

Downing MCR Fresher's Guide



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Dear new Graduate Student,

On behalf of the Middle Combination Room, I would like to welcome you to Downing College. The Middle Combination Room (MCR) is the graduate community within Downing. It is made up of every graduate student in college, as well as some affiliated members such as postdoctoral students. These students (like you probably) are coming from all over the world to open the next chapter in their academic career (and life) here in Cambridge.

As graduate students, your coursework and research will be organised by your department. The College primarily acts as a place for you to live, socialise, and access welfare and support. In general: the MCR is a place where you should feel at home. Here you will meet students from every background studying a wide range of subjects. Even though I might be a bit biased, I am convinced you made the right choice in coming to Downing.

I sincerely encourage you to take advantage of what our College and the University have to offer in terms of societies and social events, some of which are set out for you in this guide. The Downing MCR is one of the most active and vibrant student associations in Cambridge. Every week we try to have something on offer distracting you – slightly – from the hard work you have in front of you. You will meet incredible people, make amazing experiences, and whether you will stay only for a one-year MPhil or a 3-4 years PhD program, you will not forget your time in Cambridge and at Downing in particular. This guide also includes information about Cambridge city and advice to help you settle in. Even if you already studied in Cambridge, it is worth to read through it! You should also look at the Downing College Rules and Guidelines on the college website for more information.

If you have Facebook, there is a Facebook page for you to join called 'Downing College MCR Freshers 2017'. Here you can meet current students and students starting in 2017.

We are very much looking forward to see you during Freshers' week and throughout the year to come.

Andreas Bedorf
MCR President



1 Fresher's Week Schedule

This is a timetable for the first two weeks of your time in Cambridge, the events highlighted in grey are compulsory, and those in peach are social events. Please note that introductions to the various departments, including safety talks for scientists are likely to be spread across this time frame, and you will receive details from department separate to the information provided here. All dates and events are subject to change. Look out for emails!

	Morning	Afternoon	Evening
Sat 30 th		12:00 onwards Arrival in College. You will be met by MCR members in the Porters' Lodge to help you get settled. 12:30-17:00 Registration Tutorial & Admissions Office, B Staircase 12:00-17:00 Informal meet & greet with the MCR Committee, and introduction to Downing & the MCR (MCR, S staircase)	From 19:00 Free Pizza Night MCR, S staircase
Sun 1 st	10:00-11:00 Freshers' Service College Chapel 11:15-12:30 Master's Brunch Master's Garden Free 11:00-12:30 Another chance to register Tutorial & Admissions Office, B staircase	13:00-14:00 Tour of Cambridge Meet in the MCR, S staircase Free From 15:00 Free Tea & Cake with Q&A MCR, S Staircase	From 17:00 College Family Night, MCR, S staircase Usually a meal at a local restaurant Cost ~£15-20
Mon 2 nd	10:00-12:30 Free coffee morning for new members with families East Lodge Garden	12:30-13:00 College Lunch Dining Hall, A staircase (a group will be leaving from the MCR, S Staircase) Cost ~£3-5	20:00-22:30 International food buffet, Grace Howard Room Free
Tue 3 rd		14:30-17:00 Downing sport & societies Fair Grace Howard Room	18:00-18:30 College dinner in the Dining Hall, staircase A, a group will be leaving from the MCR, S



			Staircase Cost ~£3-5
	10:00-17:00 University societies Fair at Kelsey Kerridge & Parkers Piece. A group will be leaving from the MCR (S staircase) at 09:55		From 19:30 Quiz Night in the MCR S staircase Free
Wed 4 th			From 19:00 Social evening in Cambridge, Meet in the MCR, S staircase
	10:00-17:00 University societies Fair at Kelsey Kerridge & Parkers Piece. A group will be leaving from the MCR (S staircase) at 09:55		19:00-20:00 Free Chocolate Night, MCR, S Staircase
Thu 5 th	Lectures and labs start for most people	15:30-16:30 Keith's Café with Tea, Coffee and doughnuts (in front of Downing Chapel) Free	18:00-18:30 College dinner in the Dining Hall Cost ~£3-5
			19:00-22:30 Free Movie Night, MCR, S Staircase
Fri 6 th		12:30-13:00 College Lunch Dining Hall, A staircase Cost ~£3-5	20:00-23:00 MCR Bar will be open in the MCR, S Staircase cash only, drinks cost £1.50-2.50
			20:00-22:00 Free Games Night S staircase common room next to MCR
Sat 7 th		13:00-16:00 A Walk or punt to the Orchard in Grantchester for afternoon tea Cost ~£5-10	20:00-21:30 Free Cocktail/wine tasting with food (Cheese & biscuits) in MCR, S Staircase
	11:30-12:00 College brunch Dining Hall, A staircase Cost ~£3-5		20:00-22:30 Games console evening in S staircase, common room next to MCR Free
Sun 8 th	11:00-12:45 College Brunch Dining Hall, A	From 15:00 Weekly Tea & Cake MCR, S staircase	19:00-21:30 Bowling trip, will leave from the MCR, S



	staircase Cost ~£3-5	Free	Staircase Cost ~£5-15
Mon 9 th			
Tue 10 th		13:00-14:45 MCR Matriculation Photographs & Talks – assemble promptly in front of chapel at 12:45 in formal dress & gown, immediately followed by compulsory College talks 17:00-19:00 Matriculation Ceremony. Exact time found in registration pack. West Lodge, E staircase) If you are unable to attend please contact the Tutorial & Admissions Office urgently	19:15-22:30 Matriculation Dinner with College Fellows in Hall starting with a drinks reception in the SCR (formal dress and gowns mandatory). Free
Wed 11 th			18:00-18:30 College Dinner Dining Hall, A staircase Cost ~£3-5 19:00-20:00 Consent Workshop, S Staircase common room next to MCR
Thu 12 th			20:00-22:30 Free Movie Night MCR, S Staircase
Fri 13 th			19:30-21:15 Formal dinner. Meet in the MCR at 18:45 for free sherry, followed by dinner in hall at 19:30 & free port afterwards. Tickets can be purchased by your Upay account no later than Wednesday; the charge is added to your college bill. Cost £9.95 21:00-23:00 MCR Bar open to all. Cash only, drinks cost £1.50-2.50



2 People

2.1 The MCR Committee

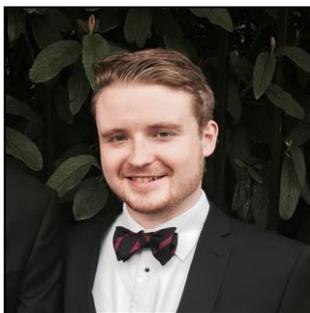
Once a year, the MCR elects a committee to organise activities for graduates, as well as to represent graduate interests at various levels in College. As a general introduction, we arrange social events throughout the year; both within Downing and at other Colleges. The Committee exists primarily to look after your welfare during your time at Downing and to offer advice and information on College and University matters. Below is an introduction from your current MCR Committee:

Andreas Bedorf, MCR President president@mcr.dow.cam.ac.uk



I'm Andreas, a second year PhD student in Biological Anthropology, and I lead this year's committee. As president, I try my best to keep the MCR a great community for everyone. My main task is to conduct the committee work in a way that the MCR experience is as amazing, fun, open, and full of events as possible. I also represent the MCR to college in various meetings and functions. To sum it up: my duty is to make sure that you don't have to think too much about what's going on behind the scenes and just enjoy your time at Downing MCR! If you have any questions, please feel free to get in touch, either per email or in one of my drop-in sessions. The committee has plenty of stuff planned for this year, and we are excited for what is to come!

Tom Chudley, MCR Vice-President vice-president@mcr.dow.cam.ac.uk



I am a first year PhD student in Polar Studies, and I'm the vice-president. My role is to assist Andreas and the rest of the committee in order to make sure they can help you get the most out of the MCR. I keep track of the various projects undertaken by the committee, help out where I can, and also represent the MCR on various college committees and to CUSU, the Cambridge University Students' Union. If you have any questions about college life or suggestions for things you'd like to see the MCR doing, don't hesitate to get in touch!

