

DOWNING COLLEGE MCR



INFORMATION FOR NEW GRADUATE STUDENTS 2009

Welcome to Downing!	1	The College Nurse	
The Middle Combination Room (MCR)		University life	18
Committee members		The Computing Service	
Downing societies		The University Centre	
		The Graduate Union	
Freshers' Week	6	CUSU	
Your timetable for week 1		The "Union"	
		Careers Service	
What to bring?	7	Accommodation and Finance	20
Essential documents		General advice	
Clothing in Cambridge		Accommodation costs	
		College fees	
What to do on arrival	8	Insurance	
In College		Additional income sources	
In town		Living costs	
In the University and your department		Hardship	
College life	12	Entertainment or "Ents"	23
The MCR room		Cinemas, clubs	
Formal Hall		Museums	
Guests		Pubs	
College sport facilities		Sports facilities	
Motor vehicles		Balls!	
The College Bar			
Who to turn to?	15	Travel & Shops	27
The Porters' Lodge			
Tutorial and Admissions Office		Maps	29
Graduate Tutors			
The College Chaplain			
Welfare			
The Hospital			
Emergency services			

Welcome to Downing

This booklet includes much of the information you will need to know on arrival in Downing, the University and in Cambridge as a city – but it is not exhaustive, so if you have any questions, please don't hesitate to ask! Inevitably, your first few weeks in Cambridge will be extremely busy, so we have included some hints and tips that should save you time and worry, and help you get settled as quickly and easily as possible.

In addition to this booklet, you should also have access to the **Downing College Information Handbook 2009/10** and also the **Accommodation Handbook** if you are living in College accommodation (both of which are available on the Downing College website at http://www.dow.cam.ac.uk/dow_server/students/index.html). Make sure you read them, as they will give you a clearer picture of how College is run and some guidelines for living in College. For more information about the University see the information pages on the Graduate Union website at <http://www.gradunion.cam.ac.uk/info/>. Also seek out the Cambridge University Student Union Cambridge Guide 2009, which will hopefully be available on the CUSU web-site <http://www.cusu.cam.ac.uk/>. For an excellent guide to living in Cambridge, with much of the info in this pack and some more specific information for overseas students, see our MCR website:

<http://www.downingmcr.co.uk>

The MCR

Downing College Middle Common Room (MCR) is the group of Graduate (also known as Postgraduate) and affiliated student members of the College. As a Downing College Graduate student following any of the Postgraduate courses offered by the University, you automatically become a member of the MCR. Slightly confusingly, the MCR room is also referred to as 'the MCR'.

You are welcome to use any of the MCR facilities and to attend functions arranged by the MCR committee. As well as being a member of the MCR, you are also a member of the Downing College Amalgamation Club (DCAC), made up of all of the student members of the College.

The MCR Committee

The MCR committee is a group of graduate students from Downing who organise graduate activities and represent the graduate interests on various College committees. **You are welcome, and encouraged, to call upon any member of the committee for advice and help especially before arriving at Cambridge.** On the following page is some information on the current committee members.

As a general introduction we arrange social events throughout the year, within Downing and with other Colleges, and are interested in any suggestions for events from other Graduate students. The committee exists primarily to look after your welfare during your time at Downing and we can offer advice and information on College and University matters.

Executive Officers

Presidents

Brett Kennedy and Camilla Aguirre

mcr-president@dow.cam.ac.uk

Each year a committee is elected from within the College graduate student body to represent your views, help make your time in Cambridge as enjoyable and stress free as possible, and (of course) arrange lots of fantastic socials for you to come to and meet other grads. Our job is to make sure all of that happens! Please contact any of the Committee if you have any queries about College life, or any suggestions for future MCR activities. We're looking forward to meeting you all in Freshers' Week!

Vice-President

Michael Nicoll

mcr-vice-president@dow.cam.ac.uk

My job is to keep you all informed via the email lists as to what is happening for graduates in Cambridge. I am the Secretary to the Committee so in theory should be aware of what is going on! If you have any queries, suggestions or problems then don't hesitate to contact me and I shall do my best to find an answer for you.

Treasurer

Davy Kurniawan

mcr-treasurer@dow.cam.ac.uk

The role of the MCR Treasurer is primarily to keep the MCR accounts. He is responsible for paying all MCR bills as well as the taking of money from MCR events. The Treasurer is also responsible for the purchasing of various things for the MCR and has the final say on how much can be spent on various events. The Treasurer sits on the College Finance Committee, where it is his role to express the views of the MCR relating to the financial management of the College.

Social Secretaries

Rob Sparkes and Nicola Stead

mcr-social-secretary@dow.cam.ac.uk

The MCR is predominantly a social organisation and it is the job of the Social Secretaries to organise events throughout the year to keep the graduate students entertained. These include regular MCR dinners, exchange dinners, bar nights and movie nights. It is also our job to keep Downing graduates informed of social events going on outside Downing, these primarily being other College events.

Welfare & Education

Sreekumar Thaithara-Balan (Sree)

mcr-welfare-officer@dow.cam.ac.uk

The Education and Welfare Officer is involved in pastoral care, health and safety, and accommodation issues within the College. Specific responsibilities include organising Graduate talks and providing information on funding and future opportunities. As part of this role, the Education and Welfare Officer attends Education Committee meetings in College and CUSU Welfare meetings. The role is strongly linked with that of the Equal Opportunities and International Officers.

Bar, Sports & Amenities

Blaine Landis

mcr-amenities-officer@dow.cam.ac.uk

This job covers a multitude of sins! I encourage MCR members to make use of the College Bar in term time, and represent our interests to its management at the Bar and Amenities Committee. I handle the drinks side of things at a variety of MCR social events, including Bar Nights in the vacations. I keep in touch with lots of College sports clubs and societies, letting grads know what they're doing - so if you want to play football for the College, or write for the College magazine, I can probably point you in the right direction. I am also responsible for making sure the MCR room has the best equipment and is being taken care of.

Non-executive Officers

Communications

Yanching Chu

mcr-communicationsofficer@dow.cam.ac.uk

As MCR Communications Officer, my main responsibility is for the MCR website, <http://www.downingmcr.co.uk/>. Hopefully, you'll find it's a useful resource for many things! You can email me with any comments or suggestions for the site, but don't forget that you can post articles on the front page of the website or add entries to our events calendar page. I also manage the MCR mailing lists and send out the weekly MCR Newsletter to all postgraduate students and affiliated members.

International

Anna Bachman

mcr-international-officer@dow.cam.ac.uk

I am responsible for the general welfare of the overseas students, which includes networking with University international organisations and other Colleges to provide help and information for Downing students. I would encourage you to come to MCR events and meet people from all over the world. Feel free to contact me with any questions when you arrive in Cambridge, as I will be more than happy to help. Check out the international page on the Downing MCR website for lots of useful info. If you have any suggestions about things you would like to happen for international students in the MCR, let me know and I'll see what I can do.

Equal Opportunities

Laura Snowdon & Yassar Mustafa

mcr-equal-opportunities-officer@dow.cam.ac.uk

We ensure that the needs and views of all groups in the MCR are taken into account. This involves liaising with the Women's Union, the LesBiGay Society, the Black Students' Campaign, the Disability Resource Centre, the CUSU Anti-Racism Officer and any other relevant bodies and providing information and advice on issues of discrimination.

Environment

Konstantinos Gkargkas

mcr-environment-officer@dow.cam.ac.uk

I am responsible for environmental issues within College. This ranges from helping with practical things like recycling in graduate accommodation, to acting as advocate to College on their environmental policies – especially on energy use and efficiency. I also consider my role to cover other ethical issues such as fair-trade, local sourcing for catering, and socially responsible investment. I liaise with other College 'green' officers, both MCR and JCR, on things like the College Environmental League Table.

ELECTIONS

Elections for the new MCR Committee take place before the Christmas dinner, with the new Committee taking over in January. Anyone can stand, so long as they will be around for a full year in office (this is especially true for the President, Vice-President and Treasurer) – this year, almost the whole committee were Freshers! Please contact MCR Presidents Brett or Camilla if you are interested in joining the committee, for any information, or to give any suggestions for future MCR events – we look forward to hearing from you!

SOCIETIES

The Downing College Graduate Cultural Society exists to give all Downing graduate students access to events that go beyond the usual affairs we know and love. Music, art, film, theatre, debating - you get the idea. Please contact the committee for information or suggestions for future events.

The **Downing Wine Society** is open to all members of the College, both undergraduate and graduate. It is a friendly and informal group whose primary purpose is to enjoy wine and to help new wine-tasters get the most from their wine drinking. It is definitely not a stuffy or 'over-serious' group - the accent is on learning about wine and enjoying wine. Whatever your level of experience, from complete novice to experienced wine taster, come along to one of our tastings and see what you think. We hope attendance at a DWS tasting will increase your enjoyment of wine, help you understand the wine you are buying and help you to choose the best value wines on offer. For further information contact Joseph Poore (downing_wine@hotmail.co.uk).

Other Societies

There are also lots of other societies in College, most of which include both undergrads and grads. A lot of them will be represented at "squashes" in the first week of term or at the College's Societies Fair, where you can make your interest known – otherwise look at our website for contact details. Most of them will be happy to get new members at any stage in the year – we've tried to mention here if there are auditions or trials at a set date. Here's a brief summary...

