

International Student

Welcome 2022



*A guide to help you
settle in Cambridge*

Welcome to Cambridge!

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

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

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

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

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

ISW Team 2022

1. Cambridge University

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

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

Clubs and Societies

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

2. Finding Food

The main supermarkets in the centre of town are **Sainsbury's** on Sidney Street, and **M&S**, in the market square. Supermarkets further from the city centre include **Tesco** (Newmarket Road), **Asda** (Coldham's Lane), **Sainsbury's** (Eddington Avenue), **Waitrose** (Trumpington), and **Aldi** (Histon Road).

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

You can also find a wide variety of fresh produce in Cambridge Market.

Eating Out

Cafés: You will find coffee shops everywhere in the city centre, such as *Espresso Lane* on Botolph Lane, and Fitzbillies on Bridge Street and Trumpington Street.

Restaurants: There are restaurants of every variety all around the city, but if you are looking for somewhere to start, try along Regent Street, King's Parade, Bridge Street or, for more international cuisine, Mill Road. Check availability online!

Fast food and take-away: There are many places that offer quick food to take away, including fish & chips, burgers, pizzas, kebabs, Chinese food and Indian food.

Food at the university

The college dining hall or buttery is the traditional place to eat as a Cambridge student, but is usually the cheapest place too if you don't want to cook for yourself. Your college should also offer formal hall on certain nights of the week. Formal Hall (commonly referred to as "formal") originated as a time for the college community to eat and reflect together. This purpose remains, and the traditional elements are preserved in many colleges. Grace is said in Latin before the meal to give thanks to God for the food, and students and fellows wear gowns in order to be dressed alike with modesty. In terms of cost, a lovely Formal in college costs less than you would pay at a restaurant and in the beautiful setting of your college dining hall.

3. Accommodation

University Housing

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

Hotels / Hostels

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

4. Important Information

Banking

You should be able to withdraw money from any bank ATM in the city centre, but be aware of fees if you're using an overseas bank account. You should get a UK bank account as soon as possible and be aware that this can take a few days. Before going to the bank, check online to see what personal information or ID you need to take with you in order to open an account - most banks

require a letter from college as proof of student status. You can find main branches of these banks on or near St Andrew's Street.

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

Immigration

Some nationalities need to register with the police (this is only if your passport says you need to – most do not!). For details, check here:

www.internationalstudents.cam.ac.uk/tier-4-responsibilities/police-registration

Mobile phones / Internet

You can find branches of most phone operators, such as Vodafone, EE, O2 or Three, in the city centre. UK telephone numbers begin with +44 (in place of the first zero).

Many places in the city centre offer free Wifi, including libraries and cafés. If you are living in rented accommodation, then your landlord will usually provide you with internet access.

Most University buildings (Faculty, Department, Colleges etc.) have Eduroam, which allows you free internet access as a student. This means it is available in many places in the city and any other university which implements Eduroam. Wifi Access Instructions: help.uis.cam.ac.uk/service/wi-fi

Health Care

The NHS (National Health Service) is the UK public health system which, as a student on a course at least 6 months long, you are automatically covered by. Check their website (www.nhs.uk) for more information. Most colleges have nurses for quick help and advice.

Doctor: Register with a GP (General Practitioner) as soon as possible. They are your first contact for almost any health problem. If you need to see a specialist, your GP will refer you. Check online or ask your college to find the nearest doctor's clinic to you, and for dental care.

Well-being

Feel free to reach out to your ISW buddy if you have one, or contact the ISW committee at cgs.isw@gmail.com.

College Chaplains are also available to chat to students about any matter they may be worried about.

University Counselling Service: Free professional counselling for students and staff (01223 332865)

Important Numbers:

999: Emergency number that will redirect you to the police, ambulance or fire brigade.

101: Police number to report less urgent crime or disorder (non-emergency)

111: NHS number for quick medical help (non-emergency)

5. Transport

Cycling

Cambridge is the cycling capital of the UK. **Lights are a legal requirement, and a cycling helmet and a good bike lock are highly recommended.** Bike theft is very common. The rules for cycling on the road can be found on the Highway Code website (www.gov.uk/guidance/the-highway-code).

There are many bike shops in Cambridge: The Bikeman (Market Square), Lensfield Road Cycles, Barton Bicycles (King Street) Townsends Light Blue (Chesterton Road), University Cycles (Victoria Avenue), S&G Cycles (Laundress Lane – cash only), Halfords (Cambridge Retail Park), and City Cycle Hire (Newnham Road).

Public Transport:

Taxi Companies

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

Bus

Bus routes cover most of the city. Most services run until the late evening. Buy a ticket from the driver when you get on the bus. You can get an individual journey (single/return) ticket or daily/weekly ones, or you can order monthly tickets online. Pay in cash or contactless; journeys usually cost around £5. Timetables and routes can be found at www.cambridgeshire.gov.uk/info/20017/buses, or using Google Maps.