Parsa Akbari, Treasurer treasurer@dow.cam.ac.uk



I'm currently a first year PhD student at the Department of Public Health. I have been at Downing for ages having done a degree and masters here before starting my PhD! As treasurer of committee I look after the MCR budget including the bar. I keep the MCR financially viable so we can continue holding events for you! I also represent the MCR on the Finance Committee which makes financial decisions for college as a whole.



Sam Watcham, Environmental Officer green@mcr.dow.cam.ac.uk

I'm Sam and I'm the MCR environmental officer! I'm a first-year PhD in Stem Cell Biophysics and I'm committed to making sure that Downing and everyone in it is being as Green as possible, as well as raising awareness of what we can all do help reduce our environmental impact. I also aim to keep Downing at the top of the Student Switch Off campaign.

Emma Tomlinson, Communications Officer comms@mcr.dow.cam.ac.uk

I am currently studying for an MPhil in the Department of Biological Anthropology. I am here to keep you updated on all the goings-on and opportunities within the MCR and across Downing College. Go to our website or search for Downing MCR on Facebook and Instagram to see what we get up to!

Sushmita Sridhar, International Officer international@mcr.dow.cam.ac.uk

I'm Sushmita, a first year PhD student in biological sciences and this year's international officer. I'm here to help international students transition into life at Downing and become an integrated part of the postgrad community. Part of that involves putting on a variety of themed events throughout the year, bringing together the diversity at Downing. Please reach out if you have any questions about life as an international student at Downing or have suggestions for future events!

Matt O'Hara, Bar Sports and Amenities Officer mcr-amenities-officer@dow.cam.ac.uk

My name is Matt and I am a first year PhD candidate, studying Material Sciences. I will be one of your Bar, Sports and Amenities Officers, alongside Dido and Alex. It's our job to ensure the day to day running of the MCR room, such as coffee machine maintenance to managing the Friday night formal bar. We will also be your first port of call for any sporting matters, from organising your gym induction to holding 5-a-side games on the paddock. We'd love to hear from you if you have any queries or fun ideas for the common room, we want to make the space feel like your own!



Christine Hirschberger, Equal Opportunities equal-opportunities@mcr.dow.cam.ac.uk

I'm a first year PhD student and I really enjoy our MCR community in Downing. My job as equal opportunities officer is to make sure that the MCR is inclusive, accessible and respectful to all, regardless of gender, sexuality, race, religion, background or ability. I also organise a bunch of events like film nights and discussion groups to promote this. If there is anything on your mind regarding issues about equality or if you have any queries or questions or suggestions you can always drop me a line!

Josh Newman, Welfare & Education welfare@mcr.dow.cam.ac.uk

I'm currently a first year PhD student in molecular biology. My days are spent giving Alzheimer's to worms, but apart from that, I'm also one of your two Welfare and Education Officers. It's my job to ensure the wellbeing of everyone in our MCR, whether that be by providing emotional support, taking welfare-related issues to college, or by providing you with a plethora of sexual health resources! Cambridge can be a stressful and demanding environment, but that's why we are here - to give you the help you need if and when you need it. Feel free to chat to either of us at any time - everything said to us is usually private and confidential. As well as the welfare side of things, we organise the termly seminar night, which gives you all the opportunity to find out what other members of the MCR get up to in their work. If you have any questions, or need a friendly face and a cup of tea, then just get in touch - we'd be more than happy to help!

Mariann Kovacs welfare@mcr.dow.cam.ac.uk

I'm a first-year PhD student in clinical neurosciences, working on brain tissue regeneration. On top of that I am also one half of your Welfare and Education Team! Together with Josh we are trying to make sure that your time spent at Downing is as enjoyable and carefree as possible! On the practical side of things, we are responsible of keeping the sexual health supplies and the first aid boxes stocked, running the termly seminar nights and communicating welfare-related matters with college. Apart from that we are also here to give you support when you need it. So, if you feel that things are becoming a bit overwhelming – let that be because of the demands of your course, feeling isolated or other problems – we are here to help. You can contact us anonymously or talk to us privately and we'll be happy to listen and if needed, point you to other services in college for further help.



Jonathan Dixon, Social Secretary social@mcr.dow.cam.ac.uk



Hello people of the Downing MCR, my name is Jonny and I am one half of the notorious, nefarious and rather entertaining social sec team. When not dedicating my time to making your life a cornucopia of merriment, I spend my time in the library as a second year PhD History student or playing rugby for the University's Blues side. My main job in college is to organise a range of events to make the MCR as friendly and fun as possible. We also arrange swaps with other colleges so you can break out of the Downing bubble and get to know people across the university.

2.2 College Staff

The Porters

Phone 01223 334800 / www.dow.cam.ac.uk/people/staff-directory/porters

Working day and night, the Porters are probably the most important people in your everyday life at College, and there is always at least one Porter on duty. In addition to acting as the College's security, the Porters provide a wealth of information about Downing, the University, and Cambridge. If you have a question, they are more than happy to answer it. Located in the Porters' Lodge, the building on your left as you enter main College gate, the Porters can help with many matters, including:

- Help locating or contacting senior members of College, such as a Tutor, Bursar, Fellow, the Master, or the Tutorial & Admissions Office. They can give you directions, pass on written messages, or provide you with contact numbers if appropriate.
- Keys or access cards for various rooms in College, including your own accommodation, the MCR, the gym, and the tennis courts. If you live in College-owned property and lose your key, a temporary replacement can be obtained (only by the room occupant) from the Porters' Lodge. A permanent replacement can be obtained for £50, so we caution you against losing your residence key.
- Receiving your mail, which will be sorted and stored at the Porters' Lodge in the student pigeonholes. The Porters will also keep your packages safe in the Post Room (next door to Porters' Lodge) until you can sign and pick them up.
- Signing in and out of College, a process which any guests need to complete to stay overnight. You are permitted to keep an overnight guest in your room for up to three nights, but you must sign them in. You will also be asked to sign out should you leave Cambridge for a significant period, such as for fieldwork or exchange. Should you be signing out in this way, be sure to also file the appropriate form with the Tutorial and Admissions Office.
- Providing various newspapers, pamphlets, and notices, including Varsity, The Cambridge Student, and Cambridge News. The Porters' Lodge keeps these publications at their front desk.



Tina D'Angelico (Head Porter)

Tutorial and Admissions Office

Phone 01223 33481 1, Fax 01223 760896

www.dow.cam.ac.uk/students/tutorial-and-admissions-office



Serving as the main source of information regarding most College matters, the Tutorial & Admissions Office can be found on the first-floor of B staircase. The Academic Registrar (academic.registrar@dow.cam.ac.uk) and the rest of the team are extremely approachable and helpful. This is the office to visit to sign in for your visa,

apply for grants and to collect grant cheques or studentships from College. The Tutorial Admissions Office also deal with any official or administrative business such as exams and graduation. If you have problems of any sort, the Tutorial & Admissions Office will help in any way it can.

The Bursary

The Bursary is located beyond the Tutorial & Admissions Office, and deals with College bills. If you have any issues with your College bill or need any assistance, they are often happy to help find a solution.

Graduate Tutors

Upon their arrival, all graduate students at Downing are assigned to one of two Graduate Tutors. These Tutors work with the MCR Committee to enhance the graduate life at Downing, and are available to meet individually with all their assigned graduates. The Tutors are keen to assist with any academic and non-academic problems that you might encounter during your degree, and will do what they can to help in a confidential, sympathetic, and constructive way. The Graduate Tutors are often approached when financial assistance is required, most commonly for attending conferences or other travel expenses connected with academic work, and when a signature is needed on documents.

Every graduate must meet their Tutor during the beginning of term, and should you need to meet with them at any subsequent time, appointments can be arranged through the emails provided below. Tutors may also ask to meet with you at regular times throughout the year, to ensure that your time in Cambridge goes as smoothly as possible.



