

# **International Office**

**A – Z**

**for International  
Students**

**2008 – 2009**



**UNIVERSITY OF  
CAMBRIDGE**

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### **A note about this guide:**

Many similar guides to Cambridge exist (especially within Cambridge from CUSU, CUSU International, and Colleges), and more general guides also exist for international students in the UK (e.g. UKCISA). This A-Z is intended to complement these other sources of information.

At the back of this guide we have included a **Listings** section, containing useful addresses.

### **Other sources of information:**

CUSU [www.cusu.cam.ac.uk](http://www.cusu.cam.ac.uk)

CUSU International [www-international.cusu.cam.ac.uk](http://www-international.cusu.cam.ac.uk)

UKCISA [www.ukcisa.org.uk](http://www.ukcisa.org.uk)

International Students House [www.ish.org.uk](http://www.ish.org.uk)

The British Council [www.britishcouncil.org](http://www.britishcouncil.org) & [www.educationuk.org](http://www.educationuk.org)

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## Academic year and Terms

The academic year begins in early October each year, and is divided into three **Terms**, Michaelmas, Lent and Easter. Formal teaching, e.g. lectures, practicals and supervisions, takes place only during a shorter period called **Full Term** during which it is essential that you remain in Cambridge. The Michaelmas and Lent Full Terms are each 60 days while the Easter Full Term is 53 days; each Full Term begins on a Tuesday and ends on a Friday. Most lectures begin on the first Thursday of Full Term and end on the final Wednesday. Many graduate programmes do not conform exactly to these dates and you will need to check your timetable carefully. Note also that students are required to spend a minimum number of nights each term in residence.

The dates for Full Term 2008-2009 are:

<b>Michaelmas Term</b>	7 October – 5 December 2008
<b>Lent Term</b>	13 January – 13 March 2009
<b>Easter Term</b>	21 April – 12 June 2009

The periods outside Term are known as the **Christmas Vacation**, **Easter Vacation** and **Long** (i.e. summer) **Vacation**.

## Accommodation

Most undergraduate students are accommodated by Colleges, either in the College itself or in houses owned by the College elsewhere in the City. For post-graduates, researchers, members of staff and visiting scholars the availability of College accommodation depends on the College to which they are attached. The University Accommodation Service exists to help all members of the University of Cambridge to find suitable accommodation. All applicants are asked to register online via [www.accommodation.cam.ac.uk](http://www.accommodation.cam.ac.uk). Once password and login information have been issued, it is possible to search for properties and rooms through the online database which is updated daily.

The Service has details of privately rented properties, including flats, houses, rooms in shared houses and vacant College rooms available for both long and short term periods. It is more difficult to obtain accommodation for periods of less than six months and for short summer visits, therefore it is essential to plan ahead where possible. For very short periods it would be prudent to book into a Bed and Breakfast. The Accommodation Service keeps an updated list. Alternatively, you may contact the Tourist Information Office on Wheeler Street (to the rear of the Guildhall in the Market Square) see: [www.visitCambridge.org](http://www.visitCambridge.org) (see Listings).

The Accommodation Service also lets and manages a number of University-owned properties located throughout the City, available for a minimum period of one year. Priority is given to those new to Cambridge.

If you would like more specific advice on finding accommodation and about living in Cambridge or help on tenancy-related issues, there are three ways to make contact. Please email the office: [accommodation.service@admin.cam.ac.uk](mailto:accommodation.service@admin.cam.ac.uk) or visit the staff at Kellet Lodge on Tennis Court Road (near to Lensfield Road) or telephone 01223 338099 and they will be pleased to assist you.

If you arrive before your College can offer you accommodation, there are a number of Bed & Breakfasts near the railway station, where you can also find the Youth Hostel (look at the

Cambridge City Council web site and/or visit the Tourist Information Office on Wheeler Street (at the back of the Guildhall in the Market Square) for detailed information on accommodation [www.visitcambridge.org](http://www.visitcambridge.org) (see **Listings**).

## **Airports**

See **Transport and Travel**

## **Banking**

You will need to open a bank account during your first few days in Cambridge. Opening hours are usually from 9 – 5 on Monday to Friday and 9 – 12 on Saturdays and closed on Sundays. Banks offer two main account types: *Current accounts*, which give you a cheque book and a cash card, and *Deposit (or Savings) accounts*, which pay you higher levels of interest but may be less flexible. To open an account, you will need:

1. your passport
2. a letter from your College Tutor/Department Co-ordinator stating the following:
  - your full name, nationality and date of birth
  - your course title and brief details
  - the course start date and expected duration
  - your address in the UK (e.g. College)
  - your country of residence and your address in that country
  - a name and telephone number for a contact at the University (e.g. a tutor or College Tutorial staff)

## **Bicycles**

See **Transport and Travel**

## **British Council**

The British Council is an organisation concerned with promoting education in the UK for overseas nationals, promoting the learning of English, and strengthening educational co-operation between the UK and other countries. To help you with any queries you might have about life in the UK, look at their guide to studying and living in the UK, which provides a practical manual to making the most of your UK experience, [www.britishcouncil.org](http://www.britishcouncil.org).

## **Buses**

See **Transport and Travel**

## Careers Service

The Careers Service welcomes the chance to support students from all parts of the globe as they research and plan their careers. Careers services in the UK operate differently to the ones you may be used to; the Cambridge University Careers Service does not pre-select students for specific jobs, or forward CVs to employers, for example. The focus is on providing information and guidance to students, and letting you take the initiative to make applications or approaches as you choose.

[www.careers.cam.ac.uk/](http://www.careers.cam.ac.uk/) (see **Listings**)

## Childcare

An online guide to the University and the town for all students who have children, written by the University's Childcare Office, can be found at [www.cam.ac.uk/studentparentguide/](http://www.cam.ac.uk/studentparentguide/). This guide includes information on childcare, financial assistance and support available both at the University and within Cambridgeshire, as well as information on schools and family accommodation and a guide to the local area. Contact the Childcare Information Advisers at [childcare@admin.cam.ac.uk](mailto:childcare@admin.cam.ac.uk) for further details. (see **Listings**)

## College

The University of Cambridge comprises 31 distinct Colleges, which complement the University's structure of Faculties and Departments. Regular, full-time Cambridge undergraduates apply for admission to one of these Colleges instead of directly to the University. A College is the place where students live, eat and socialise. It is also the place where undergraduates receive small group teaching sessions, known as **supervisions** (see **Supervisions**). In addition to resources provided by the University, each College has its own library and sports facilities, and some have their own bar and theatre. Most Colleges have their own clubs and societies, offering a variety of non-academic activities for students. Meals are provided in the College dining hall and, sometimes, in additional cafeterias. Most meals are self-service, but there are regular 'formal halls' (served dinners). However, some Colleges do not provide meals during the vacations. (see **JCR, MCR & SCR**)

## Counselling

A confidential University-College Counselling Service is available to help students. The Service is staffed by a team of professionally qualified counsellors accustomed to helping students and staff from many different backgrounds and cultures and with a wide range of personal issues.

Counselling can help with issues such as: adjusting to a new culture, dealing with dilemmas, making difficult decisions or choices, as well as more specific problems such as addictions or eating problems and work-related matters. Most personal, relationship or identity problems can also be helped through counselling - this includes anxiety, stress and depression; family and/or relationship difficulties, sexual problems and identity issues.

The Service is available throughout the year except for periods at Christmas and Easter. Opening hours are 9.00am - 5.30pm, Mon & Fri; 9.00am - 7.30pm Tues, Weds & Thurs.

Every college has a student Welfare Officer on the JCR, MCR or SU committee whom you can contact for information or just a chat. Many committees also have Women's Officers and LBG Reps who can provide information about specific concerns. You will also be assigned a College tutor

who is primarily there for non-academic support (e.g. finance, accommodation, personal issues). Most tutors are very supportive and have drop-in sessions on a regular basis. To find out more or to arrange counselling go to [www.counselling.cam.ac.uk](http://www.counselling.cam.ac.uk)

## **Peer Support**

We often turn first to a peer for help with a problem, and as a new international student you may wish to touch base with the Peer Support team in your college. Peer Supporters are listeners (though not counsellors) who have received a formal training from the University Counselling Service. They offer impartial, non-judgmental support, practical information about Cambridge and referral to other agencies if necessary. Go to [www.peersupport.cam.ac.uk](http://www.peersupport.cam.ac.uk) to check the availability of Peer Support in your college or to find out more about the training.