Societies:

- Chapel Choir - regular practices and services - auditions will be held soon.
- Downing Dramatic Society
- The Griffin - Downing's student magazine
- Downing Amnesty International Society
- Jazz Band
- Music Society

A few of the societies are particularly related to what subject you're doing, and are a chance for those studying that subject to hear talks and meet socially:

- Cranworth Society - Law
- Babel Society – English
- Blake Society – Humanities and Arts.
- Danby Society - scientists, engineers, mathematicians, etc.
- Maitland Historical Society
- Whitby Society - medics and vets.
- Mathias Society - economists

Sports clubs:

- Athletics
- Badminton
- Basketball (men's and women's)
- Boat Club - all levels of rowing from beginner to international, with lots of beginners starting this term – go along to the squash to join up (you need to start at the beginning of term if you haven't rowed before).
- Cricket
- Cross Country
- Football (men's and women's)
- Hockey (men's, women's and mixed)
- Netball (women's and mixed)
- Lacrosse
- Pool
- Rugby (men's and women's)
- Squash
- Table Football
- Tennis
- Volleyball
- Water polo

A lot of the clubs run regular practice sessions throughout the term, when usually anyone is welcome, as well as playing matches. Both men and women can play all of the sports listed.

There are also lots of sports clubs and societies with university-wide membership - more information about them is on the web at <http://www.sport.cam.ac.uk/clubs/index.html> and <http://www.cam.ac.uk/societies/>

Freshers' Week

Freshers' Week is the social introduction to Downing MCR, and while probably not quite so hedonistic as that experienced by the undergraduates (remember the days...) it is still chock-full with activity! This is the best opportunity to meet your fellow Freshers, as well as your possibly-elder and sometimes-betters in the other years, especially the current MCR committee.

	AM	PM	Evening
Sat 3rd		12 noon onwards: Arrive, unpack and prepare for the week ahead ----- Registration 12.30-17.00 (Tutorial & Admissions Office - B Staircase) ----- 12.00 – 17.00 Reception in the MCR room (S staircase) – drop by for free drinks and nibbles!	BBQ in the Howard Building 18.30 – 20.30
Sun 4th	Freshers' Service 10.30 in the Chapel ----- Master's Brunch 11.30 (Master's Garden) ----- Another chance to register 11.00-12.30 (Tutorial & Admissions Office – B Staircase)	MCR committee members available in the MCR to answer questions and give advice. (12.30 – 13.30) ----- Games on the Paddock (JCR Garden Party)	Family night from 20.00 in the MCR Room, S Staircase
Mon 5th		College Tour, starting from the MCR (13.30) ----- Downing Societies Fair 14.45 – 17.00 (Howard Building)	International Food Night in the Howard Building 18.30 – 20.30 <i>(Earlier arrival is encouraged to ensure food but not essential!)</i>
Tues 6th	University Societies Fair 12.00 – 17.00 (Kelsey Kerridge) ----- Safety talks for scientists	13.00, Starting in the MCR: College Tour, OR City Tour, OR Punting Trip	Quiz night in the MCR with prizes from 20.00
Wed 7th	University Societies Fair 11.00 - 14.00 (Kelsey Kerridge) ----- Safety talks for scientists	13.00, Starting in the MCR: College Tour, OR City Tour	19.30, Starting in the MCR: Alehouse Tour, OR Film night in the MCR
Thur 8th	Lectures and labs start		Chocolate tasting in the MCR with chocolate fountain from 20.00
Fri 9th			JCR/MCR Party 21.00. – 00.30 (Hall) ----- Music, drinks and games consoles in the MCR from 20.30

Graduate Matriculation and Matriculation Dinner will be on the following Tuesday (13th October)the Graduate photograph is at 12.50pm, immediately followed by talks, the Matriculation Ceremony in the late afternoon (see your registration pack for your exact time) and Dinner in the evening.

...And Beyond

The MCR Newsletter contains weekly listings of events inside and outside College, and gets sent to all graduate students in College, plus other MCR members such as our affiliated postdocs. You'll get these emails automatically, so you don't have to do anything to subscribe. However, we also have a more informal 'opt-in' list, which we use for messages such as reminders about events and things that come up at short notice - so make sure you sign up! To subscribe to this second mailing list, visit <http://www.downingmcr.co.uk> and use the signup form in the right-hand column. We always try to have something planned, be it a movie night, theatre trip or an Exchange Formal Hall (where we go to sample the Formals of other Colleges).

What to Bring

Some items to have handy in the first week or so...

Passport photographs

Pretty essential! Used for the NUS and ISIC cards as well as all the other membership / ID cards of the various College and University Societies you may join, and probably several other things that you won't have thought of! They can be obtained from passport photo booths in the large Post Office on Regent Street (a few hundred metres left along from Downing College's main gate) or Boots in the centre of town, as well as many other places.

Registration letters from the University and College

Keep these with you for the first few days in order to avoid potential hassle when dealing with university agencies and departments, banks, landlords and so on.

Passports and evidence of funding

Overseas students should have these with them for the first few days, as they are likely to be requested when opening bank accounts or dealing with city officials.

Map of Cambridge

A map is **essential**, even after a year you won't know all the ins-and-outs of the back streets! The city centre locations including Colleges and departments can be searched on <http://www.cam.ac.uk/map/>, and there are maps of the centre of Cambridge in the Porters' Lodge.

Flu Supplies (as a precaution against the current pandemic flu doing the rounds)

Please bring a forehead thermometer (available at chemists for a reasonable cost), over-the-counter flu medication (such as paracetamol), alcohol-based hand gel (for personal hygiene) and 2 photocopies of ID documents (e.g. passport/driving licence/birth certificate – these will be necessary to collect flu medication should you require it!). Better safe than sorry!

Clothing...

Formal clothing

This will be required for formal functions and ceremonies in College, including the various events on matriculation day and formal dinners (Formal Halls and MCR Dinners). For men, formal clothing is considered to be a suit, shirt and tie. Jeans, shorts and trainers are **not** acceptable dress at formal functions, even in summer! Smart dress for women includes covered shoulders, but allows trousers.

Black-tie

Black-tie (and sometimes white-tie) functions are usually optional, but still fairly common. Black-tie is never totally necessary and a dinner suit or ball gown can always be hired or bought in Cambridge. Black-tie events include Balls (generally in the Summer) and College events at special

dates in the year, including the MCR Christmas dinner. Black-tie dress for men involves a black dinner suit and white dinner shirt (usually with cuff-links), a bow-tie (black is standard, but anything goes!) and sometimes a cummerbund. For women, the dress is usually very smart evening wear, with very smart trousers an option. At some occasions, national dress is permitted, but it is worth checking before turning up in all your splendour!

Warm clothing

Cambridge can and will get **extremely** cold. The possibility of snow (sadly not guaranteed every year!) means that a pair of boots may be handy, as well as a hot water bottle! Also remember warm coats, gloves, scarves, jumpers etc. You could always buy a Downing woolly hat... Although Cambridge is ordinarily very dry, when it rains it really rains (this is England!), so waterproofs and an umbrella could be useful! If you will be doing much cycling, waterproof trousers might also come in handy.

What to do on Arrival

Things to Do in the First Few Days

Visit the Porters' Lodge...

- Sign into the College
- Collect keys if you are living in College accommodation – also sign out an MCR key which will let you in to the MCR room (bear in mind there is a £50 penalty if you lose it!)
- Check with the Porters about the access to the College at night; your key will open the main Regent Street gate, the Lensfield Road gate and the gate onto the Downing Site.
- If you are ever unsure of where something is located in the College, the Porters are extremely friendly and will always help you out – at any time of the day or night!

Go to the Tutorial & Admissions Office...

- The Tutorial and Admissions Office (and indeed most of the College offices) are on B staircase.
- **Collect your registration pack from the Tutorial & Admissions Office.** The Office is open over Fresher weekend on Saturday 3rd October from 12.30 – 17.00 and on Sunday 4th October from 11.00 – 12.30. If you are expecting a grant cheque this will be in your pack if it has been received by the College ...alternatively your department/faculty may have it.

Find your pigeon-hole in the Porters' Lodge, and the College/MCR notice boards...

These contain further information possibly of use to you, including confirmation of Freshers' Week events and a timetable of events for Graduate Matriculation Day, including your individual meeting with your Graduate Tutor. You'll also get your bill in your pigeon hole...

Visit the MCR...

You'll find the MCR by going through the double doors as soon as you enter S staircase. We keep a lock on the door to keep uninvited guests out. This is the 'living room' for many of the graduates in college, so please help yourself to the tea, coffee and hot chocolate and make yourself at home! Feel free to play some pool or table-football, or chill out on the sofas and enjoy the Sky TV!

RSVP to your invitation to the Matriculation Dinner!

If you do not RSVP you will not have a seat at the Dinner! The Dinner is a great introduction to collegiate life, great fun, one of the best meals you will have in College, and best of all – **it's free!** We highly recommend RSVP-ing as soon as possible.

Obtain a gown...

Gowns are **required** for Matriculation, Formal Hall and other main College events that mark special dates in the College calendar. Different types of gown exist, depicting your status as recognised by the University. If you have a Bachelor degree (B.A. or B.Sc.) and are under 24 years old then you need a B.A. gown; if you have a Master's degree or are over 24 years old (even if you don't have a Master's degree) then you will require an M.A. gown instead.

Get a gown as soon as possible! Gowns can be hired for individual occasions (not on a termly basis) from the Graduate Union, Silver Street. They have a limited supply and cannot be relied upon at short notice.

Buying a gown is worth the cost for the convenience it offers, and you'll be able to sell your gown on when you leave Cambridge. New gowns aren't cheap, so buying a second-hand gown is advisable. Most shops selling new gowns will also have a stock of second-hand ones available at more reasonable prices, ranging from £60-80. Several shops stocking gowns can be found on King's Parade, including *Ede and Ravenscroft* on the junction of King's Parade and Silver Street. Alternatively, there are links on the University web page that will take you to on-line advertisements. The Tutorial and Admissions office has ex-hire gowns for sale at very reasonable prices and you will receive information about this with your Fresher pack (sent early September).

