

# FRESHERS' GUIDE 2017



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# 1 Welcome

Welcome to King's College! As you'll soon learn, King's boasts beautiful grounds, a remarkable history, and one of the most dynamic and unique graduate communities in Cambridge. This is a time for celebration, but we know that it can also be a time of confusion and stress because there are so many places to find, functions to attend, and names to learn. We've prepared this booklet in the hope that the information it contains will make your life easier as you adjust to the particulars of King's and your course.

You will meet most of the members of the King's College Graduate Society during Freshers' "Week" as we are running a variety of events to celebrate your arrival. During this "week" you'll get to meet your fellow students, go punting, dance in the College's bars, dine in the great hall and discuss your new life with the Graduate Tutor over drinks to name only a few of the exciting things in store.

Your first port of call at King's may be the Porters' Lodge, but many of the events of Freshers' Week will take place in a space reserved exclusively for graduates, called the Graduate Suite. We recommend that you find this place soon in order to make use of the computers and printers, watch a football match or the BBC, play table football or make yourself a well-deserved tea or coffee. The Grad Suite is also where we hold weekly Grad Drinks on Fridays at 8.30pm. We always provide non-alcoholic alternatives and we run many alcohol-free events throughout the year, so please join us even if you do not drink!

It may seem strange to start the "week" celebration on a Friday. Cambridge Terms (called Michaelmas, Lent, and Easter) are even more confusing, as academic weeks always start on a Thursday! In the course catalogue called the University Reporter you will notice that some courses start at 'Week One'. This means that your lectures may begin as early as Thursday, October 9<sup>th</sup>. We recommend that before the Freshers' Week delirium sets in, you check to make sure you know when your course begins!

We sincerely hope you find your time at King's thrilling. There are many opportunities to be involved in College life and if you enjoy Freshers' Week, you might want to consider joining the King's College Graduate Society (KCGS) Committee, which holds elections in November. If you have questions about any of the positions, feel free to approach us either in person or by email. We truly hope you have a fantastic year at King's and if there's anything KCGS can do to help you make the most of it, please let us know!

## 2 General Information

### 2.1 KCGS

Welcome to KCGS! All graduate students at King's are members of the King's College Graduate Society - this means you! The Committee is elected annually by Society members; it makes decisions regarding the community. More information about the King's College Graduate Society is available on our website, [www.kcgs.org.uk](http://www.kcgs.org.uk).

The aims of the Society, as detailed in the Constitution, are:

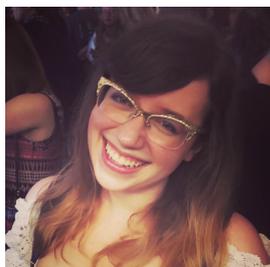
1. To be the official representative body of the graduate students of the College;
2. To operate fairly, democratically and transparently;
3. To foster and maintain a sense of community amongst graduate students, by supporting and promoting social, intellectual, academic, athletic and cultural interaction between members of the Society;
4. To oppose and eliminate all prejudice, discrimination and inequality within the College, including (but not limited to) racism, sexism, and heterosexism;
5. To ensure College graduates are properly represented on any College or University bodies should this further KCGS's other aims.



## 2.2 The Committee

### President

Anjalene Whittier - [grad.president@kings.cam.ac.uk](mailto:grad.president@kings.cam.ac.uk)



Representing the interests and needs of graduates within King's, the President is the senior officer of KCGS. I act as the voice of the graduate community within the college and out in the wider world; to ensure that I project the most accurate voice, I encourage all grads to communicate their ideas and concerns with me.

As the senior officer, I take responsibility for the performance of KCGS and therefore try to coordinate the other committee members to make sure we're working as an effective team. Ultimately, my task is both to represent the interests of King's graduates, and to make sure KCGS is fulfilling its responsibilities to the community. Please do feel free to contact me in person or via e-mail.

### Secretary

Luise Scheidt - [grad.secretary@kings.cam.ac.uk](mailto:grad.secretary@kings.cam.ac.uk)



The Secretary draws up the agendas for meetings of the KCGS Executive Committee and for General Meetings, in which all grads can come together to discuss the issues affecting the graduate community. The Secretary takes minutes of these meetings, organises elections, helps moderate the society's mailing lists and manages KCGS's magazine subscriptions.

I can serve as a central co-ordinating point for the committee's activities, helping to facilitate its smooth running.

## Treasurer

Alejandro Rodriguez-Pardo Montblanch - [grad.treasurer@kings.cam.ac.uk](mailto:grad.treasurer@kings.cam.ac.uk)



The KCGS Junior Treasurer manages the finances and accounts of the society. KCGS's financial arrangements are a result of its position as a charity, a student union, and a member of the College community. There is a good deal of collaboration and joint organisation with the King's undergraduate student union (KCSU). The College funds KCGS and KCSU on a per-student basis every year. A portion of the total funds allocated to KCGS and KCSU is top-sliced to pay for joint fixed costs; the remainder is divided between the two bodies according to membership numbers.

KCGS and KCSU then pool a proportion (currently 40% and 50% respectively) of their net income into the Joint Societies Funding Committee (SFC) fund, which supports college societies and sports teams open to graduates and undergraduates. KCGS's remaining funds, together with any other funds raised by the society, are spent according to the KCGS Budget.

The Junior Treasurer is responsible for much of the administration of the above, including sitting on the SFC, drafting the KCGS Budget, and reimbursing members for expenses incurred on behalf of the society. In addition, they sit on the College's Finance Committee, which decides the budgets for all college departments (including the amount-per-student for KCGS and KCSU). All of these duties are overseen by the Senior Treasurer, a fellow appointed by the College Council to advise KCGS and KCSU on finances.

## Junior Member of Council and Governing Body

Niamh Mulcahy - [grad.jointrep@kings.cam.ac.uk](mailto:grad.jointrep@kings.cam.ac.uk)



As Joint Rep, I do two different jobs.

Within college, I serve as the “Junior Member of Council and Governing Body”, the independent voting member on the College Council (an elected body dealing with the running of the college) and Governing Body (a congregation of all King’s fellows, deciding on important college issues), representing King’s graduate students.

I also serve as the KCGS external officer, tasked with managing the MCR’s interaction with the rest of the university. This involves dealing with a variety of university bodies, including CUSU and the Graduate Union, the meetings of which I attend on behalf of King’s graduates. I also work directly with other MCRs and university bodies to deal with various university-wide issues when they arise.

So, if you have any problems or initiatives, within college or at a broader university level, get in touch and I’ll be happy to help!

## Chair

Chad Allen - [grad.chair@kings.cam.ac.uk](mailto:grad.chair@kings.cam.ac.uk)



The Chair’s duty is to impartially preside over KCGS and Executive meetings. During a meeting, the Chair determines the order of speakers, the duration of speeches and debate, when a vote shall be taken and when proceedings shall end. The aim is to clarify complex matters, steer the discussion, and bring balance to a heated debate. The Chair seek to ensure that everyone has an equal opportunity to express their ideas, thoughts, and opinions. You are encouraged to come along to KCGS meetings and get involved in graduate affairs.

## Social Secretaries

Kin(G)ship: Alex Hobday; Camilla Trevor; Mojgan Sarabi  
[grad.social@kings.cam.ac.uk](mailto:grad.social@kings.cam.ac.uk)



All aboard! Kin(G)ship, KCGS social secretaries will be taking you through the social life of King's College throughout the year. Our range of events, from grad drinks, swaps, formal halls, and more, will provide a social home for King's grads, making everyone feel welcome and included.

