

FRESHERS' GUIDE 2018



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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.

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 9th. 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.

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

Conor Bacon - 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

Edward Everett - 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 coordinating point for the committee's activities, helping to facilitate its smooth running.

Treasurer

Emelyn Rude - 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 (Joint Rep)

Charlotte Payne - 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

Currently vacant - 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.

If you are interested in serving as the KCGS chair, get in touch with a member of exec!

Social Secretaries

Alex Hobday, Allison Meadows, Luise Scheidt, Zack Case

- grad.social@kings.cam.ac.uk



The Social Secretaries are voting members of KCGS responsible for the planning, coordination and execution of official social events for graduate students at Kings College, Cambridge. The Social Secretaries plan events ranging from those as simple as afternoon tea, to formal dinners in

Hall. They work with college officers such as the Vice Provost, Senior Tutor, Bursarial Tutor, Lay Dean and Executive Chef to coordinate all aspects of

social events, from entertainment and uniquely chosen menus, to the provision of alcohol or other special privileges on College grounds. Amongst the many graduate social events, the Social Secretaries are responsible for facilitating Formal swaps with other colleges. Other social events include: Fresher's Week (welcoming all new Graduates in the fall), weekly "Grad Drinks" in Kings MCR, bops and pub crawls in coordination with other colleges, High Table dinners, and a variety of themed events (such as seasonal celebrations). 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



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:

- Susie Forster, the College Nurse, at susie.forster@kings.cam.ac.uk
- Rosanna Omitowoju, the Welfare Tutor, at rso20@cam.ac.uk
- Godela Weiss-Sussex, the King's Graduate Tutor, at graduate.tutor@kings.cam.ac.uk
- Andrew Hammond, the King's Chaplain, at chaplain@kings.cam.ac.uk
- the CUSU welfare officer, at welfare@cusu.cam.ac.uk

Academic Affairs Officer

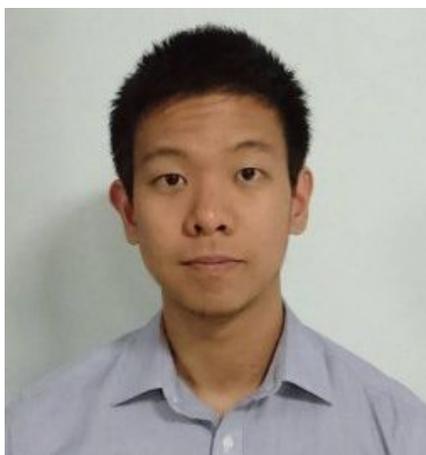
Craig Lambert - grad.academic@kings.cam.ac.uk



As an academic officer I am there to help and support all members of the Graduate Society with any questions or problems regarding academic matters. I provide material about conferences and am responsible for organising events related to academic issues, such as evenings with the Junior Research Fellows (JRFs), the Research Exchange Evening series and occasional talks. As a member of the Executive Committee I take part in all meetings and events organised by this committee.

International Students' Officer

Api Hasthanasombat - grad.international@kings.cam.ac.uk



I am responsible for creating a pleasant and equal community for all graduate students at King's regardless of one's nationality – an attribute we are given, of which we have no control over. As the world is becoming more connected, many new issues concerning identity, sense of community, culture, and related concepts arise, none of which allow for straight forward answers. I endeavour to promote diversity, understanding, and exchange of experiences, ideas, and values without prejudice. More practically, I offer support in settling down here in Cambridge, in particular, but not limited to, students from abroad. If you have any questions, comments, or just fancy a chat, please feel free to get in touch – I often have cookies!

Domus Officer

Kerri Butcher - grad.domus@kings.cam.ac.uk



The Domus officer is the first person of contact to liaise between the graduate student body and College on accommodation matters, for example in negotiating an increase in the volume of graduate accommodation, changes to the rent band system, or communicating the graduate voice on other matters.

At times this entails a close working relationship with the KCGS President who may become involved in the same issues through their role on various other committees that discuss accommodation-related matters. The Domus itself sits on the Buildings & Safety Committee, which meets 4-5 times a year. I mostly deal with the King's Accommodation Officer and the Assistant Tutor, the Senior Tutor and occasionally the First Bursar. As per the above, the Domus can play a somewhat political role in College. Once a year the Domus assists the Accommodation Officer in coordinating the graduate room ballot, which takes place in May. During this time I make sure graduate students understand the ballot process and I answer any queries grads may have.

Women's Officer

Sophia Cooke - grad.womens@kings.cam.ac.uk



As the Women's Officer my role is to support graduate women at King's and promote gender equality. I also work to raise awareness of, and improve college and university responses to, sexual assault, rape and intimate partner abuse.