Train

You can buy tickets at the railway station or online via www.nationalrail.co.uk or Trainline, www.thetrainline.com/. The Trainline app provides up-to-date information on train times and platforms, which is very useful for both planning journeys, and when on the journey itself. Advance purchase tickets can be posted to you or collected at the station from the ticket machines. Tickets are cheaper if you book them well in advance, and travel after 9.00am. As a student, you can also **buy a 16-25 railcard that gets you 33% off most rail fares** – definitely worth it! If you're above 25 years old, you can get a 26-30 railcard.

Coach

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

6. Life in Cambridge

Main Dates and Events in Cambridge

Fresher's Fair: Discover all the Cambridge clubs and societies on October 4th and 5th at Parker's Piece.

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

Christmas Carols: In the period before Christmas, many churches and college chapels hold carol services to celebrate Advent and Christmas, often accompanied by a choir and under candlelight. Look out for the big carol service by the Cambridge Christian Union held in the University Church (Great St Mary's Church) which is always very popular.

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

The Cambridge "Bucket List" Top 5:

Here is a list of fun activities to do during your time in Cambridge.

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

#2 *Formals*: Formal Hall is a traditional part of Cambridge college life where college members dine together in College Hall. Formals are a great opportunity

to enjoy the company of other college members, meet new friends from college, and to welcome in friends and family.

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

#4 Visiting the main colleges. During your time in Cambridge you should visit as many colleges as possible; the oldest colleges and the ones along the River Cam are particularly worth a visit.

#5 Photo with the Cambridge cows. You can find cattle in various parks in Cambridge, and even in the grounds of King's College.

7. Meeting People

Friends International offers support to international students: links to local families, info about the city, connections to students and activities for internationals. More on www.ficambs.uk

International cafés

These are great places to meet other internationals with free refreshments and activities, a chance to practice English, and a relaxed environment in which to meet people.

The Barn: Thursday 7:30pm Christ Church, CB1 1HT. This is a great place for international and language students to make friends, practise English and have fun.

For more information about these events, follow us on Facebook and Instagram @ficambs, **download the free 'Friends International' App**, or email cambridge@friendsinternational.uk

iConnect Café: Friday 5-7pm Henry Martyn Hall, Holy Trinity Church (near the market). A community for University of Cambridge internationals to chill, chat and connect. For more information, see ciccu.org.uk/iconnect-café/

Cambridge Inter-Collegiate Christian Union (CICCU)

CICCU puts on a variety of events throughout the year:

Big Questions: Explore the important issues of life, for example *'Can I ever do enough to belong?', 'Why can't we just admit we don't know?' or 'Why aren't Christians good people?'*

For more information, visit ciccu.org.uk/get-involved/, or on Facebook search for **Cambridge Inter-Collegiate Christian Union**, or on Instagram search for **Cambridge Christian Union**.

College groups: Missional communities which meet for fellowship, Bible-centred discussion, prayer, and Christian outreach within the college. Contact your college representative for more information on current plans at ciccu.org.uk/colleges

Cambridge University Christian Graduate Society (CGS)

If you would like to know more about CGS, including other events happening throughout the year, email cgs@cambridgesu.co.uk or visit cucgs.soc.srcf.net.

Bible study groups: Tuesday, Wednesday and Thursday evenings. To join one of these, please email cgs@cambridgesu.co.uk. They are open to everyone, not just Christians.

8. Activities

Clubs and Societies

Mentioned previously, there are many societies and clubs in Cambridge, so whatever your interest, there is a group that will cater to it – and if there isn't, you can start one and register it!

Sports Facilities

There are several facilities in Cambridge available for use for various sports, and your own college may provide facilities for many of them. If you are looking for facilities for a specific sport, it is worth going to whichever club exists for that sport for advice.

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

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

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

There are various routes for running in Cambridge, such as the path to Grantchester and along the river. Parkrun happens on Saturday mornings at 9.00 am at various locations - you can sign up online (www.parkrun.org.uk/register/) and run a 5-kilometre route, receiving your time afterwards via email.

Other Activities

College facilities: Most colleges each have their own library, chapel, dining hall, gardens, common rooms (MCR and JCR) and bar/cafeteria. Most colleges have a rowing club and boathouse somewhere along the River Cam, and many have their own gym, sports field and other facilities. Your college MCR, JCR and bar have common areas to sit down and relax with friends and often have a pool table.