We have planned a variety of activities during Freshers' Week in order to give old and new grads a chance to meet. During term time we set up free, weekly drinks to give grads the opportunity to mingle. Grad drinks are open to all King's graduates and cater to those who drink as well as those who choose not to; we always offer non-alcoholic as well as alcoholic drinks and nibbles. We welcome input and ideas for events you would like to see. If you have any suggestions, feel free to email or approach us for a chat.

## Welfare Officer

Georgia Cook - [grad.welfare@kings.cam.ac.uk](mailto:grad.welfare@kings.cam.ac.uk)

georgia.jpg



Welcome to King's! As welfare officer, I am here to offer impartial support and information on what to do next if you encounter any difficulties during your time at King's. These may be related to accommodation problems, safety concerns, stress or depression, work worries, student parenting, sexual health matters, drug and alcohol addiction, or harassment and discrimination.

If you need any advice, support, or representation within college on welfare related issues, or just a friendly ear then feel free to drop me an email. You can also email:

- Godela Weiss-Sussex, the King's Graduate Tutor, at [graduate.tutor@kings.cam.ac.uk](mailto:graduate.tutor@kings.cam.ac.uk)
- Andrew Hammond, the King's Chaplain, at [chaplain@kings.cam.ac.uk](mailto:chaplain@kings.cam.ac.uk)

- Jack Wright, the CUSU welfare officer, at [welfare@cusu.cam.ac.uk](mailto:welfare@cusu.cam.ac.uk)

## Domus Officer

Hans Verschueren - [grad.domus@kings.cam.ac.uk](mailto:grad.domus@kings.cam.ac.uk)



The Domus Officer is responsible for representing graduates to the college onmodation and facilities issues. I sit on the college's Buildings and Safety Committee and many working parties for the various projects underway, to fight for graduate interests. I also work with the college administration in the form of Accommodation Officer, Amber Rashid, to organise the annual room ballot and deal with any accommodation hiccups that occur in between.

In addition, I directly spearhead certain projects to improve graduate amenities such as the recent improvements to the Grad Suite common room. If you have any questions, comments, or concerns about accommodation or facilities, please feel free to contact me at [grad.domus@kings.cam.ac.uk](mailto:grad.domus@kings.cam.ac.uk).

## Women's Officer

Giulia Torino - [grad.womens@kings.cam.ac.uk](mailto:grad.womens@kings.cam.ac.uk)



Welcome! As the Women's Officer my role is to support graduate women in King's and help raise awareness of any issues that are related to women in college. I work closely with the Welfare Officer and also organize women's related events at King's throughout the year.

I also provide King's contributions to the university-wide events, which mark International Women's Week, every March. One of the highlights in King's is the annual Women's Dinner, which celebrates the academic achievements of women in the College, and encourages interaction between women from all different levels of intellectual life from undergrads to fellows.

If you have any questions or problems regarding personal or academic issues, then please send me an e-mail.

## LGBT Officer

Danny Vagnozzi - [grad.lgbt@kings.cam.ac.uk](mailto:grad.lgbt@kings.cam.ac.uk)



King's College is recognised as the most liberal, progressive and open-minded college of Cambridge. It is not a surprise that we have one of the most vibrant LGBT+ communities in Cambridge. My job is to ensure that this amazing community of ours continue to be active, welcoming and friendly. King's LGBT+ have regular social events including LGBT+ formal swaps with other colleges

Anyone can attend these events as we see our LGBT+ community as an integral part of King's student life. My welfare role is to serve KCGS members with information on relevant events and services, as well as details about interesting LGBT-related talks and groups around Cambridge. Please don't be shy to ever drop me a line if you have any questions, suggestions or just for a chat over coffee about anything. I'll be very HAPPY to see you very soon!

## Environmental Officer

Fritz Hiesmayr - [grad.environmental@kings.cam.ac.uk](mailto:grad.environmental@kings.cam.ac.uk)



As Environmental Officer it is my duty to promote environmentally friendly policies, and raise awareness about environmental issues concerning the Society and the College. I sit on any College committees that may be constituted primarily to discuss environmental matters. I also circulate information about any university-wide, environmentally-focused events. If you have any ideas on how the College can improve its efforts regarding environmental matters, please let me know.

## Computing Officer

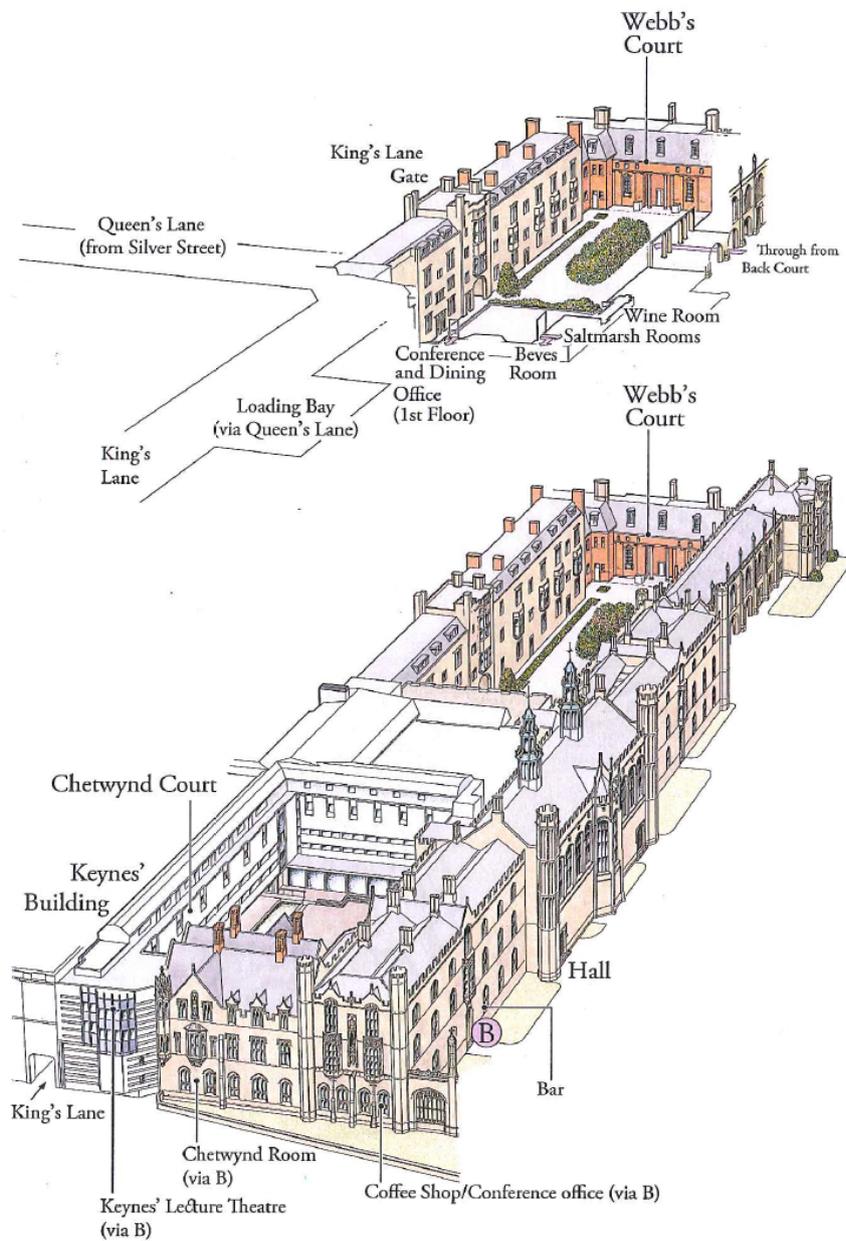
Lera Shumaylova - [grad.computing@kings.cam.ac.uk](mailto:grad.computing@kings.cam.ac.uk)