Dr Jay Stock



Dr Ewan Jones

Dr Jay Stock
Dr Ewan Jones

jts34@cam.ac.uk
ejj25@cam.ac.uk

Room P8 01223762085
Room O2 01223334887



The College Nurse

01223 334817; nurse@dow.cam.ac.uk



Sally Maccallum, the College Nurse, may be found in O Staircase. Sally is a qualified Registered Nurse and has many years of experience in student health matters. She is available to provide assessment and treatment of minor illness and injury as well as ongoing emotional support throughout the year. She also provides other services like removal of sutures, health information, chlamydia testing, relaxation, avoiding stress and smoking cessation support.

The College Nurse can also refer students to the College Physiotherapist if appropriate and depending on need. In addition, the clinic has many health-related leaflets and useful information inside and outside the door for students to help themselves.

The Nurse runs a clinic on weekdays throughout full-term between 1pm and 3pm, except on Thursdays when it is 11am to 1pm. No appointment is necessary; just enter the waiting room and knock on the inner door.

The College Chaplain

01223 334910; chaplain@dow.cam.ac.uk

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



The Dean

01223 334910; chaplain@dow.cam.ac.uk



The College Statutes provide that the maintenance of discipline in College is the responsibility of the Dean, assisted by the Tutors. The Dean is generally involved only when he receives a complaint, but he also tries to head off trouble before it happens by, for example, discussing arrangements for parties with the MCR. The Dean of Downing is Dr Ken McNamara. When you're not involved with the committee or the organisation of an event/party, you are unlikely to get in contact with him (if you behave). But he is also a go-to point if you have any problems with the College or fellow students.



3 Settling into College

You'll have experienced University life before, but Cambridge can be a bit different with its oddities and traditions. There's a whole vocabulary to pick up on as well. 'Ents' and 'bops' are Cambridge terms for parties. Punting down the river is an acceptable way to spend a summer afternoon. Your cleaner is your Domestic Assistant (sometimes still referred to as 'Bedder'). May Week, when the Undergraduates celebrate the end of their exams,



is in mid-June (it used to be in May, hence the name). Bumps are a type of rowing race. There are loads, so don't be surprised if you hear a word you've never heard before – you'll pick them up as you spend time in Cambridge!

One of the most unique Cambridge things is that you are not allowed to walk on the lawns in most Colleges, unless accompanying a Fellow, and Downing is no exception – other than the Paddock and the grass between the MCR and the Porters' Lodge.

Terms may mean very little to you in the long-run as a graduate student, you just notice that things seem a lot quieter outside of term time – without the Undergraduates! The 'Full Terms' (for 2018) are Michaelmas (from 3rd October to 1st December), Lent (from 16th January to 16th March) and Easter (from 24th April to 15th June). College is much calmer during the Summer and the other gaps between terms, when the JCR is gone and conferences take over as the prime concern, but the MCR Committee still endeavour to put on lots of events such as a Garden Party and the highlight of our year: the MCR Mini Ball!

3.1 On Arrival at Downing

Here are tips on the first things you should do as you first arrive in Downing College. **Visit the Porters' Lodge (also known as the 'P'lodge')**

The Porters are a very helpful and enthusiastic group of college employees who are available 24/7. They can be found in the building on the left as you enter the main gate. Initially, you will want to do the following:

- Sign into the College.

- Collect your room keys if you are living in College accommodation.

 - Check with the Porters about access to the College at night; your key will open the main Regent Street gate.

 - Find your pigeon hole in the Porters' Lodge. This may contain further information for you.



Go to the Tutorial and Admissions Office

The Tutorial and Admissions Office is in B staircase. The Office is open over Freshers' Weekend on Saturday 30th September from 12.30-17.00 and on Sunday 1st October from 11.00-12.30. It is vital that you register with the office over this weekend. If you are expecting a grant cheque this will be in your pack if it has been received by the College.

Alternately, your department/faculty may have it.

Computing

Set up your computer! You will be given step-by-step instructions on how to get connected to the College network. Email is used for all College news and information, as well as all MCR organised events and these will all be sent to your University email account. Email forwarding may be set up to another email account if you'd prefer, although many people find it easiest to use their Cambridge account for all emails.

Then you may need to find out about the IT facilities offered by your Department and the University's Unified Information Service (www.uis.cam.ac.uk) and register for them (passwords are often needed).

You may wish to register at the British Library (BL; applications can be made via their website, as well as checking the literature they hold) as it is a useful way of getting hold of the odd article from publications that may not be held in Cambridge. The BL is also the easier and cheaper way to conduct inter-library loans, particularly for books in foreign languages that are not necessarily held in the University Library (UL).

Find out which sources relevant to your course are available online, as you will need a password (obtainable from the UL or your Department) for some of these. Also, acquaint yourself with the different catalogues that are available for searches.

There is also a Compute room available in College, located right next to the MCR. It is open 24/7 and has Macs as well as Windows PCs and a Scanner/Printer. You can pay the prints with your student card which must be upped via the University DS-Print (part of the UIS).



See your Academic Supervisor in your Department

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

It is often best to email your supervisor to let them know that you have arrived in Cambridge and to ask when they would like to meet. It's normally best not to wait too long before doing this: some supervisors may expect you to contact them, rather than the other way around.

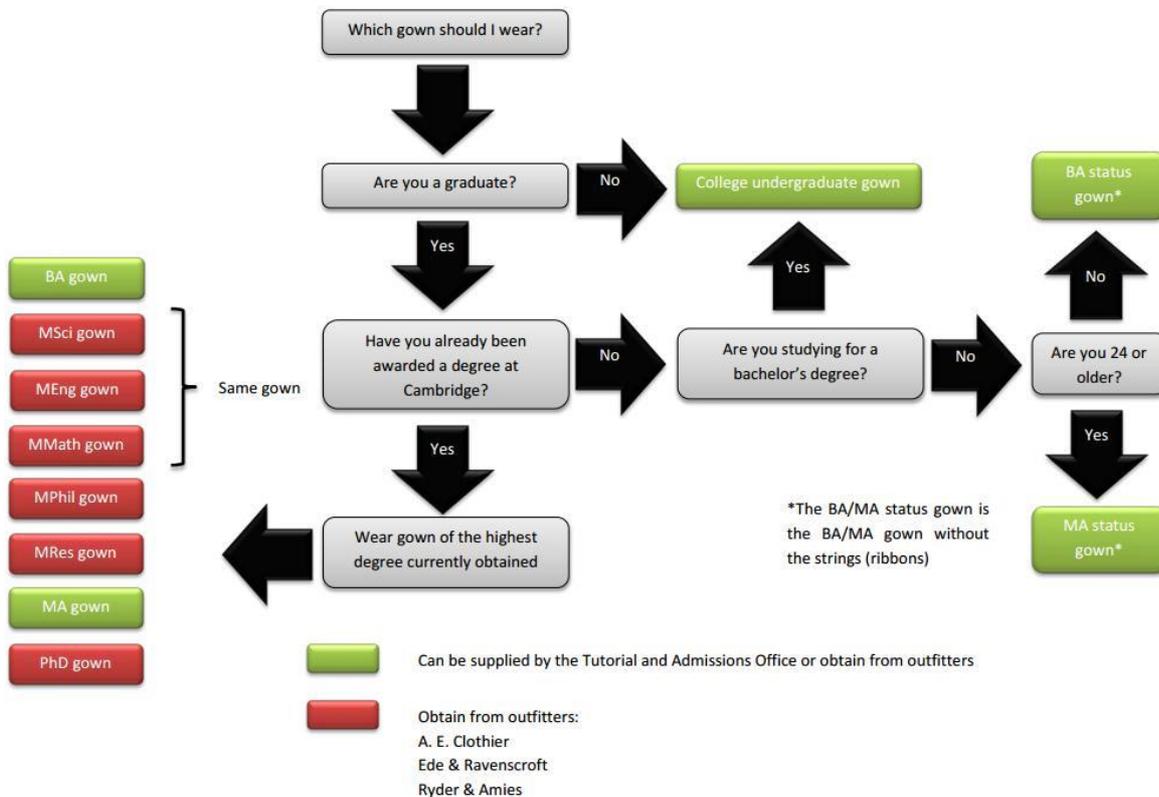


Obtain a gown



Gowns are **required** for Matriculation, Formal Hall and other main College events that mark special dates in the College calendar. Different types of gown exist, depicting your status as recognised by the University. If you have one or more degrees from Cambridge, you should wear the gown of the highest Cambridge degree you possess. Otherwise, if you are under 24 years old then you need a B.A. status gown; if you are 24 years old or over you need an M.A. status gown (even if you don't have a Master's

degree). The flowchart below helps to explain this.