I work closely with the Welfare Officer and organize events through the year, including the annual

Women's Dinner and fresher's week consent and intimate partner abuse workshops. In addition, I keep King's graduates up to date with university and local events pertaining to women's issues and feminism.

If you have any questions or just want to chat, please get in touch!

LGBT+ Officer

Nina Lutz - grad.lgbt@kings.cam.ac.uk



King's is proud to be one of the most liberal, progressive and open-minded colleges of Cambridge. My job as LGBT+ Officer is to ensure that our amazing community continues to be active, welcoming, and friendly to students of all identities. We hold LGBT+ social events including the Michaelmas LGBT+ formal, drinks with the chaplain, and swaps with other colleges. These events are open to students of all identities and to LGBT+ community allies. I also send out information about LGBT-related talks and groups around Cambridge. But most importantly, I am here to be a source of support for students. Please reach out if you ever have any questions, suggestions for events or resources, or just want to meet for a chat over coffee. If you are struggling, you can come find me, contact the services listed under the Welfare section of this guide, or find local resources in the Encompass Network's *Pink Guide to Cambridge*: <http://encompassnetwork.org.uk/pinkguide>

Equality Officer

Currently vacant - grad.equality@kings.cam.ac.uk

The Equality Officer campaigns on and promotes issues concerning equality in College, and represents the interests of KCGS members in matters of equality. They support the graduate student body and aim to make sure that all students in King's are treated fairly and have equal

opportunities. If you are interested in serving as the KCGS Equality Officer, get in touch with a member of exec!

Environmental Officer

Keagan Yaxley - 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.

Sports and Societies

Zack Case - grad.sports@kings.cam.ac.uk



My role as Sports and Societies Officer is to ensure you can get involved in sports or other activities in King's with as little effort (and expense!) as possible. I also sit on the Societies Funding Committee which allocates money to clubs at the start of each year. Check out the Grad Suite notice board for a list of clubs and societies and information on how to join in. If you have any questions about activities in King's, or you can't find what you're looking for and want to set up a new club, just drop me an email and I'll do my best to help you out!

Computing Officer

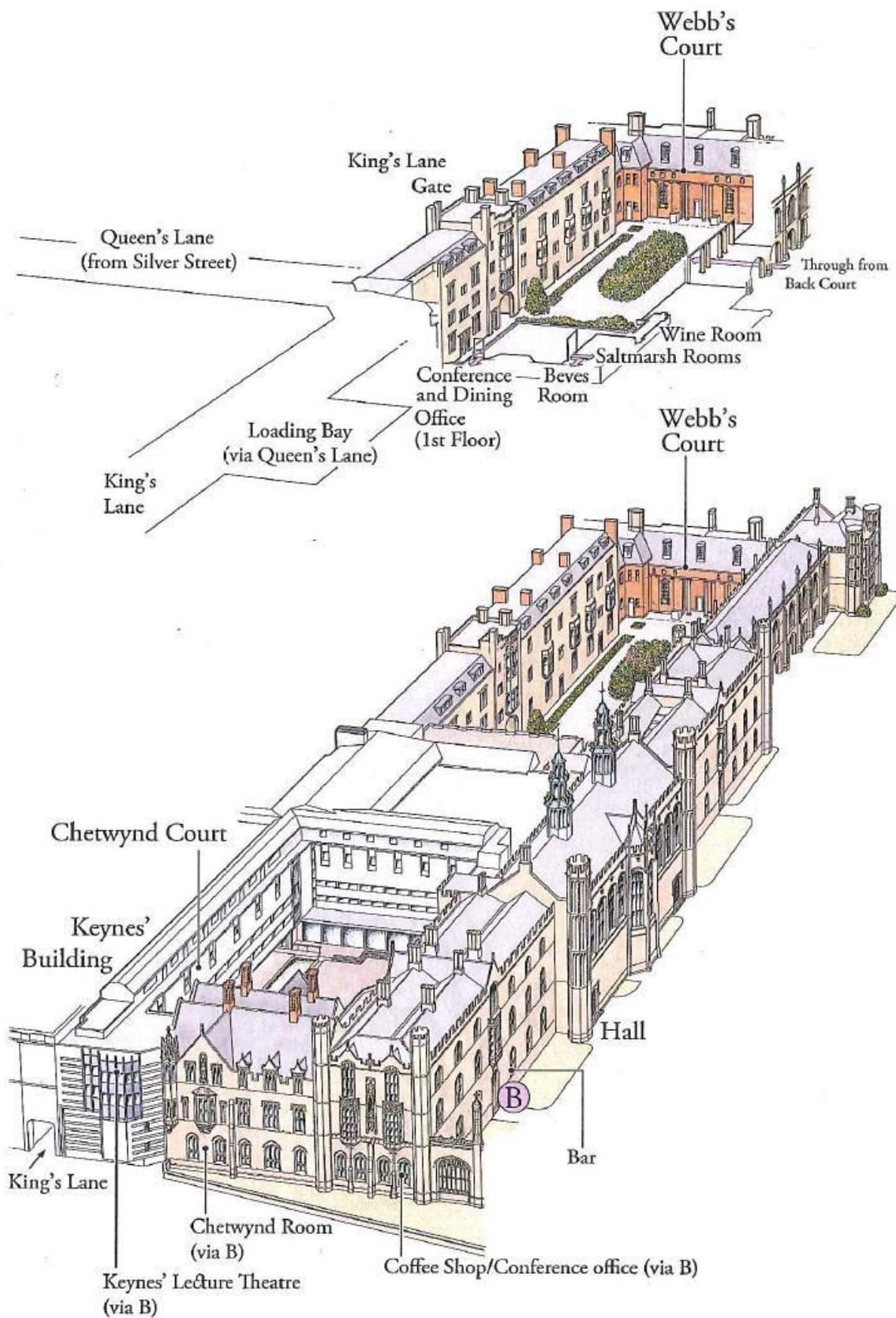
Filip Gökstorp - grad.computing@kings.cam.ac.uk

