

SUPPORT INFO

A SOMEWHAT COMPREHENSIVE GUIDE FOR THE INTERNATIONAL STUDENT AT NEWNHAM

Getting here

First things first, how do you get to Cambridge? I like taking the coach (National Express: www.nationalexpress.com) straight from the airport. There's also Stagecoach (<http://www.stagecoachbus.com>) It drops you at Parkers Piece a 15 minute walk from college. Coach tickets are also a lot cheaper than trains and if you purchase a coach card you can get a £10 student discount. If you've got heavy luggage I would recommend calling a cab from there.
Cambcab: +44 1223 704704

For those coming down by train, the station is a 30 minute walk. You can book your rail tickets here: www.nationalrail.co.uk. Definitely worth investing in a rail card which can be purchased at any train station.

Moving round

Its easy to navigate Cambridge on foot, I survived my first year without a bike at all! But especially if you're a science student traveling across the city all the time, a bike is very handy. There are a plethora of bike shops in Cambridge. Do invest in a helmet, lights and remember to register your bike with college.



Holidays and Storage

Internationals are allowed to leave 6 boxes each weighing a maximum of 20kg at the end of Easter term. There is also a separate room for valuable storage should you need to leave any breakables or things such as computer screens.

If you have a long term license (39 weeks), you are permitted to leave all your things in your room over the Christmas and

Easter breaks. Students with a 30 week license must clear their rooms during breaks to accommodate conferences and college guests.

Don't panic if you have a 30 week license. Usually there are people with long term licenses who offer their rooms as storage space for other internationals.



MEDICAL CARE: Newnham Walk Surgery is right behind the college and you will also have to register with the college nurse. Also be aware of vaccinations required by college.



SOCIETIES: Cambridge has a ton of societies: www.cam.ac.uk/societies/. International Societies can be found at www.international.cusu.cam.ac.uk.



VISAS ETC: Remember to get your visa sorted ASAP and double check with college if you're required to register with the police upon your arrival in Cambridge.

BANKING

WHEN YOU COME TO CAMBRIDGE YOU'LL NEED TO OPEN A BANK ACCOUNT

This will help you manage your finances and pay your phone/college bills. I would recommend opening a bank account as soon as you arrive in Cambridge. With an influx of freshers, the banks are likely to be swamped which will increase waiting time.

There are a couple of major banks in Cambridge including Natwest, Lloyds, Barclays etc. Its purely up to you which one you choose to bank with. I personally went with Natwest because its a big, well established bank and has lots of Atms dotted around the city.

Before you set up a bank account you will usually require a letter from your college confirming your matriculation/residence. You can only get this once you arrive in college so be sure to speak with the college office ASAP to get that letter.

PHONES

SETTING UP A PHONE IS A MUST

There are plenty of service providers in Cambridge, some better than others. Avoid "3" at all costs, it has a terrible signal. O2 is not bad. I have a plan with EE and its never failed me. Most of the service provider shops can be found at Lion yard in the middle of town.

Linen and Clothing



DEPENDING ON WHERE YOU'RE FROM, CAMBRIDGE CAN SEEM WARM, COLD OR REALLY COLD FOR YOU.

The winters in Cambridge are fairly mild but particularly if you're coming from the tropics its worth investing in scarves, boots, gloves a reliable umbrella and a coat or two. You can buy them back home or, like me, you can buy them in Cambridge as the days start to get colder. Besides weather specific gear you'll obviously need day wear, formal wear (for college formals) and a formal gown (which can be purchased from Ryder & Ames/College - more info will be given when you arrive in college).

Linen is provided by the college (including towels). Anytime you require new linen, all you have to do is bring your dirty linen down to the linen room and a fresh set will be provided. You are more than welcome to bring your own duvet/bedsheets to make your room feel more like home. You can also buy them in numerous stores around town (i.e M&S and John Lewis). You can also invest in your own towels/bathrobes if you don't fancy those provided by college. You are allowed to bring your own pillows and cushions but are not allowed to change the college curtains or bring your own lampshades.

CROCKERY

There is usually a sale at the beginning of the term of dishes/pots/pans/cutlery. You are allowed to keep your kitchen cupboard over the holidays so there's no need to worry about storage.

If you prefer to buy new crockery, you can find them easily at Sainsburys, John Lewis and Lakelands.

Fridges are found in college kitchens but you are allowed to buy your own provided it complies with electrical testing standards.

Shopping and Food

The standard of food at the Newnham buttery is ALRIGHT but it is by no means the best tasting food in Cambridge. Whenever you eat in the buttery you can either pay with cash or with your university card. This puts the cost on your credit which will show up on your termly bill.

If buttery food isn't your scene, make use of your crockery and cook for yourself. Newnham has some really good kitchens compared to other college. Almost all come with ovens and there will definitely be hobs and fridges.

You can get your groceries from Sainsburys/M&S in town. There are also some cheaper options if you're willing to travel a little further. There's also a co-op 5 minutes from college if you in dire need of some milk or eggs. The college buttery usually sells stuff like milk, juice and sandwiches as well. Don't worry if not of this is clear the moment, we'll be sure to show you where everything is during the college and city tours.

Should you have any special dietary requirements when food shopping

Books and Supplies

You will be provided with a book list by your Directors of Studies (DoS) when you arrive in Cambridge. Newnham has a very good library and if you're not keen to invest in books just yet, you can always borrow them from there. Most of the older students also sell their books to freshers for a much cheaper price. If, however, you'd like to get new books they can be found at Heffers which is just off Kings Parade. Usually there are offers at the start of term for students. **Remember** to keep your book receipts so you can claim back a percentage (usually 60%) during Lent.

If you require stationary, Heffers sells that too and there's also Rylands which is just next to Sainsburys and Lakelands. Though coming from Singapore, I find stationary in the UK to be a little pricy so I always tend to bring my own stationary from home.

In terms of printing facilities, Newnham's library has a printer which costs 5 pence per side and printers in our computer room as well. You're welcome to invest in your own printer from Rylands if you'd prefer.

(i.e. Halal/Jewish) feel free to ask more specific questions and I can put you in touch with some current students.

Laundry

Newnham's laundry system is stuck in the middle ages which means the machines only accept £1 and 20 pence coins. Each cycle is £1.40 so its best to start saving up those elusive coins as soon as possible.

There are three laundry rooms spread out across college. There's one in Strachey (which is where most of the freshers lives), Clough (this laundry room only has one machine so I'd advise against using it) and Peile. I found buying a drying rack to be super helpful last year (from John Lewis) though most people I know usually just pop their clothes in the dryer (again 20 pence coins). There are also irons in the laundry room though hardly anyone irons.

ANYTHING ELSE?

I hope I haven't left anything out but please if you do have any more questions just feel free to drop me a note at dr429@cam.ac.uk. My college room is Peile 104 so you can always look me up when you get to Cambridge, I'll be in town from the 28th eagerly anticipating everyone's arrival.

I'm attaching a link to the Newnham JCR website just in case you need to get in touch with anyone from the JCR before coming down: <http://newnhamjcr.co.uk>

On a slightly lighter note, here's a comprehensive list (courtesy of Queen's) of important Cambridge slang to get your prepped for Camb life: <http://www.queens.cam.ac.uk/life-at-queens/about-the-college/university/the-jargon>

Newnham is very good at looking after its students. You're not just a number at Newnham, you're actually a person."

— Sameera Abas

"As one envious classmate commented, 'You and your college friends seem like a great big family, but much more fun!'"

— Rachel Crowley