CUSU, the Students' Union, also offers an information and advice service through their Welfare Officer. The Welfare Officer can provide information, support and advocacy to individuals and College student unions on a broad range of welfare issues including finance, accommodation, College/University discipline, health including mental health and sexual health issues and much more. There are also a number of different autonomous campaigns: The Black Students' Campaign, the CUSU LesBiGay Society, and CUSU International who tackle a range of welfare issues for their members.

Linkline is a listening support and information service run by students for students and is similar to the national Samaritans service. They are open from 7pm throughout the night until 8am the next morning, every night of full term. During these hours you can phone or drop by to speak to either a male and female student volunteer. (see **Listings**)

## **Computing**

All Colleges and most Departments and Faculties offer their own computing facilities and support to students. Facilities in Colleges will vary and many will have the facility to connect to the Network in your room.

In addition to these, The University Computing Service provides computing facilities and related services, as well as a wide range of training courses.

Advice for new users can be found at [www.cam.ac.uk/cs/new-students/](http://www.cam.ac.uk/cs/new-students/) (see **Listings**)

## **CUSU**

See **Student Union**

## **Dentists**

See **Healthcare**

## **Director of Studies**

If you are an undergraduate student and in Cambridge for a full year, your College should appoint a Director of Studies (DoS) for you. He or she is usually a Fellow of your own College (but may be a

Fellow of another College) who advises you on your study programme (e.g. what lectures and practical sessions you should attend), arranges supervisors and is generally available to talk with you about any aspect of your academic life.

## **Disabilities**

Information for students with disabilities, including guides to access, facilities and financial support can be found on [www.cam.ac.uk/cambuniv/disability/](http://www.cam.ac.uk/cambuniv/disability/) (see **Listings**):

## **Doctors**

See **Healthcare**

## **Driving**

You are not encouraged to have a car or other motor vehicle whilst at the University due to the traffic regulations of the city. However, if it is necessary for you to have a vehicle you must have a licence issued by the Motor Proctor. See [www.admin.cam.ac.uk/offices/proctors/motor/index.html](http://www.admin.cam.ac.uk/offices/proctors/motor/index.html) (see **Listings**)

Driving in Cambridge can be quite difficult with its high traffic volume, narrow streets and expensive parking. You are advised to cycle, walk or take the bus. If you want to travel out of Cambridge you may want to hire a car. See [www.yell.com](http://www.yell.com) for details of self-drive car hire companies in Cambridge. You must have a valid licence and adequate insurance.

You may be able to drive using your current licence for up to 12 months and then take a test. Alternatively, you may be able to exchange your licence for a British licence or apply for a provisional licence and then take the test. This will depend on where your licence was issued.

Further information can be found at [http://www.ukcisa.org.uk/files/pdf/info\\_sheets/driving.pdf](http://www.ukcisa.org.uk/files/pdf/info_sheets/driving.pdf) (See also Transport and Travel)

## **Electricity**

The voltage of mains electricity in the UK is 240v. Electrical equipment rated at 230v or 240v will function normally. Equipment rated at 220v may function, but it is advisable to check with the manufacturer before using it in the UK. The standard plug in the UK is a three-pin model. Do not bring any electrical items that need mains power unless they are dual voltage 110-120/220-240v (for example, a laptop computer). It may be advisable to buy small electrical items in the UK as this will save you the cost of a transformer. Converters for other models used in continental Europe and the Americas are widely available.

## **E-mail**

You will be entitled to a University of Cambridge email account and your address will be in the format of `userid@cam.ac.uk`. If you are a member of a College, they usually will have set up an account for you before you arrive. If not, you can apply for an account by (in order of preference):

- visiting the following web page: [www.cam.ac.uk/cs/newusers/applying.html](http://www.cam.ac.uk/cs/newusers/applying.html)
- requesting a form to be mailed to you by emailing [reception@ucs.cam.ac.uk](mailto:reception@ucs.cam.ac.uk) from an existing email account

Information for new users can be found at: [www.cam.ac.uk/cs/newusers/](http://www.cam.ac.uk/cs/newusers/)

## Employment

Students from the European Economic Area (EU plus Norway, Iceland, and Lichtenstein) and their spouses and children are free to work in the UK without restriction. Most students from outside the EU on courses of more than 6 months will be given a passport stamp or visa sticker that allows them to work part-time during the term (up to 20 hours a week) and any number of hours during the vacations. For more information, look on the following web site:

[http://www.ukcisa.org.uk/student/info\\_sheets/working\\_after\\_studies.php](http://www.ukcisa.org.uk/student/info_sheets/working_after_studies.php)

You should, however, seek advice from your College Tutor or Supervisor about the likely impact on your studies before taking a job during term-time. Graduate students should check this web page for more detailed guidelines:

<http://www.admin.cam.ac.uk/offices/gradstud/funding/costs/supplement.html>

If you or your family work whilst in the UK, you will need a National Insurance number. You cannot apply for one until you have found employment. Telephone the Benefits Agency (see **Listings**) for an appointment to apply for a National Insurance number. Ask what documentation you need to provide, this will include your passport, proof of address and letter from your employer.

## Entertainment

Colleges and societies run programmes of social and cultural events throughout the year and there will be plenty of opportunities to get involved. Cambridge student newspapers such as Varsity or The Cambridge Student (TCS), which are available free of charge at Porter's Lodges, also offer weekly information on Cambridge events.

The City of Cambridge offers a wide variety of live music, three cinemas, theatres, plenty of pubs, restaurants and nightclubs (see **Listings** at the back of the A-Z) The Cambridge Evening News [http://www.cambridge-news.co.uk/cn\\_lifestyle/](http://www.cambridge-news.co.uk/cn_lifestyle/) has an extensive guide, which includes theatre performances, live gigs, cinema listings, restaurant reviews and so on. The Cambridge City Council web site for tourist information [www.visitcambridge.org](http://www.visitcambridge.org) will tell you about most events in Cambridge, including markets and guided tours.

## Families

The University offers support to the partners and families of visiting scholars and senior members of the University, by the Newcomers Group. See [www.admin.cam.ac.uk/univ/newcomers/](http://www.admin.cam.ac.uk/univ/newcomers/) for details (and see **Listings** at the back of the A-Z)

For information on all aspects of bringing your family to the UK, including immigration and schooling, see [http://www.ukcisa.org.uk/student/info\\_sheets/your\\_family.php](http://www.ukcisa.org.uk/student/info_sheets/your_family.php). For more specific information on schools and education, contact the Cambridge County Council at [www.cambridgeshire.gov.uk/education](http://www.cambridgeshire.gov.uk/education).

## Fees

Most overseas students pay fees at a different rate from most UK/EU students. If you think you have been wrongly classified for the purposes of fee payment, please get in touch with your College Tutor, Tutorial Office or if you are a graduate, to the Board of Graduate Studies.

## Fellow

A senior member of a College, usually also holding an academic position in a Faculty or Department.

## Financial Support

The University and Colleges offer a range of financial aid packages. Please go to <http://www.admin.cam.ac.uk/univ/funds/> or the Board of Graduate Studies website [www.admin.cam.ac.uk/offices/gradstud/](http://www.admin.cam.ac.uk/offices/gradstud/). Be aware, however, that most scholarships are awarded to students before they arrive in Cambridge. Do also talk with your College Tutor or the College Graduate Tutor.

## *Student Calculator*

A useful guide for expenses whilst studying at Cambridge can be found at <http://www.studentcalculator.org.uk/international/index.asp>. It tailors a rough projection of all costs that will be incurred while studying, with a detailed breakdown of fees, bills, living expenses etc. off set against income so that you can work out what should be spent on food, travel etc. every week.

## Food

There are many places to eat in Cambridge, though dining out tends to be expensive and most students will eat in College or cook for themselves.

For information on pubs and restaurants see [http://www.cambridge-news.co.uk/cn\\_lifestyle\\_food/](http://www.cambridge-news.co.uk/cn_lifestyle_food/) and [www.localsecrets.com](http://www.localsecrets.com). In the centre there are a few small supermarkets (see **Listings**) as well as a town market every week day from 9.00 – 16.00 on Market Square. You can find a number of Indian, Chinese and other foreign supermarkets and delicatessens, as well as several health food shops.