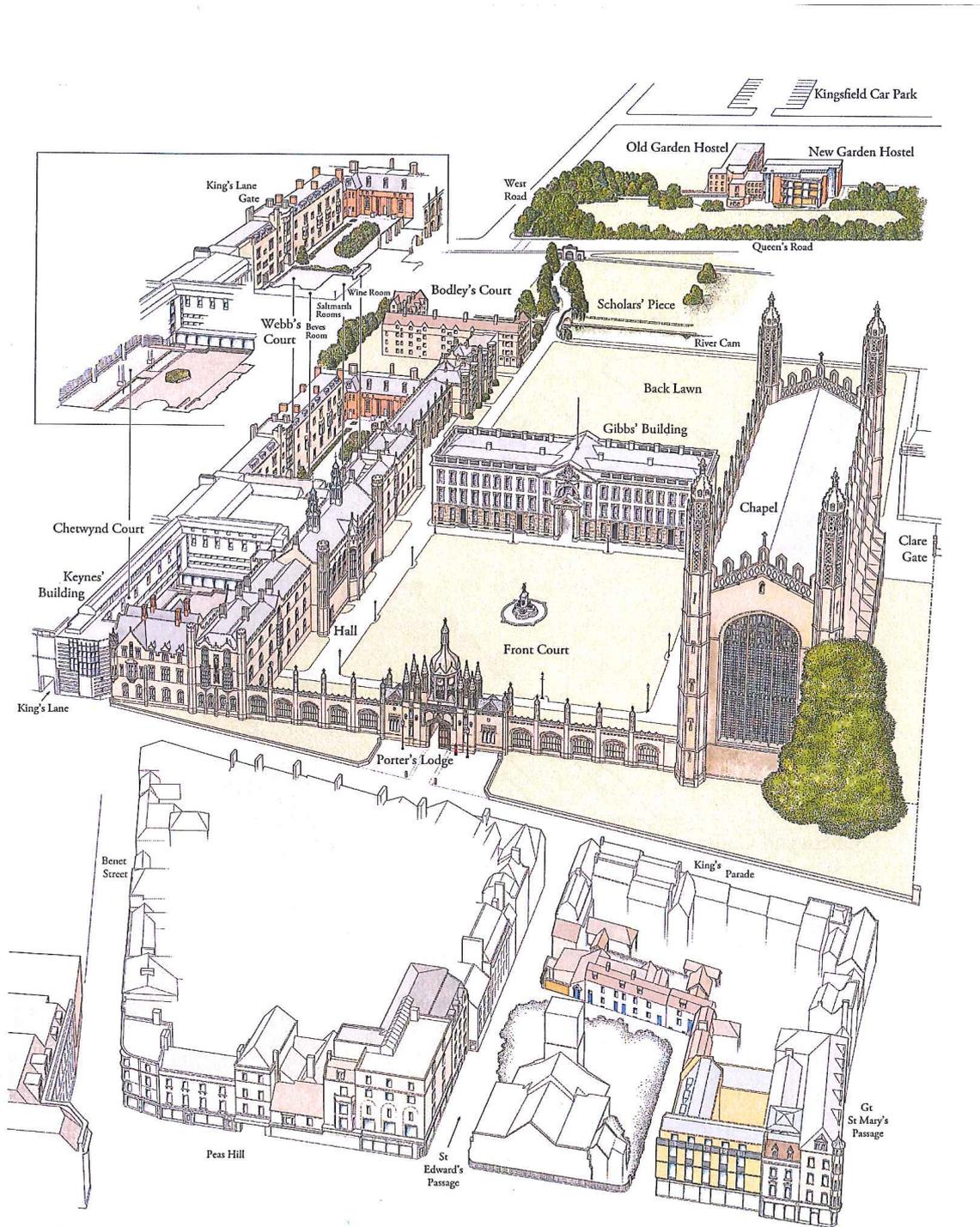


The computing officer is a first point of contact for graduates with concerns or enquires related to computing and technology. As KCGS computing officer, I moderate kings-grads email list and maintain the KCGS website [www.kcgs.org.uk](http://www.kcgs.org.uk) . KCGS has its own online store <https://kcgs.soc.srcf.net/store/> to purchase formal swap tickets and tickets for other exciting events. The KCGS computing officer is also a member of the college computing committee.

Feel free to contact me at [grad.computing@kings.cam.ac.uk](mailto:grad.computing@kings.cam.ac.uk) about anything computing-related. For college computing issues (network port in your room etc) you can contact the College computer officers at [computer.officer@kings.cam.ac.uk](mailto:computer.officer@kings.cam.ac.uk) or find them in their office on the 3<sup>rd</sup> floor of the Keynes building near the lift. There is also an out-of-hours college computing officer, Krishna ( King's fellow) who can be contacted on 07795 580192 or university extension 52192.

### 2.3 College Map





# KING'S COLLEGE MAP

King's College, King's Parade, Cambridge, CB2 1ST

© 2012 King's College, Drawn by Jeremy Bays, [www.art-work-shop.co.uk](http://www.art-work-shop.co.uk)

## 2.4 Food at King's

Food is served in a self-service cafeteria but eaten in the grand Hall. You can eat cheaply here as meals usually cost about £4 for a main course with potatoes and vegetables. Main courses always include one vegetarian offering (or vegan dish on selected days of the week) and there is also a salad bar.



Most student accommodation is equipped with fridges, hobs and microwaves in 'Gyp' rooms. You can find groceries at Sainsbury's (on Sidney Street), Co-Op, M&S and the Market (both in Market Square), and more cheaply online from Tesco, Asda or Sainsbury's (they deliver).

A series of Formal Halls are held over the course of the year for both undergraduates and graduates. Please see a separate information sheet regarding formal meals and an email from Kin(G)ship to find out more about this year's formal dinners. There are four formals a year that are grads-only; Graduates are welcome to bring guests; spouses and partners are encouraged to become Affiliate Members of KCGS in order to take full advantage of these events (see below). Grad formals usually include pre-dinner drinks and post-dinner entertainment and dancing! Please see the next section for more information.

The King's Coffee Shop overlooks the front lawn and is a bright, sunny spot for reading

and meeting up with friends. It boasts wireless access and has a good selection of pastries, sandwiches, snacks and drinks.

## 2.5 A guide to formal halls

In Cambridge, Formal Hall refers to a served meal at which students dress in formal attire. The nature of Formals varies widely between the colleges that hold them. In King's you will experience a variety of formal meals, namely: **Formal Halls**, **Super Halls**, once a term **Graduate Formal Dinners** and **Formal Swaps**.

At King's, weekly **Formal Halls** take place on Wednesdays during term time. They are a shared event which both undergraduate and graduate King's members are welcome to attend. **Super Halls** are a themed version of Formal Halls occurring once or twice a term in order to mark a special occasion.

The unquestionable highlight of graduate life at King's are **Graduate Formal Dinners** - organized once a term exclusively for the graduate members of the College. These themed and unforgettable evenings are always followed by after-dinner entertainment.

Finally, King's is actively involved in **Formal Dinner Swaps**, when groups of King's graduate members travel to Formal Dinners at other colleges to sample a different atmosphere and get to know other students over fine food and wine.