Open a Bank Account (or move your account to a Cambridge branch)...

Do this as soon as possible, as it usually takes a while for a bank to open an account and for relevant cards, pin numbers, cheque books etc to come through. It's worth researching the schemes the various banks have to offer students, in particular rates of interest on student loans and pay-back periods. Some banks are more willing to open accounts for overseas students than others, so it is worth checking out that which each bank can offer.

Remember to take along the relevant documents, including passport and University acceptance letters. A letter of confirmation of accommodation and funding may also be required. Check the types of identification that the bank requires before going along to open an account.

Go to the Freshers' Fair...

This is at the Kelsey Kerridge Leisure Centre on East Road, just across from Parker's Piece next to the multi-storey car park, on Tuesday 6th and Wednesday 7th of October. The Fair is a great opportunity to learn about the student societies that are active in Cambridge, and to sign up with any that interest you. Get there early to avoid the queue, which can be substantial! It's well worth going not only for the societies but also for all the random free stuff you can pick up!

You do not, and should not, have to part with any money there and then. Most societies give free lessons, sessions, meetings etc to enable you to make an informed decision as to whether you would like to join. Many societies have open parties (or "Squashes") at the beginning of term to encourage new students to join.

There is often a poster sale running at the same time (but remember that College rooms must be blu-tac free zones, so don't get carried away...).

You may well regret it if you don't go!

Buy a television licence...

If you have a television, you will need to buy a TV licence as soon as you arrive - you are **not** covered by any TV licences the College holds and given the amount of students, the TV licensing authorities are very active.

Things to Do in the First Two Weeks

Overseas students...

Consult the information provided separately by the College on what you need to do!

Register with a local medical doctor...

Overseas students in particular must register with a medical doctor before receiving medical treatment. The closest surgery to Downing is the Lensfield Road Medical Centre at 48 Lensfield Road, just to the south of College, (01223) 352779. Other surgeries can be found at 41 Hills Road, (01223) 356715, and Wordsworth Grove and Trinity Street, (01223) 66811. Information about registration will be included in your registration pack. There is also a University Dentist situated at 3 Trumpington Road.

You may be entitled to help with health costs and should ask for the relevant leaflets and application forms when registering at the practice.

Also, register with the College Nurse, whose room is on 'O' staircase. Sign-up during registration or outside O5 as soon as you can. E-mail Sally at nurse@dow.cam.ac.uk, or phone 01223 334817.

See your academic Supervisor in your department...

Some Departments send out notices to students' pigeon holes announcing orientation and 'getting acquainted' meeting times. Those undertaking science courses will have to look out for laboratory safety and First Aid courses that are **compulsory**. Check your pigeon-holes and notice boards in your Department and College for this information.

Find the Libraries...

Early access to the University Library, or 'UL' is very important for students researching the humanities and social sciences. Those studying sciences, maths and engineering can usually wait till later in term, after the initial rush is over. Often your departmental libraries and the Scientific Periodical Library will be more relevant and useful, and there are increasing numbers of journals online, which saves much photocopying! The Clinical Library is on the Addenbrooke's Site, a fair trip out, so try to befriend someone who works there to get that much needed article on your behalf! Registration at the UL requires your Board of Graduate Studies letter of acceptance.

Collect your University card...

This acts as a general library card and student identification card. You should receive this when you register with the Tutorial and Admissions Office on the first day. If your card has not been issued don't panic; you will be given instruction on how to obtain one quickly.

Find out about computing facilities...

- Find out about the facilities offered by your department and the University Computing Service (www.cam.ac.uk/cs) and register for them (passwords are often needed). Postgraduates automatically get an email account; the University Computing Service website has more details.
- Be sure to check out the MCR website at <http://www.downingmcr.co.uk> for all information on the MCR and current events and goings on.

-
- You may wish to subscribe to the British Library (application forms can be obtained from its web-site, as well as checking the literature it holds) as it is a useful way of getting hold of the odd article from publications that may not be held in Cambridge. The BL is also the easier and cheaper way to conduct inter-library loans, particularly for books in foreign languages that are not necessarily held in the University Library (UL).
 - Find out which sources relevant to your course are available on-line as you will need a password (obtainable from the UL or your department) for some of these and acquaint yourself with the different catalogues that are available for searches.

Find out about gym facilities...

Downing has a gym in the basement of the Singer Building and a key for this can be obtained from the Porters' Lodge. Contact Rob (mcr-social-secretary@dow.cam.ac.uk) for details on how to join, membership cost and times of mandatory induction sessions. The Boat Club also has rowing 'ergs' machines in the Boat House. There is also the University Gym (Fenner's) on Gresham Road which costs £35 for the year. Call them on 01223 336580 to book an introductory session.

Kelsey Kerridge (east side of Parker's Piece, next to the multi-storey car park) has excellent facilities, offering a variety of aerobic classes, two weights rooms, an aerobic room and advertising for the various other sports clubs in and around Cambridge. You have to join, paying a membership fee, and then you can pay each time you go, sign up for three months at a time or pay a monthly fee. It is worth going along at the start of term as they do special registration prices for students as well as special deals on the bulk-buying of weights sessions and aerobic classes. It is also worth investigating what the YMCA (next to Kelsey Kerridge) has to offer.

Buy a bike (and helmet)...

Very useful to have to get around Cambridge, although get a good lock, as the reputation of being a 'cycling city' also attracts cycle thieves! Most departments and libraries have racks where you can secure your bike. It's advisable to wear a helmet – 1 in 9 of all cycle accidents in the UK occur in Cambridge! Get lights as well – a fine is not uncommon if caught by the police. See later for a list of bike shops. If kept in College, you must register your bike with the Porters' Lodge, and get an ID plate with a unique number to display on it.

Obtain a rail and/or coach card...

If you are planning to travel a lot, a student card for either rail or coach travel can give substantial reductions, as much as 15–20%, and 33% on most rail travel. Application forms for these can be found at the railway station (at the end of Station Road) and coach station (Drummer Street). The form may require the signature of someone in Downing or your department who can authoritatively validate that you are a student, as well as the College or departmental stamp. These may be needed on both the form itself and the passport photographs that you must also supply. You will also need to take along other proof of identification. University cards are not acceptable, although an ISIC card, passport or driving licence are usually accepted. Please check for the necessary ID beforehand.

Obtain a Cambridge City leisure card...

This is another source of discounts on all sorts of places throughout the City, including some Taxi firms, punting companies, various restaurants, cycle shops, the Corn Exchange, Laserquest, Jesus Green outdoor pool, etc. They can be obtained from the Tourist Information Office (Wheeler Street) or from Parkside Pool. Get one! Punting at Scudamores (Mill Lane) is also half price for Downing members on production of your University Card.

College Life

You'll have experienced University life before, but Cambridge can be a bit different, with its own oddities and traditions. There's a whole vocabulary to pick up on as well. Your cleaner is your *Bedder*. *May Week*, when the undergraduates celebrate the end of their exams beginning on 'Suicide Sunday' is in mid-June (it used to be in May, hence the name). *Bumps* are a type of rowing race. *Ents* are entertainments and a *Bop* is a disco. Punting down the river is an acceptable way to spend a summer afternoon.

Terms may mean very little to you in the long-run as a Graduate student, you just notice that things seem a lot quieter without the undergraduates! However, you should know that there are three 'term' definitions – 'Normal Period of Residence' when the undergraduates are around, 'Term' when the College is properly open and 'Full Term' when the undergraduates have lectures. The terms are *Michaelmas*, from October to December, *Lent*, from January to March and *Easter* from April to June. Grads also have *Summer*, from July to September. College is very much inactive during the *Summer*, when conferences take over as the prime concern, but the MCR Committee still endeavour to put on events! You're not allowed to walk on the lawns in most Colleges, unless accompanying a Fellow, and Downing is no exception – other than the Paddock and the grass between the MCR and the Porters' Lodge. The ducks (seeming to ignore the pond in the Rose Garden and preferring grass...) have scant regard for this rule.

For a good College-based resource, look at the College web-sites www.dow.cam.ac.uk and the JCR site at www.downingjcr.co.uk and of course the MCR site (www.downingmcr.co.uk)

The MCR Room

The MCR room is the 'Treherne Room', although nobody calls it that. This is the Graduate common room, on the ground floor of 'S' staircase. It is always open to Graduates during the term and vacations, provided you have a key (obtained for free from the Porters). The MCR serves as a meeting place for Graduates in College. It is also where you can sign up for social events organised by the MCR and the Graduate Cultural Society.

The MCR has a TV and video with Sky Digital channels, a free pool table, a table football table, comfy sofas and chairs. It receives *The Independent*, *The Times* and *The Mirror* newspapers which can be picked up from the MCR pigeon-hole in the Porters' Lodge every morning and there is a small selection of games. There is also a little kitchenette with a fridge, kettle and sink and the main attraction the free coffee machine(!), though there is also tea for those who prefer! There's a bar, but not usually any beer – the College bar is found behind the College library...

There is also a PC in the MCR for checking e-mail and such-like. The notice boards also contain information regarding accommodation, guest lectures in the University, new information about funding, recruitment, vacation and teaching opportunities, as well as leaflets about forthcoming plays and other city and University-wide events. Also available are the University Newsletters and copies of the Downing Information Handbook.

Formal Hall

These are well-attended, formal three-course dinners held in the Dining Hall on 'A' staircase, to which guests can be invited (but make sure you sign them into College at the Porters' Lodge). These form one of the central parts of the social life of the MCR, providing a chance to meet people from other years and very often other Colleges.