## Gowns

Students are required to wear academic gowns at various formal occasions. What classes as formal varies from College to College, though you will certainly need one for graduation, and probably for matriculation (the formal admission procedure) too. You may also need to wear a gown to attend 'formal hall' in your college and possibly on a limited number of other occasions too. You can choose to buy one or hire one as needed. Gowns can be bought or hired from Ede & Ravenscroft and Ryder & Amies, or bought from A.E. Clothier (see **Listings** for addresses). You can also hire gowns from the Graduate Union Shop.

## Graduate Studies, Board of

The Board of Graduate Studies is the central body responsible for the admission, registration, progress and approval of the University's graduate students. The administrative team in Mill Lane acts as a central point of enquiry for students from the UK and around the world who are considering and then go on to undertake graduate study at the University of Cambridge. More than 50% of all graduate students are from outside the UK and the Board of Graduate Studies office will be well known to you from the admissions process. However, following admission it will continue to monitor your progress and examination while you are here in Cambridge.

The Board of Graduate Studies office is generally not the first place to go for advice – try your Departmental Supervisor or Tutor first - but you can always email the Board if you are not sure of anything on [graduate.students@admin.cam.ac.uk](mailto:graduate.students@admin.cam.ac.uk). The Board will provide advice and, if required, work with your advisors to help solve your problems. The Board of Graduate Studies also has a helpful website, where you can find explanations and instructions for graduates. <http://www.admin.cam.ac.uk/offices/gradstud/>.

As a graduate student you will need to access the student record and information system (CamSIS) using your personal self-service web pages, which enables you (among other things) to read your supervision reports, keep your contact details up to date and apply for milestone events in your career, such as submitting your thesis or arranging graduation.

## Grading System

Rather than the GPA used in many (especially US) universities, UK universities use the following grade structure for undergraduate examinations:

I	“First” (the best)
II.i or 2.1	“Two-one” or upper second
II.ii or 2.2	“Two-two” or lower second
III	“Third” (the least best)

This grading system may only be relevant to you when you take examinations. For instance, if you are an undergraduate submitting supervision work (essays, problem sets etc), then that work is likely to be graded in different ways. Since supervision work does not contribute to your final, quotable “result”, it is often up to the supervisor what method he or she uses to grade work (e.g. 56/100, 16/20,  $\alpha\beta\pm$ , B++, or just “Not bad”).

Graduate examinations are not officially graded (the PhD is simply pass/fail) but you will receive a transcript of your marks for a taught degree course (most MPhils and Diplomas)

## Graduate Union (GU)

The Graduate Union (GU) provides a central social venue for the University's graduate students. We have a comfortable lounge with wireless internet access and daily papers, bookable meeting rooms and a licensed bar. Graduates can book the space for speaker meetings and committees; our AV equipment and bar can also be hired for a variety of events (email [enquiries@gradunion.cam.ac.uk](mailto:enquiries@gradunion.cam.ac.uk)). The Union also organises events, which are open to all our members; in the past year these have included film screenings, speed dating, jazz and open mic nights.

The GU Shop is open Monday–Friday 10am–5pm and offers a range of affordable services including photocopying and faxing, gown hire and thesis binding, crested folders, stationery and rail cards. The Cambridge Blue, a coffee café, offers quality coffees, sandwiches and pastries in a relaxing atmosphere and morning through afternoon, with exact times subject to seasonal change.

The GU also promotes graduate issues through representation on university committees, organises intercollegiate social events and provides academic advice and welfare support. Membership of the GU is automatic and free to all registered graduates, clinical medical students, undergraduates in their fourth or higher year of residence, affiliated students and undergraduate mature students. Associate members include spouses of full members and graduate research workers (i.e., postdocs and research assistants).

Visit the Lounge and Shop at 17 Mill Lane, check out our calendar of events at <http://www.gradunion.cam.ac.uk/> or, for further information, contact Siza Mtimbiri at [president@gradunion.cam.ac.uk](mailto:president@gradunion.cam.ac.uk) (see Listings).

## **Healthcare**

If you are on a course lasting 6 months or more, you can get treatment from the National Health Service (NHS) from the beginning of your stay. You will not have to pay for hospital treatment, but you may have to pay for some dental treatment and a standard charge for medicines prescribed by a doctor, depending on your income. This also applies to your spouse and children (children under 16, or under 19 and in full time education do not normally have to pay for any treatments). If you are here for less than six months and are from a non-EEA country, you are advised to take out medical insurance, as you will only be entitled to emergency treatment if your home country has a reciprocal agreement with the UK.

See [http://www.ukcisa.org.uk/files/pdf/info\\_sheets/keeping\\_healthy.pdf](http://www.ukcisa.org.uk/files/pdf/info_sheets/keeping_healthy.pdf)

See also [www.cam.ac.uk/cambarea/health/](http://www.cam.ac.uk/cambarea/health/)

## **Medical Care**

If you are eligible for treatment on the NHS you must register with a General Practitioner (GP) as soon as you can. Your College will give advice on this and may recommend a GP practice. You will need your passport and a letter from your College as proof you are a student.

The following services are free of charge on the NHS:

- consulting a GP and most other GP services
- treatment in hospital (both emergency and non-emergency)

You may need to pay for:

- medicines prescribed by your GP (see below)
- some GP services
- dental treatment
- optical care

If the doctor writes a prescription for a medicine, you can take this to any pharmacy (chemist). The current charge per prescribed item is £7.10. Some medicines may be available without a prescription and this may work out cheaper, so it's worth checking with the pharmacist.

If you are feeling unwell whilst in College, let your College know. A number have a College nurse who will be able to give you advice and may arrange for a doctor to visit you.

NHS Direct (telephone 0845 4647) operates a 24-hour nurse advice and health information service, providing confidential information on:

- what to do if you or your family are feeling ill
- particular health conditions
- local healthcare services, such as doctors, dentists or late night opening pharmacies
- self help and support organisations

### ***Emergency Medical Care***

If you require urgent emergency medical assistance, either contact your College Porters' lodge or dial 999 free from any phone and ask for the ambulance service. You have to dial 1999 from some internal University phones. The nearest Accident and Emergency department is at Addenbrookes hospital. (See Safety – Emergencies)

### ***Dental Care***

Once you have registered with a GP you can register with an NHS dentist. Not all dentists take NHS patients, but the University has a dental service on Trumpington Street with which you may register. [www.cam.ac.uk/cambuniv/disability/acguide/facilities/dental.html](http://www.cam.ac.uk/cambuniv/disability/acguide/facilities/dental.html)

You will have to pay for most dental services.

### ***Optical Care***

Eye care is provided by high street opticians, of which there are many in Cambridge. To purchase spectacles or contact lenses you will need a British eye prescription, which you get from the optician following a sight test. Sight tests can be arranged by contacting the optician directly and they cost around £25. The cost of frames, lenses and contact lenses varies and there may be a charge to have contact lenses fitted.

Please see **Listings** for addresses or local Pharmacies, Doctors, Opticians etc.

## **Holidays**

There are eight public holidays in the UK known as 'Bank Holidays' when most offices, banks, and shops will be closed, although lectures still may be given on the Bank Holidays that take place during Full Term. Public transport may also be limited. The dates are:

Christmas Day and Boxing Day	25 & 26 December 2008
New Year's Day	1 January 2009
Good Friday	10 April 2009
Easter Monday	13 April 2009

May Day Bank Holiday	4 May 2009
Spring Bank Holiday	25 May 2009
Summer Bank Holiday	31 August 2009

You should plan in advance what to do for Christmas, as this can often be a lonely time for international students who cannot return home. Check with your College, CUSU, the Graduate Union and you could also try HOST (see below) or International Students House in London (an international student centre offering accommodation and activities). See the ISH web site [www.ish.org.uk/](http://www.ish.org.uk/)

## HOST Scheme

HOST is a voluntary organisation, founded in 1987. Its aim is to help students and volunteers from overseas make the most of their time in the UK, and to promote international friendship and understanding. Hosts give students an experience of the culture and way of life in Britain

The scheme offers international students the opportunity to spend a weekend with a British family, experience the local culture and visit a different region of Britain. You will only need to pay your travel costs.

