsends Light Blue Cycle Centre (Chesterton Road), University Cycles (Victoria Avenue), Halfords (Cambridge Retail Park); and City Cycle Hire (Newnham Road). Bike sharing apps Ofo and Mobike are also available for very reasonable prices.

Public Transport:

Due to Covid-19 you are required to wear a face covering on all forms of public transport.

Taxi Companies

Taxis are useful for a quick trip or a very early or late journey. Panther(01223 715715), A1 CabCo(01223 525555) and CamCab(01223 704704) are popular companies and most journeys cost under £10 within the city. Uber is available and is very popular.

Bus

Bus routes cover most of the city. Timetables and routes can be found at www.cambridgeshire.gov.uk/info/20017/buses, or using Google Maps. Most services run until the late evening. Buy a ticket from the driver when you get on the bus. You can get an individual journey (single/return) ticket or daily/weekly ones, or you can order monthly tickets online.

Pay in cash or contactless; journeys usually cost around £5.

Train

You can buy tickets at the railway station or online via **www.nationalrail.co.uk**. Advance purchase tickets can be posted to you or collected at the station from the ticket machines. Tickets are cheaper if you book them well in advance, and travel after 9.00am. As a student, you can also **buy a 16-25 railcard** that gets you **33% off most rail fares** – definitely worth it! (if you're above 25 years old, you can still get it using a letter from your college).

It is currently mandatory to book your tickets in advance.

Coach

The coach is a cheaper but slower alternative to the train. For more details, check the National Express, Stagecoach or Megabus websites.

6. Life in Cambridge

Main Dates and Events in Cambridge

Virtual Fresher's Fair: Discover all the Cambridge clubs and societies on October 6th at https://www.cambridgesu.co.uk/events/6013/2/

Bonfire Night: Every year on the 5th of November, the British celebrate a failed attempt to blow up the government in 1605 by a group of rebels with a night of bonfires and fireworks. In normal years there is a large bonfire and fireworks display on Midsummer Common.

Christmas Carols: In the period before Christmas, many churches and colleges hold carol services to celebrate Advent and Christmas, often accompanied by a choir; however check websites for special arrangements this year.

The Bumps: Towards the end of Lent Term, and again in June, all the colleges usually compete in a rowing competition on the River Cam.

The Cambridge "Bucket List" Top 5:

Of all the things to do in Cambridge, here is a list of activities you ought to do during your stay.

Evensong: Many colleges hold regular peaceful chapel services of which Evensong is a popular highlight, under candle light and supported by world-famous college choirs. Come along to a chapel service to see for yourself.

Formals: Formal Hall is a traditional part of Cambridge college life where college members dine together in College Hall. The principle is to nourish the body while giving thanks together (grace is normally said at the start, usually in Latin) and spending time in the warm company of one another. Formal is also quite simply a good opportunity to make new friends in your college, as a meal after chapel and to celebrate events with friends and family. Unfortunately this year, formal will likely not be as it usually is, but look out for what your college may be putting on within the current Covid-19 regulations.

Punting: Go to the river to see what this is. You can either book a guide, hire your own punt from Scudamore's, or if your college has its own punts, hire one of these. On a nice day, you can punt all the way to the village of Grantchester, but a more popular and easier route is along "The Backs", where the river passes behind the riverside colleges.

Visiting the main colleges: During your time in Cambridge you should visit as many colleges as possible; the oldest colleges and the ones along the River Cam are particularly worth a visit, however access may be limited this year.

Photo with the Cambridge cows: You can find cattle in various parks in Cambridge, and even in King's College!

7.Meeting People

International cafés

Friends International offers community to internationals in Cambridge. They run many events to help internationals make friends, experience other cultures and be part of a community. Currently most of their events are online but (where guidelines allow) they have weekly face to face meetings as well as meet-ups in the park and walks.
For weekly details follow them on Facebook and Instagram **@ficambs** or **download their App**. Email cambridge@friendsinternational.uk for Zoom links and more info about the events:
Mondays at 6pm: **iCafe** on Zoom for students at ARU.
Tuesdays 4-5pm: **English Corner** on Zoom (a chance to practice English)
Wednesdays at 6pm: **Meetup on Jesus Green**(near the tennis courts)
Thursdays at 7.30pm: **The Barn Cafe** on Zoom for all internationals

Hospitality Programme

Friends International also runs a hospitality scheme where they put international students in touch with local families. Hosts often invite students into their home for an occasional (Covid-19 permitting and under government guidelines). **Download the Friends International App** to sign up!

Christian Graduate Society(CGS)

If you would like to know more about CGS, including other events happening throughout the year, please email **soc.cgs@gmail.com** or visit **cucgs.soc.srcf.net**.