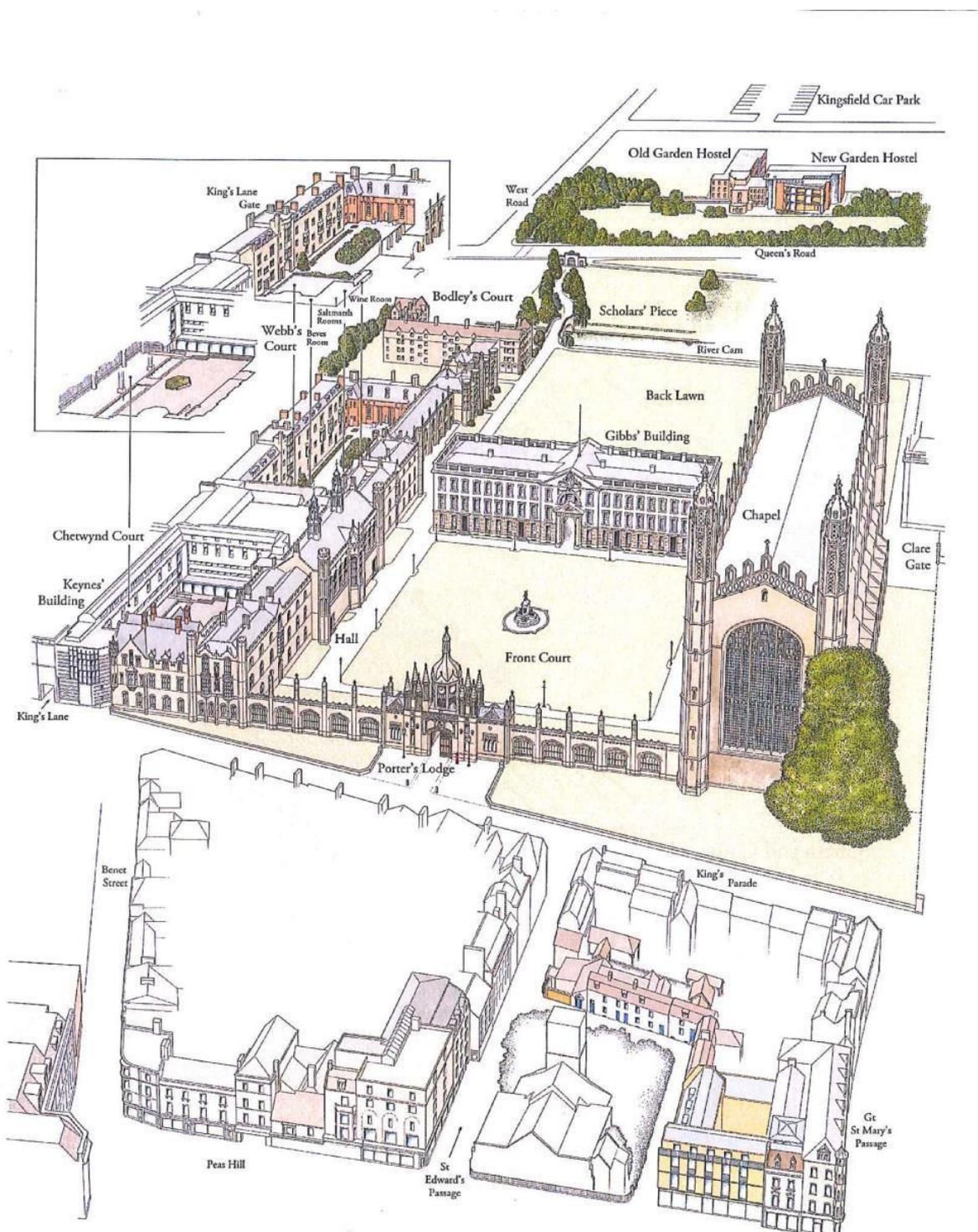


The computing officer is a first point of contact for graduates with concerns or enquires related to computing and technology. As KCGS computing officer, I moderate kings-grads email list and maintain the KCGS website www.kcgs.org.uk. KCGS has its own online store <https://kcgs.soc.srcf.net/store/> to 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 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 or find them in their office on the 3rd 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





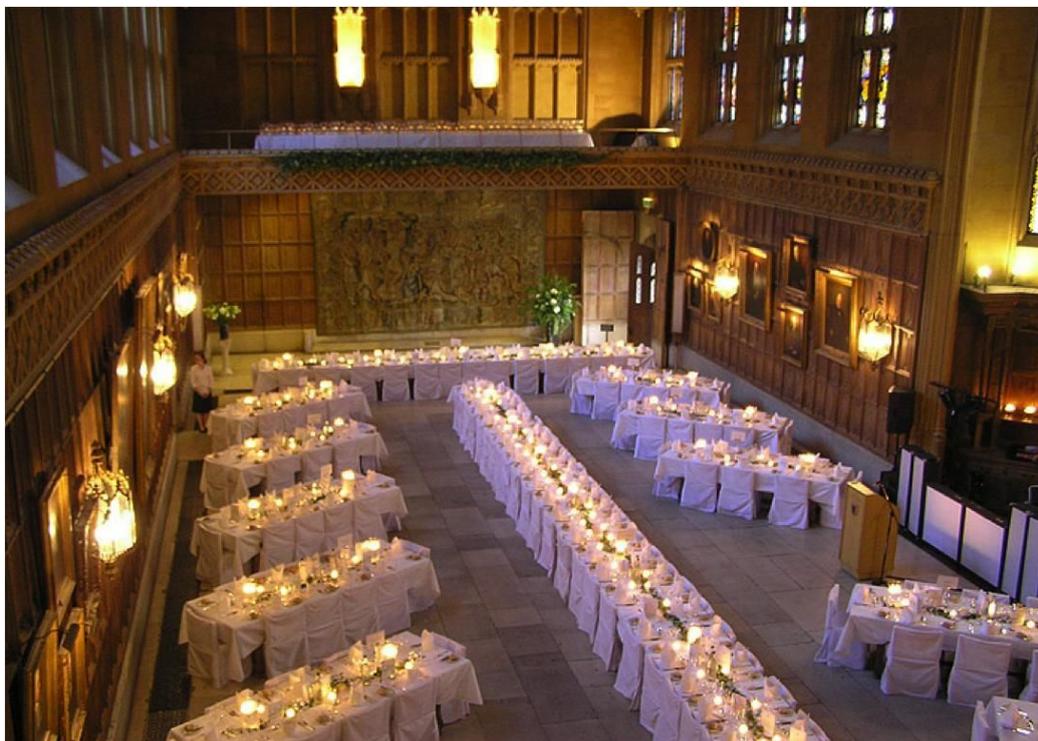
KING'S COLLEGE MAP

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

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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 or vegan offering 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. 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).

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/ 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 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 and meetings of the KCGS. 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 The King's Graduate Bar (KGB)

On certain Fridays, grads are invited upstairs to the Munby Room for the 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. The bar serves a large variety of inexpensive beer, ciders, and spirits. Look out for themed nights and try the specialty cocktails showcased each night. Please note the bar is cash only.



2.8 Computing and IT

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

In the era of online 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). <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.

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). 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, (computer.officer@kings.cam.ac.uk).

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) 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 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.



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 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, but welcomes graduate students to many of its events. 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

3 Welfare at Kings



King's offers a vibrant and engaging setting in which to study and has a lot to offer both academically and socially! As with many stimulating environments, there may be times when you start to feel stressed or overwhelmed – this is perfectly normal and there are lots of systems in place to support you. One of which is myself, the KCGS Welfare Officer. I am here as one of several options you have available to provide a listening ear to talk through anything that is

troubling you, and you can contact me in complete confidence via email on grad.welfare@kings.cam.ac.uk.