Buying a gown is worth the cost for the convenience it offers. New gowns can be fairly expensive, so buying a second-hand one is advisable. Most shops selling new gowns will also have a stock of second-hand ones available at more reasonable prices, ranging from £60-80. Several shops stocking gowns can be found on King's Parade, including Ede and Ravenscroft on the junction of King's Parade and Silver Street and Ryder and Armies on Pembroke Street. You can buy ex-rental gowns via the Tutorial and Admissions Office at a cost of £47 - order forms are available by following the link on the document checklist which will be sent to you before you begin. Alternatively, the Graduate Union (GU) shop on 17 Mill Lane also offers reasonably priced second-hand gowns. Supplies can be limited, so make sure that you order with plenty of time.



3.2 Guests

At some point, you may want to invite some friends or guests to College from outside Downing. If you have a guest staying overnight in your room at any point, you must sign them in at the Porters' Lodge (this also applies to any guests that you bring to Formal Hall). As long as you don't disturb other people, it is generally fine to have friends over, but do be mindful if people have deadlines or exams! Also, be aware that you are responsible to accompany your friends off the College grounds after closure of the main gates.

Overnight guests are allowed in student rooms for up to 3 nights if they are signed in at the Porters' Lodge. Applications for guests to stay between 4 and 7 nights (maximum) should be addressed to your Graduate Tutor.

3.3 Mail

The Porters also deal with any external and internal mail sent to you at College, placing it in your pigeon hole as soon as it arrives. If you are living in College-owned property, you should give the College as your postal address, not the individual house. This avoids needing to forward mail when you move. It can also be useful to have mail sent to you in College regardless of where you live, as the Porters will sign for any parcels and packages delivered. Mail should, in this instance, be sent to you at:

*Downing College
Cambridge
CB2 1DQ
United Kingdom*

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

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

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

3.4 Parties

Rooms used for parties in College include the MCR, the Party Room under the Butterfield Building, the Howard Building, the West Lodge in E staircase for dinners, the Music Room, and the Main Hall. Parties are subject to approval by the Dean, and it is important that any gathering with 12 or more people with alcohol is defined as a party.

However, the Dean will use common sense when judging what is considered a 'party', so you can bring some friends or guests (as long as they are signed in) to your house or room for a small gathering as long as it doesn't disturb other people.



3.5 Sports, Societies and Clubs



Societies in Cambridge include clubs and groups that are associated with hobbies, interests and/or activities. There are lots of societies in Cambridge, some are University-wide and some are College-specific. Most societies recruit during Freshers' Week, and you can find information about them in the University Freshers' fair and the College societies fair. Usually, societies will also hold a 'squash', an introductory social event for people interested in the society. If you've missed these initial recruiting events – don't worry! You can join throughout the year, too. An important note for societies associated with some skill, like fencing, is that usually people from all levels of proficiency are welcome.



The list of University societies is vast, from athletics to physics, Chinese to the Yacht Club, Harry Potter and even Spaceflight, there will certainly be something to pique your interest! You can find a list of all societies at www.cusu.co.uk/groups, and of course don't forget the Freshers' Fair during Freshers' Week.

Here is a small list of Downing's own societies and sports clubs:

Sports

Downing has a very good sporting reputation, particularly in rowing and rugby. It will be worth going along to the College's Freshers' Fair to investigate the teams available, the level of commitment and ability required and the training/match times. There are a lot of available sports facilities, including tennis/netball courts between the Master's Garden and the Singer Building. During the summer, the Paddock is often used for casual football matches and practices during the summer. The College also has playing fields on Grantchester Road (go along Barton Road to Wolfson main gates, turn left and find the first field on your left).

Downing Sports: Football, Ultimate Frisbee, Rowing, Basketball, Badminton, Squash, Mixed Lacrosse, Netball, Tennis, Volleyball, Hockey, Rugby Union, Table Tennis, Pool, and more...

Downing also has its own gym (the Lt Col Anderson Fitness Room behind the Howard Theatre). Contact gym@dow.cam.ac.uk for details about membership and induction sessions. Membership costs £25 per academic year. There is also a University gym in west Cambridge (www.sport.cam.ac.uk), and the Rowing Club has a fitness room in the boathouse.



Other

Other societies include Music, Drama, Big Band, Chapel Choir, Photography, and more are added every year. For more information, visit www.dow.cam.ac.uk/students/societies and the Downing Sports and Societies Fair in the Grace Howard Room during Freshers' Week.

In addition to the clubs listed above, Downing College has many Academic Societies. These societies hold talks throughout the year and are a great way to meet graduates and undergraduates studying a similar topic:

Danby (Science)
Whitby (Medicine)
Maitland (History)
Mathias (Economics)
Brammer (Geography)
Blake (Arts and Humanities)
Austyn Mair (Engineering)
Cranworth (Law)
Lord Guildford (Classics)



These societies have regular events in College such like formals, invited speakers, garden parties in May Week, seminars, get-togethers etc. They are the perfect opportunity to meet with students from different years.



4 Dining in Downing

Every day Hall

Downing is known for having some of the best food in University. The Dining Hall is situated in A Staircase and is very hard to miss. During term time, there is lunch on weekdays from



12:30 to 13:30 and dinner is served between 18:00 and 18:45. On weekends, brunch (a mixture of breakfast and lunch) is served between 11:30-12:30 on a Saturday and between 11:00 and 12:45 on a Sunday. Between terms, Hall opening times are more irregular but it will usually be open at least once a day. You will receive an email each week informing you of the change. The food is great value for money (the price of a main meal being ~£4.00 or salad being ~£1.50).

The hot food section usually has two meat options, one fish option and one vegetarian option. There is also a large salad bar, soup of the day and cold meat options. There are also usually two options for a warm desert and several cold desert options, and soft drinks. The dining hall is subsidised by Downing; all you need to do is pay with your University Card to charge meals directly to your College bill.

The Lord Butterfield Bar and Café

This is a small building behind the Maitland Robinson Library (the College library). It is both the College café and bar. During the day, the Butterfield functions as a café serving sandwiches, paninis and coffee for breakfast and lunch 8am-6pm during the week, and 10am-4pm on Saturdays. Outside of term, the café is open on weekdays from 8am-4pm. You can pay using your University Card (the charge will be made to your College bill) or with cash. There are also newspapers to read and various other facilities, such as pool and table football.

In the evenings, the Butterfield serves as the College bar, with prices cheaper than town bars and pubs. Last orders are at 11:20pm, except during Easter Term, when they are at 10:50pm due to exams. As with the day-time café, you can pay with your University Card, cash or by debit/credit card. The Butterfield building also has a basement – the party room - which is used for various events and bops.

Formal hall

These are well-attended, formal three-course dinners held in the Dining Hall (A staircase). Formal Hall is one of the biggest parts of the social life of the MCR. It is a chance to meet people from other years and often from other colleges. You are also welcome to invite guests to most of these. Downing has some of the best formal hall food in Cambridge. The College will accommodate most dietary requirements,



if you have special dietary requirements, please email Jane Passey (jp303@cam.ac.uk), the Deputy Catering Manager.