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

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

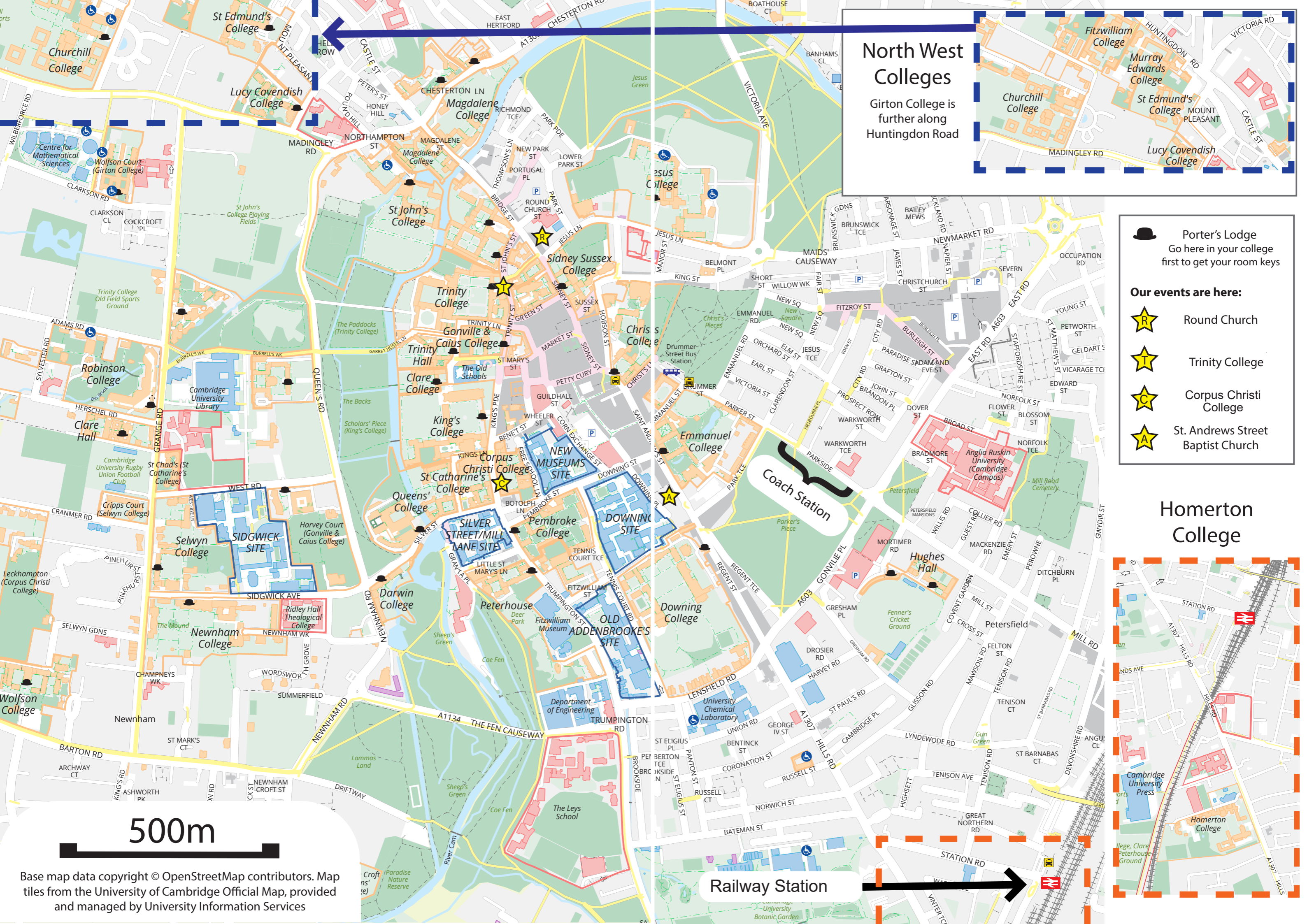
Concerts & Theatre: See posters around the city centre for events coming up.

ISW Events Programme 2022

The programme of events for the International Student Welcome Programme can be found on the back cover of this booklet.

Visit <http://cucgs.soc.srcf.net/isw/> for more information.

To join the emailing list, get information on events and register interest for the ISW Buddy Scheme, enter your details here: <https://forms.gle/zs6aB3BJ87XbAkaT6>



North West Colleges

Girton College is further along Huntingdon Road

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

Our events are here:

- Round Church
- Trinity College
- Corpus Christi College
- St. Andrews Street Baptist Church

Homerton College

500m

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An Illuminated History of Cambridge

ROMAN BRITAIN: The earliest record of a major settlement - a Roman military camp - dates back to the 3rd Century A.D. It was situated at the top of Castle Hill controlling the Via Devena, now Hills Road and Magdalene St.

ANGLO-SAXON TIMES: In around 875, the Anglo Saxon Chronicle records the presence of the town "Grantabrycge" (which would become known as "Cambridge"). The Saxon tower of the church of St Bene't, built around the year 1025, still stands today.