There are also many other points of contact both within King's College and also the wider University who you can talk to about welfare-related issues, both mental or physical.

Below is a basic guide to the welfare support available – more comprehensive/interactive versions can be found here <https://www.findsupportcam.com/> and on the college website <http://www.kings.cam.ac.uk/intranet/health-wellbeing.html> amongst many other places.

Georgia Cook

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.

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

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

3.2 Welfare support in King's

College Nurse

The College Nurse, Susie Forster, holds a 'drop in' surgery in the College Health Centre at Webb's Gate. The 'drop in' sessions, at which you do not need to pre-book an appointment, happen every weekday morning between 10am and midday and Tuesday and Thursday afternoons 2pm to 4pm. If you wish to see the nurse during any of the other opening hours of the health centre (see below) you should book an appointment in advance by email (susie.forster@kings.cam.ac.uk) or phone (01223 331650)

King's College Health Centre Opening Hours

Term-time:

Monday: 9am to 1pm

Tuesday: 9am to 5pm

Wednesday: 9am to 1pm

Thursday: 9am to 5pm

Friday: 9am to 1pm

The week before and after a full term:

Monday-Friday: 10am to 12pm

Email: susie.forster@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

Earplugs, sanitary products, and sexual health supplies (condoms, femidoms, dental dams, lube, and pregnancy tests) are available for free to graduate students, and can be found in the grad suite toilet, with a small supply kept in each hostel as back-up. Please take them from the grad suite toilet if possible, and do let me know if they are running low either there or in your hostel (grad.welfare@kings.cam.ac.uk).

If you have any specific requirements or requests, you can get in contact with me to discuss this, and it's also good to know that you can pick up sexual health supplies yourself for free from CUSU <https://www.cusu.co.uk/support/services/sexual-health/>.

I try to run at least two screening events each year for chlamydia and HIV, where the charity Dhiverse come in and administer these tests to students for free. Outside of these events, for those who are unable to attend the clinic itself (more information below), chlamydia kits can be ordered online from <https://www.dontpassiton.co.uk/> to be carried out at home, or more comprehensive tests can be obtained from the sexual health clinic <https://www.icash.nhs.uk/where-to-go/icash-cambridgeshire/lime-tree-clinic-cambridge>.

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 term 'disability' covers more than you might think. Many students are surprised to find that they would be entitled to resources from the Disability Resource Centre (DRC), which offers support for students in a wide range of situations, such as dealing with anxiety, depression, psychosis, dyslexia, visual impairment, or any other long-term condition that affects your day-to-day life.

There is more information in the description for this facebook group: https://www.facebook.com/groups/286817838816877/?fref=gs&dti=982019908578230&hc_location=group which is a 'closed' group run by the CUSU Disabled Students' Officer. If you feel the description fits you, you can request to join and be kept up to date with resources and social events that might benefit you.

Disability Resource Centre,

Keynes House,

Trumpington Street

Tel: +44 (0)1223 332301

Fax: +44 (0)1223 766863

Email: 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 Emrys Travis, who is the CUS Disabled Students' Officer and can be contacted at disabled@cusu.cam.ac.uk

3.3.3 Sexual Health Advice

The closest clinic you can go to for sexual health advice is the Lime Tree Clinic on Mill Road. More information, including their opening hours, can be found at: <https://www.icash.nhs.uk/where-to-go/icash-cambridgeshire/lime-tree-clinic-cambridge>. To make an appointment please call 0300 300 3030, or if you are under 24 you can attend a drop-in session without a prior appointment, on Mondays between 2 and 4pm.

Dhiverse is based on Gwydir Street, and is a charity focused on HIV support and information. Although it is not a sexual health clinic, it does offer HIV tests and support for people who have HIV <https://www.dhiverse.org.uk/>. To book a test please call 01223 508805 or email enquiries@dhiverse.org.uk.

Your GP will be able to carry out some STI tests if you book an appointment, but they do not specialise in sexual health – for that you need to attend the Lime Tree Clinic.

More information about sexual health advice services can be found here <https://www.cusu.co.uk/support/services/sexual-health/>.

Contraception

Contraception is provided free of charge by KCGS, and your primary source of this is the shelving in the grad suite toilet. The NHS also provides free contraception, and a list of places where emergency contraception can be accessed is here <https://www.cambridgeshire.gov.uk/be-well/your-health-and-wellbeing/sexual-health/>.