You can request a visit to any of HOST's UK locations but your best chance when applying for a HOST visit is to be flexible and willing to go anywhere and/or near your place of study. Please remember that a HOST visit is not primarily for tourism, which can be done in many other ways, but about meeting people in their own homes and sharing their way of life, which you can do through HOST.

Further details and application form can be found at [www.hostuk.org/](http://www.hostuk.org/)

## Immigration

### *Visas and Entry Clearance*

If you are an EEA national you are allowed to enter the UK and study here without restriction. If you are not from the EEA, you should have a stamp in your passport indicating the length of time you are allowed to stay in the UK (your 'Leave to remain'). You may also have a stamp or sticker in your passport telling you that you are required to register with the police.

If you need to stay longer in the UK than the period stated in your passport, you will need to apply to the Home Office for an extension approximately one month before the expiry date of your current leave. More information on this can be found from UKCISA [www.ukcisa.org.uk](http://www.ukcisa.org.uk) or the official UKvisas site [www.ukvisas.gov.uk/](http://www.ukvisas.gov.uk/).

### *Police Registration*

If you are a national of one of the following countries, you are required by law to register with the police **within seven days of entering the UK**.

- Afghanistan, Algeria, Argentina, Armenia, Azerbaijan
- Bahrain, Belarus, Bolivia, Brazil
- PR China, Colombia, Cuba

- Egypt
- Georgia
- Iran, Iraq, Israel
- Jordan
- Kazakhstan, Kyrgyzstan , North Korea, Kuwait
- Lebanon, Libya
- Moldova, Morocco
- Oman
- Palestine, Peru
- Qatar
- Russia
- Saudi Arabia, Sudan, Syria
- Tajikistan, Tunisia, Turkey, Turkmenistan
- United Arab Emirates, Ukraine, Uzbekistan
- Yemen

There is a charge of around £34 (in cash) for registration and you must bring your passport and two passport photographs. When you register, the police will give you a small green booklet called a 'Police Registration Certificate'. You should keep this in a safe place with your passport. Once you have registered you *must* inform the police if you change address, and if you are granted an extension of your permission to stay in the UK. (See **Listings** for address and opening hours) **Failure to register within seven days or to report any changes (of address or immigration status), can result in a fine of up to £5000 and/or six months in prison.**

## Insurance

Insurance is highly recommended in case of loss of personal property, medical expenses, or problems with fee payment. Amongst other companies, Endsleigh Insurance [www.endsleigh.co.uk/personal-insurance.html](http://www.endsleigh.co.uk/personal-insurance.html) and Medibroker [www.medibrokerinternational.com/](http://www.medibrokerinternational.com/) offer specialist insurance for international students, but there may be other offers worth noting. Have a look on the Internet, but make sure you know which areas are covered by the policy and which are not, and precisely what is or isn't included in a policy. **Make sure that you have read and understood all the terms and conditions of your policy.**

## International Office

The International Office can offer information and advice on issues affecting international students, such as exchange programmes, academic credit, finance and funding, and other areas your College might not be able to help with. You can find our contact details on the cover of the A-Z.

## JCR

The Junior Combination Room of a College is both a physical room (the common room) and a student body. All undergraduate students are automatically members of the JCR, which is involved in social and welfare aspects of its members. Students are elected to serve on the JCR's Executive Committee. (See **MCR & SCR.**)

## Language Centre

The Centre supports the teaching and learning of languages throughout the University. It provides language learning opportunities for all members of the University. The Centre offers integrated courses delivered partly online and partly face-to-face at basic, intermediate and advanced levels in French, German and Spanish; at basic and intermediate levels in Italian and Russian and at basic level only in Chinese. In the John Trim Centre (the Centre's independent learning centre) there are 150 languages on self-access that can be learnt independently with the advice and support of the Centre's Advising team. The Centre has a section of self-access English materials and online English courseware developed in-house which can be used free of charge by all members of the University. The Centre also runs Pre-sessional and In-sessional English for Academic Purposes (EAP) courses for post-graduate students from abroad at a cost.

More information can be found on the website <http://www.langcen.cam.ac.uk>. (See **Listings**)

## Libraries

The University Library (UL) is on West Road and is open Monday to Friday 9.00-19.00 (22.00 in full Easter Term), and 9.00-17.00 on Saturdays. The Library is closed on Sundays and for Christmas and Easter. The Cambridge University Library is a legal deposit library, meaning that it can claim a copy of every publication in printed form published in the UK and Ireland. Almost all of this can be consulted in the Library. It also holds extensive collections of books, journals, maps, microfilms, photographs and sound recordings published overseas and has extensive special collections of rare books, manuscripts, and other materials. See [www.lib.cam.ac.uk](http://www.lib.cam.ac.uk) for more information on library tours, how to borrow books, and the Reader's Handbook.

In addition, there are College, Departmental and Faculty libraries together with other libraries associated with the main University Library. Details of these can be found at [www.lib.cam.ac.uk/University/Libraries/](http://www.lib.cam.ac.uk/University/Libraries/)

There is a public library in Lion Yard and you can use its facilities free of charge. To borrow items (books, videos, CDs etc) you will need to register. Please note that this library is closed for redevelopment until autumn 2008. See [www.cambridgeshire.gov.uk/leisure/libraries](http://www.cambridgeshire.gov.uk/leisure/libraries). (See **Listings**)

## Mail

Within the UK letters can be sent 1st or 2nd class. 1st class stamps, which usually see letters arrive the next working day, currently cost from 36p while 2nd class currently cost from 27p depending on size and weight of the item being sent. Overseas letters are best sent by airmail. Cambridge's main post office can be found on St Andrew's Street where you can also buy stamps, telephone cards, foreign currency and TV licences and pay utility bills. There are also smaller post offices on Trinity Street and Trumpington Street.

Internal mail can be sent to other Colleges, departments and University Offices through the University Messenger Service (UMS) free of charge. Your College and Department will have a collection point and can advise you of the collection times.

## MCR

The Middle Combination Room. Like the JCR, but for graduate students. (See **JCR & SCR**)

## Pharmacies (Chemists)

See **Healthcare**

## Porters

The Porter's Lodge is usually at the main gateway to any of the Colleges. The Porters provide many services to members and visitors. They are responsible for maintaining the safety and security of College grounds and buildings, and provide a point of friendly support for staff and students alike at all hours of the day, seven days a week. Should the porters not know the answer to a given query, they will know who to contact next.

## Radio/Television

There are quite a number of radio and television stations in Cambridge. The main local radio stations are:

- BBC Radio: 96 & 95.7 FM
- Cambridge University Radio: medium wave 1350kHz
- Q103: VHF-FM 103, STAR 107.9: 107.9FM , Kiss 105-108 FM

There are also six national stations:

- Radio 1 (97–99FM)
- Radio 2 (88-91FM)
- Radio 3 (90-93FM)
- Radio 4 (94.6-96.1 FM)
- Radio 5 Live (909&693 AM)
- Classic FM (100-102 FM)

The UK has five main 'terrestrial' television channels BBC1 and BBC2, ITV, Channel 4 and Channel 5. All channels show a variety of programmes such as documentaries, quiz shows, dramas, comedies and news. You can also pay extra to have cable or satellite TV installed, which gives a huge variety of channels.

In Britain, it is illegal to own and use a television if you do not have a television licence. These are available from post offices and cost £139.50 p.a. for a colour television and £47.00 p.a. for black and white. See [www.tvlicensing.co.uk](http://www.tvlicensing.co.uk) for further information.

## Religious organisations

Most Colleges have a chapel in which Church of England (Anglican) services are held during term. All members of the College can participate whatever their religious beliefs or denomination. The College Chaplain organises the religious life of the College and should be able to help and give advice to all members of College (regardless of their religious beliefs) if required. Great St Mary's is the University Church, but Cambridge has a wide variety of churches and other places of worship including: Catholic Church (Corner of Lensfield Rd and Hills Rd) Eden Baptist Church (Eden Street, near the Grafton Centre), Presbyterian Church (near Wolfson College), and Cambridge Mosque (on Mawson Road). There are two synagogues in Cambridge: The Orthodox Synagogue (Thompson's Lane) and The Reform Synagogue, Beth Shalom. (See **Listings**.)