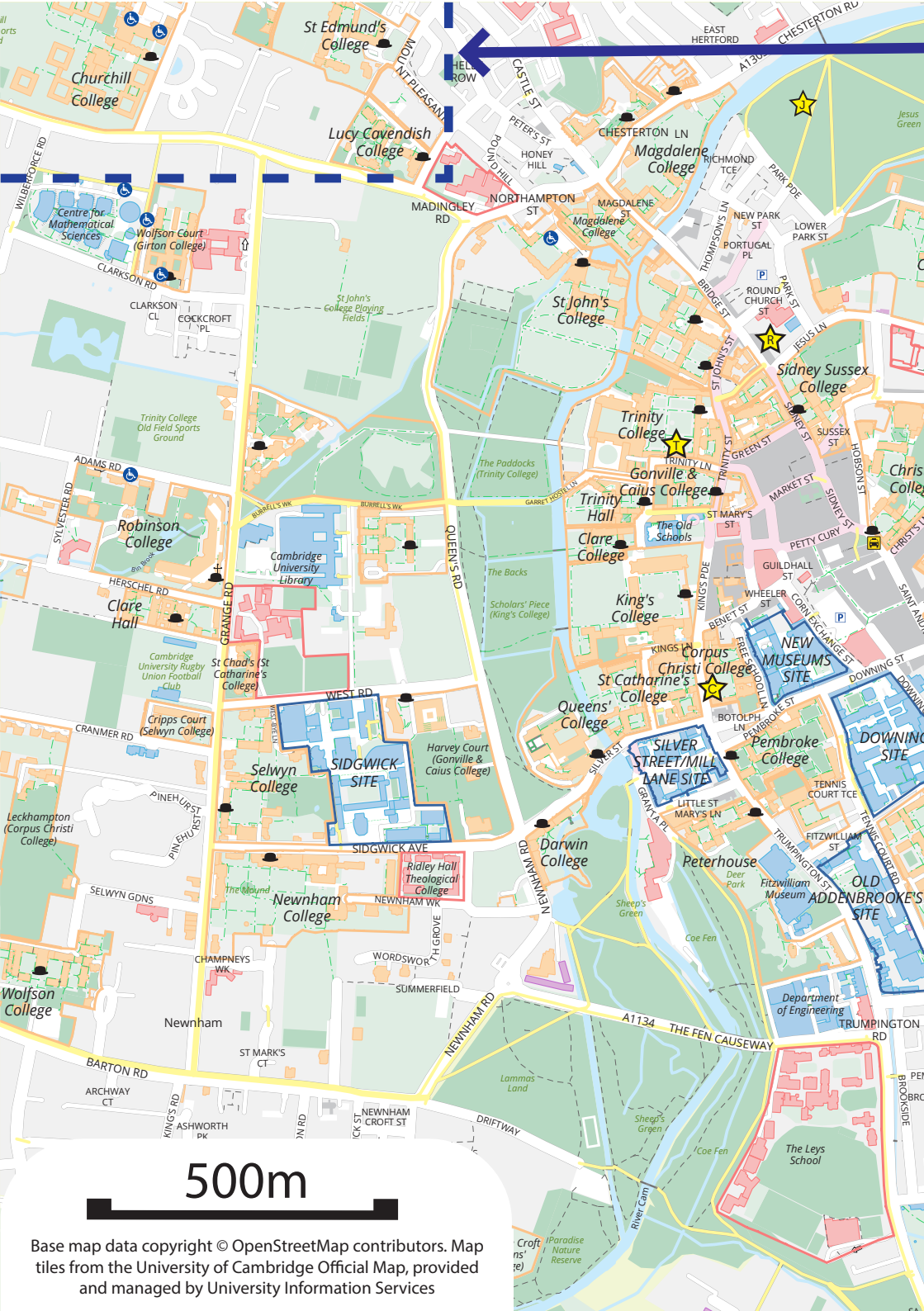
Bible study groups: Tues/Wed/Thurs evenings, online for now. To join one of these please email **soc.cgs@gmail.com**. They are open to everyone, not just Christians.