### Tickets

The dates of the Formal and Super Halls can be seen at [kcsu.org.uk/events](https://kcsu.org.uk/events). Please find further information about how to obtain tickets to King's formals, including Super Hall and Graduate Superformals in a separate sheet and e-mail. One important thing: keep your eyes on the mailing list during King's graduate formal ticket season, which is usually 4 weeks before the formal takes place. Tickets to graduate formals will be sold on the KCGS Store (access via [www.kcgs.org.uk](https://www.kcgs.org.uk)).

For swaps, you will receive an email from your Social Secretaries specifying the location, menu and price of a Formal Swap. This e-mail will also include information about when the tickets will go on sale. At the specified date and time you will need to access KCGS store at [kcgs.soc.srcf.net/store/](https://kcgs.soc.srcf.net/store/) in order to purchase your ticket and specify your dietary requirements.

### **Ticket prices**

Ticket prices vary from £16 to £26.50. Please see a separate sheet and e-mail about this year's formal tickets.

### **Dress code and etiquette**

Appropriate formal evening attire for ladies is an evening gown or cocktail dress; gentlemen wear dark suits, dinner jackets or tuxedos. Strictly NO gowns are required. If attending a themed occasion guests are very much encouraged to dress to the theme.

The dining hall would usually open at 7.15pm for the pre-dinner drink to be served. We strongly recommend getting there slightly early to allow yourselves time to collect your tickets (which will be posted into your pigeon hole/mailbox on the day of the Formal) and buy wine.

Wine to go with dinner can **only** be bought from our bar or pantry prior to dinner, please note that absolutely no wine can be brought in from outside of the College. Each guest is allowed one bottle of wine bought from the pantry or the bar; if it does not have a sticker on it indicating as such, then 'you shall not pass!'

King's College Fellows will almost always dine at High Table during Formal Halls which means that the behaviour must be appropriate to this. Drinking games, flash photography and singing are banned.

## **2.6 The Grad Suite**

The Grad Suite is a set of rooms in 'A' Staircase reserved for graduate use. It includes a study space overlooking Front Lawn; a recently refurbished common room with comfortable sofas, TV (including surround sound) and PS3; a computer room with a number of PCs and Macs, a printer; and a small kitchen, usually with free tea and coffee available. The entire Suite can be used by all graduates 24 hours a day and cannot be reserved for an individual's use; in particular it must not be used to host supervisions or other teaching. The graduate community uses the common room for social events, including the regular grad drinks and film showings, and meetings. Everyone is welcome to use it for their own purposes, though care should be taken not to disturb those working in the study next door.

Fun Fact: The Grad Suite was once occupied by renowned author E.M.Forster, when he was a fellow of the college. The fireplace in the common room was his bespoke commission.

## 2.7 Grad Drinks and the King's Graduate Bar

A staple of graduate life at King's are the weekly drinks receptions, which occur every **Friday evening at 8.30pm in the Grad Suite**, when a selection of drinks (including a surprise cocktail) is provided free of charge. Don't miss the opportunity to mingle with your fellow grads at the end of the week! On certain **Fridays** the evening continues upstairs in the **King's Graduate Bar (KGB)**, a graduate-only bar, staffed by the loyal KGB team, who are committed to providing a friendly space for graduates to relax and unwind.



## 2.8 Computing and IT

<http://www.kcgs.org.uk/Computing>

In the era of on-line networking, one cannot live without Internet connectivity and computing technologies. The various systems, which you would use on a day-to-day basis are explained to help you ease in to the Cambridge network.

## Setting-Up

To get you started, you need your application id, which is the 8 digit number "1XXXXXXX" (starting with '1'), issued by the Student Registry. You will be able to receive the passwords for your university accounts. If you have your application ID then you can visit <http://jackdaw.cam.ac.uk/> to get your passwords or go to an MCS machine to do this.

Tutorials on how to sign up to these services are displayed in the Grad Suite Computer Room (ask a King's grad if you can't find it). Your user id for all the services offered by the University is your CRSiD, which is a combination of characters followed by digits (eg. xyz12).

## Raven

A central web-authentication system. It's used by many Cambridge websites to identify you/authorise yourself as a member of the University. It's also useful for downloading papers, etc., when you are not in the University Network (also called CUDN). <https://raven.cam.ac.uk/>

## Hermes Webmail

Does what it says on the tin. Hermes Webmail is a service that allows you to access Cambridge University email. (your CRSiD @cam.ac.uk, eg [xyz12@cam.ac.uk](mailto:xyz12@cam.ac.uk)). <https://webmail.hermes.cam.ac.uk/>

## Managed Cluster Service

The Managed Cluster Service consists of several computer rooms equipped with Internet-connected personal computers (with Ubuntu/Windows7 or Mac OS X) that are centrally managed by the Computing Service. It offers cloud storage space of up to 2GB. You can request an increase in your file quota at <http://www.cam.ac.uk/cs/request/quota.html>

## Eduroam

eduroam (**education roaming**) is the secure, world-wide roaming access service developed for the international research and education community. Once set-up you will be able to access internet connections at various Universities across the globe. To set-up Eduroam on your laptop, please carefully follow the instructions on this page:

<http://www.ucs.cam.ac.uk/wireless/eduroam/localusers>. You would need your Raven account.

### **Registering your device to use networks at King's**

King's has college-wide local wireless and Eduroam services. Eduroam is available in the common rooms of graduate accommodation. Individual rooms have Ethernet ports and many are in the process of getting wireless reception too. In order to start using the King's network, you need to register your device. Once you physically connect your laptop via Ethernet, open a web browser and you will be taken to a registration page. Follow the instruction on the page to register your laptop on the King's network. Your PC might need a restart to work on the network. If you do not have an Ethernet port on your laptop/device, you will need to configure it to use Eduroam. In order to get to the Eduroam configuration page you should have a temporary authentication token for the "Guests" wireless network in your welcome pack - connect to the "Guests" network using this, find the instructions and configure your device to use Eduroam, then try connecting to Eduroam. If you have any problems contact [computer.officer@kings.cam.ac.uk](mailto:computer.officer@kings.cam.ac.uk) or call Krishna, one of the college computing officers who is also a grad, on 07795 580192 or university extension 52192 (wait 5 seconds for the call to redirect).

### **Fair use policy at King's**

In order to provide free internet access to all the members at King's, external internet usage carries cost to the college while the local use within the University is free, please avoid disproportionate levels of usage. A warning email will be sent to your Hermes when you exceed 2GB, and 5GB within 24 hours. Your internet connection will be blocked, once you exceed 10GB within 24 hours. If you have a legitimate academic reason please inform the computer officers at King's beforehand ([computer.officer@kings.cam.ac.uk](mailto:computer.officer@kings.cam.ac.uk)). Please refrain from using "peer-to-peer" software, such as bit-torrent to download movies/games/music. Although, there is no ban on using Video-on-demand services, they might cause high network consumption.

### **King's Computing Support**

If you face any computing related issues feel free to contact King's Computer Officers, Mark and Michele ([computer.officer@kings.cam.ac.uk](mailto:computer.officer@kings.cam.ac.uk)). If you have computing/network

issues outside office hours, feel free to contact the out-of-hours computing Officer on 07795 580192 or university extension 52192.

### **Access to Academic Papers**

If you are outside the CUDN (e.g. living in a private house or at Whichcote), the University Library provides a proxy to authenticate yourself as an University member to download papers.