In addition, there are a large number of religious societies amongst the many student societies in the University: details can be found at [www.cam.ac.uk/societies/](http://www.cam.ac.uk/societies/)

## Safety

**Emergencies:** For immediate assistance in an emergency dial 999 free from any phone. (There is an exception to this: a few phones on the University network are barred from making calls outside the network, in which case you must dial 1999, since dialling an initial 9 is the usual way of obtaining an outside line.) When you are connected to the emergency service operator, you will be asked whether you need the fire brigade, the police or the ambulance service and for your exact address. You should only call the number if you need help straight away.

**Security:** You should keep your room locked all the time and try to make sure that external doors are also locked. If you encounter any suspicious activity on College premises, you should contact the Porter's Lodge immediately. You should find out if your College has an insurance policy, which covers your personal possessions. Most do not and so you are strongly advised to find your own insurance (see **Insurance**).

**Personal Safety:** Some Colleges may offer their students personal emergency alarms – ask your JCR/MCR, Porter's Lodge or Tutorial Office. Alternatively, you can get hold of one from the Cambridge University Student Union (CUSU) shop on the New Museums Site.

**Health and Safety at Work:** You are expected to conform to the University's safety regulations. Most graduate research students are required to attend safety training at the start of the course. If this applies to you, you will be sent details in good time.

## SCA

The Student Community Action is a student run organisation that provides volunteering opportunities for students at Cambridge University and Anglia Ruskin University. The SCA runs 10 projects of their own and recruit for over 60 other organisations. Details can be found at [www.cambridgesca.org.uk/](http://www.cambridgesca.org.uk/)

Volunteering through the SCA is an excellent way to meet new people, both within the University and also in the community. Volunteers find that the experience not only benefits the local community but also their own personal development. (See **Listings**.)

## SCR

The Senior Common Room, comprising all the Senior Members of the College. The term refers to the members and the room where meetings etc, are held.

## Shopping

Cambridge has a main shopping area in the centre, nearby most Colleges. It offers a good range of stores including many independent shops as well as department stores, such as John Lewis in the Grand Arcade, and the usual chain stores. A five minute walk takes you to the Grafton Centre, a small shopping centre housing a cinema and a few restaurants [www.graftoncentre.co.uk](http://www.graftoncentre.co.uk). You will

be able to buy most things you need in Cambridge. For a wider range and larger shops try Peterborough, (50 minutes by train) or, of course, London. (See **Listings.**)

(See also **Food**)

## **Societies**

The University offers many hundreds of clubs and societies, which are listed in the CUSU Handbook and on the web site [www.cam.ac.uk/societies/](http://www.cam.ac.uk/societies/), and most societies will have a stand at the Societies Fair in Kelsey Kerridge Sports Hall at the start of term (7th and 8th October). Students interested in sports, music or drama are particularly well catered for. There are many International Societies and you should find that your country is represented. A list of all the International Societies can be found at <http://www-international.cusu.cam.ac.uk/>

Student Union (CUSU)  
Cambridge University Students' Union  
Old Examination Hall  
Free School Lane  
Cambridge  
CB2 3RF  
(tel) 01223 333313                      (fax) 01223 333179

## **Sport**

Sport is played at both College and University level, with the latter for specialist sports or for the more serious sportsmen/women. Most Colleges have their own sports grounds, squash courts and boat houses, and the University also provides a wide range of sporting facilities. For further details see [www.sport.cam.ac.uk/](http://www.sport.cam.ac.uk/)

## **Storage and Shipping**

You may need to find somewhere to store your belongings during the long holidays, as you may have to vacate your room during the vacations. Ask your College first as they may have storage areas or empty rooms available to students or, if not, they may be able to recommend a storage company. You could also look in the Yellow Pages phone book (available online as [www.yell.com](http://www.yell.com)). Before you pay, check if there are any restrictions on gaining access to your belongings.

At the end of your course, you will probably have accumulated more than you can carry and may need to have some things shipped back home. Ask your College if they can recommend a company. Otherwise, try Parcel Force on 0800 224466 or [www.parcelforce.com](http://www.parcelforce.com), or one of the many shipping companies located at Cambridge Railway Station.

## **Student Union (CUSU)**

**Every Cambridge student is automatically a member of Cambridge University Students' Union - and that includes you.**

CUSU is a federal organisation made up of every College Students' Union (JCRs/MCRs etc.), and exists to represent Cambridge students' interests at a university level, and to provide central services and support for all students. It provides a student advice service, including welfare and legal advice,

organises campaigns and student events and runs a shop for students. It also publishes a number of handbooks, which provide detailed information on living and studying in Cambridge. CUSU International is a special branch within CUSU that represents and offers support to international students. They organise events as well as offer a freshers' guide online. Their Web site is <http://www-international.cusu.cam.ac.uk/> (See **Listings**.)

CUSU is affiliated with the NUS (National Union of Students) and all its members can obtain Student ID, giving a wide range of discounts across the country and providing convenient proof of student status. Your JCR/MCR External Officer or President will provide you with a blank CUSU Card, for you to fill out your details and provide a 2.5mm X 3.3mm photograph of yourself. This must then be stamped with the College stamp to act as proof of identity.

NB: CUSU is not to be confused with the Cambridge Union which is a separate University club and arranges interesting debates. [www.cambridge-union.org/](http://www.cambridge-union.org/)

## Supervisions

Small-group teaching sessions, usually of one hour duration and often in groups of two or three (or one-to-one if you are a graduate), in which you can discuss your own learning needs and have individual support.

## Telephones

**Public Telephones:** Public telephones accept coins, credit cards, and phone cards. International calls can be very expensive but you can dial 118505 for the international operator to check costs before you call. British Telecom (BT) is the main telephone company, but there are many other suppliers, which are often cheaper for international calls.

**University Network Phones:** The University is linked by its own telephone network. To make a call from one network phone to another, simply dial the extension number, which is normally a five digit number. For example, if you come across a telephone number given as (3)33312, it means that it is part of the University network and you only have to dial the last 5 digits if you are dialling from a telephone within the network. Callers from outside the network will have to dial the extra preceding digit. Calls within the network are free. From some network phones, calls may also be made to non-networked phones both within and outside the UK. Restrictions are placed on some extensions, limiting the range of outgoing calls

The University also has an agreement with the telecommunication supplier NTL providing phone lines in many College rooms. Details and call charges can be found at [www.ntlatuni.com](http://www.ntlatuni.com). To connect, plug in your phone, lift your handset and wait 10 seconds. You will automatically be put through to an account sign up representative. Alternatively you can phone 08005 21680

Mobile phones can be purchased at many retailers in Cambridge. There are two main types of telephone deals: i) 'pay-as-you-talk' where you buy the phone and vouchers for the calls; ii) contracts where you pay for your calls on a monthly basis.

International calls: Telephone cards for international calls can be found in almost all newsagents, post offices, and supermarkets and these are usually the cheapest way to make international calls. There are hundreds of different cards available: ask in the shop for the best deal to the country you are interested in.

## Transport and Travel

### Getting to Cambridge:

#### 1) By Air

Cambridge is served by three major airports; Stansted (the closest), Heathrow and Gatwick (the furthest away). There are National Express coach services to Cambridge from all three airports (see [www.nationalexpress.com](http://www.nationalexpress.com)) and a one way ticket costs around £10 - £30. From Stansted, it is quicker to catch the direct train to Cambridge, which takes 35 minutes and costs around £10 one way.

#### 2) By Train

There are direct trains from London (King's Cross and Liverpool Street stations) which take about one hour. For all train times see [www.nationalrail.co.uk/](http://www.nationalrail.co.uk/) or call National Rail Enquiries on 08457 484950.

#### 3) By Bus

The city bus station is on Drummer Street, close to Emmanuel College. Here most bus services, including National Express coaches, will terminate for Cambridge.

#### 4) By Road

From the south, leave the M11 at Junction 11 and from the north, leave the A1 at the A14.

### Within Cambridge:

The best way to get around Cambridge is by bicycle, but you should buy lights, a helmet, a bell and a good lock, as bike theft is very common. You should be aware of where you can cycle and that we drive on the left-hand side of the road in the UK. Please be respectful to others and do not cycle in pedestrian areas or on pavements unless they are designated cycle paths. For details please see [www.camcycle.org.uk](http://www.camcycle.org.uk). To buy a second hand bike, look on the notice boards at your College or check on <http://www.camcycle.org.uk/events/cycleauction/> for information about auctions.