The Fellows of the College sit on High Table and preside over the evening, whilst the students and guests sit on the other tables. A gong at the start of the dinner indicates that the Latin Grace is

about to be said, for which everyone must stand. You must also stand at the end of the dinner when the Fellows leave. Each course is brought out by the College staff. You must not walk around during each course, particularly whilst the food is being served as this has led to collisions with the servers in the past. Smoking is not permitted in the hall. Rowdy behaviour will lead to the expulsion of the person from the Hall, and you are responsible for the behaviour of your guests.

When you attend Formal Hall, take your receipts for Formal Hall bookings. You hand this to the person on the desk in the servery, to check you and any guests against the computer booking. You may bring your own wine to Formal Hall, although there is also a bar outside the hall usually open for around 15 mins beforehand that sells College wine. If you are bringing wine bought elsewhere, you must pay a corkage charge of £1 per bottle. You will receive a ticket showing that you have paid corkage for each bottle.

Signing up for Formal Halls

There are three formal halls each week, on Wednesday, Friday and Sunday. Every Friday during Full Term the MCR has its own table at Formal Hall, with space for 50 people. Free sherry is provided beforehand in the MCR from 6.45pm – 7.15pm for those attending Formal Hall, and port is provided afterwards, also in the MCR room. Places can be booked from the terminal in the Porters' Lodge using your University Card, and for the Friday MCR table you should check that you have booked for the MCR table and not for the standard Formal Hall. Tickets for the MCR table will say so. When booking Formal Halls, you will be asked the number of guests you wish to bring (a maximum of 6) and any meal request (vegetarian, dairy-free etc). If you have any specific dietary requirements that the terminal does not have an input for, then contact the Catering Manager to inform them of your needs.

Dress for Formal Hall

All members of Downing College attending Formal Hall must wear the appropriate gown. You will not be admitted if you are not wearing a gown. Guests from other Colleges are expected to wear a gown, but there is some leeway. Guests who are not from Cambridge do not have to wear gowns. Smart, formal dress is required by all those attending, especially a shirt and tie for the men - you will be turned away if you are not wearing a tie or if you are not smartly dressed. Shorts, jeans and trainers are not permitted at any time of the year. Women must have covered shoulders.

Guests

Inevitably, you will have guests at some time during your stay in Cambridge. College provides some guest rooms at a minimal charge if they are staying overnight. The rooms are very pleasant and prices are fairly cheap, especially compared to hotel prices, but there is some variation depending on the type of room available. You will be charged for the rooms on your College bill. It is necessary to book these rooms through the Accommodation Office, with as much notice as possible as they are quite popular throughout the whole College population. Guests staying in College guest rooms may also be offered parking by College but this must be checked and confirmed before they arrive. Guests are allowed to stay in your College room, but for no more than two consecutive nights and you must sign them in at the Porters' Lodge.

Parties

Rooms used for parties in College include the MCR, the Party Room under the Butterfield Building, the Howard Building, the West Lodge in 'E' staircase for dinners, the Music Room, the Hall and The Master's Garden for some buffets or barbecues – note that normally the Master's Garden and the Fellows' Garden are off-limits! Parties are subject to approval by the Dean, and any gathering with 12 or more people with alcohol is defined as a party! Noise can be a problem in Lensfield Road and the Boathouse, so be considerate!

Sports facilities and clubs

Downing has tennis courts between the Master's Garden and the Singer Building. The Paddock is often used for football matches and practices during the summer. The College also has playing fields on Grantchester Road (go along Barton Road to Wolfson main gates, turn left and it's the first field on your left). The MCR tends to have sports matches on Sunday but, as with most places, the bus service is limited. There is a multi-gym in the basement of the Singer Building.

Downing also has a good sporting reputation, particularly in rowing and rugby. Notices for the various team try-outs and matches are posted up around College on the notice boards. It will be worth going along to the College's Freshers' Fair (in the Howard Building on Monday 5th October) to investigate the teams available, the level of commitment and ability required and the training/match times. There are MCR cricket teams crying out for members – anyone of any ability (including zero) should have a go!

Motor Vehicles

Bringing a car into Cambridge is not to be recommended and should only happen if it is vital for your studies. There are already congested roads, too many cars and too few parking spaces – indeed it is generally much quicker, easier and more convenient to move about by bike or on foot! As a member of the University, you will need a University motor vehicle licence to bring a car to Cambridge. Permission for this is usually granted to Graduates, but it depends upon you finding off-street parking. This does not include Resident Only parking bays, and the City Council will (usually) not issue residents' permits to students. There are a few spaces available in front of the College hostels on Lensfield Road and you may be able to get permission from College to use these, but priority is given to those who need a car for their studies (for example, those who work at the Babraham Institute). To obtain a parking permit whilst in Cambridge you must complete an application form, available from the College's Human Resources Office. You will then be directed to the University Motor Proctor.

College Bar

This is found around the back of the Maitland-Robinson Library (the College library), in the Butterfield Building, where undergraduates predictably outnumber Graduates, but we'd like you to help change that! It is newly refurbished and has a pool table, table football, sofas and digital TV, and has newspapers delivered to it. It is regarded *almost* as the JCR room, **but Graduates should take full advantage of it!** Prices are cheaper than the town bars and pubs but you must sign in guests at the Porters' Lodge. It also houses a sandwich bar, open for breakfast and lunch during the day (8am-4pm during the week, and 10-4 on Saturdays). Last orders are at 11:20pm, except during Easter Term, when they are at 10:50pm, due to exams. Please be quiet when leaving the Bar! In the basement of the bar is the Party Room, used for various events and bops.

Who to Turn to?

You will have plenty of questions during the first few weeks and beyond, so it is useful to know who to ask in certain situations. The first port of call will often be the Porters' Lodge or the Tutorial & Admissions Office. Alternatively, e-mailing one of the MCR Committee is often an easy way to be put on the right path. We'll also be running a 'parent' scheme, so a second or third year can take you under their wing and offer some sage advice on the ways of Downing. More info in Freshers' Week.

The Porters' Lodge

Daytime number (01223) 334800

The Porters are extremely nice and helpful, and provide the College's security. They are also a goldmine of information regarding College matters! Therefore, if you have any questions about College procedures, asking them first is usually a good idea. There is **always** a Porter at the Lodge.

The Porters can help with many and varied matters, including:

- Keys for various rooms owned by the College, including your own accommodation, the MCR keys, locker keys, multi-gym key. If you live in College owned property and you lose your key a replacement can be obtained (only by the room occupant) from the Porters' Lodge until the original turns up. It is advisable not to lose your key – they cost a fortune to be replaced and you will be charged in this eventuality!
- Contacting a senior member of College, such as a Tutor, the Master, Bursar, the Tutorial & Admissions Office etc. They can pass on written messages or provide the right contact phone number.
- Signing yourself in and out of College if you are leaving Cambridge for a significant period of time. If you are leaving for fieldwork or similar also fill in the appropriate form from the Tutorial and Admissions Office.
- Signing guests into the Bar and College for Formal Hall and MCR Dinners and events – this is **compulsory!** Each member of Downing is allowed to bring up to six guests into College.
- However... College-owned guest rooms and College function rooms (such as the Music Room or Howard Building) are booked through the Conference Office on the ground floor of 'E' staircase, and not through the Porters' Lodge.

You can also pick up free copies of the student newspapers, *Varsity* and *The Cambridge Student*, from the Porters' Lodge, as well as information regarding public transport, most notably coach and train times. Many other leaflets and notices can also be found in the Lodge (or P'lodge, as it is also known).

Mail

The Porters also deal with any external and internal mail sent to you at College, placing it in your pigeon-hole as soon as it arrives. If you are living in College-owned property you should give the College as your postal address, not the individual house – this avoids needing to forward mail when you move! Mail should, in this instance, be sent to you at:

**Downing College
Regent Street
Cambridge
CB2 1DQ
United Kingdom**

You can post mail at the Post Office just down Regent street (past John Lewis), where stamps, envelopes etc. can also be bought.

CUSU Mail Service

There is a free internal mail system for the University, which delivers post to Colleges, faculties and libraries that are part of the University and within reasonable distance from the centre of the University. It is worth checking whether a destination is served if it is quite distant. The service does not deliver to private addresses in Cambridge.

You must write CUSU-MS on the envelope as well as the name of the recipient, their College or faculty building and generally as much information as you can provide. The posting points are to be found within the Porters' Lodge, in your departments and the various libraries.

The University also runs a mail service (called UMS) which is only for department and College mail, not student mail. However if you work in a department you can send mail using this service by writing UMS on the top right hand corner, and leaving it in your department's post tray.

Tutorial and Admissions Office

Phone (01223) 334811, Fax (01223) 760896

This is the main source of information regarding most College matters, and is found on 'B' staircase. Jane Perks is the Tutorial and Admissions Office Manager and, along with the other members of the team, is extremely approachable and helpful. If there is anything that the Porters cannot help with then this is the best place to come. If you need to collect grant cheques or studentships from College then you will get them from here. The Tutorial & Admissions Office will also deal with any official or administrative business. However, if you have problems of *any* sort, then the Tutorial & Admissions Office will help in any way it can.

The Bursary is located beyond the Tutorial & Admissions Office, and deals with College bills.

Graduate Tutors

There are two Graduate Tutors and you will be assigned to one of them on your arrival. They work with the MCR Committee to enhance the life of graduates at Downing, but most importantly, are also available on an individual level to all Downing graduates. They are keen to assist in any academic and non-academic problems that graduates encounter, and will do what they can to help in a confidential, sympathetic and constructive way. The Graduate Tutors are often approached when financial assistance is required, most commonly for attending conferences or other travel expenses connected with academic work, and when a signature is needed on documents.