There are three Formal Halls each week during term (Wednesday, Friday and Sunday). Friday Formals are often the main ones that MCR members attend. On Fridays, MCR members and their guests are invited to a free sherry reception before the Formal begins. This takes place in the MCR at 6:45pm. After the dinner, there is also a port served in the MCR, before the MCR bar opens.

Wine is not normally served with dinner. You may bring wine or buy directly from the bar outside the hall before Formal begins. If you bring your own, you must pay a £1 corkage fee.

Tickets for Formal can be purchased from Upay – the online formal hall booking system (a link can be found on the College website). When booking guests, you can normally bring up to four, however if you would like to bring more guests, email the MCR President president@mcr.dow.cam.ac.uk. Generally, bigger groups are more easily accommodated on Wednesday.

When attending Formal Hall, gowns must be worn by all University members. Any of the following attire is acceptable:

- Suits with shirt or blouse

- Long trousers with shirt or blouse. Jeans are allowed provided they are clean and in good repair. Shorts are not acceptable.

- Dress

- Skirt with shirt or blouse

- Neckties, cravats and polo necked sweaters are all acceptable, but not open necked attire

The dress code for Formal Hall should be followed, for more details please see the College catering section on the website. A Porter may be on duty at the entrance to Formal Hall and they, the Catering Manager or Catering Supervisor, will turn away anyone improperly dressed or who has been drinking excessively.

The layout of the hall for Formal generally has the Fellows of the College sit at the High Table, where they preside over the evening. Students and guests sit at the other tables. At the start of the dinner, a gong will sound, indicating that Grace (in Latin) is about to be said. Everyone must stand for Grace, and at the end of the dinner when the fellows leave the hall. During the dinner, you should not walk around – particularly while food is being served or dishes being cleared, as this can lead to collisions with the serving staff. Rowdy behaviour will cause the offending person to be removed from the hall. If you have guests, you are responsible for their behaviour.

Throughout the year, you will be invited to several black-tie functions. If you do not own a black-tie outfit, there are several places in town that you can hire an outfit from. However, if you plan on attending two or more events it may be more economical to purchase your own. Black tie events include Balls (generally in the summer) and MCR events at special dates throughout the year. This includes the MCR Christmas Dinner and Burns' Night celebration in January. Black tie dress involves either a black dinner suit, white dinner shirt (which may need cufflinks), a bow tie (most people wear black, but the design is up to you) and sometimes a cummerbund; or a smart dress, with very smart trousers an option. At some occasions, national dress is permitted, but it is worth checking before turning up in all your splendour! Please bear in mind that to wear national dress at graduation, you must normally wear national dress to formal hall



5 Welfare and safety

There are many people you can talk to if you have any problems, worries or concerns while at Downing. It does not matter if your concerns are personal or academic, related to College or your department. Whatever the issue is, you can discuss your realistic options and work out effective solutions. The collective aim of these groups of people is to ensure that you have as happy a time as possible whilst at Cambridge and that you don't worry unnecessarily about things that can be worked out. Talk to your Tutor who can help with academic and personal concerns, and there are also many other resources:

The MCR currently has two welfare officers – Josh Newman and Mariann Kovacs, who can be reached at welfare@mcr.dow.cam.ac.uk. You can also talk to any member of the MCR committee, and they will be more than happy to assist you in any way they can. They also offer regular drop-in sessions if you feel you need to talk to someone in person.

Our Equal Opportunities officer Christine Hirschberger has also set up a new online Equal Opps submission box (<https://www.surveymonkey.co.uk/r/3KYDHMX>) where you can enter anything you'd like to bring to her attention, with the option to do so completely anonymously if you for whatever reason don't feel like bringing it up to her personally. This will help her and the rest of the MCR committee in dealing with issues relating to racism, sexism, classism, ableism, and so forth which may have negative impact on the experiences of members of the MCR.

The current MCR President – Andreas Bedorf, is also always available both per via email at president@mcr.dow.cam.ac.uk and in person.

The MCR has a long history of being a vibrant and welcoming community and we want to make sure we do everything we can to keep it this way!

Regardless of your faith, The Chaplain, the Revd Dr Keith Eyeons, is always happy to lend an ear. He is reachable at kje11@cam.ac.uk or found in his study (O Staircase, room 8).

The Student Advice Service (<http://www.studentadvice.cam.ac.uk/contacts>) offers independent and confidential advice to all students in the University. You can email them at advice@studentadvice.cam.ac.uk, call them 01223 746999 or use one of the drop-in sessions. For more information, please visit their webpage.

The University has a confidential Counselling Service which offers a variety of services, from groups, to self-help guides and one-to-one counselling. Their offices are situated at 2-3 Benet Place, Lensfield Road, very close to Downing! To contact them email counsellingreception@admin.cam.ac.uk or visit their webpage www.counselling.cam.ac.uk/studentcouns.

If you are concerned or have questions about a disability contact the College's Disability Officer (disability@dow.cam.ac.uk). In addition, you can also talk to the University Disability Resource Centre (DRC) <http://www.disability.admin.cam.ac.uk>. For other disability-specific resources, please see the College website section on disabilities: <http://www.dow.cam.ac.uk/index.php/about/forstudents/welfare/245-disabilities>.

If you feel unsafe around the Domus please contact the Porters (01223 334800). Please note that (until it has changed to card-access) you need the physical key to open the College main gates after approx. 7 pm at night. In case you forget your key, use the door bell and knock at the door of the Porters Lodge left of the gates. The small gates at Lensfield road (South of the College) and the Howard gate towards Downing Site (North) do already have a 24/7 Card access.

6 Finances

College Deposit

A deposit of £300 is required before you can matriculate in the College. You will get this back when you have finished your course and left Downing.

Residence Charge

Most charges for standard living expenses like rent, internet, heating and insurance are included in the 'Residence Charge', which is charged at a weekly rate to your College Bill.

Other College Expenses

These refer to items put on your University Card, such as Formal Halls, any meals taken in Hall, items bought in the wine shop, society or MCR events, Butterfield café and bar etc. You will be charged for these and they will appear on your College bill the following term (ordered by month). The cost of the Downing alumnus organization, the Downing Association, is £31.50 and is spread termly over three years for PhD students and over one year for one-year courses. This entitles you to life membership with the Downing Association!

College Fees

University and College tuition fees are due in the first few weeks of October. If you are not paying fees yourself, payment method varies greatly between the different grant or scholarship agencies; for example, in some instances you must pay the fees yourself and then arrange to be reimbursed by the appropriate agency. Fees are paid directly to the College through the Bursary Office in B staircase. On weekdays, you can always drop by the Bursary Office in case you have any questions with regards to your latest bill or concerns about payment of future bills. For those who are paid their scholarship/stipend in arrears on a monthly/termly basis or find themselves in special financial circumstances, it is possible to pay bills in instalments. Talk to Kay Martin (krm27@cam.ac.uk) to set up a personal agreement with the Bursary Office. Any outstanding payments can be cleared using your debit/credit card, online transfer or cheques issued by a British bank.



7 The MCR

7.1 The Common Room (Treherne Room)



as well as in the evenings.

The MCR has a TV with Sky Digital channels, a projector, a free pool table, a table-football table, board games, consoles, and comfy sofas. It receives The Guardian and The Times newspapers daily, which are left around the MCR for people to read, and has subscriptions to several magazines. There is also a bar area outfitted with a fridge, a kettle, a sink, and perhaps most importantly, a free coffee and hot chocolate machine. Tea is also available, if coffee isn't your cup of tea!

If you haven't done so yet, make sure to check out the MCR website: <http://downingmcr.soc.srcf.net/> for information on current events and the MCR in general. You should also join the Downing MCR Events Facebook Group! ('Downing MCR Events' go directly to <https://www.facebook.com/groups/downingmcrevents/>). Reminders about MCR events are posted on this page regularly, which is also used to organise more informal social gatherings.



7.2 Events

Sunday Tea and Cake.

Every Sunday at 3pm, the MCR provides free cake, coffee and tea to its members. This serves as a space for students to catch up with their friends whilst loading up on sugar and caffeine. If you're a board game enthusiast, then what better place to show off your skills!