Buses are another way to get around Cambridge. The main bus station is Drummer Street, where most buses for travel in and around Cambridge can be found. There are also stops along Emmanuel Street and St Andrew's Street. For timetables and fare see [www.stagecoachbus.com/cambridge/](http://www.stagecoachbus.com/cambridge/). The University part-funds the Uni 4 bus service, which runs from Madingley Road Park and Ride to Addenbrooke's Hospital Bus Station, via many University sites, including Homerton College and West Cambridge. Travel on the Uni 4 is 50 pence to University Card holders, on showing the card. (See **University Card**.)

Taxis can be a very expensive way to get around Cambridge. There are two main taxi ranks in the centre; Drummer Street (near the bus station and Emmanuel College) and on St Andrew's Street (near Lion Yard and Christ's College). There is also a taxi rank at the train station. You can book taxis over the phone. Try Panther Taxis on 715715 or Diamond Taxis on 523523. For more taxi numbers see [www.cam.ac.uk/cambarea/travel/taxis.html](http://www.cam.ac.uk/cambarea/travel/taxis.html)

### Within the UK:

Coach travel is usually the cheapest way to get around, especially with a Student Discount 'Coachcard'. Try National Express [www.nationalexpress.com](http://www.nationalexpress.com). Rail travel is usually more expensive, but with a 'Young Person's Railcard', you should get a third off your fare. See

[www.youngpersons-railcard.co.uk](http://www.youngpersons-railcard.co.uk) If you want to look at specific timetables and fares, try [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or call National Rail Enquiries on 08457 484950.

### **To other European cities:**

Eurolines offer cheap coach travel all over Europe [www.eurolines.co.uk](http://www.eurolines.co.uk). Eurostar runs the high speed train link between London, Paris and Brussels [www.eurostar.com](http://www.eurostar.com). For European train travel try [www.raileurope.co.uk](http://www.raileurope.co.uk). Flying to the continent can be quite cheap with either Easyjet [www.easyjet.com](http://www.easyjet.com) or Ryanair [www.ryanair.co.uk](http://www.ryanair.co.uk) especially because Stansted Airport is conveniently close to Cambridge.

## **Tutor**

A Tutor is generally a Fellow of your College whose role is to give advice on **any** topic and general support. Every undergraduate and graduate is assigned a Tutor in order to complement your Director of Studies or graduate Supervisor who, at least initially, may focus more on the academic aspects of your life here.

## **Tutorial Office**

Each College has a Tutorial Office, which is responsible for the administration of all aspects of the academic, teaching, registry, and welfare functions of the Colleges relating to undergraduates, graduates, exchange students and affiliated students. It is at the administrative heart of the College. Tutorial Office staff are extremely knowledgeable and approachable people and are a good point of contact for any queries you may have.

## **UKCISA**

The Council for International Student Affairs, known as UKCISA, provides advice and information to international students studying in the UK and to staff who work with them. Information and advice to students is free. It is a particularly helpful source of immigration advice. For further information see [www.ukcisa.org.uk](http://www.ukcisa.org.uk). You can also phone them on 0207 107 9922, Monday – Friday between 1 and 4pm.

## **University Card**

The University Card looks like a credit card containing the cardholder's name and photo, college scarf (students, Fellows and College members only), date of birth (undergraduates only), graduate union Logo (Graduates only), University Centre membership logo (Graduates, College and University staff members), a barcode and a contactless chip. The card has a number of purposes, such as your library card, and may be needed to open doors in faculty and college buildings. You can also use it (only if valid) to travel at reduced fares on the Uni 4 bus and to get numerous student discounts in shops around the city. Undergraduates and graduates who provide a photo with their application to study at the University will receive their University Card from their Card Representative upon arrival at College. Cards can only be issued for a minimum of three months.

For further details please see <http://www.admin.cam.ac.uk/offices/misd/univcard/>

## **Visa**

See **Immigration**

## Listings

### Accommodation

University Accommodation Service  
Kellet Lodge  
Tennis Court Road  
Cambridge  
CB2 1QJ  
Telephone (3)38099  
[www.accommodation.cam.ac.uk](http://www.accommodation.cam.ac.uk)

Email:  
[accommodation.service@admin.cam.ac.uk](mailto:accommodation.service@admin.cam.ac.uk)

Visit Cambridge Visitor Information Centre  
Wheeler Street  
Cambridge  
CB2 3QB  
Telephone 0871 226 8006  
E-mail: [tourism@cambridge.gov.uk](mailto:tourism@cambridge.gov.uk)

### Banking

Barclays  
35 Sidney Street, 15 Bene't Street and 30  
Market Hill  
Cambridge  
Telephone 0845 7555555  
<http://www.barclays.co.uk/>

HSBC  
32 Market Hill and 62 Hills Road  
Cambridge  
Telephone 0845 7404404  
<http://www.hsbc.co.uk/1/2/>

Lloyds TSB  
3 Sidney Street and 95-97 Regent Street  
Cambridge  
Telephone 0845 3000000  
<http://www.lloydstsb.com/>

NatWest  
56 St Andrews Street and 37 Fitzroy Street  
Cambridge  
Telephone 0845 302 0796  
0798  
<http://www.natwest.com/>

### Careers

The Careers Service  
Stuart House  
Mill Lane  
Telephone: (3)38283  
Email: [enquiries@careers.cam.ac.uk](mailto:enquiries@careers.cam.ac.uk)  
[www.careers.cam.ac.uk/](http://www.careers.cam.ac.uk/)

## **Childcare**

University Childcare Information Adviser  
Childcare Office  
21 Trumpington Street  
Cambridge CB2 1QA  
Telephone (3)32249  
E-mail: [childcare@admin.cam.ac.uk](mailto:childcare@admin.cam.ac.uk)

## **Counselling**

University Counselling Service  
2/3 Bene't Place  
Lensfield Road  
Telephone (3)32865  
Email: [reception@counselling.cam.ac.uk](mailto:reception@counselling.cam.ac.uk)  
[www.counselling.cam.ac.uk/](http://www.counselling.cam.ac.uk/)

Linkline,  
17 St Edwards Passage  
Telephone 744444  
Email: [linkline@cusu.cam.ac.uk](mailto:linkline@cusu.cam.ac.uk)  
[www.cam.ac.uk/cambuniv/linkline/](http://www.cam.ac.uk/cambuniv/linkline/)

Welfare Officer  
Cambridge University Students Union  
Trumpington Street  
Email: [welfare@cusu.cam.ac.uk](mailto:welfare@cusu.cam.ac.uk)  
Telephone (3)356454

## **Computing**

Computing Service  
New Museums Site  
Pembroke Street  
[www.cam.ac.uk/cs/](http://www.cam.ac.uk/cs/)

## **Disability Service**

Disability Resource Centre  
Keynes House  
Trumpington Street  
Cambridge CB2 1QA  
Telephone (3)32301, Textphone: (7)64 089  
E-mail: [ucam-disability@lists.cam.ac.uk](mailto:ucam-disability@lists.cam.ac.uk)

## **Driving**

Motor Proctor  
1, St Mary's Passage  
Cambridge  
CB2 3PQ  
Telephone (3)33310  
Email: [motor.proctor@cam.ac.uk](mailto:motor.proctor@cam.ac.uk)

## **Employment**

Benefits Agency  
Henry Giles House  
73-79 Chesterton Road, Cambridge.  
Tel: 01223 545200.  
Opening: Mon, Wed, Thursday and Friday 9-5 and Tuesday 10-5.