Dr. Margery Barrant	Room B1	mb10002@dow.cam.ac.uk	31108 (College) 34031
---------------------	---------	--	--------------------------

Dr. Ian James	Room P6	irj20@cam.ac.uk	34852 (College)
---------------	---------	--	-----------------

You will meet them both at the beginning of term and throughout the rest of your time at Downing. After Freshers' Week, if you need to see either of the Graduate Tutors, you can arrange an appointment via e-mail. General meetings with the Graduate Tutors can be arranged throughout the year just to see how things are going and that everything is OK.

The College Chaplain

01223 334810; chaplain@dow.cam.ac.uk

The College Chaplain is The Reverend Keith Eyeons, who has a College room on O staircase. He is responsible for the running of the College Chapel and Choir. Keith is available to talk to about any concerns you have, be they personal or academic, and regardless of denomination (or lack of). Alternatively, if you just want to drop in for a chat he would be delighted to see you. You can contact him by putting a note in his pigeon-hole in the Porters' Lodge or under his door, by e-mail or by phone. Keith is very approachable, friendly and understanding and is an integral part of the welfare support network at Downing.

The College Nurse

01223 334817; nurse@dow.cam.ac.uk; Nurse's Clinic - O5

Sally Maccallum, the College Nurse, is a qualified Registered Nurse and has many years of experience in student health matters. She is available to provide assessment and treatment of minor illness and injury and ongoing emotional support throughout the year. Other provision includes: removal of sutures, health information, chlamydia testing, relaxation, avoiding stress and smoking cessation support. The College Nurse can also refer students to the College Physiotherapist, if appropriate and depending on need. In addition, the clinic has many health-related leaflets and useful information on health matters inside and outside the door for students to help themselves.

Welfare

www.cusu.cam.ac.uk will link you to CUSU's website and more information about welfare issues.

If you have any problems, worries and concerns whilst at Downing, regardless of whether they are personal or academic, whether they involve College or your department, there are plenty of people available with whom you can talk things through, discuss your realistic options and work out effective solutions. The collective aim of all of these groups of people is to ensure that you have as happy a time as possible whilst at Cambridge and that you don't worry unnecessarily about things that can be worked out.

Sreekumar Thaithara-Balan (mcr-welfare-officer@dow.cam.ac.uk) is the MCR Welfare officer, although any member of the MCR Committee will be more than happy to assist in any way they can. There is also the confidential University Counselling Service situated at 2-3 Bene't Place, Lensfield Road, telephone: (01223) 332865, e-mail: reception@counselling.cam.ac.uk.

The Hospital

(01223) 245 151 <http://www.addenbrookes.org.uk/>

Hopefully, unless you're a medic or in a lab down there, you'll never have to find out where this is! Addenbrooke's Hospital is in the south of the City, down Hills Road, a good 15-minutes' cycle ride. Buses leave regularly from the stop near the Futon shop or the corner of Gonville Place and Hills Road, just opposite the church. The Rosie Maternity Hospital is nearby. Luckily for us, Addenbrooke's is a world-class hospital.

Transport: The Uni4 bus runs from Addenbrooke's, past Homerton, along Trumpington Street, past the UL, and out to the West Cambridge Site. It runs every 20 minutes or so during weekdays, from roughly 8am until roughly 7.30pm. Current members of the University can travel for a discounted fare of 50p per journey on the Uni 4 on presentation of their University Card.

Emergency Services

Call 999 in an emergency

and ask either for Police, Fire or Ambulance.

(For a faster response if dialling for an ambulance from a mobile, it is better to use 112)

If you are living in college accommodation, you should also notify the Porters after you have called 999, so that they can direct the emergency services to the correct location.

University Life

Although the majority of things tend to be done through College, the University does have some useful things to offer. The University web page is generally a very good starting place for searching for something, even if it has nothing to do with the University!

<http://www.cam.ac.uk>

University Computing Service

Tel: (01223) 334600 or 335679

Fax: (01223) 334679

<http://www.cam.ac.uk/CS>

This is to be found on the New Museums Site off Pembroke Street: just ask the Porter at the entrance to the site for exact directions. The Computing Service provides a wide range of services, including:

- Provision of e-mail accounts and passwords for the University e-mail system
- Provision of computing and printing facilities
- Printing and binding documents
- Limited computer troubleshooting (not for students' private computers, though. Use studentit@dow.cam.ac.uk for access to Downing's own student computing assistance)
- Help establishing computer accounts
- Provision of UNIX and PC accounts are available, as are accounts specifically for archiving large amounts of data
- A variety of short but extremely useful computer courses aimed at different levels of ability, ranging from how to use the World Wide Web and e-mail, to advanced UNIX and scripting techniques. Information regarding these can be found on their web-page and on the MCR notice-board. Signing up is via the web or at the Computing Service.

The Computing Service has a wide variety of useful pamphlets (some free, some for a minimal charge) regarding the facilities available and their uses, all of which are available on-line.

The University Centre

Tel: (01223) 358072 or 333316

Fax: (01223) 360051

The University has a central Graduate building, thoughtfully called 'The University Graduate Centre'. It is located beside the river on Granta Place, at the end of Mill Lane. It has several facilities, including a restaurant, several bars including a discounted bar, a nice coffee lounge with an excellent view of Coe Fen. The 'Grad Pad' is the venue for the ever-popular 'Unique' dance nights, which will be advertised in advance. The 'Grad Pad' now allows undergraduates to use the facilities also.

The Graduate Union

Tel: (01223) 333312

Fax: (01223) 333212

<http://www.gradunion.cam.ac.uk>

This is located at 17 Mill Lane. It is open between 9am and 6pm on weekdays. The President of the Graduate Union should be approached if you feel that the College or University is unwilling to help resolve any problems that you encounter. The Graduate Union (GU) runs a small shop which offers a range of other facilities, most at discount rates including laminating, soft and hardback binding, photocopying and colour printing. You can also hire for private or MCR use, again at discounted rates a mini-bus, punts, barbecues, VCRs and TVs, Tents, Disco/Hi-fi equipment, typewriters, car jacks, and attack alarms. The GU also provides a Graduate Handbook, which is useful and can be found on-line, as well as a Graduate Student Prospectus.

Cambridge University Students' Union (CUSU)

Old Examination Hall, Free School Lane

Tel: (01223) 356454

<http://www.cusu.cam.ac.uk/>

Every student is a member of CUSU, run by a Committee of paid sabbatical officers elected from the student body. CUSU policy is determined at the fortnightly CUSU council, by representatives from the MCR and JCR of each College. CUSU runs many campaigns to help minorities and students in general. See the CUSU Cambridge Guide for in-depth information.

Cambridge Union Society ('The Union')

<http://www.cus.org/>

You will no doubt come across this at the Freshers' Fair. It may seem expensive to join as a life member, but can be a good investment. It has many famous guest speakers on a variety of topics, themed party nights, provides different kinds of music, and has a restaurant and a bar. Beware of Union hacks – they sport crocodile smiles and have 'vote for me' written all over them, and they wear far too much tweed.

Careers Service

Tel: (01223) (3)38283

Fax: (01223) 338281

<http://www.careers.cam.ac.uk/>

This is situated at Stuart House on Mill Lane. They usually send information to the MCR, but it is best to go down and check out the stunning amount of information available. It provides other services, such as mock interviews, CV appraisal and composition and it also organises presentations, workshops and seminars with a huge range of employers, including many leading companies in a variety of fields of expertise.

Accommodation & finance

IF YOU HAVE COLLEGE ACCOMMODATION...

You will be told where you are living, how much it will cost per quarter (three months) and when you can move in. On arrival in Cambridge, go to the Porters' Lodge where you can collect your room keys. Downing Graduate accommodation includes:

- 20 and 22 Lensfield Road, which back onto College.
- The Singer Building, which forms a 'court' with 20-24 Lensfield Road
- Gonville Place
- 25 Parkside, over the other side of Parker's Piece
- Flats at 76 and 96 Regent Street
- Collins Court in Devonshire Road (4 houses sharing a large rear garden)
- Six rooms at the College Boathouse

Generally, this is the best form of accommodation as it is usually of good quality, much of it is in or close to College, and problems are sorted out fairly quickly by informing the Porters or contacting College Maintenance directly. If you have College accommodation then many of your worries are over until the end of the academic year. The kitchen facilities are normally good and usually there are laundry facilities too. Rents are in the range of £60 - £106 (flats are £145 - £172) per week.

IF YOU DO NOT HAVE COLLEGE ACCOMMODATION...

CUSU publishes the very informative *Living Out Guide* for students not in College accommodation. It describes tenants' rights, important legal aspects of tenancy agreements, and sound general advice on what to look for in terms of accommodation and what to avoid. Contact CUSU and they will gladly provide you with one.

You will need to visit Cambridge to find a house. There are several places where you can stay whilst sorting out your permanent accommodation for your stay in Cambridge.