Friday Bar

Most Fridays, the MCR runs a cash bar from about 9pm, conveniently following formal hall. This year we also introduced themed Fridays with special offers and decorations.

Formal Swaps

The MCR exchanges tickets to its formal hall with other Colleges. This means there is an opportunity for you to go to formal dinners at some of the older or quirkier Colleges as well as to make new acquaintances.



Special Events

There are several MCR events throughout the year which are heavily subsidised by the MCR. Ranging from Christmas dinner (think paper hats and tinsel) through to Burns Night supper (haggis, bagpipes and Ceilidh dancing). These events are extremely fun and well attended. If you want to introduce your family to your College life, the Parent super-formal in spring is the perfect occasion! There is also a garden party organised in September and a Mini Ball in August to make the most of the (short) British summer.

Pub trips, punting knitting and more...

Throughout the year, the MCR organises pub trips, knitting sessions, trips to museums and concerts, whiskey and beer tastings, watching fireworks on punts and more. If there is something you'd like to do, the committee is usually happy to help you organise and advertise it. The MCR also has plenty of sport materials and the opportunity for you to go punting for free!

8 Life in Cambridge

8.1 What to bring with you

Most things can be purchased or found once you get here, but you may want to consider bringing the following with you to make your first few weeks easier.

Registration letters from the University and College

Keep these with you for the first few days to avoid potential hassle when dealing with University agencies and departments, banks, and landlords.

Passports and evidence of funding

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

Passport photographs

These are quite useful to have around and they are small enough to fit in your wallet or purse. Some societies or departments may ask for your photo, so it is a good idea to just keep a few on your person just in case you need them. They can be obtained from passport photo booths in the Grand Arcade, the Post Office on St Andrew's Street (a few hundred metres left along from Downing College's main gate towards the town centre, opposite the Grand Arcade), or Boots in the centre of town.

Map of Cambridge

A map is extremely useful; even after a year you won't know all the ins-and-outs of the back streets. There are maps of Cambridge in the Porters' Lodge and feel free to ask the Porters for directions!

Cash

If you are an overseas student, it is recommended that you bring £300-400 to live on in the first few weeks before your bank account is set up.

Clothing

Formal Clothing

This will be required for formal functions and ceremonies in College, including the various events on matriculation day and formal dinners. For the acceptable attire please see the section 'Formal Hall' in section 4 above.



Warm Clothing

Cambridge can and will get extremely cold. Warm coats, gloves, scarves, jumpers, boots etc. are highly recommended for the winter months. Although Cambridge is ordinarily very dry, when it rains it really rains, so waterproof clothing and an umbrella could be useful. If you will be doing much cycling, waterproof trousers may come in handy.

Computers

Downing can accommodate almost any kind of computer that you may bring along – whether it is a desktop, netbook or laptop, running Windows, MacOS, or Linux. There are also desktop computers available within College for those that do not have one (both Windows and Mac).

When you arrive in College, you will be given instructions on how to connect your laptop or computer to the internet. It is straightforward, but feel free to ask the College Student IT Support (via studentit@dow.cam.ac.uk) or your fellow MCR members if you face problems!

Power Converters

It depends on where you are from, but you may need an adaptor if you wish to bring an appliance (computers, speakers, etc.) to the UK. Downing only accepts 220V, 3-pinned sockets that are made in the UK to help ensure safety.



Kitchen utensils

If you stay in College accommodation, you will most likely share kitchen with several other students! Even though the kitchens are excellent (having ovens, microwaves, freezers etc), you will have to provide basic kitchen stuff, like pans, pots, plates, cutlery, and so on yourself.

Phone

Mobile phones are one of the fastest and most common ways to communicate among Cambridge students. There are many options to choose from if you don't already have a phone in the UK. Most mobile phone companies offer either pay-as-you-go sim cards or monthly contracts. Each company has their own deal – so make sure you have a look around to see which deal suits you best.

To call overseas, the best way is to either get a phone plan that gives you free international calling minutes (most companies offer something along those lines), use Skype, or an international calling card. Mobile phone companies can accommodate most foreign phones, but you may have to check for unlocks or contracts just in case.

8.2 On Arrival in Cambridge

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

Do this as soon as possible, as it usually takes a while for a bank to open an account and for relevant cards, pin numbers, cheque books etc. to come through. During the beginning of term, most banks require you to take an appointment with a bank manager to open a new account. It is worth researching the schemes the various banks are offering to students, rates of interest on student loans and pay-back periods. Some banks are more willing to open accounts for overseas students than others, so it is worth checking out what each bank can offer. The banks generally used by students are Lloyds, NatWest, Santander and Bar-

clays. It is a good idea to research online which banks offer the best deal for you and to maybe pop into a few to speak to an advisor.

It can sometimes be quite complicated for overseas students to open a bank account, so if you need any help choosing a bank, please get in touch with the MCR International Officer at international@mcr.dow.cam.ac.uk.

Remember to take along the relevant documents, including passport, University acceptance letters, accommodation address, along with funding documents. A letter from the College, stating that you are a student, can be requested from the Tutorial and Admissions Office.

Find out about insurance

While living in Cambridge you should take out some form of insurance to protect valuable property in the event of fire or theft. Those living in College-owned accommodation will have insurance (including bike theft) through the College providers (N W Brown) automatically for the equivalent of 30p per week (included in your 'Residence Charge').

Go to the Freshers' Fair



This is on Parker's Piece and at the Kelsey Kerridge Leisure Centre on East Road, just across from next to the multi-storey car park, in the second week of October. The fair is a great opportunity to learn about the University-wide societies that are active in Cambridge, and to sign up with any that interest you. Get there early to avoid the queue, which can be substantial. It is well worth attending not only for the societies but also for all the random

free stuff you can pick up (pens, sweets, lanyards, mugs, pizza and more!). The MCR Committee will also be organising groups to go there together so you won't be alone.

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

Register with a local medical doctor

Overseas students must register with a medical doctor before receiving medical treatment. The closest surgery to Downing is the Lensfield Road Medical Practice (01223 651020) at 48 Lensfield Road, just to the south of the College. Other surgeries can be found at 41 Hills Road, Wordsworth Grove and Trinity Street respectively. Further information regarding doctors and registration is available online via the Downing Fresher pages. The University Dentist Service is situated at 3 Trumpington Street.

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

Also, register with the College Nurse Sally Maccallum, whose room is on O Staircase in Downing. Sign up online for a registration appointment via the freshers' link.



Find the Libraries

Early access to the University Library, or 'UL', is very important for students researching the humanities and social sciences. Those studying sciences, maths and engineering can usually wait until later in term, after the initial rush is over. (Registration at the UL requires your Board of Graduate Studies letter of acceptance.) Often your departmental libraries and the Scientific Periodical Library will be more relevant and useful, and there



are increasing numbers of journals online, which saves much photocopying!

The Clinical Library is on the Addenbrooke's Site, a fair trip out of central Cambridge, so try to befriend someone who works there to get that much needed article on your behalf!

Find out about alternative gym facilities

Kelsey Kerridge (east side of Parker's Piece, next to the multi-storey car park) has excellent facilities, offering a variety of aerobic classes, two weights rooms, an aerobic room, a swimming pool and of course, advertising for various other sports clubs in and around Cambridge. You must join to use it, but there are many membership options – you can choose between a yearly fee, monthly, or paying each time you go. It is worth going along at the start of the term as they do special registration prices for students as well as special deals on the bulk-buying of weights sessions and aerobics classes. There is also a new University Sports Centre in West Cambridge for students (fees are much lower, but it's a significant bike ride away). Several College and University sports teams also have access to their own gym facilities (e.g. Downing College Boat Club, CUAC...).