Pregnancy

If you think you may be pregnant, you can get a free pregnancy test from the KCGS Welfare or Women's Officers (they are stocked in the grad suite toilet). 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 Nightline (01223 744444) for confidential advice or contact a family planning clinic (e.g. Lime Tree Clinic). You can also contact the Cambridge Pregnancy Resource Centre <http://www.pregcentre.com/> who offer both parenting and post-abortion support.

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:

www.admin.cam.ac.uk/univ/childcare/student/

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. You may also like to attend the CUSU / GU Parent-Toddler Groups and Coffee Mornings, in the Cormack Room of the University Centre, on Friday mornings from 10am to 12pm.

For information on non-University childcare, see: <https://www.cambridgeshire.gov.uk/residents/children-and-families/childcare-and-early-learning/>.

King's has recently installed baby-changing facilities in the disabled toilet by the bar.

3.3.4 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.

College Nurse

As detailed above, Susie Forster, the College Nurse, is a fantastic, confidential, and non-judgemental first port of call for any concerns be they physical or mental.

College Chaplain

Andrew Hammond is the King's Chaplain and provides another source of confidential support and advice for students. Although he comes from a religious background you absolutely do not have to be religious to utilise his support, he is available to all students regardless of belief. One important thing to note about Andrew is that he lives on site, in F6 in Gibbs, and can be contacted at any time on his mobile, 07884 185207, or his college extension 31418. He can also be emailed on chaplain@kings.cam.ac.uk.

College Cognitive Behavioural Therapist and Mental Health Advisors

As of last year, King's now has our own cognitive behavioural therapist, Barbara Steen, and a brand new Mental Health Advisor, Dominic Hall-Smith. They both work part time and students can be referred to them via Susie, the Nurse.

College Welfare Tutor

Dr Rosanna Omitowoju is the King's College Welfare Tutor, and is a Fellow who has been at Kings ever since she studied here, so she knows a lot about how it works! She is another source of confidential advice and support if you are stressed, and can be contacted on rso20@cam.ac.uk.

University Counselling Service (UCS)

The UCS offers free and confidential counselling throughout the year except for vacation closure at Christmas and Easter. The Service provides help for large numbers of students but the waiting list is usually approximately 2-3 weeks, depending on a number of factors. If they wish to, students are able to refer themselves to the UCS without going through their GP or their college nurse.

More information can be found at <https://www.counselling.cam.ac.uk/> or by emailing counsellingreception@admin.cam.ac.uk or calling 01223 332865.

3.3.5 Drink spiking

Drink spiking refers to when somebody puts a drug in the drink of somebody else without their knowledge. It is quite rare in Cambridge but unfortunately a few students from King's were victims of this last year so it is extremely important to be aware that it can happen, and to know what signs to look out for.

How do I know if my drink has been spiked? Unfortunately you might not be able to see, smell or taste if your drink has been spiked. The drug may be colourless, odourless and may not affect the taste of your drink.

Warning signs include:

- feeling dizzy or faint
- feeling sick or sleepy
- feeling really drunk or confused even if you have only had a little alcohol to drink
- hallucinations (seeing, hearing or touching things that aren't there) or having an "out of body" experience
- visual problems, particularly blurred vision
- nausea and vomiting
- passing out
- waking up feeling uncomfortable and disorientated, with memory blanks about the night before.

Most date rape drugs take effect within 15-30 minutes and symptoms usually last for several hours. However, if you pass out it will be hard to know the full effect. You may still feel some of the symptoms of a date rape drug after a night's sleep.

What you should do

If you think your drink has been spiked, tell a friend, the bar or security staff, or the police, & **STAY WITH THEM!**

Your doctor can test for the presence of traces of certain drugs through urine or blood tests within 24 hours.

If you think you've been assaulted or raped, tell a friend or family member, or the Police and go to a doctor or hospital. It is confidential if you see

either your college nurse or your GP, and you can also contact the Sexual Assault Referral Clinic for advice and an appointment. They provide a confidential service, can take forensic evidence which can be used if or when you are ready to report the incident to the police. The telephone line is staffed 24/7 on 0800 193 5434, website: www.theelmssarc.org/

How to avoid drink spiking

- Don't accept drinks from strangers or leave drinks unattended. If someone offers you a drink, go to the bar with them.
- Buy your own drinks and know what you're really drinking.
- Don't drink something you didn't open, or see opened or poured.
- If you're unsure about your drink, leave it.
- If you feel dizzy or sick, ask someone you trust to take you to a safe place. If you're alone or can't find your friends tell the staff behind the bar.
- Keep an eye on your friends. If someone collapses and is unconscious, call an ambulance immediately. **DON'T LEAVE THEM ALONE!**
- If you're on a date with someone you don't know, arrange for a friend to call you during the evening and/or pick you up. Meet in a public space. Arrange your own transport.