Cambridge Intercollegiate Christian Union(CICCU)

CICCU puts on a variety of events throughout the year:

Big Questions: Explore the important issues of life, for example '*Can science explain everything?*', '*Is there ultimate justice?*', or '*What is our purpose in life?*'.
Fridays 13:10-13:50, normally in St Andrew the Great Church but online until further notice.
For more information, visit **ciccu.org.uk/whats-on,** or on Facebook; search for **CambridgeCU.**

College groups: Times of fellowship, Bible-centred discussion, and prayer. Contact your college representative for more information on current plans at **ciccu.org.uk/colleges**



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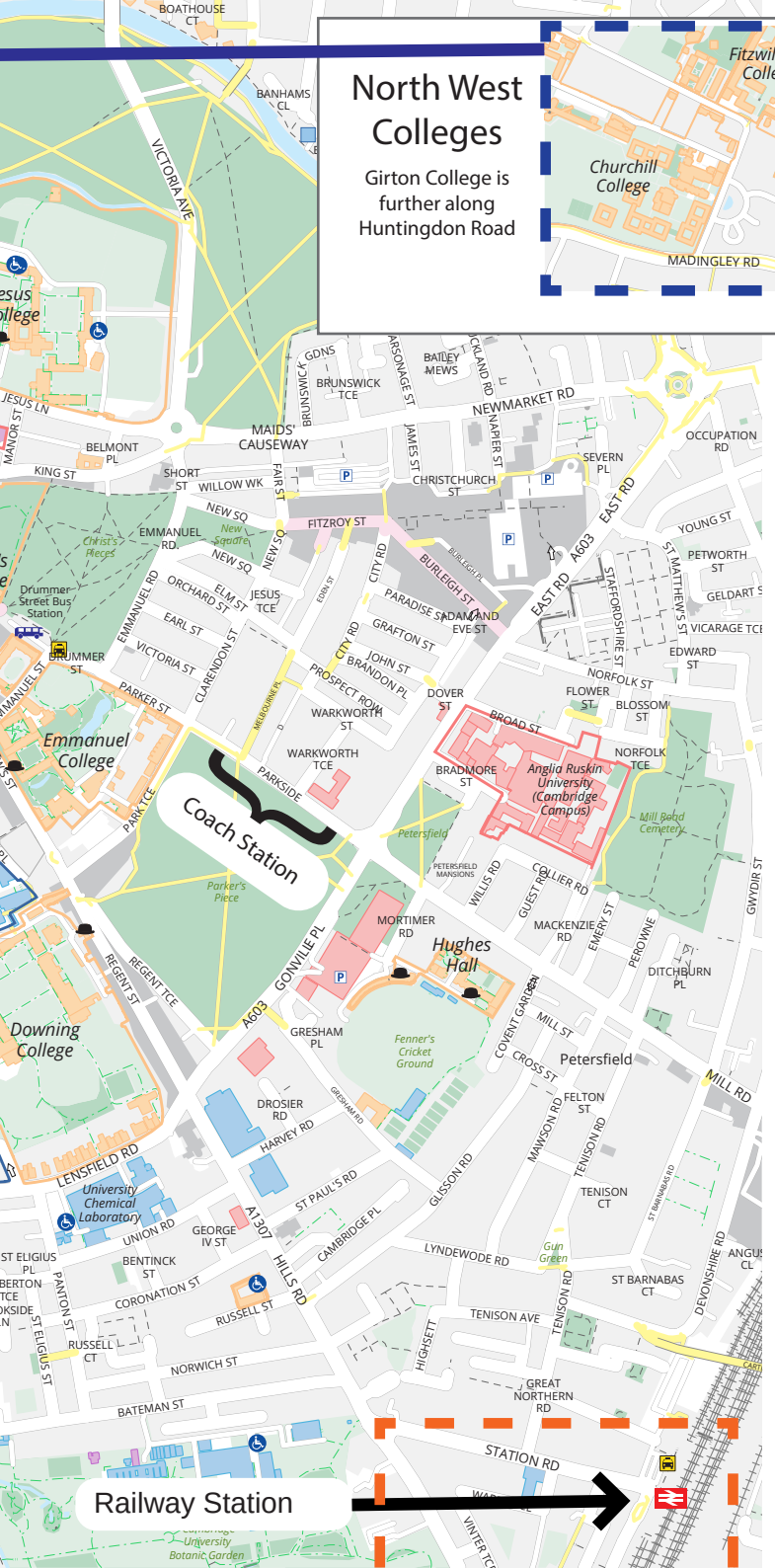


North West Colleges

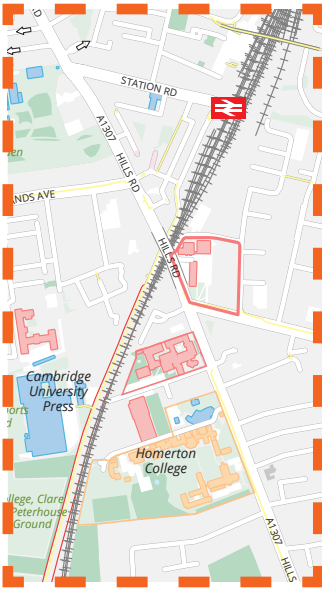
Girton College is further along Huntingdon Road

Porter's Lodge
Go here in your college first to get your room keys

Our events are here:

- R — Round Church
- J — Jesus Green
- C — Corpus Christi College

Homerton College



8. Activities

Clubs and Societies

Mentioned previously, there are many societies and clubs in Cambridge, so whatever your interest, there is a group that will cater to it – and if there isn't, you can start one and register it! Initially many of these will have to be online-only, however this may change throughout the year.