Buy a bike, lock and helmet

A bike is a very useful way to get around Cambridge. There are many bike shops around Cambridge that sell new and second-hand cycles. See p.30 for a list of bike shops. Students have also had success finding good second-hand bikes on websites like Gumtree.com. Do invest in a good lock (for example a 'D-lock'), as the reputation of being a 'cycling city' also attracts cycle thieves! Most departments and libraries have racks where you can secure your bike. It's also advisable to wear a helmet – 1 in 9 of all cycle accidents in the UK occur in Cambridge! Get bike lights as well – there is a fine of £35.00 if caught by the police without lights when cycling in low light. If kept in College, you must register your bike with the Porter's Lodge, and get an ID number to display on it.



Bike shed behind Battcock Lodge



8.3 Day-to-day Life

Cost of Living

It is always economical to buy the supermarkets' 'own-brand' products, rather than brand names. You can eat reasonably well for £50 per week, and food within the College is very good value for money.

Very roughly, a trip to the cinema shouldn't cost more than £11 with a student discount. A pint of beer can cost anything from £2.50 (in the College bar) to about £4-5 (in most pubs). The cost of textbooks varies widely, but almost any book a student needs should be available in either the College library or a departmental library. As a last resort, the University Library has over eight million books and, as a legal deposit library, has a right to claim a free copy of any book published in the UK or Ireland, so buying a book should never be necessary. The cost of photocopying and printing varies; it is often free in departments, but in the College library a black & white page costs 4p.

There are a few supplementary sources of income available to graduate students. Please be aware that the board of graduate studies requires that you should not work more than 6 hours per week and the work should be related to your chosen topic of study. Your department may also have restrictions which limit/prohibit any type of employment.

Lab demonstrations and undergraduate supervision (small group tutoring) are some possible extra sources of income. Wages vary between departments and Colleges, but lab demonstrating usually pays around £10 per hour. Undergraduate and Masters' supervisions pay between £28-34 per hour (although this technically includes the hours of preparation involved, so you should factor this in). You can find out about the availability of these jobs from your supervisor, other lecturers in your Department, and appropriate Directors of Studies in College.

The College also recruits a small number of library assistants, Heong Gallery assistants and invigilators at various points during the year. Watch the Downing Electronic Newsletter for application details. A less reliable source of income is to volunteer for psychological or medical experiments. Details of these are advertised on notice boards around the University and through our own MCR Newsletter. Another source of income presents itself during the summer, when the summer schools descend on Cambridge. Another source of income worth considering is through the various tutoring agencies in Cambridge. If you are a Tier 4 student, please be aware that there are special employment regulations. No graduate student may work for more than 10 hours per week.

Hardship, travel and book grants are available from the College and all applicable students are encouraged to apply. Forms may be found outside the Tutorial and Admission office on B Staircase or on:

<http://www.dow.cam.ac.uk/index.php/about/forstudents/finance/247-support>

The Hospital

01223 245151, www.cuh.org.uk

Unless you are a medical student or study in one of the labs on the Addenbrooke's campus, you hopefully won't have to visit this place much! Cambridge University Hospitals consists of Addenbrooke's Hospital and The Rosie Hospital, which are at the bottom of Hill's Road, approximately 15-minute cycle ride from Downing. Addenbrooke's offers plenty of services

including the nearest Accident and Emergency (A&E) and is one of the largest and most highly regarded hospitals in the country. The Rosie provides women's health and maternity services. The Laurels provides sexual health testing and advice.

Buses leave regularly for the hospital from the Drummer Street station by Emmanuel College; 13, Citi 7 and Citi 8 are some of the fastest. Taxis are a slightly faster option, and of course if it's a medical emergency, call 999 or 112.

University Information Services

www.uis.cam.ac.uk, **Service desk: service-desk@ucs.cam.ac.uk, 01223 762999**

This is to be found in the Roger Needham Building on the West Cambridge Site. The UIS most notably includes the Academic & Infrastructure service, aka the computing service (www.ucs.cam.ac.uk). It also includes the Management Information Services and the High-Performance Computing Service, but most students are unlikely to encounter these. The computing service provides a wide range of services:

- Provision of email accounts and passwords for the University email system (Hermes)

- Managing the University wireless services ('UniOfCam' and 'eduroam'). You can visit the website to set up eduroam access

- Provision of computing and printing facilities

- Help with computer accounts

- Some help troubleshooting (for your own private computers, it's best to use Downing's student IT assistants (studentit@dow.cam.ac.uk), or the IT service in B staircase)

- A variety of computer courses at different levels of ability

The Graduate Union

17 Mill Lane, www.gradunion.cam.ac.uk

The Graduate Union (GU) is open between 9am and 6pm on weekdays. The President of the GU can be approached if you feel that the University or College is unwilling to help resolve any problems you encounter. The GU runs a small shop which offers a range of other facilities (most at discount rates), including laminating, soft and hardback binding, photocopying and colour printing. You can also hire (for personal or MCR use) a minibus, punts, barbecues, TVs, tents, disco equipment, car jacks and attack alarms. The GU also provides a Graduate Handbook and Graduate Student Prospectus which can be found online.

Cambridge University Students' Union (CUSU)

Old Examination Hall, Free School Lane, 01223 333313, www.cusu.co.uk

All students are CUSU members. CUSU is run by a committee of paid sabbatical officers elected from the student body. Their policy is determined at a fortnightly CUSU Council by representatives from the MCR and JCR of each College. CUSU runs several campaigns, which can be found on their website and publish a weekly bulletin. University societies are listed on their website, many of which run their elections through their online system.

The University Centre

01223 337766, www.unicen.cam.ac.uk

The University has a central building named 'The University Centre', also dubbed 'The Grad Pad'. It offers a few services aimed at graduate students, but with undergraduates and staff also permitted to use the facilities. These include the Riverside Restaurant, a gym, several bars and a coffee lounge with an excellent view of Coe Fen. It also hosts several events advertised by the GU.



Entertainment

Check out University newspaper *Varsity*, available weekly from the Porters' lodge during Full Term, and *The Cambridge Student* online. They are a good source of information about student concerts, parties, plays and bops. The MCR also does many inter-collegiate events such as exchange dinners ('swaps') or parties. Keep in touch via the MCR Newsletter, or by joining the MCR Facebook Events Group (www.facebook.com/groups/downingmcrevents). The list in this section is not extensive as there are a lot of clubs, bars, galleries and so forth in Cambridge. There are loads of places to discover in Cambridge, so make sure you go exploring.

Pubs and Bars

There is little point giving a full run down of all the pubs in Cambridge, but these are a few that deserve a special mention:

Regent Street: Novi, The Prince Regent, The Regal and The Hop and Grain Store

Lensfield Road: The Snug

Panton St: The Panton Arms and The Alma.

Mill Road: The Kingston Arms, Cambridge Blue, Live and Let Live and The Emperor

Downing St: Quinn's, Vodka Revolution

Clubs & Music:

Ballare (known by its old name 'Cindies') – found above the Lion Yard Shops on St Andrew's St. Wednesday is student night so take your University ID

The Fez Club – Market Passage

The Hidden Rooms – Underneath 7a Jesus Lane (next to Pizza Express)

Lola Lo – Corn Exchange St, student night on Thursdays and Fridays

The Corn Exchange – Wheeler St

La Raza – Rose Crescent

The Junction – Clifton Road

Kuda (normally known as 'Life') – Sidney St, student night on Sundays

Vodka Revolutions – Downing St

Faculty of Music Concert Hall – West Road

Evensong – College chapels including King's, Trinity and Downing (at 6.30pm).