There are some brightly coloured plastic 'anti-spiking' bottle caps available in the grad suite toilet with the Welfare supplies, and also in the mail room by the porter's lodge. Please do ask if you are unsure how to use them.

3.3.6 Additional Resources

There are many additional local and national services which can offer help and support:

Nightline is a student-run support service that runs every night during term time from 7pm to 7am. You can call up and speak to another, anonymous student in absolute confidence for confidential, anonymous, non-directive and non-judgemental support for any reason. You can either phone them on 01223 744 444, email them anonymously on email@cambridge.nightline.ac.uk, or use their new anonymous online chat feature at <https://linkline.org.uk/getsupportnow.html>.

NHS 111 is a 24-hour phone line which you can use by dialling 111, if you have an urgent medical concern but don't need an ambulance (for which you call 999). If your concern is related to mental health, select option 2 when you call, to be put through to trained mental health team. You can also access some aspects of this service online <https://www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/nhs-111/>.

Beat Eating Disorders Support Service can be contacted by phone on 0808 801 0811 and has a web chat <https://www.beateatingdisorders.org.uk/support-services/helplines>

Samaritans is free helpline that operates 24-hours, for anyone who wants a safe, confidential place to talk. Call 116123 or go on <https://www.samaritans.org/how-we-can-help-you/contact-us> for more information.

Get Connected is a phone line and web chat service that offers support for under 25s and focuses on connecting them with specific services that can help them. Call 0808 808 4994 or go on <http://http://www.getconnected.org.uk>

Addiction and Dependency helplines can be found here:

<https://www.mind.org.uk/information-support/guides-to-support-and-services/addiction-and-dependency/#.W6mFWuhKg2w>

Quitline provides information and counselling on how to give up smoking, with phone lines open Monday - Friday: 7am to 8pm, and Saturday:

12:30pm to 3:30pm on 13 7848. <https://makesmokinghistory.org.au/quitline>

Centre33 offers support to people under the age of 25, including free mental health counseling, support for young carers, and sexual health services, as well as general support. They can be reached over the phone (0333 4141809), via their website (<http://centre33.org.uk/>), or during center drop-in hours Monday-Wednesday 10am-5pm and Friday-Saturday 10am-1.30pm.

3.3.7 LGBT Resources

There are also several local and national organization which support LGBT individuals:

The Kite Trust offers support for LGBT+ people under the age of 25. This includes concerns about housing, faith and religion, mental health, name changes, pregnancy, legal issues, alcohol, trans services, and relationships. They can be reached via their website (<http://thekitetrust.org.uk/>) or by phone (01223 369508).

Stonewall offers legal advice for LGBT individuals and has in-depth guides for LGBT people experiencing domestic violence

<https://www.stonewall.org.uk/help-advice/criminal-law/domestic-violence>

Galop runs a national LGBT domestic abuse hotline (0800 999 5428). You can call 10am - 5pm Monday, Tuesday, Friday and 10am - 8pm Wednesday

and Thursday. Tuesdays 1pm - 5pm is trans specific service. They also offer live online chat from 5pm - 8pm Wednesdays and Thursdays

<http://www.galop.org.uk/domesticabuse/>

LGBT Foundation provides a range of support including services for domestic violence, substance misuse, legal matters, and sexual health. While the center is based in Manchester, you can call the at 0345 330 3030 to get over-the-phone help and advice.

3.4 Sexual Assault, Rape and Intimate Partner Abuse



In recent years Cambridge has been working to improve its responses to sexual assault, rape and harassment. There is a new reporting system for students in place and a Sexual Assault and Harassment Advisor (SAHA) has been employed. More recently, after student campaigns, intimate partner abuse, which is sadly not uncommon among students, has also been added to the University regulations. We are still pushing for further improvements in the handling of

all of these issues by the University – if anyone would like to get involved in this work do come and chat to me! In addition, please feel free to drop me an email at any point if you would like to talk or have any questions on this topic. I strongly feel it is important for everyone to have an understanding of these issues. Even if you are fortunate enough to never experience any form of abuse, you may be able to help many others who do, by having the

confidence to call out the abusive behaviour of others, understanding how to support survivors, and knowing how to recognize the signs of abusive relationships.

During your time at Cambridge, should you experience or witness any form of sexual abuse or intimate partner abuse that you wish to report or speak to someone about, there are several options available to you.