## **Entertainment**

### **Cinemas**

Cambridge Arts Picture House  
St Andrews Street  
Cambridge  
CB2 3AR  
Telephone 01223 504444  
<http://www.picturehouses.co.uk>

Cineworld Cambridge  
Cambridge Leisure Park  
Clifton Way  
Cambridge CB1 7BY  
Telephone 0871 220 8000  
<http://www.cineworld.co.uk>

Vue  
105 Grafton Centre  
Cambridge CB1 1PS  
Telephone 08712 240 240  
<http://www.myvue.com/>

### **Nightclubs**

The Junction  
Clifton Road  
Cambridge  
CB1 7GX  
Telephone 01223 511511  
<http://www.junction.co.uk>

The Soul Tree  
1-6 Guildhall Chambers  
Corn Exchange St  
Cambridge  
CB2 3QF  
Telephone 01223 303755  
<http://www.soultree.co.uk/>

The Fez Club  
Market Passage  
15 Sydney Street  
Cambridge  
CB2 3PF  
Telephone 01223 519224  
<http://www.cambridgefez.com/>

The Kamar  
1 Wheeler Street  
Cambridge  
CB2 3QB  
Telephone 01223 842725  
<http://www.kambar.co.uk>

The Place  
22, Sidney Street  
Cambridge  
CB2 3HG  
Telephone 01223 324600  
<http://www.theplacenightclub.co.uk/cambridge/>

Ballare  
Heidelberg Gardens  
Lion Yard,  
Cambridge  
CB2 3NA  
Telephone 01223 364222  
<http://www.ballare.co.uk/>

Club Salsa  
1 Station Road  
Cambridge  
CB1 2JB  
Telephone 01223 315466  
<http://www.club-salsa.co.uk/>

Po Na Na Souk Bar  
7a, Jesus Lane,  
Cambridge  
CB5 8BA  
Telephone 01223 323880

### **(Friendly and Typically British) Pubs**

The Cambridge Blue  
Gwydir Street  
Cambridge  
CB1 2LG  
Telephone 01223 361382  
<http://www.the-cambridgeblue.co.uk/>

Kingston Arms  
33, Kingston Street  
Cambridge  
CB1 2NU  
Tel: 01223 319414  
<http://www.kingston-arms.co.uk/>

Free Press  
7, Prospect Row  
Cambridge  
CB1 1DU  
Tel: 01223 368337  
<http://www.freepresspub.com/>

St Radegund  
127, King Street  
Cambridge  
CB1 1LD  
Tel: 01223 311794  
<http://www.radegund.org.uk/>

The Eagle  
Benet Street  
Cambridge  
CB2 3QN  
Telephone 01223 505020

The Maypole  
20a, Portugal Place  
Cambridge  
CB5 8AF  
Tel: 01223 352999

The Mill  
14, Mill Lane  
Cambridge  
CB2 1RX  
Tel: 01223 357026

### **(Relatively) Inexpensive Cafes & Restaurants**

Clowns  
54, King Street  
Cambridge  
CB1 1LN  
Tel: 01223 355711

Martin's Coffee House  
4, Trumpington Street  
Cambridge  
CB2 1QA  
Tel: 01223 361757

Trockel Ulmann & Freunde  
13, Pembroke Street  
Cambridge  
CB2 3QY  
Tel: 01223 460923

Yippee Noodle Bar  
7-9, King Street  
Cambridge  
CB1 1LH  
Tel: 01223 518111

CB2 Internet Bistro

Rainbow Vegetarian Cafe

5-7, Norfolk Street  
Cambridge  
CB1 2LD  
Tel: 01223 508503

9a, Kings Parade  
Cambridge  
CB2 1SJ  
Tel: 01223 321551

Indigo Coffee House  
8, St Edwards Passage  
Cambridge  
CB2 3PJ  
Tel: 01223 368753

Cazimir Cafe  
13 King Street  
Cambridge  
CB1 1LH  
Tel: 01223 355156

## **Theatre**

Cambridge Arts Theatre  
6 St Edward's Passage  
Cambridge  
CB2 3PJ  
Telephone 01223 503333  
<http://www.cambridgeartstheatre.com/>

The Cambridge Corn Exchange  
Wheeler Street  
Cambridge  
CB2 3QB  
Telephone 01223 357 851  
<http://www.cornex.co.uk/>

ADC Theatre  
Park Street  
Cambridge  
CB5 8AS  
Telephone 01223 359547

Mumford Theatre  
East Road  
Cambridge  
CB1 1PT  
Telephone 01223 352932

The Junction 2  
Clifton Road  
Cambridge  
CB1 7GX  
Telephone 01223 511511

## **Families**

Newcomers and Visiting Scholars  
Kellet Lodge  
Tennis Court Road  
Cambridge  
CB2 1QJ

## **Graduate Union**

17 Mill Lane  
Cambridge  
CB2 1RX  
Telephone 01223 (3)33312  
E-mail: [shop@gradunion.cam.ac.uk](mailto:shop@gradunion.cam.ac.uk)

## **Healthcare**

### **Dental Care**

University Dental Service  
3 Trumpington Street  
Telephone 32860

[www.cam.ac.uk/cambuniv/disability/accguide/facilities/dental.html](http://www.cam.ac.uk/cambuniv/disability/accguide/facilities/dental.html)

### **General Practitioners**

Lensfield Medical Practice  
48, Lensfield Road  
Cambridge  
CB2 1EG  
Tel: 01223 352779

Trumpington Street Medical Practice  
56, Trumpington Street  
Cambridge  
CB2 1RG  
Tel: 01223 361611

Bridge Street Surgery  
67, Bridge Street  
Cambridge  
CB2 1UU  
Tel: 01223 355060

Dr Brimblecombe and Partners Doctors Surgery  
3 Trinity Street  
Cambridge  
CB2 1SY  
Tel: 01223 366811

### **Emergency Medical Care**

Addenbrooke's Hospital  
Hills Road  
Cambridge  
CB2 2QQ  
Telephone 245151  
[www.addenbrookes.org.uk/](http://www.addenbrookes.org.uk/)

NHS Direct  
Telephone 0845 4647  
[www.nhsdirect.nhs.uk/](http://www.nhsdirect.nhs.uk/)

### **Opticians**

Boots Opticians  
28 Petty Cury  
Cambridge  
Tel: 01223 366104

Vision Express  
Unit SU20, Grand Arcade,  
Cambridge, CB2 3BZ  
Tel: 01223 304826

David Clulow Opticians  
59, Sidney Street  
Cambridge  
CB2 3HX  
Tel: 01223 362267

D & A The Opticians  
20-21, Lion Yard  
Cambridge  
CB2 3NA  
Tel: 01223 360006

### **Pharmacies**

Boots the Chemist  
65-69 Sidney Street  
Cambridge  
Telephone 01223 350213

Lloyds Pharmacy  
30 Trumpington Street  
Cambridge  
Telephone 01223 359449

Boots The Chemist  
5-6, Grafton Centre  
Cambridge  
CB1 1PS  
Tel: 01223 302576

Superdrug  
59, Sidney Street  
Cambridge  
CB2 3HX  
Tel: 01223 362499

## **Immigration**

### **Police registration**

Parkside Police Station  
Parkside  
Cambridge  
CB1 1JG

Telephone 0845 456 4564

Opening hours: 10:00 – 13:00 and 14:00 – 16:00 Monday to Friday excluding Bank Holidays

## **Language Centre**

Ms Nicola Hardy  
The Language Centre  
Downing Place  
Tel 01223 (7)63497  
E-mail: nr211@cam.ac.uk

## **Libraries**

University Library  
West Road  
Cambridge  
CB3 9DR  
Tel:01223 333000  
E-mail: [library@lib.cam.ac.uk](mailto:library@lib.cam.ac.uk)  
<http://www.lib.cam.ac.uk/>

Cambridge Public Library (closed until autumn)  
Lion Yard  
Cambridge  
Tel:01223 712800  
<http://www.cambridgeshire.gov.uk/leisure/libraries/>

## **Mail**

### **Post Offices**

Central Post Office  
9-11 St Andrew Street  
Cambridge

Trinity Street Post Office  
23-24 Trinity Street  
Cambridge

CB2 3AA  
Telephone 0845 722 3344

CB2 1TB  
Telephone 01223 352081

Trumpington Street Post Office  
2a Trumpington Street  
Cambridge  
CB2 1QA Telephone 01223 359596

## **Religious Organisations**

Abu Bakr Siddiq Mosque  
Mawson Road (off Mill Road)  
Cambridge  
CB1 2DZ  
Telephone 01223 350134

Cambridge Synagogue  
3 Thompson Lane  
Cambridge  
CB5 8AQ  
Telephone 01223 354825  
<http://www.jewishcambridge.org.uk/>