- By contacting the Accommodation Office it may be possible to rent College guest rooms for a few nights while you find somewhere to live. These rooms are conveniently located on College grounds.
- Cambridge Youth Hostel at the corner of Devonshire Road and Tenison Road (very close to the train station, and a ten minute walk from College). Phone (01223) 354601
- YMCA on Gonville Place, on East Road. Phone (01223) 356998
- Bed and breakfasts. Cherry Hinton Road has many, but others can be found closer to Downing:
 - ABA Guest House, 55 Tenison Road (01223) 352355
 - A & B Guest House, 124 Tenison Road (01223) 315702
 - Regency Guest House, 7 Regent Terrace (01223) 329626
 - Mayfair Hotel, 146 Tenison Road (01223) 360246
 - Lensfield Hotel, 53 Lensfield Road (01223) 355017

General advice when looking for accommodation

- Mike (MCR-vice-president@dow.cam.ac.uk) keeps a list of Downing MCR members looking for others to share with.
- The Cambridge Accommodation notice board is very useful, see <http://www.brettward.co.uk/canb/>
- There's a database of Cambridge letting agencies at <http://www.cambridgeletting.co.uk/>

- The University runs a newsgroup for information about accommodation – it can be read on the web at: <http://www.cam.ac.uk/cgi-bin/wwwnews?grp=ucam.adverts.accommodation>
- Sign up with the Accommodation Service at Silver Street at www-accommodation.admin.cam.ac.uk/. They will automatically email you with places with rooms to rent and contact numbers. There are two types of single room lists: those where you live in a shared house, and those where the landlord will also live in the house. We strongly recommend you check out the former list first. They also have details of flats and houses to rent.
- Ring other Colleges. Some Colleges have a surplus of accommodation and will accept students from other Colleges. Almost all of the College accommodation is subsidised, although this is with many Colleges' rents approaching market prices.
- Check out the *Cambridge Evening News* (the most extensive 'To Let' listings), the *Cambridge Weekly News* and the *Town Crier*.
- The 'Grad Pad' off Mill Lane has a notice board, which often has details about rooms to rent. However, these tend to be rather expensive and often other people in the house will be working which will mean that you will have to pay Council Tax. Telephone (01223) 358072 or 333316, fax (01223) 360051
- It can be a good idea to check out departmental notice boards.
- Letting Agencies will find you somewhere for a fee of about £100. You will also need to collect references from your bank, which will cost you even more money. It is important to shop around the agencies to find the best deal and make sure you get a receipt for any payments you make. Also note that they cannot charge you for a list of available accommodation or circulating your name(s) to landlords.

Accommodation Costs

Market rents in Cambridge are not cheap. Property prices in Cambridge are very high. You should expect to pay *approximately* the following, or maybe even higher:

Single room in a shared house	£250 – £400 per month + bills
Studio flats	£350 – £450 per month + bills
1 bedroom properties	£450 – £650 per month + bills
2-3 bedroom properties	£600 – £900 per month + bills
4 bedroom properties	£1,000 – £1,300 per month + bills

It is possible to find cheaper accommodation if you are prepared to travel and do not mind the area you live in. For instance, rooms in houses in Arbury can be as low as £50 per week. However, this is a twenty-minute cycle ride from College and it also has a reputation as being a rougher area. If possible, try to get a house as close to College as possible so that you can use and enjoy MCR and College resources and events as much as possible.

Finance

COLLEGE DEPOSIT AND FACILITIES CHARGE

A deposit of £275 is required before you can matriculate in the College. You will get this back when you have finished your course and left Downing.

You also have to pay a termly College facilities charge of £109 if you are in College accommodation, £82 if you live in Devonshire Road or at the boathouse and £36 if you do not live in College accommodation. This includes the charge commonly called 'Kitchen Fixed Charge' (KFC) in the past (which enables you to attend formals and have the subsidised meal prices at the hall), your internet costs if you are in College accommodation and PAT testing. The facilities charge is only paid three terms a year (no charge during *Summer* term).

OTHER COLLEGE EXPENSES

These refer to items put on your university card, such as Formal Halls, any meals taken in Hall, items bought in the wine shop, MCR and other society events. You will be charged for these and they will appear on your College bill the following term. The Downing alumnus organisation, the Downing Association, costs £18, paid in termly instalments, giving you life membership.

COLLEGE FEES

University and College Tuition Fees are due on the 14th October. If you are not paying fees yourself, payment method varies greatly between the different grant or scholarship agencies; for example, in some instances you have to pay the fees yourself and then arrange to be reimbursed by the appropriate agency. Fees are paid directly to the College through the Bursary.

INSURANCE

While living in Cambridge you should take out some form of insurance to protect valuable property in the event of fire or theft. Those living in college-owned accommodation will have insurance through the college providers (N W Brown) automatically, for the equivalent of 30p per week (paid through your college bill). This covers damage to rooms, as well as limited cover to your bicycle and laptop – even if you are out and about when something happens. For those not in college accommodation, there are various insurance companies around that can provide cover. The NUS recommend Ensleigh insurance – details can be found at <http://www.nus.org.uk/en/Student-Life/Endsleigh-Insurance/>. They offer relatively comprehensive possessions insurance for around £40 per year. Major banks also offer insurance policies.

Supplementary Sources of Income

The Board of Graduate Studies requires that you should not work more than 6 hours a week and the work should be related to your chosen topic of study.

Lab demonstrations and Undergraduate supervision (tutoring) are some possible extra sources of income. Wages vary between departments and Colleges, but lab demonstrations generally pay between £6-10 per hour. Undergraduate and Masters supervisions pay between £17-25 per hour (although this technically includes the hours of preparation involved, so the money is not that great in the long run). You can find out about the availability of these jobs from your supervisor or other lecturers in your department, and from the appropriate Directors of Studies in College.

The College also recruits Library Assistants and Invigilators at various points during the year. Watch the Downing Electronic Newsletter for application details. A less reliable source of income is to volunteer as a laboratory rat for psychological or medical experiments. Details of these are advertised on notice boards around the University. Another source of income presents itself during the summer, when the Summer Schools descend on Cambridge. It is well worth contacting the various tutoring Colleges in Cambridge to see if there is anything available – they often contact departments, so keep an eye on the notice boards.

Cost of Living

(A rough guide to prices for overseas students)

It is always economical to buy the supermarkets' "own-brand" products, rather than brand names. Vegetables are always cheap. You can eat reasonably well for between £20-25 per week but for further information, check out the Graduate Prospectus or even the Undergraduate Prospectus. <http://www.cam.ac.uk/CambUniv/UGProspectus/Intro/costs.html>

Very roughly, a trip to the cinema costs up to £5, a pint costs from £1.50 - £3, depending on where you go (College bars are much cheaper than pubs), entry to a club anything from free to £12 (usually ~£4 on weeknights), music CDs cost £5-£18 (Fopp near Sainsburys often being extremely

cheap for back catalogue music). DVD rental costs £2 - £5. A textbook can cost anything from £20 to £100! Photocopying varies, it is often free in departments, but if charges apply a black & white page costs about 4p-5p.

Hardship

If you are suffering from financial hardship, there are various funds available to help you. See your Graduate Tutor or Jane Perks for more information.

BANKS (See 'Things to do in the first few days' for info on opening an account)

National Westminster

Market Street, Fitzroy Street and St. Andrew's Street

Barclays

Market Square, Bene't Street, Sidney Street, St. Andrew's Street

Lloyds TSB

Sidney Street, Regent Street

Abbey (Santander)

St. Andrew's Street

HSBC

Hills Road, Market Square

Royal Bank of Scotland

Trinity Street, Hills Road

Cooperative Bank

Burleigh Street

Halifax

Petty Cury

Entertainment or 'Ents'

Check out *Varsity* and *The Cambridge Student*, available from the Porters' Lodge weekly during Full Term. This is a good source of information about student concerts, plays, parties and bops. The MCR also does many inter-collegiate activities, such as exchange dinners (including a highly successful Murder Mystery dinner), so again, keep an eye on the relevant notice-boards and the e-mail list.

CINEMAS

Vue Cinema (Grafton Centre, East Road)
(01223) 460442 for bookings or
<http://www.myvue.com/>

Multiplex cinema showing primarily mainstream films. Good student reductions with ID. *Extremely* busy on Friday and Saturday nights, so it is a good idea to book tickets early to avoid disappointment! Tickets can be booked on the internet.

Cambridge Arts Picturehouse – St. Andrews Street
0871 7042050 for bookings or
<http://www.picturehouses.co.uk>

This shows smaller budget mainstream films and foreign language films. You can join for about £18 a year, to get discounts and special showings.

Cineworld – Cambridge Leisure Park, Clifton Way
0871 2002000 for bookings or
<http://www.cineworld.co.uk>

Another multiplex, located just over the Hills Road railway bridge. Shows mainstream films.

College film clubs

We regularly show DVDs in the MCR free-of-charge. As well as this, the newspapers, and notice-boards around the University and College, will give information concerning which films are showing elsewhere. Queens' College and St John's College have good cinema facilities, regularly showing popular films, mainstream or not. You could also join *Sprocket*, which is a film-listing magazine, at the Freshers' Fair.

CLUBS AND MUSIC

Ballare (known by its old name 'Cindy's')

Found above the Lion Yard shops. The entrance is around the back of Lion Yard and up the steps; follow the crowds. Wednesday is student night, so take your ID with you.

The Fez Club – Market Passage.

Dim lights, leopard seats, tent-effect ceilings, sandy looking walls with ... nice cocktails and shooters.

Po Na Na - underneath 7a Jesus Lane (next to Pizza Express)

Sister of the *Fez Club*. Recommended.

Closes midnight.

The Junction – Clifton Road (down Hills Road, first road on the left after the bridge). (01223) 511511

A short trek, easiest from Downing, but good clubs (LesBiGay monthly, *Boogie Wonderland* Fridays) and lots of gigs through the week (£5 - £8) and usually attracts big name groups.

The Place (formerly 'Life') - Sidney Street

Student night on Sunday, cheap and extremely cheesy. Excruciating.

Cocos - Guildhall Place

The latest addition to the club scene. Very big, and with a bar, *Bar8*, attached. Tuesday is student night.

The Corn Exchange - Wheeler Street (01223) 357851

Nice venue with a range of music events from rock to classical. Again, attracts many big names but it is not as cheap as the *Junction*.

Sophbeck Sessions – Napier St, nr Grafton Centre.

Now the home of the Indie night, *Panic!*, since the Q Club shut. Also has electronica, but mostly jazz evenings. Nice.