Sports Facilities

There are several facilities in Cambridge available for use for various sports. If you are looking for facilities for a specific sport, it is worth going to whichever club exists for that sport for advice.

The University Sports Centre: Located on the West Cambridge Site, it offers a wide range of facilities, including a gym.

Parkside Pool: Located on Gonville Place next to Parker's Piece, this commercial sports centre and swimming pool offers a range of facilities and group activities.

Jesus Green: In warmer weather the outdoor swimming pool at Jesus Green is open, and the wide grassy green lends itself to a casual game of football or cricket.

College facilities: Most colleges each have their own library, chapel, dining hall and bar. Most colleges have a rowing club and boathouse somewhere along the Cam, and many have their own gym, sports field and other facilities.

Other Activities

Parks: Take advantage of all the greens in Cambridge: Christ's Pieces, Jesus Green, Midsummer Common and Parker's Piece. Some even have tennis courts and bowling greens.

Restaurants, tea gardens and pubs: Walk to Grantchester and enjoy a cup of tea and a scone in the peace and quiet of the Orchard Tea Garden, as Cambridge students have been doing for 120 years. Cambridge is home to many old classic restaurants and pubs which serve good basic food, such as The Eagle where Watson and Crick visited following their discovery of the DNA double helix in 1953.

Each college has a bar which is a popular place to meet with friends in college (often there is a pool table for a game of pool with friends).

Concerts & Theatre: See posters around the city centre for events and for current arrangements regarding Covid-19.

ISW Events Programme 2020

Keep a look out on the ISW website cucgs.soc.srcf.net/isw/ for updates on our ISW Events Programme for this year, starting with the introductory event on Zoom on Saturday 19th September. Sign up is essential for all events, and groups will be a maximum of 6 people meeting at different locations or staggered times. Those arrangements are subject to change or to be moved online, depending on government and university rules, so keep checking the ISW website (and email updates for those who signed up).

Picnic Tea

Join us for a Picnic in the park!

Monday 21st and Monday 28th September, and Saturday 3rd October
4.00 - 6.00 pm

Pre-booking is essential; book online at http://cucgs.soc.srcf.net/isw/

The meeting point will be communicated to each group of 6 via email following sign up.

Walk

A Guided walk from Cambridge town to the village of Grantchester along the banks of the River Cam.

Saturday 26th September, 11.00 am – 3.00 pm

Pre-booking is essential; book online at http://cucgs.soc.srcf.net/isw/

The meeting point will be communicated to each group of 6 via email following sign up.

Walking Tours

Really Useful Tour

Tour of useful places around the city centre.

Monday 21st and Monday 28th September, and Saturday 3rd October, 3.00 - 4.00 pm

Pre-booking is essential; book online at http://cucgs.soc.srcf.net/isw/

The meeting point will be communicated to each group of 6 via email following sign up.

Historic Tour

A tour and historical overview of the Round Church and the heritage of Cambridge University.

Thursday 24th September and Thursday 1st October, 3.00 - 5.00 pm

Pre-booking is essential; book online at http://cucgs.soc.srcf.net/isw/

The meeting point will be communicated to each group of 6 via email following sign up.

Who we are and where to find us

We hope that you have found the booklet helpful and the activities a joyful introduction to life and friendships in the city.

International Student Welcome(ISW), coordinated by the Christian Graduate Society(CGS), is run by Christian graduate students from both the CGS and local churches. We are united in giving you the warmest welcome to Cambridge, regardless of background or beliefs, because of the love we have found in God through Christ. Whether you are interested in Christianity or not, we would love to stay in touch and continue the friendships formed this week!

You can find us at ISW and CGS events listed in this programme, and at the churches where we are part of to which you are always warmly welcome (http://cucgs.soc.srcf.net/#journal).

Please do send us an email at soc.cgs@gmail.com if you have any questions or if you want to get in touch with a particular volunteer you met!

ISW Events Programme 2020

Online Welcome
19th September

Really Useful Tours of Cambridge
21st and 28th September, and 3rd October

Picnics
21st and 28th September, and 3rd October

Historic Tours of Cambridge
24th September and 3rd October

Walk to Grantchester
26th September

Sign up on our website:

cucgs.soc.srcf.net/isw/

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