<http://www.lib.cam.ac.uk/toolbox/rmt.html>

## **2.9 Affiliate Members**

KCGS welcomes grad students' partners. Spouses and partners are entitled to 'affiliate' membership of KCGS, which is basically the same as ordinary membership except for voting rights. In particular, affiliate members are welcome at all KCGS social events (though events hosted by another college may be subject to that college's policy.) If you have a partner who would like to take advantage of affiliate membership, please email the KCGS Secretary ([grad.secretary@kings.cam.ac.uk](mailto:grad.secretary@kings.cam.ac.uk)) with their name and an email address. Lectrices and visiting students are also affiliate members of KCGS.

Undergraduates in their fourth year of study are also affiliate members of KCGS, although college policy means that fourth-year undergraduates are not allowed to enter the King's Graduate Bar, nor attend any events in which KCGS provides alcoholic beverages. Fourth-year undergraduates may use the facilities of the grad suite.

## **2.10 Sports Clubs, Societies and College Facilities**

For a college with little sporting reputation, King's has a lot to offer students in the way of sports clubs and other societies, and they are an important part of college life. If the most popular sport, rowing, doesn't take your fancy, we also have rugby, football, basketball, athletics, badminton, kayaking, climbing, swimming, squash, tennis, pool, cricket and croquet clubs. Aside from sports, King's has societies undertaking music, singing, yoga, art, photography, drama, tango, beekeeping, comedy and journalism. If your favourite sport or activity isn't listed, don't despair, it's really simple to start a new club or society in King's, just email [grad.sports@kings.cam.ac.uk](mailto:grad.sports@kings.cam.ac.uk) to ask how, or alternatively, see if the

university-wide club or society can fulfil your needs, find a list at <http://www.cusu.cam.ac.uk/societies/directory/>.

Separate from the organised clubs and societies, King's also boasts plenty of sport and leisure facilities for student use. The new King's gym, The Vault, opened in Michaelmas 2013 and boasts cardio and resistance weights equipment. Combined with the freeweights room that opened in Summer 2014, membership costs just £30/year. Hiring one of the college punts costs just £5/hour and allows you to enjoy the college backs or a punt up to Grantchester for tea or a pint, hire from the Porters' Lodge. After an induction (sign up at the Freshers' Fair), taking one of the college's fleet of kayaks and canoes for a spin, for free, is a great way to relax on a sunny afternoon. Alternatively, spend your summer afternoons playing croquet on the lawn in the Fellows' Garden, sign out the key from the Porters' Lodge. King's also has squash courts, grass and hard tennis courts and a multipurpose netball/basketball court all available for free and for those rainy days, don't forget the college music practice rooms, the pool table in the bar, and the table football and PS3 in the grad suite are all available for your use. For more information on sports clubs, societies and college facilities and how to get involved or start using them, see the Sports and Societies page of the KCGS website, or email [grad.sports@kings.cam.ac.uk](mailto:grad.sports@kings.cam.ac.uk).



## 2.11 KCSU

The King's College Student Union (KCSU) is the undergraduate equivalent of KCGS. Its mandate is to develop the intellectual, educational, social, political, and athletic aspects of college life for undergraduates. KCSU runs the Cellar Bar, recently renamed 'The King's Bunker', and often works closely with KCGS to organise joint events throughout the year.

## 2.12 GU and CUSU

The Graduate Union (GU) is the university-wide representative body for graduate students at the University of Cambridge. The Cambridge University Student Union (CUSU) is the equivalent body for undergraduates. Via KCGS, you are automatically a member of both unions. The GU not only represents graduate interests within the University, but also provides graduate-focused services and fosters intercollegiate activities and events. The GU is an independent student union for graduates, which:

1. Promotes graduate issues through representation on University committees and wider campaigns
2. Provides advice and support on academic and welfare-related matters
3. Organises social events and other intercollegiate activities, and maintains a university-wide events calendar.
4. Runs the GU Shop providing stationery, phonecards, printing, photocopying, fax and binding services. It also rents out various items, including gowns. There are also notice boards with free advertising space for grads to use and an online forum.

It is located at 17 Mill Lane, and more information can be found online at [www.gradunion.cam.ac.uk](http://www.gradunion.cam.ac.uk)

### 3 Welfare at King's

georgia.jpg



King's offers a wonderful, vibrant, and stimulating environment, yet college life can at the same time be stressful, draining, and isolating. As your welfare officer, I am here to provide you with the social support you need if you struggle with mental. and/or physical glitches - or even simply the stress of graduate study. You can contact me in complete confidence via e-mail - [grad.welfare@kings.cam.ac.uk](mailto:grad.welfare@kings.cam.ac.uk)

In addition, King's College and the University offer a wide range of welfare help and support to all students.

Below is a basic guide to the welfare support available both within college and the wider University. More comprehensive versions can be found on the KCGS website, and the CUSU website at [www.cusu.cam.ac.uk/welfare/](http://www.cusu.cam.ac.uk/welfare/)

Anjalene Whittier

KCGS Welfare Officer



### 3.1 Registering with GP and Dentist

Every student is encouraged to register with a local GP (General Practitioner) surgery on arrival in Cambridge. It's best to find one in the first few weeks, if possible. GPs cannot provide short notice, urgent appointments for people who are not registered. So by doing so you'll make the process far quicker in the event that you fall ill.

A list of GP surgeries which you can register with as a student can be found at the end of this section.

The University Dental Service provides NHS and private dental treatment to students and staff of the University. It is located at 3 Trumpington Street and appointments can be made by telephone on 01223 332860. For more information, see [www.dental.cam.ac.uk/](http://www.dental.cam.ac.uk/).

In cases of emergencies, the nearest Accident and Emergency department is at Addenbrooke's Hospital.

### 3.2 Welfare support in King's

#### College Nurse

The College Nurse, Vicky Few, holds a 'drop in' surgery in the College Health Centre at Webb's Gate.

#### King's College Health Centre Opening Hours

##### Term-time:

Monday: 8.30am to 1pm

Tuesday: 8.30am to 1pm, 3pm to 6pm

Wednesday: 8.30am to 1pm

Thursday: 8.30am to 1pm, 3pm to 6pm

Friday: 8.30am to 1pm

##### The week before and after a full term:

Monday-Friday: 10.00am to 12.00pm

Email: [vicky.few@kings.cam.ac.uk](mailto:vicky.few@kings.cam.ac.uk).

If necessary, call 01223 331650 during surgery hours to arrange a room visit. Out of hours the nurse may be contacted at the discretion of the Tutorial Office or the duty Porter.

The nurse has experience in a wide range of medical and psychological conditions and can offer advice and support during your time at Cambridge. She liaises with other support services and with the medical practises with which students register. You are encouraged to visit her if you feel unwell, sustain an injury, or have a problem you wish to discuss in confidence.

## Supplies

Attack alarms, condoms, pregnancy tests, and Chlamydia screening tests are available to you free of charge. Condoms are available in the Grad Suite bathroom and you can also request these directly from me. The CUSU also run the C-card scheme, which allow students access to free condoms and sexual health advice. You can find more information about this at [www.cusu.cam.ac.uk/services/sexualhealth/ccard/](http://www.cusu.cam.ac.uk/services/sexualhealth/ccard/).

Pregnancy tests, Chlamydia tests, and attack alarms are available on request. If you wish to acquire these anonymously leave a note in my pigeon hole, and I shall leave the requested item there for you to take.