Portland Arms - Chesterton Road and ***Man on the Moon*** - Norfolk Street

Two out-of-the-way pubs with small back room venues for up-and-coming bands, indie, folk, rock and heavy metal all catered for! Inexpensive.

Faculty of Music Concert Hall - West Road. Usually concerts by the various divisions of the Cambridge University Music Society (which goes by the astonishing acronym of CUMS). Look for posters near the ends of term in particular, but many smaller concerts are given by members in the Concert Hall and in other smaller, usually College owned, venues during the term.

Evensong

College chapel evensongs are recitals of sacred choral music as well as being religious services. They take place during term time and are free of charge, and highly recommended are those at King's, St. John's, Clare and Caius. Many services are lit by candles alone during the *Michaelmas* and *Lent* terms.

THEATRE

The Arts Theatre, St Edwards Passage

Plenty of good touring companies. Student standby tickets (£5 for any seat) available from 6pm on the night of the performance. Check a few days before how well the tickets are selling.

ADC Theatre, Park Street

Some surprisingly professional student theatre to be found here, and it is also home of the Footlights (extremely famous student comedy group). Cheap, membership costs £5 per year or £10 for life, giving you deals on tickets, a newsletter and access to the clubroom. For student theatre, watch *Varsity* for listings.

GALLERIES AND MUSEUMS

Kettles Yard, Castle Street

Free gallery showing modern art, with lunchtime recitals during Full Term. Often houses visiting exhibitions, sometimes of extremely bizarre items, such as paraphernalia used by black and white witches.

Fitzwilliam Museum, Trumpington Street

Free and huge - a masterpiece of furniture, porcelain, glass, prints, sculpture, paintings, etc.

Sedgewick Museum of Earth Sciences Downing Site, Downing Street.

CU Museum of Zoology New Museum Site, Downing Street – you can't miss the giant whale skeleton when you enter! Includes specimens collected by Charles Darwin on the *Beagle*.

Scott-Polar Institute, Lensfield Road (opposite no. 30)

Fascinating museum depicting the first journeys to the Poles. Original clothing, maps, survival equipment, pictures and correspondence from the ill-fated Scott expedition and others.

Botanic Garden (Bateman Street & Hills Road)

Free entry with your university card. Very relaxing.

CU Museum of Archaeology and Anthropology and CU Museum of Geology Downing Site, Downing Street

Whipple Museum of the History of Science New Museum Site, Downing Street

PUBS AND BARS

There is little point giving a full run down of all the pubs in Cambridge, but those that encircle Downing deserve a special mention. Starting from the Main Gates and heading anticlockwise...

- on Regent Street, *The University Arms Hotel*, *The Fountain* (open late, but expensive!), *The Castle*, *The Regal*¹, *All Bar One*
- on to Downing Street, *Quinn's*, *Vodka Revolution*²
- to Trumpington Street, *Brown's* restaurant bar
- onward, to Lensfield Road, *The Cross Keys*, *The Snug*, a diversion 200 metres down Panton Street to *The Panton Arms*³ and *The Alma*, back to *The Advocate* on the corner
- nip 200 metres down Hills Road to *The Globe*, then finally...
- back on Regent Street, *The Prince Regent* and *The Avery*³. Finish off in the College bar!

As for off-licences, there's *Oddbins* just by the gates: these guys know their whisky and wine!! The manageress and her staff are extremely helpful and knowledgeable - if you have a menu and need to pair up some wine with the food (like for instance, at a formal), they can give excellent advice. They also usually come in to college and lead the MCR's whisky and wine tastings (always great fun, be sure to come and try!). There is a convenience store on Regent Street open till 11pm, but it isn't cheap. There is also a Co-Op on Hills Road which is open until 11pm, and a Wine Rack a few doors down.

¹ This is below the Arts Cinema, and is supposed to have the largest floorspace of any pub in Europe. It is a Weatherspoons pub, so has no music and is cheap and packed to the rafters at weekends. Go!

² Loyalty card for £3 gets you loads of deals, including 2 for 1 on some of the surprisingly excellent food

³ Sky Sports available in these pubs

SPORTS FACILITIES

Fenner's Gym, Gresham Road

Has most facilities, including a weights room and extensive exercise apparatus.. £35 for a 1 year student membership, with no extra cost. The membership also includes several classes, such as circuits. Gets busy from 5pm – 7pm, quiet most other times.

Kelsey Kerridge Sports Centre, Gonville Place (01223) 463210

Has badminton courts, wall climbing, weights and aerobics rooms, dance studios holding step, aerobic and circuit training classes, five-a side football, trampolining and a bar for members. Special student membership price at the start of the year (approximately £30 for a year's membership), then pay each time you go. Also good if you're looking for someone to pamper you – massages, sun beds and self tanning studios are available, waxing, facials, manicures and pedicures etc. also advertised.

YMCA Gonville Place (01223) 356998

Aerobics classes and gym.

Abbey Road Swimming Pool

Has eccentric opening times, check with the timetable before going out there.

Jesus Green Open Air Swimming Pool

Very, very cold most of the year. Also very, very long. Excellent when sunny!

Parkside Swimming Pool

Right next door to *Kelsey Kerridge*. Good pool with slides, diving boards, speed lanes and very close to Downing. £2.50 for a swim. It is cheaper with a Cambridge City leisure card.

BALLS!

There are many Summer balls (called May Balls), mostly in May Week (in mid-June!). Trinity's and Johns' are the most famous, but also the most expensive. There are also cheaper Events, such as King's. Downing MCR has its own mid-summer 'Summer Event' which proves to be very successful and great value for money, and the College has a Summer ball currently falling every other summer. The next one will be in May Week 2011.

Travel & shops

Trains (National Rail Enquiries 0345 484 950) <http://www.nationalrail.co.uk>

The Train Station is found at the end of Station Road, which is down Hills Road, then left at the War Memorial. Worth getting a student rail card for significant reductions if you plan to use the train a lot. Timetables for popular destinations are found in the MCR. Trains to London go to Kings Cross (45 minutes to 1 hour 15) or Liverpool Street (1 hour 10 to 1 hour 20). There are also trains to Stansted Airport taking about 40 mins.

Buses <http://www.gobycoach.com>, <http://nationalexpress.co.uk>

Local bus information can be obtained from the Tourist Information Office on Wheeler Street. The bus station is on Drummer Street (with more stops on St Andrews Street and Emmanuel Street), where there is also a small office which has local timetables and deals with the National Express Company (*National Express* has buses that travel around the UK and onto continental Europe). It's worth getting a coach card if planning to travel on *National Express* as an alternative to train travel.

- National Express enquiries 08705 808 080
- Stagecoach Cambus (01223) 423 554
- Jetlink (01223) 423 554
- Whippet (01480) 463 792
- Cambridge Coaches (airport links) (01223) 423 900

There is a Nightbus service, running every Friday and Saturday night, from midnight to the early hours. The N1 runs City Centre - Chesterton - Arbury - *The Junction* club in a circle, while the N2 runs City Centre – Whitehill Estate – Perne Road – Cherry Hinton – Queen Edith's – Trumpington – *The Junction*, also in a circle.

Current members of the University can travel for a discounted fare of 50p per journey on the Uni 4 on presentation of their University Card. The Uni4 bus is free with your University Card and goes all the way from Addenbrooke's to the West Cambridge site, via Homerton, Trumpington Street, and the UL.

Airports

London Stansted is the closest of the London Airports to Cambridge taking approximately 50 mins by coach/bus (National Express) and 40 mins by train. The cheap airlines operate out of Stansted (such as Ryan Air, www.ryanair.co.uk, and EasyJet, www.easyjet.com), flying to many destinations around Europe.

The other London Airports are London Heathrow located to the West of London, London Gatwick to the South of London (which can both be reached by coach, or by train via central London), there is also the smaller airport, London Luton (with some other low-cost airline flights).

Taxis

Lots of firms, with a complete listing in Yellow Pages. Here are a few to be getting on with, all in Cambridge (01223):

- | | |
|--------------------------|---------------------------|
| • Panther Taxis 715 715 | • Intercity Taxis 312 233 |
| • A1 Cabco Taxis 525 555 | • United 313 131 |
| • Abba Taxis 245 245 | • Falcon 5 Star 414 999 |
| • Regency Taxis 312 111 | • Diamond Taxis 523 523 |

Travel Agents

STA Travel on Sidney Street (01223 366966) and Campus Travel on Emmanuel Street specialise in student travel.

Shops in Town

Main shopping centres

The town, with its market, the newly opened *Grand Arcade* shopping precinct and the *Lion Yard*, is the most obvious place, but there is also the *Grafton Centre*, a short walk from the back of the bus station or East Road.

Supermarkets

There is the UK's most profitable (courtesy of the captive student market) *Sainsbury's* on Sidney Street – it has an entrance that is directly opposite that of Sidney Sussex College. There are plenty of little grocery shops (one on Regent Street), including the *Co-op* on Hills Road, but prices tend to be slightly more expensive than the bigger stores. There is also *Marks and Spencers* food hall, again the prices tend to be that more expensive (food is very nice though!). The biggest and cheapest supermarkets are *Tescos* and *Asda*, found just off Newmarket Road. Highly recommended. *Arjuna* on Mill Road is great for 'ethical' shopping. For fruit and veg, you can't beat the market, on Market Square, unsurprisingly... it also has clothes, music and much, much more.

Book shops

Heffers is the main book-store in Cambridge. The large academic store is found on Trinity Street. *Waterstones* is on Sidney St., near *Sainsbury's*. *Borders*, is on Green Street and has additional access via Sidney Street. Most bookshops also have a small café in them.