Cinemas

Cambridge Arts Picturehouse – St Andrew's St

Vue Cinema – Grafton Centre, East Road

Light Cinema – Cambridge Leisure Park, Clifton Way

Theatres (look at [Camdram.net](http://www.camdram.net) for current shows in town)

The Arts Theatre – St Edward's Passage (www.cambridgeartstheatre.com)

ADC Theatre – Park St (www.adctheatre.com)

Great Hall at the Leys – Fen Causeway

(<https://www.ticketsource.co.uk/theleys>)

Galleries and Museums

The Heong Gallery – Downing College

(<http://www.heonggallery.com/>) Kettles Yard – Castle St

(www.kettlesyard.co.uk/about/contact)

Fitzwilliam Museum – Trumpington St

(www.fitzmuseum.cam.ac.uk) Downing Site, Downing St

Sedgewick Museum of Earth Sciences & Geology

(<http://www.sedgewickmuseum.org>)

CU museum of Archaeology & Anthropology (maa.cam.ac.uk)

New Museum Site, Downing St

CU Museum of Zoology (www.museum.zoo.cam.ac.uk)

Whipple Museum of History of Science (www.hps.cam.ac.uk/whipple)

The Polar Museum (Scott Polar Research Institute) – Lensfield Road
(www.spri.cam.ac.uk/museum)

The Botanic Garden – Brookside & Trumpington Road, free entry with your University Card. (www.botanic.cam.ac.uk)

8.4 Shops in Town

Main Shopping Centres

There are a few supermarkets around Cambridge, the nearest to Downing are the small Sainsbury's (Regent St), Tesco and Co-op (Hill's Road). There is also a much larger Sainsbury's (known as Mainsbury's) in the city centre (Sidney St), a Tesco and an Asda (just off Newmarket Road).

There is also a large M&S food hall just off Sidney St, but it is more expensive.

There are also a variety of other supermarkets such as Chinese and Arabic on Mill Road, a variety of local and small business produces from the city market every day in Market Square, and a farmer's produce outlet on the corner of Regent St and Lensfield Rd.

Book Shops

Heffers is the main bookstore in Cambridge. This large academic store is found on Trinity Street. Waterstones is on Sidney St., near Sainsbury's. Cambridge University Press has its own bookstore on the corner of Market Hill and King's Parade. Most bookshops also have a small café in them. Many will offer student discounts, so don't forget to ask.

Pharmacies

Boots (in the centre of town) is the biggest store and should have everything you need, but there are other chemists closer to Downing: Fitzwilliam Chemists on the corner of Trumpington Street and Fitzwilliam Street, Petersfield Pharmacy on Mill Road and G. F. T. Davies Co Pharmacy on Hills Road. There is also a Superdrug on Sidney Street.

Stationery

First port of call should be the Graduate Union (GU) shop! Other places are dotted around, including Rymans on Sidney St (which does student discounts), and Paperchase (also on Market Street).

Bike Shops

Shops include Rutland Cycling in the Grand Arcade (who also hire out bicycles), Lensfield Road Cycles, The Bike Shred (Mill Road) and Cam Cycles (Mill Road) amongst others. One of the cheapest is Universal Cycles, by Victoria Bridge. These offer repair services as well. One of the cheapest ways to get a bike is to buy it from graduates or friends who are leaving or getting a new bike.

8.5 Travelling

Motor Vehicles

Bringing a car into Cambridge is not recommended; only do so if it is vital for your studies. The roads are very congested and available parking is very limited – indeed it is generally much quicker, easier and more convenient to move about by bike or on foot! As a member of the University, you will need a University motor vehicle licence to bring a car to Cambridge. Permission for this is usually granted to graduates, but it depends upon you finding off-street parking.

This does not include 'Resident Only' parking bays, and the city council will (usually) not issue residents' permits to students. There are a few spaces available in front of the College hostels on Lensfield Road and you may be able to get permission from College to use these, but priority is given to those who need a car for their studies (for example, those who work at the Babraham Institute). To obtain a parking permit while in Cambridge you must complete an application form, available from the College Office on D Staircase, or download one from the College website. You will then be directed to the University Motor Proctor: www.proctors.cam.ac.uk/motor-proctor.

Trains

National Rail Enquiries (www.nationalrail.co.uk)

The train station is at the end of Station Road – down Hills Road and left at the War Memorial. It's a 10-15-minute walk from College.

Trains to London go to Kings Cross (2-3 trains per hour, approx. 50 min journey, £15) or Liverpool St (every 30 min, 1.5 h, £5-10). Look online for train times and fares (link above).

There are also trains to Stansted Airport (35 min) and trains going east and north via Ely and Peterborough.

Rail card/Coach card

A student rail card (16-25 youth card; www.16-25railcard.co.uk) gives 1/3 discount of all fares. The cards cost £30 per year (or £70 for 3 years). Same is true for the National Express Coach Card (www.nationalexpress.com) for £10 per year (or £25 for 3 years). This amount can be made up in just a few discounted fares to London so is worth getting if you plan on using the train.

Students over 25 require a stamp from College confirming their full-time student status. You can print the form from the rail card website (www.16-25railcard.co.uk/using-your-railcard/are-you-eligible) and take it to the College Tutorial and Admissions Office for the stamp. You can also link your London Oyster card to your rail card for reductions in off peak London Underground tube fares (see railcard website for more details). Such a stamp is not necessary for the Coach card.

NB: An NUS card gives you 11% off the rail card price as well as many other student discounts:

www.nus.org.uk/en/nus-extra/discounts/exclusive-11-discount-on-your-16-25-railcard

Regional Buses

Regional buses connect Cambridge with several regional centres as well as London and Airports. Coaches typically leave from Parkside, Parker's Piece, very close to College. National Express have a coach card with student discount for travel, may be worth getting if you plan to do a lot of coach travel.

National Express: www.nationalexpress.com

Stage coach: www.stagecoachbus.com

Mega bus: uk.megabus.com/

Common routes include:

X5 – to Oxford via Milton Keynes, Bedford, St Neots and Bicester. It is very cheap (as little as £1) if booked in advance (Megabus/Stagecoach) and takes 3.5 hours.

(www.stagecoachx5.com)

London - Can be cheap if booked in advance but often no cheaper than the train

Airports

London Stansted is the closest of the London airports to Cambridge. There are direct trains from Cambridge Station taking approximately 35 min, leaving regularly for approximately £10 with a railcard. There is also a coach from Parker's Piece (National Express) taking approximately 50 minutes. Low cost airlines (EasyJet and Ryanair) operate out of Stansted flying to many destinations around Europe. A taxi to Stansted costs approximately £80. For information on parking (short and long term) at the airport see: www.stanstedairport.com/parking/

Other London Airports are London Heathrow (located to the West of London), London Gatwick (to the South) and London Luton. All can be reached by train (requires a change in central London) or direct National Express coach from Parker's Piece: 2.5 h, £26 to Heathrow; 4-5 h, £35 to Gatwick; 1.5 h, £17 to Luton.

Taxi Companies

You can order taxis to the Downing Porters' Lodge, where you can meet them near the main gates to the College. Here are a few commonly used ones:

Panther Taxis: 01223 715 715

CamCab Taxis: 01223 704 704

Al Cabco Taxis: 01223 525 555

Regency Taxis: 01223 312 111

Intercity Taxis: 01223 312 333



9 Important Contacts

We would recommend photocopying – or taking this piece of paper out and leaving it up in your room. You never know when you need to call them up in case of an emergency or problem!

College Porters (there will always be a Porter available to answer)

01223 334800

Emergency Services

Call **999** in an emergency and ask for either Police, Fire, or Ambulance.

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

NHS Non-Emergency Number

Dial **111**. This is for urgent medical advice in situations that do not require immediate presence of medical personnel.

Your Graduate Tutor

Dr. Jay Stock jts34@cam.ac.uk

Dr Ewan Jones ejj25@cam.ac.uk

MCR Committee

mcr-officers@dow.cam.ac.uk

MCR Welfare Officer

welfare@mcr.dow.cam.ac.uk

MCR President

president@mcr.dow.cam.ac.uk

College Nurse

01223 334817; nurse@dow.cam.ac.uk

Lensfield Road Medical Practice

0844 387 8222

CUSU Linkline

www.linkline.org.uk, linkline@cusu.cam.ac.uk; 01223 744 444

CUSU Linkline is a support line run by students for students from Cambridge and Anglia Ruskin Universities. Their lines are open from 7pm to 7am during Full Term.



10 Downing College Map