## Representation

If you believe current college and/or university policies are unfair or inadequate, then I can act as a 'go-between' for you and the relevant college authorities. Upon your request your concern can be discussed at a KCGS meeting, and KCGS will then advise on what course of action to take next. It may then go to College Council, or directly to the individual concerned. Feedback will be given as it becomes available.

I can also represent you on more serious cases of discrimination or harassment. If you wish to make an official complaint against the university or one of its members, then I can advise on what to do. In such instances, should you prefer, your case can be passed to an external body of representation such as CUSU Welfare.

## 3.3 Further Information and Contact Numbers

### 3.3.1 Academic Worries

If you have any academic problems, you should talk to your supervisor, departmental advisor (ask in your department if you aren't assigned one), or with your College tutor. Other points of contact are The Graduate Union, the Board of Graduate Studies and CUSU's



Academic Affairs Officer, who provides support for any students who have problems with their education at Cambridge, from exam appeals to supervisor issues.

### 3.3.2 Students with Disabilities

The University runs a Disability Resource Centre.

Disability Resource Centre,

Keynes House,

Trumpington Street

Tel: +44 (0)1223 332301

Fax: +44 (0)1223 766863

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

The DRC provides advice, information and support to all students with disabilities. This includes study skills tuition and mentoring as well as the loan of specialist equipments.

The University attempts to offer study support for students with disabilities. The Disability Committee has a loan pool of equipment, including a limited number of induction

loops. The University Library has installed a scanner system for the visually impaired, together with a Braille printer and a voice synthesiser. For details of the University taping service, personal readers and note takers, contact the address above. CUSU's Disabled Students' Campaign is run by Nicola Sleaf and Esther Leighton who can be contacted at [disabled@cusu.cam.ac.uk](mailto:disabled@cusu.cam.ac.uk)

### 3.3.3 Sexual Health Advice

**Addenbrooke's Hospital** has a Sexual Health Clinic called Clinic 1A.

For more information, their website is at [www.addenbrookes.org.uk/serv/clin/med/gum1.html](http://www.addenbrookes.org.uk/serv/clin/med/gum1.html). If you have any sexual health concerns, are worried you might have an STI, or just want a general check up, they can help. Phone 217774 or 217239 for appointments, advice and information or visit their online sexual health advice centre at [www.addenbrookes.org.uk/shac/index.html](http://www.addenbrookes.org.uk/shac/index.html). Please note that they will not accept walk-in patients.

Addenbrooke's is linked to Silver Street and West Cambridge by the Uni4 bus service, on which University members receive a discount. For more information, see [www.admin.cam.ac.uk/offices/embs/travel/bus/citi4.shtml](http://www.admin.cam.ac.uk/offices/embs/travel/bus/citi4.shtml).

**The Laurels:** Confidential sexual screening and contraception service. Appointment must be made, or you can attend the drop-in clinic at 3pm - 5pm on Monday (for emergency contraception, no appointment is required).

The Laurels, 20 Newmarket Road, Cambridge CB5 8DT

Tel: 08456 50 51 52.

You can also find more information about sexual health advice services in Cambridge at <https://www.sexualhealthcambs.nhs.uk>

### Contraception

Contraception is provided free of charge by your doctor or the family planning clinic. Free condoms and pregnancy tests are also available from Linkline at 17 St Edwards Passage. You can buy condoms from the GU and CUSU very cheaply. There are also free condoms always available in the Graduate Suite bathroom (where a free vending machine will shortly be installed). Cambridge has a family planning clinic that can provide you with contraceptive advice, supplies and emergency contraception. For more information, see [www.addenbrookes.org.uk/serv/clin/women/cam\\_familyplan.html](http://www.addenbrookes.org.uk/serv/clin/women/cam_familyplan.html), or visit Cambridge Family Planning Service at the Laurels.

## **Pregnancy**

If you are worried you may be pregnant, you can get a free pregnancy test from the KCGS Welfare or Women's Officers. You can also get a free pregnancy test from CUSU. For support (other than college welfare or women's officers, college nurse, tutor or CUSU welfare officer) you can contact your GP, call Linkline (01223 744444 or 01223 367575) for confidential advice or contact a family planning clinic (e.g. The Laurels). You can also contact the Pregnancy Crisis and Post Abortion care line. 0800 028 2228.

## **Childcare at the University**

In order for equality of opportunity to be a reality in Cambridge, quality, affordable childcare is a necessity. Although King's rents out some flats suitable for families, like most colleges, it unfortunately has little provision for childcare. Students with children are advised to consult the GU/CUSU Guide to Childcare in Cambridge, available from the Graduate Union office or online at [www.admin.cam.ac.uk/univ/childcare/student/](http://www.admin.cam.ac.uk/univ/childcare/student/) and [www.studentadvice.cam.ac.uk/welfare/childcare/](http://www.studentadvice.cam.ac.uk/welfare/childcare/) On the website, you will find information on The Central Childcare Bursary Scheme and childcare facilities and services within the University. The following may also be of interest:

CUSU / GU Parent-Toddler Groups and Coffee Mornings: University Centre, Wednesday 10.30am - 12.30pm

Trinity Hall Parent-Toddler Group: Fridays 3.30pm (term-time only) Queen's College Nursery, Contact Sandra Bullet (3)35623

*For information on non-University childcare, contact:*

Cambridgeshire County Council, Social Services Department, 74 Burleigh Street, Cambridge.

## **Mental Health**

Of course we hope that your time at King's, and at the University in general, will be very happy and successful, but if you do experience any problems, there are many people who are there to help you, and a wide range of excellent support available in College, the

University, and in Cambridge city.

**University Counselling Service (UCS):**

14 Trumpington St. (tel: (3)32865) [www.counselling.cam.ac.uk](http://www.counselling.cam.ac.uk)

UCS offers a free and confidential counselling service throughout the year, except for vacation closure at Christmas and Easter. The Service provides help for large numbers of students. The Counselling Service offers groups specifically run for post-grads of all years who want to share experience and gain insight into difficulties they may be having. For more information, see [www.counselling.cam.ac.uk/groups.html](http://www.counselling.cam.ac.uk/groups.html)

**Linkline:** Linkline is a student run nightline, where you can talk to someone in absolute confidence. It offers confidential, anonymous, non-directive and non-judgemental support. You can talk to Linkline for whatever reason. You can phone Linkline any night in full term between 7pm and 7am on either 01223 744444 or 01223367575. They are located at 17 St Edward's Passage (off Market Square), so feel free to drop in between 7pm and midnight.

Other sources of health and welfare information and support include:

**NHS Direct:** A 24-hour line which allows you to speak to a qualified nurse if you are not feeling well. Call 0845 46 47 or visit [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

**Eating Disorders Support Phonenumber:** 01223 740555, operating Mondays and Wednesdays during Full Term from 8pm to 10pm. Eating Disorders Support. E-mail: [eds@cusu.cam.ac.uk](mailto:eds@cusu.cam.ac.uk)

**Eating Disorders Association:** 01603 621 414. [www.edauk.com/](http://www.edauk.com/)

**Samaritans:** 01223 364455. [www.samaritans.org.uk/](http://www.samaritans.org.uk/)

**Get Connected:** Support for young people on any issue and free connection to services which can help. Freephone 0800 096 0096.