Chemists

Boots (in the centre of town) is the biggest store, but there are other chemists closer to Downing, one on the corner of Fitzwilliam Street and Trumpington Street, and another on Hills Road. *Superdrug* is found on Sidney Street.

Stationery

First port of call should be the GU shop! Otherwise, the cheapest, with student offers, is *WH Smith* on Market Street. Other places

are dotted around, including *Rymans* on Sidney Street. *Paperchase* (Market Street).

Bike shops

Look out for the police auctions of bikes that have been seized from thieves or when illegally parked. Auctions are advertised in the local paper, the Porters' Lodge and Parkers Piece police station. Repair/buying shops include *Bishop's* on Station Road, *Hayward Cycles* on Trumpington Street, the *Cambridge Bicycle Company* on Devonshire Road, *Gregs Cycles* (who also hire out bikes) on Mill Road and *Howes Cycles*, just next to Downing on Regent Street. One of the cheapest is *Universal Cycles*, by Victoria Bridge.

Video/DVD stores

The library offers films that are a bit more off-the-beaten track, from Hong Kong action movies to exotic foreign films. For general Hollywood and 'family' orientated films, try the *Blockbuster* video store on East Road. To register, take along proof of address like a College bill, or a telephone bill, student cards, in fact as much as possible. They have habit of requiring a piece of identification that you would never normally have thought of bringing along, so be prepared!

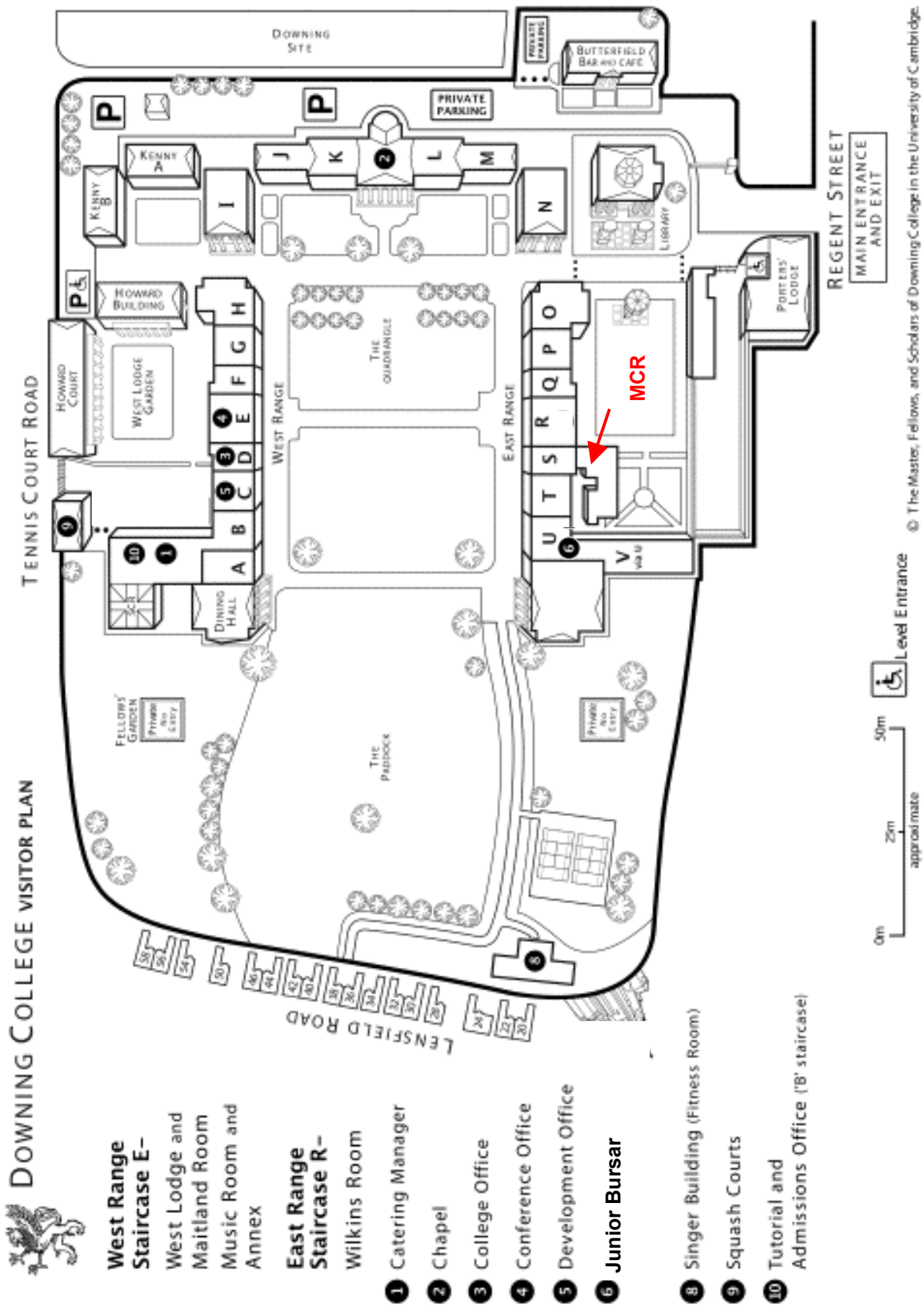
CD/DVD shops

HMV is the obvious place to go, with the 10% NUS discount, and is found in *Lion Yard*. *Virgin* is in the *Grafton Centre*, and there's a *V Shop* near *Waterstones*. *Andy's Records* is on Fitzroy Street, by the *Grafton Centre*, and *Jay's Records* is just up the road on Burleigh Street. As mentioned, *Fopp* on Sidney Street is another good one. There's also *Parrot Records* on King Street, among others.

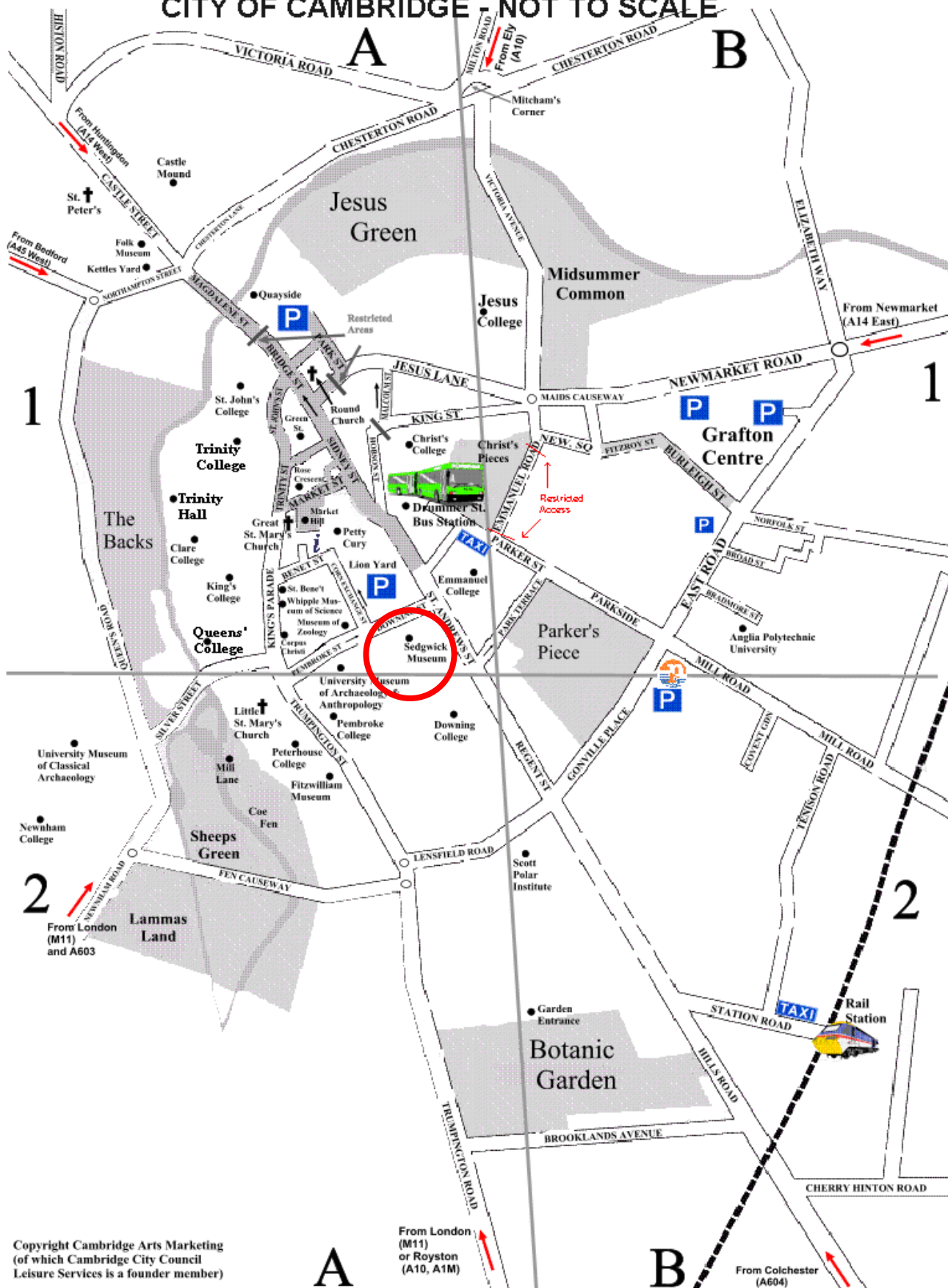
City Library

In *Lion Yard*. Lends books, CDs, videos and sheet music. Also has a good reference section.

And finally...



CITY OF CAMBRIDGE NOT TO SCALE



Copyright Cambridge Arts Marketing
 (of which Cambridge City Council
 Leisure Services is a founder member)