If it is an emergency, you should contact King's Porters on 01223 331656, the University Security Office on 01223 331818 or the Police on 999. If you do not require immediate assistance you can also contact Cambridgeshire Police on 101.

In non-emergency situations, if you feel comfortable to, you can contact me at grad.womens@kings.cam.ac.uk. I can offer confidential support and will be able to talk you through the different options available. Alternatively, or additionally, you can contact the Welfare Officer, Georgia Cook, at grad.welfare@kings.cam.ac.uk, Susie Forster, the College Nurse at susie.forster@kings.cam.ac.uk or the Welfare Tutor, Rosanna Omitowoju, at rso20@cam.ac.uk. You can also book an appointment with the University's SAHA by emailing sexual.assault.advisor@admin.cam.ac.uk.

Should you wish to report something you have experienced to the University or to King's, there are several options available including formal, informal and anonymous reporting. The Welfare Tutor, the SAHA and I will all be able to help you through these processes, should you want any support. More information on the University reporting system can be found at www.breakingthesilence.cam.ac.uk.

There is also support and help available from local and national organisations, including:

Cambridge Rape Crisis Centre – support and advice for women who experience sexual assault or rape.

Helpline 01223 245888

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

Sexual Assault Referral Centre (SARC), Huntingdon – for anyone who experiences sexual assault or rape.

Helpline: 0800 1935434

<http://www.theelmssarc.org>

Cambridge Women's Aid – support for women who experience intimate partner abuse in the Cambridge area

Helpline 01223 361214

<http://cambridgewa.org.uk>

Refuge – support for women who experience intimate partner abuse.

24-hour helpline: 0808 2000 247

<http://www.refuge.org.uk>

Survivors UK – support for men who experience rape and sexual assault.

Helpline: 0845 1221201

<http://www.survivorsuk.org>

Mpower – support for men who experience rape and sexual assault.

Helpline: 0808 8084231

<http://www.male-rape.org.uk>

ManKind Initiative - support for men who experience intimate partner abuse

Helpline: 01823 334244

<https://www.mankind.org.uk>

Respect - support for men who experience domestic violence, and for perpetrators of domestic violence who want to stop the cycle of abuse.

Helpline: 0808 802 4040, weekdays 9am - 5pm

<http://respect.uk.net/>

In addition, there are medical and counselling support services available, covered in the welfare section above.



4 Information for International Students

One of the most attractive features of studying here in Cambridge is the exceptional opportunity to connect with those who we may not otherwise have the chance to meet elsewhere. Cambridge houses a unique combination of people, many who have travelled from vastly different parts of the globe to research, ponder, eat, socialise and live together in this small city. Here we have a few pointers for those joining us from afar. I encourage everyone to use this special environment to develop new perspectives, ideas, and connections to others which will hopefully last a lifetime.

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

Api Hasthanasombat

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.

1. Arrive at the Porters' Lodge to pick up your room key, C1 Key (For access to college gates), and ID.
2. Retrieve the password for your Cambridge computer accounts (e-mail, Raven etc.) and set up Eduroam for Wi-Fi internet connection, instructions should have already been emailed to you.
3. Research banks and make an appointment with a bank clerk to set up an account. This is normally done in person at a branch.
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 UKVI.
7. Register with Susie Forster, the college nurse.
8. Relax, drink plenty of fluids, and have fun!

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 upon 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; 0345 300 0000
- HSBC - 63-64 St. Andrews Street; 0345 740 4404
- NatWest - 56 St. Andrews Street; 0345 788 8444
- Barclays - 35 Sidney Street; 0345 734 5345
- The Co-operative Bank - 75 Burleigh Street; 0345 600 6000

If you get stuck, LSE has compiled some very useful information and each bank's re-quirements 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 online from CamSIS, or from Caroline White (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 lengthier 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
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 O₂ or 3, which are cheaper. Another cheap alternative is giffgaff, a no-frills option which uses O₂'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. 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 O₂ or 3 pay-as-you-go sim, and if you are happy with O₂, get giffgaff, and if not, move on to Vodafone, orange, etc.

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 Great Northern 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 Great Northern 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. These routes also apply (in reverse) when going to the airport from Cambridge.

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 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 the city centre, there are buses going to various towns nearby. You can find the bus routes 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 (£1 per ride) called U-Bus, connecting the West Cambridge Site and Addenbrooke's via the city centre. More information can be found at <http://www.go-whippet.co.uk/new-route-u/>

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

and

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

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 Beyond the college

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) and better yet, iCUSU provides international related information including calendar of events, which can be found at 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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