**RASAC (Rape and Sexual Abuse Counselling):** 01962 848024 (for women), 01962

848027 (for men). Mon 11.30am-1.30pm, Tues and Thurs 7-9.30pm

**National Drugs Helpline:** Confidential 24 hour accurate info and advice on drugs. Freephone 0800 776600.

**Qutline:** Freephone 0800 00 22 00. Info and counselling on how to give up smoking. 9am-9pm every day.

**Terrence Higgins Trust:** Info on HIV and AIDS. Freephone 0800 567 123.  
[www.tht.org.uk/](http://www.tht.org.uk/)

### 3.3.4 GP Surgeries in Cambridge

(The closest ones to King's are in italics)

- *Trumpington Street Medical Practice*, 56 Trumpington Street, CB2 1RG; 01223 361611
- *Newnham Walk Surgery*, Wordsworth Grove, CB3 9HS; 01223 366811
- Bridge Street Surgery, 2 All Saints Passage, CB2 3LS; 08444 773939
- The Red House Surgery, 96 Chesterton Rd, CB4 1ER; 01223 365555
- Woodlands Surgery, 32-34 Station Road, CB1 2JH; 01223 697600
- York Street Medical Practice, 146/148 York Street, CB1 2PY; 01223 364116
- Huntingdon Road Surgery, 1 Huntingdon Road, CB3 0DB; 01223 364127
- Lensfield Medical Practice, 48 Lensfield Road, CB2 IEH; 01223 352779



## 4 Information for International Students

First of all, congratulations and welcome to King's! I hope you will all have a fabulous time here and I have no doubt that before long you will realise how wonderful it is to be a member of King's College in Cambridge! Depending on where you come from, you may be new to the college system. However, please know that you are not alone, and if you encounter any difficulty, you can always seek help from myself, any other member of the KCGS Executive Committee, or any of the the various offices within King's that are there to support you, such as the Graduate Tutor's Office. Our contact details can all be found in the general information section of this booklet, as well as online at the KCGS website. KCGS will have a welcome desk on the first Friday between 10am and 5.30pm in the college bar. I will be there to answer questions relating to bank accounts, SIM cards, and settling into Cambridge in general.

A very warm welcome to you all and I look forward to meeting you in person.

[Xiao Chen](#)

KCGS International Officer

## 4.1 Freshers' Week Priorities

It is easy to lose sight of certain practical concerns during freshers' week with so many events on offer. Here is a list of practical things to consider - in order of priority:

1. Arrive at the Porters' Lodge to pick up your room key, C1 Key, and ID.
2. Retrieve the password for your Cambridge computer accounts (e-mail, Raven etc.) and set up Eduroam (for Wi-Fi internet connection).
3. Research banks and make an appointment with a bank clerk to set up an account. Request letter from Caroline White for setting up a UK bank account, if required.
4. Get a sim card for your phone.
5. Register with a National Health Service (NHS) GP surgery (preferably within the first week; see the welfare section for more information).
6. Register with a Police station if you come from a country requiring registration by the UKBA.
7. Register with Vicky Few, the college nurse.
8. Consider purchasing formal attire if you do not already possess some.
9. Relax, drink plenty of fluids, and be fabulous!

## 4.2 Setting up a Bank Account

You will normally have to be a registered student before you can open a bank account, so bring enough funds to tide you over if you plan to move to Cambridge early. If you plan to transfer your tuition fees from your home bank account to your UK bank account, remember that transferring funds will depend up on your home bank's procedures and this could take more time than you expect, and may also incur a fee. You should discuss this with your bank before leaving home, and remember to bring sufficient funds - say travellers' cheques or credit cards - with you to cover any delays. British banks have strict regulations about opening bank accounts and international students have at times been subject to greater scrutiny as they have no credit history. It is vitally important that you begin this process as soon as possible as most funding bodies disburse funds to you

through the college directly which in turn normally requires a UK bank account. Generally speaking, if you come prepared and follow the Bank's instructions to the letter, you should not have a problem.

a) Which bank? If you are unsure about which type of account or bank to choose, rest assured that the basic account, often called a "current account", is the simplest to acquire and offers the same basic services at most banks. Many banks offer this simple type of account at no charge. Other types of account will have more bells and whistles, but undoubtedly require additional fees, larger account balances, and possibly a longer set-up time. For example, Natwest offers, for an additional fee, insurance for some of your personal belongings while HSBC can provide mixed currency accounts if you happen to have tens of thousands of pounds lying around to invest with them. Most bank ATMS in Cambridge are free for outside bank customers, so ATM availability should not factor into your decision. The list below includes the names and addresses of the major bank branches nearest to King's.

- Lloyds - 3 Sidney Street; 0845 300 0000
- HSBC - 52 St. Andrews Street; 0845 740 4404
- NatWest - 56 St. Andrews Street; 0845 600 2803
- Barclays - 35 Sidney Street; 0845 755 5555
- The Co-operative Bank - 75 Burleigh Street; 01223 316 289

If you get stuck, LSE has compiled some very useful information and each bank's requirements on this website: <http://www2.lse.ac.uk/intranet/students/moneyMatters/bankAccounts/home.aspx>

b) Documentation. The bank may ask you to provide documentation certifying your identity such as a passport as well as a letter from the college confirming your student status, which you can request from Caroline White ([caroline.white@kings.cam.ac.uk](mailto:caroline.white@kings.cam.ac.uk)).

Pay careful attention to the requirements of the bank in terms of the content of this letter and be sure to communicate this information clearly to Caroline. In addition to her other duties, she is inundated with dozens of such requests so you should anticipate that it may take several days for her to get the letter to you. Usually the banks require your residential and college address as well as a brief note on your student status. In addition to this, the name of the bank along with its address might also be required in

the heading. It is also very unlikely that you will be able to walk casually into a bank without an appointment during the first couple of weeks of term to set up an account due to the volume of requests. Setting up a current account is usually rather quick and painless process once you have all the necessary forms. However, deciding on a bank, acquiring the necessary forms, setting up an appointment, and getting payment from your funding body may take a week or more.

## 4.3 Communication

### Setting up a phone contract

There are various telephone companies you can choose from that offer different tariffs for monthly contracts (ranging from £10 to £50 per month) as well as pay-as-you-go (pre-paid). Most people prefer the flexibility and cost of pay-as-you-go, as a fixed contract does not ideally suit the itinerant lifestyle of the Cambridge grad student. A contract also involves a more lengthy set up procedure, but may be best-suited for those who are sure they wish to purchase a new smartphone. Beware that you may be ineligible for certain contracts that require long-term residency in the UK. A pay-as-you-go card can be obtained in minutes for as little as £10 at Carphone Warehouse (in Lion Yard and also on Market Street next to TK Maxx). To compare pay-as-you-go and contract plans refer to the following:

[www.carphonewarehouse.com/mobiles/pay-as-you-go/by-price](http://www.carphonewarehouse.com/mobiles/pay-as-you-go/by-price)

[www.carphonewarehouse.com/mobiles/pay-monthly/tariffs](http://www.carphonewarehouse.com/mobiles/pay-monthly/tariffs)

Anecdotally, Vodafone seems to provide the best coverage but is the most expensive. They do however offer a 10% student discount of their contracts. Many people seem to be happy with O<sub>2</sub> or 3, which are cheaper. Another cheap alternative is giffgaff, a no-frills option which uses O<sub>2</sub>'s network but lacks the same level of customer support and charges extra for calling "official" numbers such as businesses. You must order a giffgaff sim card online, and there is a little bit more setup required. At any rate, if you are most concerned with a data plan, 4G speeds do not currently exist in Cambridge with even 3G speeds being elusive at times. A good way to see which mobile provider would be best for you is to buy the cheapest pay as you go sim cards sold at Carphone warehouse for around £10 to £15 pounds). If you're not happy with the coverage, you can work your way up in cost to another provider. So for example you can start with an O<sub>2</sub> or 3 pay-as-you-go sim, and if you are happy with O<sub>2</sub>, get giffgaff, and if not, move on to Vodafone, orange, etc.