THE MEDIAEVAL CITY: Comparable with other mediaeval towns, Cambridge owes its prosperity to the River Granta (later renamed the River Cam) - a flourishing trade route allowing goods to flow freely in and out of the town. A number of monasteries were established during this time as houses of devotion to God. The study of the Bible and other ancient texts was central to their existence.

THE UNIVERSITY: founded in 1209, it grew steadily over the following centuries. Mediaeval universities wrote in Latin, the language of the church, out of whose monasteries they themselves emerged, first in Bologna, then in Paris, and soon after in Oxford and Cambridge in the Thirteenth Century. The most important subject at university, therefore, was Theology, but this changed in the 14th and 15th Centuries to be rivalled by Music and Philosophy.

14TH AND 15TH CENTURIES: the European church and its monasteries grew increasingly corrupt, with Julius II - "the Warrior Pope" - epitomising a shift in ecclesial character untoward political and economic concern over and above theological truth and practical Christianity. Many of these failures were challenged by Oxford scholar John Wycliffe, however it was not until 1517 that the German monk Martin Luther would begin the "Reformation", which would revolutionise the church across Europe.

THE ENGLISH REFORMATION: Cambridge was highly significant in the 16th century Reformation in England. The works of Protestant scholar Martin Luther were smuggled into Cambridge via the River Cam and were debated by scholars in the White Horse Inn. Many of those present subsequently became leaders of the Reformation, and were ultimately martyred for this cause. They include Hugh Latimer, Nicholas Ridley and Thomas Cranmer, who as Archbishop of Canterbury oversaw the translation of the Bible into English, its distribution to every parish church 1538/9, and the creation of the Book of Common Prayer.

THE 17TH CENTURY: During this era which saw England torn apart by civil war and experimenting with different forms of government, Cambridge was the home of George Herbert who created some of the most memorable poetry in the English language, as well as providing training of Puritan ministers and other leading figures of the day including John Harvard, the founder of the American University of the same name. Oliver Cromwell, the leading Parliamentarian during the English Civil War, was educated at Sidney Sussex College.

THE SCIENTIFIC REVOLUTION: the fruit of Christian faith and a Christian worldview led to a desire to unlock the secrets of God's creation seen in nature. Isaac Newton's confidence in universal laws of nature stemmed from a belief in a single intelligent and powerful creator. This worldview was also shared by many eminent scientists including James Clerk Maxwell, Michael Faraday and Lord Kelvin.

LATE 18TH CENTURY: the great Evangelical Revival impacted Cambridge primarily through the preaching of Charles Simeon. William Wilberforce's conversion to Christianity precipitated his subsequent efforts to campaign alongside John Clarkson for the abolition of the slave trade and ultimately to ban slavery in the British Empire, achieved in 1833.

VICTORIAN ERA TO PRESENT DAY: the university and Western society has become largely secular, influenced by philosophies that outrightly reject the Christian faith and the claims of Jesus found in the Bible. A common narrative is that of conflict between the Christian faith and genuine intellectual enquiry, however there remain a significant number of Christians in all modern fields of study who continue to hold to a Christian worldview as the foundation for their intellectual enquiry and progress.



Visit the Round Church or join the ISW historical tour to discover more about the history of Christian thought in Cambridge.



Who we are and where to find us

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

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

You can find us at ISW and CGS events listed in this programme, and at the churches where we are part of, to which you are always warmly welcome.

Looking for a church?

There are many great churches in Cambridge. For a bit of info, please have a look at some churches listed here: <http://cucgs.soc.srcf.net/#journal>

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

Really Useful Tour

Saturday 24th September, 3pm

A practical tour of the city centre, meet outside Trinity College

Afternoon Tea

Saturday 24th September, 4pm

Meet outside Trinity College

Punting

Monday 26th September, 2.30pm

An afternoon punting along the river Cam; meet outside Trinity College

Welcome Bag Giveout

Tuesday 27th September, 6pm - 7pm

Collect a free ISW welcome bag, at St Andrew's Street Baptist Church

Jacket Potato Dinner

Tuesday 27th September, 7pm

Casual dinner in a local home with students; meet outside the Round Church

Historic Tour

Wednesday 28th September, 2pm

A historical tour of Cambridge; meet outside the Round Church

Walk to Grantchester

Saturday 1st October, 2pm

Meet outside Corpus Christi College, bring money for cream tea in Grantchester

International Undergraduate Welcome Dinner

Monday 3rd October, 7.30pm

Dinner for international undergrad students, at St Andrew's St Baptist Church.

Sign up here: <http://www.tinyurl.com/intlwelcomedinner>

International Postgrad Welcome Dinner

Tuesday 4th October, 7.30pm

Dinner for international postgrad students, at St Andrew's St Baptist Church

ISW Christmas Party

Details TBC via email