Eden Baptist Church  
1 Fitzroy Street  
Cambridge  
CB1 1ER

Presbyterian Church  
Lee Hall  
Wolfson College  
Cambridge

Our Lady and the English Martyrs (RC)  
Hills Road  
Cambridge  
CB2 1JR  
Telephone 01223 350787  
<http://www.olem.freeuk.com/>

St. Mary the Great with St Michael (C of E)  
University Church  
St Mary's Passage  
Cambridge  
CB2 3PQ  
Telephone: 01223 741716  
<http://www.gsm.cam.ac.uk/>

## **SCA**

SCA Office  
10 Pembroke Street  
Cambridge  
CB2 3QY  
Telephone: 01223 356454  
E-mail [mail@cambridgesca.org.uk](mailto:mail@cambridgesca.org.uk)

## **Shopping**

### **Supermarkets**

Asda  
Beehive Centre  
Coldhams Lane,  
Cambridge

Marks & Spencer  
6 Sidney Street  
Cambridge  
CB2 3HH

CB1 3ER  
Telephone 01223 531600  
[www.asda.co.uk/](http://www.asda.co.uk/)

Telephone 01223 355219  
<http://www.marksandspencer.com/>

Sainsbury  
44 Sidney Street  
Cambridge  
CB2 3HX  
Telephone 01223 366891  
<http://www.sainsburys.co.uk/home.htm>

Tesco <http://www.tesco.com/>  
Cheddars Lane  
Newmarket Road  
Cambridge  
CB5 8HE  
Telephone 01223 549400

ALDI  
Cambridge  
Histon Road  
Cambridge CB4 3JD  
<http://www.aldi-stores.co.uk/>

### **Speciality Food Shops**

Al Amin  
100-102 Mill Road  
Cambridge  
CB1 2BD  
Tel: 01223 576396  
(includes a Hallah butchers)

Arjuna Wholefoods  
12 Mill Road  
Cambridge  
CB1 2AD  
telephone:01223 364845

Seoul Plaza  
91-93 Mill Road  
City Centre  
Cambridge  
CB1 2AW  
Tel: 01223 303610  
[www.koreafoods.co.uk](http://www.koreafoods.co.uk)

The Cambridge Cheese Co Ltd  
All Saints Passage  
Cambridge  
CB2 3LS  
Tel: 01223 328672

Winfield Chinese Supermarket  
58 Mill Road  
Cambridge  
Tel: 01223 322888

Cambridge Health Food  
5 Bridge Street  
Cambridge  
CB2 1UA  
01223 350433

Noel Young Wines  
56 High Street  
Trumpington  
Cambridge  
CB2 9LS  
Tel: 01223 566744  
<http://www.nywines.co.uk/>

Limoncello (Italian delicatessen)  
212 Mill Road  
Cambridge  
CB1 3NF  
U.K.  
Tel: 01223 507036

Barker Bros. (Butcher and delicatessen )  
43 High Street,  
Great Shelford  
Cambridge CB2 5EH  
Tel: 01223 843292

There is also a variety of stalls to be found in Market Square, with good cheese, vegetable and fish stalls during the week, as well as a local farmers market on Sundays.

### **Shopping Centres**

The Grafton Centre  
Cambridge  
CB1 1PS  
Telephone 01223 316201  
<http://www.graftoncentre.co.uk/>

Grand Arcade & Lion Yard  
Cambridge  
CB2 3NA

### **Gowns**

AE Clothier  
5A Pembroke Street  
Cambridge  
CB2 3QY  
Telephone 01223 354339  
<http://www.aeclothier.co.uk/>

Ede & Ravenscroft  
71-72 Trumpington Street  
Cambridge  
Telephone 01223 350048

Ryder & Amies  
22 Kings Parade  
Cambridge  
Telephone 01223 350371

### **Student Union (CUSU)**

Cambridge University Students' Union  
Old Examination Hall  
Free School Lane  
Cambridge CB2 3RF  
Telephone 01223 356454  
[www.cusu.cam.ac.uk](http://www.cusu.cam.ac.uk)

### **The Cambridge Union Society**

9a Bridge Street  
Cambridge  
CB2 1UB  
Telephone 01223 566 421  
E-mail: [president@cambridge-union.org](mailto:president@cambridge-union.org)  
<http://www.cambridge-union.org/>

### **Telephones**

Phones 4U Ltd  
16, Market Street and Unit 65, Grafton Centre  
Cambridge  
Tel: 01223 366493

The Carphone Warehouse  
3, Market St  
Cambridge  
Tel: 0870 1682063

The Link  
19, Grafton Centre and 36 Petty Cury  
Cambridge  
Tel: 01223 361822

## **Transport**

National Express  
Bus Station  
Drummer Street  
Cambridge  
Telephone 08705 808080  
[www.nationalexpress.com/](http://www.nationalexpress.com/)

Railway Station  
Station Rd  
Cambridge  
CB1 2JW  
Telephone 0845 600 7245  
Or 08457 48 49 50  
<http://nationalrail.co.uk/>

Stagecoach  
100 Cowley Road  
Cambridge  
CB4 0DN  
Telephone 0870 608 2 608  
<http://www.stagecoachbus.com/cambridge/>

Bus Station,  
Drummer Street,  
Cambridge





**University of  
Cambridge Offices**

- 1 Accommodation Office
- 2 Careers Service
- 3 Childcare Office
- 4 Computing Service
- 5 Counselling Service
- 6 CUSU / Welfare Office
- 7 Dental Service
- 8 Disability Resource  
Centre
- 9 Graduate Union
- 10 Language Centre
- 11 Linkline
- 12 Motor Proctor Office
- 13 Newcomers Group
- 14 SCA



**Banking**

- 15 Barclays
- 16 HSBC
- 17 Lloyds
- 18 NatWest



**Health**

- General Practitioners
- 19 Lensfield Medical Practice
- 20 Bridge Street Surgery
- 21 Trumpington Street Medical  
Practice
- 22 Dr Brimblecombe and Partners  
Doctors Surgery

Opticians

- 23 Boots Opticians
- 24 Vision Express
- 25 David Clulow Opticians
- 26 D & A The Opticians

Pharmacies

- 27 Boots the Chemist (2)
- 28 Lloyds Pharmacy
- 29 Superdrug



**Others**

- 30 Parkside Police Station
- 31 University Library
- 32 Cambridge Public Library
- Post Offices
- 33 Central Post Office
- 34 Trinity Street Post Office
- 35 Trumpington Street Post Office
- 36 Tourist Information



## Entertainment



### Cinemas

- 37 Cambridge Arts Picture House
- 38 Cineworld
- 39 Vue

### Nightclubs

- 40 The Soul Tree
- 41 The Fez Club
- 42 The Kambar
- 43 TwentyTwo
- 44 Ballare
- 45 Club Salsa
- 46 Po Na Na Souk Bar
- 47 The Junction

### Pubs

- 48 The Eagle
- 49 Free Press
- 50 St Radegund
- 51 The Maypole
- 52 The Mill
- 53 The Kingston Arms



### Cafes & Restaurants

- 54 Clowns
- 55 Martin's Coffee House
- 56 Trockel Ulmann & Freunde
- 57 Yippee Noodle Bar
- 58 CB2 Internet Bistro
- 59 Rainbow Vegetarian Cafe
- 60 Indigo Coffee House
- 61 Cazimir Cafe



### Theatre

- 62 Cambridge Arts Theatre
- 63 The Cambridge Corn Exchange
- 64 ADC Theatre
- 65 Mumford Theatre
- 66 The Junction 2



### Religious Organisations

- 67 Abu Bakr Siddiq Mosque
- 68 Eden Baptist Church
- 69 Cambridge Synagogue
- 70 Great St Mary's
- 71 Roman Catholic Church



## **Shopping**

### Supermarkets

- 72 Marks & Spencer
- 73 Sainsbury

### Speciality Food Shops

- 74 Arjuna Wholefoods
- 75 The Cambridge Cheese Co Ltd
- 76 Winfield Chinese Supermarket
- 77 Cambridge Health Food
- 78 Market Stalls
- 79 Limoncello
- 80 Seoul Plaza
- 81 Al Amin

### Shopping Centres

- 82 The Grafton Centre
- 83 Lion Yard and Grand Arcade

### Gowns

- 84 AE Clothier
- 85 Ryder & Amies
- 86 Ede & Ravenscroft



## **Transport**

- 87 Bus Station
- 88 Railway Station