## Internet Options

A very useful thing to know: If you use Skype, it would be good to consider the company '3' (in Grand Arcade and also on Market Street) because you can use Skype directly on your mobile phone, which is very convenient for cheap international calls. You can call Skype-to-Skype, SkypeOut, and Skype chat, but it doesn't support SkypeIn. For more information, check out their website: [www.three.co.uk/Home](http://www.three.co.uk/Home). You can also buy minutes on Skype to call mobile phones and landlines in other countries at very low prices.

For people who need to call the USA frequently, another good option for smartphone users is talkatone, which allows you to make free calls over WiFi to any US number. You will only receive incoming calls if you are online at the time and will have to set up a Google Voice account.

## 4.4 Transportation

You can easily get around Cambridge by foot, bus or on a bicycle.

### Getting to King's

In order of proximity to Cambridge, Stansted, Luton, and Heathrow are the international airports which students prefer to use. Express trains leave frequently from Stansted and take about 35 minutes. Luton is serviced by National Express bus service and takes roughly an hour and a half.

Heathrow presents the greatest headache for the international Cambridge student. There are four ways to get to Cambridge from Heathrow. The most convenient but most time-consuming option is to take a National Express bus to Parker's Piece. This option can take between 2.5 to 4 hours and costs between £25 and £30. This option may not be the cheapest if you have many bags. You are allocated space for two pieces of luggage with each additional piece charged at £10. Remember that your carry-on is most likely too big to take on the bus with you. The second option is to take the Piccadilly Line underground train to King's Cross, and then catch a First Capital Connect train to Cambridge. The third option, which is a little faster but not ideal if you have many bags, is to take the Heathrow Express from Heathrow to Paddington and then transfer to King's Cross to take the First Capital Connect train to Cambridge. The final option is to find another student or two who is arriving around the time you arrive and split a taxi, which costs around £85. This may seem like the most expensive option but it takes less than half the time of the

bus, you will be dropped off door-to-door.

## Bikes

Bicycles are the most common form of transport for students in Cambridge and there are many places for you to purchase one. You can purchase a used bike for a fraction of the cost of a new bike and used bike shops are plentiful in Cambridge. For new bikes, go to Station Cycles near the Galleria mall and near the train station as well as Claude Butler on Mill Rd.

- Ben Hayward & Sons (Trumpington Street)
- Cambridge Cycle Centre (on Boltoph Lane)
- Howes Cycles (on Regent Street)
- Market square bike stall (in the Market)

You can look out for second-hand bikes sold by other students. The website [www.gumtree.com](http://www.gumtree.com) usually has a long list of used bikes for sale. Also, the Police Station also holds a bicycle auction where they sell unclaimed recovered stolen bikes at low prices.

## Buses

If you are going outside of city centre, there are buses going to various towns nearby. You can find the bus routes at [http://www.stagecoachbus.com/uploads/cambridge\\_jul13a4.pdf](http://www.stagecoachbus.com/uploads/cambridge_jul13a4.pdf) and the time tables at <http://www.stagecoachbus.com/tis-journey-select.aspx>

Generally, the buses run frequently from 7 am - 6pm, Monday to Saturday; on Sunday, before 7am, or after 6pm Monday to Saturday, buses run on a 30 minute basis. Usually the first bus is around 5am and the last bus around midnight. Check the timetable before you go but be aware that sometimes they are not exactly on time.

Also, the University runs a cheap bus service (70p per ride) called Uni4, connecting the West Cambridge Site and Addenbrooke's via the city centre.

## Trains and Coaches

There are frequent trains from/to King's Cross or Liverpool Street Station in London. You can go to London King's Cross within 50 minutes and London Liverpool Street within 1 hour 15 minutes. There are also frequent National Express Coaches from Cambridge

Parkside Station to London Victoria station which take about 2.5 to 3 hours. If you travel frequently by train or by coach, it is advisable to get a 16-25 Railcard (£30 online; the three-year version of the card costs £70) or a Young Person's Coach Card (£11.50 including postage) which give you a third off most tickets. The 16-25 Railcard is also available to mature students (i.e. those over 25), as long as they get the application form (available at stations) signed and stamped by King's to verify their student status. For more details, see [www.16-25railcard.co.uk](http://www.16-25railcard.co.uk) and [www.nationalexpress.com/coach/Offers/StudentCoachDeals.cfm](http://www.nationalexpress.com/coach/Offers/StudentCoachDeals.cfm)

### **Transport in London**

If you plan on spending much time in London, it is advisable to get yourself an Oyster card to make your trips much less expensive: <http://www.tfl.gov.uk/fares-and-payments/oyster?cid=fs076>. Additionally if you have a 16-25 railcard, you can get link it to your Oyster card by speaking to any ticket office on the underground for even cheaper fares.

## **4.5 Household Goods**

You can buy your household essentials at many places in Cambridge. TK Maxx and ASDA have a good selection of basic items at decent prices. One good store with cheap prices and a huge selection of goods is Argos, in the Grafton Centre. You can also order online to reserve goods or get them delivered, at [www.argos.co.uk](http://www.argos.co.uk)

A more expensive choice is Marks & Spencer's at Market Square. Their household goods are often of a higher price but better quality. As a special note, hangers can be tricky to find; try going to a dry cleaner's and asking if you can have some spare ones - they often give them out for free!

## **4.6 Food Shopping**

You can buy fruits, vegetables and many local products in the market at Market Square. For supermarkets, Sainsbury's (on Sidney Street, open until 11.30pm except Sunday), and Marks & Spencer's (at Market Square) are the two most conveniently located supermarkets in Cambridge. There are also Aldi and Iceland (specialising in frozen food) on Histon Road. You can find bigger supermarkets like Tesco and ASDA further away from town or you can order them online and get them delivered. For delivery, Ocado has the biggest selection and most flexible delivery schedule. Waitrose, although not the cheapest, has better quality

produce generally than Tesco, delivers for free if you spend more than £50, but does not have a very flexible delivery schedule. A local organic farm sells its produce at Market Square on Sundays, and there are a number of companies that provide farm-share vegetable boxes to your door (Abel & Cole, Cambridge Organic Food Co). Revital, on Bridge St, is the closest health food store to King's but does not stock fresh produce. You can find gluten-free bread, tofu, and vitamins there, and they offer a 10% student discount, but bring an extra bag or they will charge you. Arjuna on Mill Rd. is Cambridge's best health food store with some organic produce, bulk grains and nuts, as well as other vegetarian-friendly foods. Revital and Arjuna are both good places to shop if you prefer to eat organic. There are other Chinese, Eastern European, Indian and Korean supermarkets (and many exotic restaurants) all along Mill Road.

#### 4.7 Get in touch with other internationals!

It's important to get to know the locals, and at times you may also want to get in touch with others from familiar cultures. There are many university wide societies based on cultures and interests (for a list, please see [www.societies.cam.ac.uk](http://www.societies.cam.ac.uk)) and better yet, iCUSU provides international related information including calendar of events, which can be found at [www.international.cusu.cam.ac.uk](http://www.international.cusu.cam.ac.uk). Enjoy your stay and keep in touch!



**On behalf of KCGS, we'd like to welcome you to Cambridge and we hope you'll grow to love King's as much as we do!**

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Photo credits: Adam Reid and Sam Crossley.